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Canada Games count down

TRIBUNE PHOTO BY NATASHA TERSIGNI

École R. W. Bobby Bend School students took part in a fitness workshop put on by Fit Kits Healthy Kids and Doctors Manitoba in conjunction with Canada Games 2017 organizers last Friday. Giant Jenga encourages fundamental movement skills such as throwing and running. Pictured from left to right: Charlie L., Taylor H., Lyla W., Logan L. and Matthew H.

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Woodlands residents oppose quarry operations

RM of Woodlands council briefs for Feb. 14

By Natasha Tersigni

RM of Woodlands residents that could soon be neighbours with a proposed quarry, operated by the municipality, voiced their concerns during a public hearing on Feb. 14.

The RM has applied for a conditional use permit to operate a quarry on a section of land between Highway 6 and Road 14W, which is being leased from Frank Hueging. The aggregate produced at the quarry will be used to maintain municipal roads and officials are hoping that by mining their own gravel it will be cheaper than purchasing gravel. The RM is currently applying for a mining licence from the province and will be contracting out the gravel crushing and hauling to two separate companies.

"This is our opportunity to mine our own aggregate. It is a resource that the RM is having trouble finding. We will mine the gravel, crush it and then stockpile it at the quarry. It is a good opportunity for us, and we will use it to maintain the roads in the RM," explained RM of Woodlands Reeve Trevor King.

In the agreement with the landowner, the RM can use the land for up to 12 years. While testing has occurred, at this point in time, it is unknown just how much aggregate is in the land.

"We don't know exactly how much gravel is in there. There are rumours out there that there could be 300,000 cubic yards, which would take eight to 10 years to mine and use," said RM of Woodlands CAO Adam Turner, who added that in the proposed plan, the RM would remove a minimum of 50,000 cubic yards of gravel a year.

RM residents Aaron Henry and Ken Forrester, who live near where the proposed quarry operations will occur, appeared at the public hearing to oppose the project. Their major concerns are what impact to their quality of life the quarry operation could have with the increase in traffic and noise.

"I understand that the municipality needs to get their gravel and I am all for that. Myself and the people that signed the petition are just concerned that this is done with our rights in mind," said Henry, who presented council with a petition signed by 11 of his neighbours that also oppose the project.

Council told the residents that one contractor would do the main crushing in the pit, usually in March over a three-week period. Since it is a contractor, they will not be limiting his hours of work. The hauling would occur over a three-month period, and in the conditional use agreement, council will limit hauling from the quarry to Monday to Friday from 7 a.m. to 5 p.m.

During the meeting council also discussed ways to work with the neighbours.

While council stated it would not be possible to re-route the gravel trucks onto the rail bed as requested by Henry, they have agreed to maintain Road 14W as well as apply dust control measures. Council also agreed to speak with Hueging to ensure that a band of trees on his property is kept during operations as it acts as a buffer for Henry and his neighbours.

Council tabled the conditional use resolution until a future date.

Variation order issued

For the second time since 2015, developer Neil Peters has asked council for a variance after the home he has built does not meet zoning by-laws.

In April 2015, council passed a variance for the home Peters built at 4 Lindell Dr. in Warren. The variance was issued as the structure had been constructed on the property with a front yard frontage of 17.3 feet, instead of the minimum 30 feet as stated in the RM's zoning bylaws.

This time, Peters had applied for a variance on a home built on 6 Mi-



TRIBUNE PHOTO BY NATASHA TERSIGNI

RM of Woodlands residents Aaron Henry and Ken Forrester appeared before council at a public hearing on Feb. 14 to oppose a proposed quarry operation located on a section of land between Highway 6 and Road 14W. The RM is applying for a conditional use permit to operate the quarry and produce gravel that will be used to maintain RM roads.

chael's Lane in Warren. Again, there was not a large enough front yard setback, this time 22 feet instead of the required 30 feet.

While council stated their displeasure with again having to grant a variance, they did pass the resolution.

"Based on what I know, I will be voting in favour of this, but I won't on the next one. If this comes up again, this will be the third variance of the same circumstances," said Coun. Gavin Jones, who attended the meeting via Skype.

"I think this builder needs to be made aware that this is something that we are not going to keep letting go on," added King.

Council also questioned how the home passed inspections during the build as the setback was not proper.

"Ken (Cutts, the RM's building inspector) goes out and approves the foundation, so there had to be an

inspection somewhere. Something doesn't seem right here in the process," said Turner.

"We need to take a look at our procedures and find out how this keeps happening."

Fire department shipping container

After re-opening the public hearing regarding a conditional use application to obtain additional information, council allowed the Warren-Woodlands Fire Department to place a shipping container on the Woodlands Public Works Shop property in the northeast corner.

The container will be used for live fire training purposes by members of the department. The shipping container itself is permitted on the property, but the use falls in the RM's grey

Continued on page 3



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Teulon deputy mayor returns from FCM Peru trip

Council briefs for Feb. 14

By Natasha Tersigni

As part of Teulon's ongoing partnership with the Federation of Canadian Municipalities (FCM) exchange program, Teulon Deputy Mayor Michael Ledarney recently travelled to Cusco, Peru, to participate in a three-day mayors' conference.

The program is sponsored by the Federal Department of Foreign Affairs, Trade and Development and has Canadian officials mentor government officials in Peru and Colombia on how to properly administer municipal governments. During the trip, Ledarney and other Canadian officials sat in on the planning conference with mayors and local officials and discussed what the local officials want to see happen during the next year and a half left in the program.

"It was nice to get together and discuss the situation on the ground and how we are able to help along with the other Canadian municipalities," said Ledarney, who added the majority of concerns are still with water services. During his visit, Ledarney was able to find ways to help improve the situation and plan for the visit by Teulon's CAO Jeff Precourt and Coun. Danny Hutchinson this March.

"We identified a gap in training for water officials there. We have arranged with a professional with Red River College to go down and conduct some classroom and field training. Hopefully, when Danny and Jeff go back in March, they will be able to report that the water is successfully treated from the source right down to the tap," said Ledarney.

During his visit, Ledarney was able to see first-hand the differences between how local municipalities operate and the system in Manitoba municipalities.

"They use what we are calling the strong mayor concept where the mayor is really the driving force of council. Council members work as the mayor's advisors, so the mayor really has a lot more power to decide things," said Ledarney.

Other council news:

- Council approved the 2017 Partnership agreement with the Manitoba Youth Job Centre. As in past years, the job centre will be located in the town's Civic Centre and aid in helping find employment opportunities for youth aged

> WOODLANDS RESIDENTS, FROM PG. 2

area, so a conditional use permit had to be applied for.

During the first public hearing held on Jan. 24, one Woodlands resident expressed some concerns over the use of the container surrounding the smoke that it produces. Council put in the resolution that one of the conditions to having it on the property is that it can be revisited in a year if there are any complaints from residents.

South Interlake ATV Club

Council approved a conditional use application to allow the South Interlake ATV Club to build a picnic shelter at the Woodroyd Station, located near PR 322 and Road 86 N, on the Interlake Pioneer Trail Inc. The club already has washrooms located there, and the shelter would be used by riders during rest stops. One of the conditions is that the structure cannot be larger than 24 feet by 16 feet.

15 to 25.

- Resolutions were passed approving donations of \$250 to the Rockwood Environment Action Community Taskforce (REACT) and \$200 to the Interlake Women's Centre.

- Teulon has applied for a \$100,000 Active Liv-

ing Grant. If successful, \$95,000 of the grant would go to sidewalk construction and maintenance in the town and \$5,000 would be used for signage, including marking pedestrian crosswalks.

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Public hearing for proposed sheep farm conversion

By Jennifer McFee

The public will have their chance to voice their opinions about a proposed conversion of a Rosser-based cattle operation to a sheep farm.

The RM of Rosser is hosting a public hearing on Monday, Feb. 27 at 7 p.m. at Grosse Isle Community Hall regarding a conditional use application to allow Abas Girls Ranch Ltd. to convert the existing cattle feedlot to a ewe-breeding facility for 21,153 animals.

Canada Sheep and Lamb Farms has made an offer to purchase the property conditional on getting approval to convert it to a sheep feedlot.

Patrick Smith, president of Canada Sheep and Lamb Farms, said the demand for sheep is growing drastically across Canada and the United States. He attributes the growth to three main reasons.

"Most of the growth over the past 10 years has come from the immigrant population where lamb is a natural part of their diet and they want to continue to eat lamb. The second part is that there used to be lots of sheep raised in Canada and the U.S., but they went away primarily because during the Second World War," Smith said.

"Many of the sailors and military were fed lamb that wasn't very good quality, to some extent because they were older animals but to a larger extent because the refrigeration wasn't very good so the quality of meat was always a lot less than it would be today. Many soldiers came to think that lamb was awful. They thought that it would taste like what they had been fed overseas and they wouldn't allow

it to be brought into their homes."

The situation continued into the next generation since those parents didn't feed lamb to their children. Now, however, the current generation is further away from these negative perceptions and more interested in variety in their diet so they are beginning to introduce lamb as a nutritious option.

The third reason for growth is that lamb is easier to digest than beef, Smith said.

"There is a theory that you shouldn't eat beef after age 60 because you will have trouble digesting it, so the nutritionist will recommend lamb," he said.

With more than 40 years in the sheep industry, Canada Sheep and Lamb Farms is well positioned for this upswing in interest.

"We actually have the largest sheep flock in North America at this point. We have 20,000 breeding ewes, so our intention is to use this facility to bring the next generation of the ewes into breeding. The idea is that we would actually breed them there and deliver them to other farms for their first lambing and then they can be bred at those other farms," he said.

"We as Canada Sheep own the ewes but we have a multiplier program where individuals, typically family farms, will handle the lambing, which is the more labour-intensive part of the business. Then we buy the lambs back at 10 weeks. The financial arrangement is that their return comes from the successful raising of these lambs and the weight of the lambs at 10 weeks of age."

This arrangement works well for people who have existing building structures for dairy, hog or poultry operations, since they can be converted to a



TRIBUNE PHOTO SUBMITTED

Canada Sheep and Lamb Farms has made an offer to purchase the Abas Girls Ranch Ltd. on condition that it can be purchased to be converted to a ewe-breeding facility for 21,153 animals.

lambing barn.

Because of the proposed change in species, Smith and his company need to go through the conditional use process to recertify the feedlot. He will provide a presentation at the Feb. 27 public hearing and will be answering any questions — including concerns about the increase in animals from 2,500 cattle to more than 21,000 sheep.

"The way in which regulations work in Manitoba is really based on the number of animal units, and that translates into the nutrient value of the manure that's generated. So even though it seems like a large number of animals, the manure generated and the nutrient level of the manure would be less than what it is with the beef that was on that property previously," Smith said.

"That's what the technical review process looks at. We went through that process and they confirmed that there would be less by-products than

there would be from 2,500 beef cows."

In addition, the sheep will be kept under an open shed with a roof so the rain won't cause manure to leach into groundwater or settling ponds in the area, he added.

"Unlike most cattle, we use a fairly substantial amount of straw bedding, and the manure and the nutrients from that manure get bound up in that straw and then get spread on the field that we're going to use for the next year to grow corn silage," Smith said. "For that site, we need about 600 acres of corn silage each year."

Information about the proposal is available at the South Interlake Planning District office at 285 Main St. in Stonewall.

Smith also welcomes anyone with questions or concerns to contact him directly at 204-381-0146.

Province unveils special license plate for paramedics

Submitted

To recognize the efforts of paramedics across the province, a member-based specialty licence plate is now available to qualifying Manitoba emergency medical services (EMS) providers.

"For paramedics across the province, this new licence plate is a distinctive way for active and retired paramedics to demonstrate the bonds that unite them," Crown Services Minister Ron Schuler said. "The new licence plate reflects the

history and culture of paramedics, while also meeting the needs of all our road safety partners."

The new plate series, which is administered by Manitoba Public Insurance, is available to current and retired licensed emergency medical services providers, as well as their immediate families. Immediate family members of fallen

Continued on page 8

 **North American Lumber**

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Warren students hunger for change

By Jennifer McFee

An inspirational concert has emboldened Warren students to make a difference in the fight against hunger.

On Tuesday, Feb. 21, the band Bold as Lions performed a concert at Warren Elementary School as part of their Hunger Free tour.

Sean and Karli Quigley have been travelling the country to play shows in support of World Vision Canada. The husband-and-wife duo aims to empower the students to step up and take action in the cause.

"We're doing a concert and we're talking to the students about world hunger. We talk about how they can learn their purpose and use their influence to help people in our own schools and across the globe as well," Karli explained.

"It's not just a one-time thing. We really want the conversation to keep going after we're there. The presentation is completely free for schools, and in return, we ask that they do a hunger-free event in their school. That could be a 30-hour famine, a bake sale, a pizza lunch, anything that they want. Basically, it's to keep the conversation going and raise money, which is a practical way to end world hunger."

The musical couple also wants the students to know that their life has significance.

"They can have a greater purpose

and use what they have to do something for someone else," Karli said. "It's really exciting to get to see that change in kids who maybe haven't taken that step yet. It's amazing to see their excitement that they actually can use their own life and gift to do something for someone else."

For Sean, the music and the cause are intertwined since he began making music in 2011 and started working with World Vision the same year. Through the Hunger Free tour, he can combine both areas that he is passionate about.

"We're excited. We love meeting new people every day, and it's awesome getting to meet all the kids. The best thing is when you get to see a breakthrough, when you get to see kids having an epiphany, realizing that their life actually does have a purpose," he said. "It doesn't necessarily mean you need to go to Africa and build a well, but to just have a bit of enlightenment to say 'Life is bigger than just me and my cell phone.' That is a really cool thing that we get to do as outsiders from the school and also as people in a position of influence. When you have an electric guitar and a microphone, for some reason, people listen when you talk."

A group of Warren Elementary students is already embracing the opportunity to create change. They ap-



TRIBUNE PHOTO SUBMITTED

Bold as Lions performed at Warren Elementary School on Feb. 21 as part of their Hunger Free Tour in support of World Vision Canada. The husband-and-wife duo challenges students to organize their own hunger-free initiative.

proached the school's parent advisory council, which agreed to help them with a poverty bowl supper.

The school community will be invited to the fundraising event, which will likely be held at the end of March or beginning of April. They plan to serve a selection of three soups with a bun.

The students have also written letters to several local businesses seeking donations of ingredients towards the soup and bun dinner.

Resource teacher Mia Safiniuk said the event wouldn't be possible without the support of the parent advisory group and the dedication of the stu-

dents.

"The kids are doing research and they're going to do a PowerPoint on world hunger. They're helping with placemats and brochures," Safiniuk said.

"This is all part of what they call a 21st century action learning project that has to do with social justice. The Hunger Free event is across our grades, so it really is a school to community project."

Anyone who would like to contribute towards the poverty bowl dinner can contact Safiniuk at 204-322-5576.

211 website looks to connect Manitobans with services

Submitted

A new website looking to help Manitobans with everything from parenting and housing to abuse and financial assistance has officially been launched.

The new online service, mb.211.ca, is a partnership between United Way Winnipeg and Volunteer Manitoba and joins the national 211.ca network active in seven Canadian provinces and one territory.

"This makes it easy for Manitobans and service providers to quickly find the help they need and will prevent people from falling through the cracks," said Rob Albo, board vice-president at Volunteer Manitoba.

People, service providers and first responders who search the easy-to-use site will connect with the help they need from a network of 5000 government and social agencies.

Cassandra Golondrina has accessed no less than 10 United Way agency partners for help in her life that has included poverty, abuse, and mental health issues.

"I am excited to see this available to connect vulnerable and struggling people with the help they need. A 211 service would have meant a lot less uncertainty and stress for me and my family, and more hope," said Cassandra, a single mom of five. For more information visit mb.211.ca.

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A DOG'S PURPOSE

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Dennis Quaid
Britt Robertson

Not Recommended For Young Children

PG

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> ARNIE WEIDL Fishing with family and friends

To everyone who loves fishing stories as I do, welcome.

I've mentioned lately the ice on Lake Winnipeg's south basin has become completely dotted with ice fishing shacks of all descriptions. Somewhere in that maze last Wednesday, between Beconia and Balsam Bay about a mile off shore, I saw a large blue portable shack with a chap stepping out to toss what looked like a jackfish onto the snow.

My truck careened violently over the crusty snow as I pulled abreast of his camp. I slipped out of Old Red to a warm, hazy afternoon, calling out to the now closed tent, "Hello, is anybody home?"

"Yeah, sure," came back a response in a heavy European accent. Two men in well-used snowmobile suits emerged from the shelter. I offered them my card and began passing the time of day with a tall, bespectacled, chiselled-featured man who had a full grey moustache and short grey hair under a hunting cap.

Bogdan Mutic from Beausejour was his name, he said, as he pointed to his shorter quiet friend by the name of Dino Stojanovic from Winnipeg. Dino's eyebrows, cheeks and nose were full and round, yet like his life-long friend, though senior, stood straight and had powerful hands. Bogdan proudly revealed he also had a cattle dugout on his property, which they seeded each spring with six-inch rainbow trout from the Garson hatchery and harvested them in the fall. Sport and farm fishing, well, you know what you like, boys.

On Friday last, I toured up and down



TRIBUNE PHOTO BY ARNIE WEIDL

A large group of family and friends from Stonewall with some of their catch on Shoal Lake. From left to right, back row: Matt Chamailard, Shaunne Precourt, Paul Breland, Marc Chamailard, Phil Soroka and Joe St. Laurent; front row: Nickolas Soroka, Jocelyn Chamailard, Emily Chamailard and Amanda Chamailard.

the Red hanging out with anglers until I came across a very narrow weathered plywood ice shack. A thin, brown-haired fellow stood up from a stool as I approached, sprinting to a rod whose end was wildly vibrating. The rod went still as I got out of my truck and we introduced ourselves.

Daryl Ellis of Winnipeg was a kindly sort with an unassuming caring nature. He was a thin man with a somewhat gaunt face and greying moustache. A gold tooth peeked above his lower lip, which his tongue played with as he talked. Daryl kept one eye on his rod as we spoke and,

sure enough, it snapped down again. As he pulled up his second fish of the day, he shot a smiling glance my way murmuring, "You're a lucky guy to have around, Arnie!"

He saw me looking inquiringly at his very narrow shack, so with a knowing grin, he explained how a number of times the wind had caught his shack and sent it skidding across the ice. It was small, light and old to begin with and each time the wind took it for a ride, some of the more rotten parts fell off, which he had to pick up. Since

Continued on page 7

Tribune

The Selkirk Record

The Winkler Morden Voice

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Ball hockey tournament sweeps away financial concerns

By Jeff Ward

The financial support keeps coming in for two local teens leading the charge to save the Inwood Arena after hosting a successful ball hockey tournament last weekend.

Organizer Graham Moore said that he estimates another \$3,000 was raised through the tournament last weekend, while the Go Fund Me Page he set up climbs closer to \$8,000. The support, Moore said, has been incredible and is something he never thought was possible when he and his friend Christ Mott came up with the idea for the fundraiser a few weeks ago.

Moore said that approximately 50 players came out to support the tournament and many more packed the stands to watch and take in the concessions, beer gardens and silent auction. Moore said that other than the warm weather — which forced teams to abandon skates on the second day and use rubber boots as the rink uses a natural ice surface — the whole weekend went off without a hitch.

The names of the teams competing in the tournament echoed former Inwood hockey teams from “the glory days” said Moore. The Sharks, Renegades, Northstars and Invaders all competed for their shot at their version of the Stanley Cup — an old cream can that will be engraved with the winner’s names. The Invaders came out on top of the Northstars in the championship game and will be immortalized on the can sometime soon.

“With all that we’ve raised, I think the arena will be open for the next few years, for sure,” said an enthusiastic Moore.

“Before it was just scraping by, but now we have some distance between us and closing down. But we’re not stopping. We’re going to have this be an annual fundraiser so that we can continue to support the arena every year.”

Moore said that one success of the event was the fundraising but also the community spirit. Moore is grateful for the financial support and he explained that this event got people back into the building to remember their time spent here years ago. It’s sparked an interest in getting their own groups together for a once-a-week game or holding more events in the building.

Moore said that he and his friends will continue to look after the rink and do whatever they can to help the building stay open. And even when times get tough, this is not a project they have any intention of giving up on.

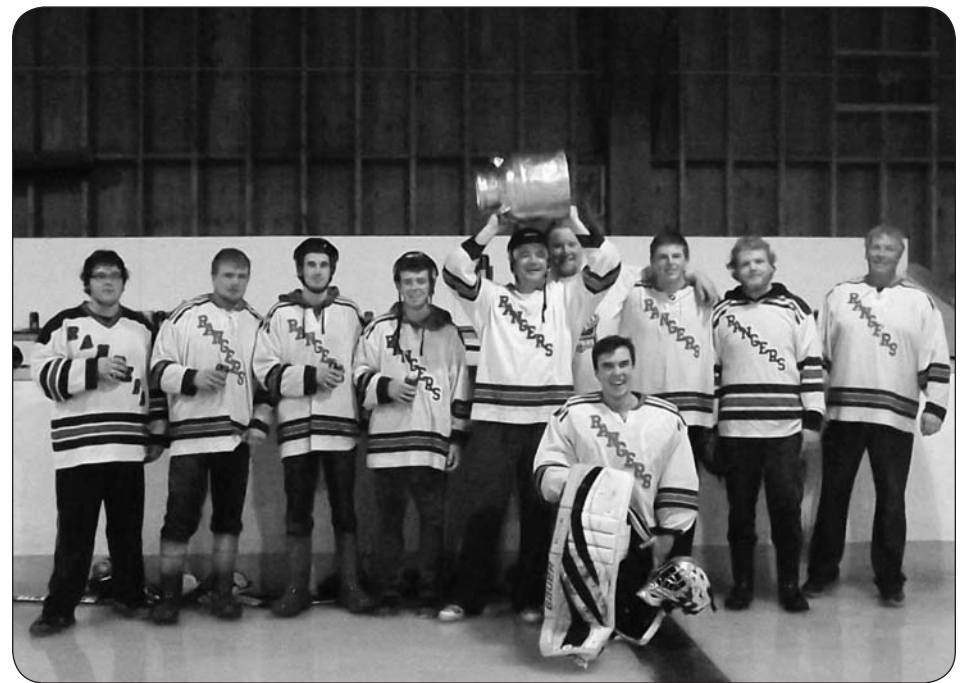
Donations pour in to save Inwood Arena

Since the “Save Inwood Arena” campaign started a few weeks ago, donations have flooded into the Go Fund Me page set up by Graham Moore with now close to \$8,000 raised and counting.

His mother, Teresa, said she is amazed by the outpouring of support for the fundraiser but not surprised. She echoed the comments of her son and said that the influx is really about people becoming aware that the rink was in jeopardy of not being able to open for the next season this fall. Moore estimates that over 75 per cent of the donations have come from people who no longer live in Inwood but spent much of their youth skating in the arena.

“When I moved here 20 years ago, I spent four or five nights week at the arena,” said Moore, who is an avid curler.

“It was a big part of my life, and when I had kids, it was always Friday night skating with them every week the arena was open. I think the big thing about the campaign was to get



TRIBUNE PHOTO SUBMITTED

The Invaders defeated the Northstars to capture the championship trophy at the first annual Inwood ball hockey fundraising tournament last weekend.

people talking about it again and it’s now been shared over 600 times on Facebook — it’s working.”

Moore said that much of the reaction from the community has been positive and that there has been a noticeable uptick in attention on the rink since the campaign went live. She added that part of the charm is knowing that it’s mainly a group of teenage boys who are devoting so much of their free time to maintaining the rink, since it does tug on the heartstrings a little bit.

RM of Armstrong Ward 1 Coun. Allen Pfrimmer has lived in Inwood for more than 50 years and agreed that the work being done by the boys is very admirable and that he was happy to help support with a donation of \$250 on behalf of the RM.

“All the councillors were involved in that and everyone agreed to donate the money because those kids are working hard to keep that place open. It’s great to see such young people

taking charge of their community. I’m pretty happy to see these kids are getting out there and trying to save their rink,” said Pfrimmer.

Messages on the Go Fund Me page are also pouring in alongside the donations, detailing the memories the donors had at the rink when they were kids.

“I spent so much time in Inwood and made so many great friends and memories there in my younger years,” said Lenore Chartrand of Heaven Scent Flowers & Gifts.

“Growing up in Inwood, I have great memories of the winter carnivals, broomball tournaments and September long socials,” said Leanne Moore.

The building might be struggling but the buzz around the community now with the success of this online campaign is working well to make sure that the doors stay open and the ice stays cold for at least a few more seasons.

> GET FISHING, FROM PG. 6

Daryl didn’t want to put new material into an old shack, each fix required it getting smaller and narrower. Now, one could barely squeeze into it.

Saturday afternoon on beautiful Shoal Lake north of Stonewall turned out to be a heartwarming experience.

The blazing sun was out in all its’ glory and the wind was soft and pleasant. Out in the middle of the flat glaringly white ice pack, I saw a large group bustling about their tent camp. It was an easy run up to them. Jumping out of the truck, the air was filled with kids yelling and chasing each other around in the snow (as well as eating

some off their mitts). These friendly folks welcomed me, saying who they were and showed the few fish they had caught.

An outgoing gal by the name of Shaunne Pre-court from Stonewall introduced me to her group. In no time, all of us were having a fine old time joking and swapping fish stories as one of the kids, young Nickolas Soroka, got a bite on his line. He dashed over to it, grabbing it up as the end of the rod met the water. He was in command, though, and reeled up with authority. With the help of one of the men, Paul Breland, Nick brought a very respectable-sized jack out of the ice hole. The men laughed, remembering two years ago when Nick caught a jack and got so upset he almost didn’t land it because as it broke

water, he cried out, “It’s looking right at me.” Till next time. Bye for now.

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Correction

Staff

In the Feb. 16 edition of the *Stonewall Teulon Tribune*, the article "St. Laurent business aims to align your energy and balance your soul," we reported that the business was a Reiki Healing business.

However, in actual fact, the business owner Priscilla Bradley doesn't use the teachings of Reiki in her sessions. In Bradley's own words, "Heart Song is a system for awakening and developing our hearts intelligence. I teach heart based practices designed to help empower people to connect with their hearts intuitive guidance and unlock the potential of who they are. We can only do this by making peace with and healing the conditioning of the past and any painful experience that broke our heart to the point where we are constantly protecting our selves. In today's world there is a tremendous amount of anxiety and unrest, many people do not feel safe, our nervous systems are stressed out. With Heart song unwinding your overstimulated nervous system you may discover a true feeling of safety that has always been within. You resonate with more empathy and love for yourself and this in turn radiates outward toward others now you will no longer look to others to validate you or for your peace. Heart Song is a transformational practice for awaking the truth of unity by reuniting your mind and heart in holy matrimony."

Bradley added that she is an empath with intuition that is able to see, hear, feel and direct knowing.

The *Tribune* apologizes for any confusion this may have caused.

'Lovesick' actress hopes film sparks conversations about mental health

By Maggie Wysocki

Actress Ali Tataryn says every time she comes home, it seems like something else has changed.

"Even this place feels new to me," she said, sliding into a booth at Roxi's Uptown Cafe in Selkirk.

The 29-year-old who grew up in Selkirk and now lives in East-Vancouver, says this particular trip home is to promote her new movie, "Lovesick."

Since being featured at the Whistler Film Festival, the Winnipeg-based film has received loads of media buzz.

"The response has been great and I feel really supported from everyone in Selkirk," Tataryn said.

"Lovesick" features an all-star cast, including "Mad Men's" Jessica Paré and Jay Baruchel, who has acted alongside celebs such as Seth Rogen.

Tataryn's character, Nora, is the new love interest of broke and depressed Dash, who is still in love with his ex-girlfriend.

Tataryn says although it may sound like a typical romantic-comedy, "Lovesick" isn't some cookie cutter chick-flick.

"The premise of the story is that getting the girl at the end of the movie isn't going to fix your life — you have to fix your life," she said.

The movie has also been sparking conversations on Facebook about mental illness, something that Tataryn says was exactly its intention.

"We didn't market it like that because we're not trying to be advocates, but we want people to know that if you're struggling it's OK to go get help," she says.

For her own mental health, Tataryn says acting has played a major role. It has taught her how to let go of and process her emotions on a larger level.

"Acting has been a necessary outlet for creativity," she said. "I think it should be a required course in schools."

It was at the Comp that Tataryn says she first learned about expressing herself through theatre when she played Mrs. Sourberry in a production of "Oliver Twist."

"It was the first time I realized, wow I can do this as a



TRIBUNE PHOTO BY MAGGIE WYSOCKI

"Lovesick" actress, Ali Tataryn, picture here during a recent visit to her hometown of Selkirk, says she hopes her new film sparks more conversations about mental health.

career," she said.

The theatre program in Selkirk was small when Tataryn was growing up. Small enough to make her acting dream feel out of reach.

"If I had known in high school that it was OK to have a big dream, I would have worked harder sooner," she said. "If you're going to struggle in life, struggle and fight for your dream."

Tataryn says the theatre program in Selkirk has grown since she left but she hopes to see it grow even more.

"If there's no acting program here in the next five-years, I'll have to create one," she said.

"Lovesick" is currently playing on Saturdays at Cinematheque in Winnipeg until Feb. 18.



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> LICENSE PLATE, FROM PG. 4

paramedics are also eligible for paramedic specialty plates.

Manitoba's paramedic plate will be blue in colour, with a red EKG line crossing the bottom of the plate as well as the phrase 'Responding for Life'. The symbol chosen for the plate contains the paramedic Star of Life atop a red maple leaf.

"Paramedics play an incredibly important role in delivering emergency medical services to Manitobans," Health, Seniors and Active Living Minister Kelvin Goertzen said. "This specialty licence plate is a unique way to recognize

the dedication and commitment of these front-line emergency medical service providers and is a symbol of pride for their public service."

The plates will cost \$70, with \$30 from each purchase going toward the Canadian Mental Health Association (Manitoba and Winnipeg region). Licence plate applications can be downloaded from mpi.mb.ca.

"This distinct licence plate serves to recognize the valuable contribution that paramedics make to the lives of Manitobans each and every day," said Eric Glass, administrative director, Paramedic Association of Manitoba. "But equally important to us is that proceeds from the sale of these plates will be directed to the Canadian Mental Health Association to assist with future initiatives targeting paramedic mental wellness."



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NDP MLA reads to Rosser students

By Natasha Tersigni

Students at Rosser School had a special guest reader visit their school last week as part of their ongoing "I Love to Read" celebrations.

St. Johns MLA Nahanni Fontaine, a member the provincial NDP caucus party, read to students from Robert Munsch's book *A Promise is a Promise*. The book is set in the Northwest Territories and intertwines traditions and cultures of Canada's First Nations people while telling the story of a young child who disobeys her parents and learns a valuable lesson.

As a member of the Sagkeeng Anishinaabe First Nations in southern Manitoba, Fontaine is a strong advocate for First Nations people in Mani-

toba. She spoke to students about the important role Canada plays in accepting people from many different cultures.

Throughout her social activism, Fontaine has been recognized for her continued work in advocating for Missing and Murdered Indigenous Women and Girls, including when she served as the Special Advisor on Aboriginal Women's Issues for the Indigenous Issues Committee Cabinet of Manitoba. She has received many awards for her ongoing work, including the YMCA Women of Distinction Award and the Governor General's Award in Commemoration of the Person's Case.



TRIBUNE PHOTO BY NATASHA TERSIGNI

St. Johns MLA Nahanni Fontaine and a member the provincial NDP caucus party, read to Rosser students for "I Love to Read" month.

SwimAbility seeks volunteers to bring service to Selkirk

By Stefanie Lasiuk

Tyler Thiessen treads water in circles around his swimming instructor, Ethan Hamm, while his mother, Mary-Jo Thiessen, watches him with pride.

It's so nice to see her 11-year-old son hold his own and do well, she says.

In the five years Tyler has been a part of SwimAbility, he's gone from swimming in a life-jacket to doing laps and diving for rings without one.

He likes the program because he enjoys the feeling of being in the water and he loves his instructors.

"They are patient, friendly, and they pay attention," said Tyler before his lesson at Margaret Grant Pool in Winnipeg.

Manitoba SwimAbility hopes to bring the same joy to youth living with disabilities in Selkirk.

The organization's president, Cam Krisko, plans to expand the program to the Interlake in the fall. SwimAbility currently gives lessons to kids in Winnipeg, Brandon, Dauphin, and Steinbach.

The program pairs high school and university swimmers with kids living

with special needs for one-on-one, weekly lessons. The not-for-profit charges just \$2 per lesson and aims to help kids living with disabilities learn

to swim and to be safe around water. "They have a higher risk of drown-

Continued on page 14



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Manitoba announces Farm Products Marketing Council

Submitted

A new chair and directors have been appointed, and one existing director appointed to vice-chair, to the board of the Manitoba Farm Products Marketing Council, Agriculture Minister Ralph Eichler announced Tuesday.

"The newly appointed chair, vice-chair and directors for the Manitoba Farm Products Marketing Council will serve an important role helping foster growth in a very exciting and innovative sector of agriculture in Manitoba," said Eichler. "We are proud of the experience, leadership and abilities of the newly formed board and look forward to the results of their work."

The board of directors for the Manitoba Farm Products Marketing Council is responsible for overseeing the promotion, regulation and management of the production and market-

ing of farm products in Manitoba, as set out in The Farm Products Marketing Act.

The new chair of the board is Ed Helwer, who is a retired farmer, owner of a successful farm supply business, and public servant at both the municipal and provincial level. He held positions of councillor and mayor for the Town of Teulon over separate periods of time from 1969 to 1988, then served as a member of the legislative assembly for the constituency of Gimli from 1988 to 2003. He farmed in the Netley area and sold the farm in 2012.

Norine Dohan is an existing director who has served on the board since June of 2011 and has been appointed vice-chair. She is a rancher and bookkeeper. She previously served on the board of the Manitoba Agricultural Services Corporation. Dohan has

many years of experience as a volunteer with local sporting organizations and the 4-H club in the Ethelbert area.

Newly appointed directors are Lisa Dyck, Ronalee Janzen, Louise Lachance and Raymond Wytinck.

Dyck is owner of Cornell Crème Ltd., Manitoba's first dairy producer/processor founded in 2012, and co-owner of Cornell Dairy Ltd. A recognized and active member of Manitoba's business community, she is a director on the boards of the Winnipeg Chamber of Commerce and Food & Beverage Manitoba.

Janzen shares in the operation of her family's grain farm, while also devoting significant time to community volunteerism and farm organizations.

Lachance is secretary and treasurer for the family's farm and corporation, Lachance Bros. Ltd. She and her hus-

band have operated their farm for 40 years. Lachance remained involved in 4-H for many years as both a member and a leader.

Wytinck has been the general manager of NorthStar Genetics since 2009, which supplies traited soybean seed to operations in Western Canada. He previously worked for Cargill for 13 years in a variety of management capacities.

Robert Muir, Garry Draper and John Sandborn had their terms expire and Erin Crampton has resigned from her appointment. The appointments of directors Ken Caldwell and Rick Wiens have been revoked.

Eichler thanked previous board members for their past service to the Manitoba Farm Products Marketing Council.

Diabetes Canada launches End Diabetes movement

By Ty Dilello

The Canadian Diabetes Association has become Diabetes Canada and is launching a new movement aimed at ending diabetes.

As part of this initiative, Diabetes Canada has released a new song and music video looking at the stigma sur-

rounding diabetes and the thoughts and emotions of people living with the disease – using the actual words of people living with it.

Diabetes Canada is also funding research into diabetes stigma and mental health and developing tools to help health-care professionals better

support people living with diabetes – including their emotional and mental health needs.

Andrea Kwasnicki, the regional director for Manitoba and Nunavut at Diabetes Canada, said the worst part about diabetes is "seeing the impact of this serious disease and knowing

that there is currently no cure."

"This is why Diabetes Canada has launched the End Diabetes movement. End Diabetes has many meanings. Imagine — what it means to end the impact of diabetes — all the heart attacks, strokes, amputations and blindness; what ending the stigma means — no more shame and blame and misinformation; and a cure to end diabetes altogether."

Releasing a song and music video is a new way for Diabetes Canada to raise awareness for the cause.

"The song/music video looks at diabetes stigma and the thoughts and emotions of people living with diabetes – using the actual words of people living with diabetes," said Kwasnicki. "The aim with the song/music video is to generate conversation about diabetes to make this invisible epidemic visible. Additionally, the song/music video shows that we should never give up and that there is hope — and that you are not alone in your fight."

Right now there are 11 million Canadians who are either living with or are at risk of this chronic disease. That's more than 30 per cent of our country's total population so it is indeed extremely important that this becomes a strong issue in Canada to help fight the disease.

Kwasnicki encourages people to visit enddiabetes.ca to join the movement on ending diabetes once and for all.

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Volunteers prepare for busy tax season

By Jennifer McFee

Income tax season is upon us, and a group of dedicated volunteers is ready to reduce the stress of the task.

South Interlake 55 Plus operates under the Canada Revenue community income tax program. As a community organization, they recruit volunteers who are screened for suitability through Canada Revenue's stringent screening process. Eligible volunteers are trained through Canada Revenue webinars.

Cheryl Cathers, executive director of 55 Plus, said that the community organizations can set up the type of clinics that they would like to run.

"We are running what we call a drop-off clinic, and that means that the individuals will drop off their information. Our volunteers will either pick it up or do it in-house and then return the information here for us to facilitate the return to the client," she said.

"We have volunteers that work on the intake, which is the reception end. When a client comes in, there are some authorization forms that need to

be filled out by the individual to have our volunteers complete their return on our behalf. Then all of that information is returned to the client and none of it is retained here. It's the clients' responsibility to maintain their information."

This year, a total of 12 volunteers (including Cathers) will do the intake reception as well as the actual returns for the individuals, who will be notified by phone when their return has been completed.

"I've got some new volunteers this year, which is great because some of the ones who have been doing it for years are not able to continue," Cathers said.

"We've been working on this since mid-November. That's when our season starts as far as recruiting volunteers and getting the training and screening processes happening. Right now, we're finishing off the training and getting everything lined up."

Last year, 122 people used the service from Stonewall and surrounding areas. To access the service, people don't need to be members of 55 Plus.

However, they do need to meet the income level criteria of \$30,000 for a single person, \$35,000 for a single parent and child (plus another \$2,500 for each additional dependent), or \$40,000 for a couple (plus another \$2,500 for each dependent).

"This is designed for those with a modest income and a simple tax situation such as students, seniors, single incomes. We do a fair number of social assistance tax returns because those are simplistic as well," Cathers said.

"Since we are restricted as well to simple tax returns, that means there's

no farming income, no rental income. Anything business-related, we will not do."

The drop-off service is going to run Tuesday to Friday 9 a.m. to 3 p.m. from March 1 to April 27 at the 55 plus location, 374 1st St. West, also known as the Oddfellows Hall. A volunteer will also go to Oak Park Lodge in Woodlands, but the date and time has not been finalized.

For more information, contact the 55 Plus office at 204-467-2582 or visit www.si55plus.org.

Paying it forward



TRIBUNE PHOTO BY JO-ANNE PROCTER

Members of the Stonewall United Church presented the Claudette Griffin of the Liliane Baron South Interlake Breast Cancer Group with a cheque for \$1,500 on Jan. 25. The money was raised at the annual Cantata this past December. The Liliane Baron South Interlake Breast Cancer Group provides financial and emotional support for women who are currently battling and surviving breast cancer. Services for the women include transportation to medical appointments, alterations to clothing, hairpieces, help with yard work, cooking or childcare. For more information or to donate contact Griffin at 204-886-2393 or 204-886-2710.

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Manitoba Hydro

Stonewall Family Foods welcomes new equipment

By Jennifer McFee

Things are heating up at Stonewall Family Foods, where a new bakery oven is proving to be the greatest thing since sliced bread.

After 26 years and about 300,000 loaves of bread, the previous oven has headed for retirement. At the same time, staff has welcomed a new rotating rack oven, which arrived from the Hobart company in Toronto on Feb. 8.

Since then, store owner Dave Kalnuk has noticed a tangible improvement.

"It's a lot more automated and it's double the size, so now we'll be able to produce literally twice as much. It produces a better quality product because it's a rotating rack oven," he said.

"They used to have to shut the oven down, pull the pans out and physically flip them around and put them back in. This one actually rotates the product as it's baking so it's more even and it's a better quality product."

The new oven has improved not only the process but also the fresh-baked bread.

"The staff noticed a difference right away. The first time they used it, they noticed that the

loaves are more even," Kalnuk said. "It's also got a steam function so you get that nice crust on the bread. It's overall a better quality product."

Each day, bakery staff create about 30 to 50 loaves in enough selections to suit any taste.

"When we first started, there were three varieties of bread. Now there's probably a dozen different varieties," Kalnuk said.

"We do much less of the good old-fashioned white bread now because there's all the cinnamon and raisin bread and alpine grain bread and sunflower seed bread. The 60-percent whole wheat is probably one of the most popular."

In addition to letting people know about their new bakery oven, Kalnuk would like to encourage local residents to check out the Family Foods Community Cash promotion.

Through this nation-wide contest, people can go to the Family Foods website and nominate a non-profit organization to potentially win a contribution of \$10,000 towards whatever project they're working on.

"We've been trying to encourage everyone to nominate the Stonewall



TRIBUNE PHOTO BY LANA MEIER

Family Foods baking staff, from left, Emily, Cassidy and Andrea, show off some of the freshly baked goods Monday morning.

Kinsmen Club because they're trying to raise money for the splash park," Kalnuk said, noting that the Interlake Community Foundation was a previous winner of the promotion.

"The more people that go online and nominate them, the better our chance

es that they'll get chosen the winners."

The contest ends March 2 and the grand prize draws from the online nominations will take place on March 31. For more information or to make a nomination, visit www.familyfoods.ca.

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Stonewall council one step closer to passing zoning bylaw

By Jennifer McFee

The Town of Stonewall is one step closer to passing its updated zoning bylaw, marking the first major revision in more than 20 years.

The proposed bylaw made it through the process to the point of a public hearing in the fall, when several members of the public voiced objections. After tweaking the bylaw, council held a second public hearing on Feb. 15, and nobody voiced objections.

At the same meeting, council gave the bylaw second reading. However, because there were objections at the first public hearing, the proposed bylaw needs to go back to the planning board for a hearing at that level. If all goes well, council will be able to give third reading at an upcoming meeting and proceed with the changes.

"I think the most rewarding change was eliminating the need for those requiring assisted living to have to apply to live in a home in Stonewall. We're a lot closer to finalizing this now that we've given it second reading," said Stonewall Mayor Lockie McLean.

"It will be nice that those folks won't

be subject to a conditional use hearing anymore and all the stress that comes by the way of that process. It's been long overdue but it feels really good to do that."

Another notable change is the introduction of allowing secondary suites, also known as granny suites.

"If you can permit a family to be able to build a small addition specifically suited to house an elderly family member, it's awesome because it'll allow the elderly family member the independence but at the same time the comfort of knowing their family is right there too," McLean said.

"I don't see us having a lot of granny suites, but I see how that's going to improve the quality of life for families who find themselves in a predicament with older family members who have nowhere to go."

Along with these larger changes, the updated zoning bylaw includes hundreds of other smaller changes.

"This is the first major revision in over two decades to our zoning bylaw," McLean said, "so a lot of it was kind of stuck in the dark ages."

ParticipACTION 150: importance of physical literacy

By Natasha Tersigni

First I would like to send a big shout-out and thank you to École R. W. Bobby Bend School vice-principal Sascha Epp. She is the first *Tribune* reader to invite me to an event for ParticipACTION 150.

On Friday morning, I went to Bobby Bend School and took part in a fitness workshop held by Fit Kits Healthy Kids and Doctors Manitoba in collaboration with the Canada Games 2017 organizers.

For two days, students at the school had the opportunity to participate in a fun games workshop held in the gym. The games included everything from giant Jenga to an obstacle complete with mini hurdles while encouraging children to stay active.

"We are a program that helps children to develop their physical literacy, which is teaching children fundamental movement skills like running, jumping and skipping before specializing in sport," explained Fit Kids Healthy Kids Coordinator Michelle Johnson.

"We start with fundamental movement skills in the active start stage, which ages

zero to six years old. Then the fundamental movement age is from six to nine years old. If kids haven't been exposed to the fundamental movements they can lack in those skills as teenagers and even into adulthood."

At the end of the half-hour workshop students had the opportunity meet Canada Games mascot Niibin.

In the afternoon I traveled to Woodlands School where all the students were participating in Jump Rope for Heart. The event involved several different skipping orientated stations where students showed off their skills. The event was in support of the Heart and Stroke Foundation and the school was able to raise several hundred dollars in pledges ahead of the event. Thanks to a few students I was able to cross #35 Jump Rope off of my list.

Remember if you would like me to attend your community event or profile your club or organization for ParticipACTION 150, be sure to email news@stonewallteulontribune.ca



TRIBUNE PHOTO BY BRADY DELAROCQUE

Natasha, right, crossed #35 Jump Rope off her ParticipACTION 150 list after taking part in Woodlands School's Jump Rope for Heart.

Young fan on guard with idols



TRIBUNE PHOTO BY JON KOZUB/WINNIPEG JETS

Stonewall's Ryder Kirk had an opportunity that most hockey players only dream of. The Stonewall Blues novice player was the Scotiabank skater at the Winnipeg Jets versus the Dallas Stars game in Winnipeg on Feb. 14. Kirk won the Scotiabank contest that allowed him to lead his favorite NHL team on the ice and stand alongside them on the blue line for the singing of the national anthem. Winnipeg Jets' captain Blake Wheeler challenged Kirk to a race around the net and back to the bench. Kirk of course accepted the challenge and told his parents that the experience was the best day of his life.

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Available in accessible formats upon request.

Stonewall cadet headed to biathlon nationals

By Natasha Tersigni

After a successful showing at the provincial competition earlier this month, Stonewall resident Josie Chrisp is heading to Val Cartier, Quebec to compete at the 2017 National Cadet Biathlon Championships on March 4 and 5.

For Chrisp, who is a member of Stonewall's 301 Alan McLeod VC Royal Canadian Air Cadet Squadron, this is only his second year competing in biathlon and his first appearance at nationals. At the provincial competition in February, which was changed from a traditional biathlon to a run and shoot due to the lack of snow,

Chrisp place second in the junior category. The top two cadets from each category at provincials are chosen to attend nationals.

To help him earn a trip to nationals, Chrisp relied on his shooting skills.

"My strongest part of biathlon is shooting. At provincials, I made all ten shots which is really rare," said Chrisp who is currently in Grade 8 at École Stonewall Centennial School.

Chrisp will be attending the national competition with an adult coach from the Stonewall squadron and will be competing against other cadets from across the country.



TRIBUNE PHOTO SUBMITTED

Stonewall's 301 Alan McLeod VC Royal Canadian Air cadet Josie Chrisp has earned a spot at the 2017 National Cadet Biathlon Championships in Val Cartier, Quebec being held March 4 and 5.

He's ba-ack! Film crew gathered at Oak Hammock Marsh

By Staff

Oak Hammock Marsh was abuzz with activity recently when a film crew gathered to shoot a scene for an upcoming horror flick.

The crew of more than 100 people gathered outside the front entrance to the Interpretive Centre to film *The Cult of Chucky*, an upcoming production from Universal Pictures Home Entertainment.

The film is written and directed by Don Mancini, who created the entire Child's Play franchise. This film is the seventh in the franchise about the creepy doll. Returning cast members including Brad Dourif as Chucky, as well as Fiona Dourif, Alex Vincent, Jennifer Tilly and Summer H. Howell.

Production began in Winnipeg in January with tentative video distribution towards the end of this year.



Jennifer Tilly, left, and Fiona Dourif were at Oak Hammock Marsh recently for the filming of *The Cult of Chucky*.



TRIBUNE PHOTOS SUBMITTED

> SWIMABILITY, FROM PG. 9

ing than the general population," Krisko said.

An Injury Prevention study found that children living with disabilities are 10 times more likely to drown or nearly drown than everyone else

Krisko said water safety is especially important for kids in Manitoba, where lakes abound. But the program is about more than just swimming.

"It's a family," Krisko said. "It's a

SwimAbility family."

The organization's volunteers host bowling nights, birthday parties, and seasonal get-togethers for the families involved.

A lot of the kids in the program don't always get invited to events like this outside the program, said Krisko.

"It's exciting to see the kids being kids," he said.

But the program doesn't run with-

out its volunteers, and Krisko will need some from the Interlake area to deliver SwimAbility to the roughly 80 to 90 local families asking for it.

Swimming instructors don't need formal lifeguard training. SwimAbility provides its own training to anyone older than 14 who is comfortable in the water.

Those not comfortable in the water can volunteer their time as co-ordinators. Co-ordinators pair volun-

teers with swimmers and ensure the lessons run smoothly.

Krisko hopes to secure 10 to 15 volunteers so they can offer lessons to at least 30 to 40 kids to start.

For more information, parents and those looking to volunteer can visit manitobaswimability.com, email manitoba@swimability.org, or call 1-888-530-5618 ext. 109.



Saturday, March 4

TODAY'S EVENTS!

Fire on Ice Car Racing on the Lake Practice from 9am-11am Racing from 12pm-3pm	9:00am – 3:00pm
Admission to New Iceland Heritage Museum & Viking Indoor Village Life Display - Free with Festival Pass!	10:00am – 3:00pm
Gimli Vikings Atom Tournament - at the Gimli Rec Centre	11:00am – 9:00pm
Kid's Story Telling - at the New Iceland Heritage Museum	11:00am - 12:00pm
Mini Snow Sculpting Competition – next to Gimli Art Club	11:00am – 2:00pm
Frozen Fish Toss - at the harbour	11:00am – 12:00pm
	1:00pm – 2:00pm
Gimli Art Club Family Fun Activities – at the Art Club	11:00am – 3:00pm
Family Fun Outdoor Games - at the harbour	11:00am – 12:00pm
	1:00pm – 2:00pm
Bannock & Tea made on Open Fire - at the harbour	11:00am – 3:00pm
Kid's Fun-Time Ice Fishing - near the harbour	11:00am – 3:00pm
Cross Country Skiing For You To Demo - at the harbour	11:00am – 3:00pm
Viking Combat Live Demonstration - at the harbour	1:30pm – 2:00pm
Rotary Best Borscht Contest - at the Kaffe Haus	2:00pm – 4:00pm
Gimli Legion Meat Draw Madness - at the Gimli Legion	3:30pm – 6:30pm
Variety Entertainment Night at the Lakeview Resort	
Admission \$5 per person or Free with Festival Pass!	Start - 7:30pm

Sunday, March 5

TODAY'S EVENTS!

Kiwanis Pancake Breakfast - at the Gimli Recreation Centre	9:00am – 11:00am
Fire on Ice Car Racing on the Lake Practice from 9am-11am Racing from 12pm-3pm	9:00am – 3:00pm
Gimli Vikings Atom Tournament - at the Gimli Rec Centre	9:00am – 6:00pm
Admission to New Iceland Heritage Museum & Viking Indoor Village Life Display - Free with Festival Pass!	10:00am – 3:00pm
Kid's Story Telling - at the New Iceland Heritage Museum	10:45am – 11:45am
Frozen Fish Toss - at the harbour	11:00am – 12:00pm
	1:00pm – 2:00pm
Family Fun Outdoor Games - at the harbour	11:00am – 12:00pm
	1:00pm – 2:00pm
Kid's Fun-Time Ice Fishing - at the harbour	11:00am – 2:00pm
Gimli Art Club Family Fun Activities - at the Art Club	11:00am – 2:30pm
Bannock & Tea made on Open Fire - at the harbour	11:00am – 2:30pm
Cross Country Skiing For You To Demo - at the harbour	11:00am – 2:30pm
Cooley's Indoor Playground - at the Lakeview Resort	11:30am – 2:00pm
Rotary Best Chili Contest - at the Kaffe Haus	12:00pm - 2:00pm
Viking Combat Live Demonstration - at the harbour	1:00pm – 1:30pm
Frozen T-Shirt Competition - at the harbour	2:00pm – 2:30pm
Canada 150 Ice Canoe Race - at the harbour	Start - 3:00pm



Thank you to the following businesses for their financial support in promoting the Gimli Ice Festival.

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get inspired

> MEAL IDEAS

Oatmeal choco-cranberry cookies



HEART & STROKE FOUNDATION

12 servings / 25 mins

Prep 10 min / Cook 15 min

In these cookies no egg or flour is used. These have a soft texture with an addictive taste.

Ingredients

2 very ripe bananas, peeled
1/2 tsp (2 mL) vanilla extract



1 cup (250 mL) large flake oats
2 tbsp (25 mL) ground flax or chia seed

1/4 tsp (1 mL) ground cinnamon
3 tbsp (45 mL) mini chocolate chips
3 tbsp (45 mL) dried cranberries

Directions

In a bowl, mash bananas until smooth. Stir in vanilla.

In another bowl, stir together oats, flax and cinnamon. Stir into banana mixture until well combined. Stir in chocolate chips and cranberries.

Scoop dough into 12 mounds onto parchment paper lined baking sheet. Flatten each slightly and bake in 350° F (180° C) oven for about 12 minutes or until cookies are firm to the touch. Let cool before removing from baking sheet.

S'mores Ice Cream Birthday Pie



Prep time: 20 minutes, plus 8 hours
40 minutes freezing time

Cook time: 2 minutes

Serves: 12

Nonstick cooking spray

8 ounces milk chocolate, coarsely chopped, divided

2 1/4 teaspoons canola oil

30 chocolate wafer cookies

pinch of salt

5 graham cracker sheets, broken into bite-size pieces

6 cups Breyers Natural Vanilla Ice Cream, softened

4 large egg whites

1/2 cup sugar

birthday candles (optional)

Lightly spray 9-inch springform pan with 3-inch high sides with cooking spray.

In small bowl over simmering water, stir 3 ounces chocolate and oil until

melted and blended.

In food processor, grind chocolate wafer cookies into fine crumbs (about 1 1/3 cups). Add chocolate mixture and pinch of salt and pulse until moistened. Press crumb mixture evenly onto bottom and 1 1/2 inches up sides of pan. Freeze for about 10 minutes, or until crust hardens.

In large chilled bowl, fold graham cracker pieces and remaining chocolate into ice cream. Pour mixture into frozen crust and smooth top. Freeze for about 8 hours, or until ice cream hardens. Remove pie from pan and transfer to platter. Return pie to freezer.

In large bowl, using electric hand mixer on medium-high speed, beat egg whites until foamy. Gradually add sugar and beat for about 5 minutes, or until firm glossy peaks form.

Using large spoon, dollop meringue onto pie and spread decoratively, making sure no ice cream is exposed. Using kitchen blowtorch, torch meringue until browned all over.

Freeze pie for about 30 minutes, or until meringue has stiffened. Decorate with lit birthday candles, if desired. Slice and serve immediately.

Note: Pie, without meringue topping, can be made up to 1 week ahead, covered and frozen.

Relationships: The Importance of Positive Talk



"YOU CANNOT SHAKE HANDS WITH A CLENCHED FIST."

- INDIRA GANDHI

When there are struggles in a relationship, a lot of time is often spent talking about what is wrong, or what we are upset about. There may be blame, criticism and judgment, which usually results in arguments, and if the negative talk continues things may spiral out of control.

Firing criticism back and forth does no more to change things than when countries bomb each other saying they are "fighting for peace." In fact, a lot of damage is done, which may be remembered for years down the road, continuing to affect the relationship between the two.

It is much better for couples if they can focus on what they want to create, rather than what is wrong. Of course reference may have to be made to what is upsetting, but the focus should then quickly switch to what it is that could make things better.

When there are ongoing issues and conflict between a couple they often stop listening to one another, and no longer feel like being kind or loving. It is like a plant that is struggling to survive, and then water, light and nutrition are withdrawn. It does not stand a chance.

All couples have issues at some time or another, so it is important to have some agreements about how difficulties will be discussed. A good beginning is to affirm caring for the other, and positive intent in dealing with the problem.

Couples should agree to avoid blame, criticism, judgment and put-downs. It is important to try to focus on the issue at hand, without bringing in too much of the past. Do not compare your partner to others. Telling her she is just like her mother levels two criticisms with one blow. Asking why he cannot be like your friend's husband is devastating: he will always think you are comparing him to "Mr. Perfect," and that he will never measure up.

Relationship issues can be delicate, and past hurts can get in the way of present solutions, so be careful what you say.

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

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> FAITH

Phyllis Tickle, author and Theologian has speculated that the emergent church as a structure goes through what amounts to a Theology and Practice "Garage Sale" every 500 years. She calls us to look at the times we are in, as it would appear the Garage Sale has started, with or without us.

There are certainly signs all around us of a Church and Society beginning to show signs of labor pains as our society evolves and challenges our structures to respond Theologically.

One of the major forces in our world today is the shrinking of the world community as Social Media and the Internet bring us together, or sadly, tear us apart. With the rise in Refugees and Asylum seekers, our positions of privilege are being challenged as we are being challenged to grow in an even deeper understanding of our Faith and what it means to be Christian today. In a previous column I talked about what an amazing world it would be if we lived out our Baptism vows as if we actually meant them, and put them into practice!

Currently the Lectionary has been highlighting the Sermon on the Mount...and my question remains the same. What if we lived as if we believed the word of Jesus in this powerful message?

Social Media and the current political climate has given rise to the 'alternative' option or 'ALT'. We have facts and now we have 'alt facts'. So it should come as no surprise that we now have the 'alt Jesus' message. This was inscribed on a poster displayed at one of the massive Protest Marches held last month:

"Alt Jesus":

Fear Everyone
Expel the Stranger
Blame the Poor
Ignore the Sick
Feed the Rich
Love only Thyself
Trust only Caesar
Throw Lots of Stones!

Surely we are called to do better than that! And yet if one holds up a mirror to current societal trends, it would seem we have moved closer to "Alt Jesus" than we have in bringing about the Peaceable Kin-dom.

Whilst preparing for this article, I unearthed this anonymous doggerel titled "The Devil's Beatitudes", which I include, as very often some of these behaviors are what prevents us from being true disciples of Christ and agents of the Gospel that we are called to be.

"1. Blessed are those who are too tired, too busy, too distracted to spend an hour once a week with their fellow Christians — they are my best workers!

2. Blessed are those Christians who wait to be asked and expect to be thanked — I can use them.

3. Blessed are the touchy who stop going to church — they are my mis-

sionaries.

4. Blessed are the troublemakers — they shall be called my children.

5. Blessed are the complainers — I'm all ears to them.

6. Blessed are those who are bored with the minister's mannerism and mistakes — for they get nothing out of his sermons.

7. Blessed is the church member who expects to be invited to his own church — for he is a part of the problem instead of the solution.

8. Blessed are those who gossip — for they shall cause strife and divisions that please me.

9. Blessed are those who are easily offended — for they will soon get angry and quit.

10. Blessed are those who do not give an offering to carry on God's work — for they are my helpers.

11. Blessed is he who professes to love God but hates his brother and sister — for he shall be with me forever!

12. Blessed are you who, when you read this think it is about other people and not yourself — I've got you too!"

In our times may we continue to be as wise as serpents and gentle as doves!

SERVICE CLUBS - Serving our Communities

Stonewall Teulon Tribune

<p>Royal Canadian Legion Branch No. 52</p> <p>\$33-\$38 member/year depending when dues are paid The Royal Canadian Legion is dedicated to the service of veterans and their dependents, as well as to raise funds for the community. The Legion is open to all Canadian Citizens. Meetings are held on the 2nd Tuesday of the month at Stonewall Legion Club Room.</p>	<p>South Interlake Ag Society</p> <p>Janice Rutherford 467-5612 Hwy #236 and Rockwood Road \$10/member/year</p> <p>It encompasses the needs of the three municipalities that it serves – Rockwood, Rosser and Woodlands. Monthly meetings are held the 3rd Tuesday of each month at 7:30 at the Ag grounds.</p>	<p>Teulon Women's Institute Phone 886-2216</p> <p>Fee: Nominal membership may apply Motto: "Home and Country"</p> <p>The TWI has approximately 14 members that work hard to raise money throughout the year to donate to local and regional charities and community projects. Meet 3rd Tuesday of the month 7:30pm Farview Place Teulon. New members always welcome.</p>	<p> 1 Snow Goose Bay on Hwy 220 Stonewall, Manitoba 1-888-50MARSH (62774) ohmic@ducks.ca oakhammockmarsh.ca</p> <p>The Oak Hammock Marsh Interpretive Centre is a non-profit organization. Its mission is to foster public awareness and knowledge of the inherent values of wetlands and associated ecosystems, and to encourage public support for their conservation through innovative education and outreach programs.</p>	<p>Quarry Toastmasters</p> <p>Brenda 467-5088</p> <p>Quarry Toastmasters meet every Tuesday 7:15 – 8:45pm at the Stonewall Collegiate in the Library. We work to build up your confidence in public speaking – individually or in a group. We help you plan what to say and to have fun doing it.</p>	<p>Kin Clubs of Stonewall Motto "Serving the Communities"</p> <p>Kin Canada is a dynamic volunteer organization enriching our communities through service while embracing national pride, positive values, personal development and lasting friendships.</p> <p>Kinsmen President Chad Sheppard 204-461-2023</p> <p>Kinette President Pam Norquay 204-467-9408</p>
<p>Teulon & District Agricultural Society</p> <p>Lana Knor, President 467-0740</p> <p>The Teulon & District Ag Society meet on the fourth Thursday of each month from February to November at the Agricultural Building at 7:30pm. The Ag Society sponsors the Teulon & District Ag Fair and the Annual Teulon Pumpkinfest.</p>	<p>Interlake Community Foundation, Inc. 204-467-5634 www.interlakefoundation.ca</p> <p>The Interlake Community Foundation provides the citizens of Rockwood, Rosser, Stonewall, Teulon and Woodlands with the opportunity to invest in the future of their community and region forever. The Foundation pools donations in a capital fund that remains in perpetuity. The income generated from the capital is distributed as grants to registered charities in the region. Grant applications are due by February 28th of each year.</p>	<p>Stony Mountain Stonewall Masonic Lodge #12</p> <p>Call 204-467-2788 for Information</p> <p>Stony Mountain Stonewall Masonic Lodge #12 is the oldest organization in Stonewall (1880) and part of the oldest and largest fraternity in the world. Although a belief in one God is necessary to join, Freemasonry is non-secular and prohibits discussion of religion and politics in its Lodges. Freemasonry focuses on the reinforcement of morality into the daily lives of our members and of charity, a giving back to our communities through our Lodges and by our charitable activities as well as in our personal lives, which we believe makes GOOD MEN BETTER. Monthly Meetings 2 B 1 ASK 1</p>	<p> Stonewall Ladies Auxiliary</p> <p>Committed to the wellbeing of our community and raising funds for the ongoing mutual support provided by the Stonewall Legion Branch #52. Meetings are held on the second Thursday of the month. New memberships are welcome. Yearly membership fee 10.00. Volunteers often required for events at the Legion hall.</p>	<p>South Interlake Seniors Resource Council Inc. Darcy or Corinna @ 467-2719 sisrc@shaw.ca</p> <p>SISRC is a non-profit organization that offers services for seniors and those with disabilities. These services include; Transportation; Mobility Aid Lending Service; Caregiver Support Group; Health Education Presentations; Resource Information/Form Completion; Telephone Buddy/Friendly Visiting; Handy Helper/Housecleaning. We also distribute the ERIK (emergency response information kit) and we are Lifeline Representatives.</p>	<p>The Liliane Baron South Interlake Breast Cancer Support Group Claudette 886-2393 Joyce 467-2473</p> <p>The group is a non profit grass roots organization founded by women in the South Interlake Area diagnosed with breast cancer. Our mandate is to assist others who may find themselves with a similar diagnosis and to provide a variety of support, assistance and friendship where needed within the confines of privacy, respect and caring. The group meets for positive encouragement and support on the third Tuesday of each month at 7PM at the office of LJ Baron Realty, Main Street in Teulon. Anyone seeking information or services is always welcome.</p>
<p> Knights of Columbus Stonewall</p> <p>Dave Couprie 467-9548 \$40/member/year</p> <p>The Knights of Columbus raise funds for charities within the community. The Knights are open to all Catholic men, 18 yrs or older. Meetings are held 1st Monday of the month September through June at the Christ the King Church in Stonewall.</p>	<p>South Interlake 55+ Inc</p> <p>467-2582 www.si55plus.org \$20/member/year si55plus@mts.net</p> <p>This non-profit organization provides education and activities for persons age 55 plus. Many activities and events are held on a regular basis. Newsletters are published monthly and available to pick up at the 55+ Centre in Stonewall.</p>	<p> Stonewall & District Lions</p> <p>Ralph Sinclair 622 Centre Avenue, Stonewall 467-9600 Motto: "We Serve"</p> <p>Membership is open to anyone over eighteen with an interest in providing assistance to those people or projects in our community in greater need than ourselves. Meetings every 2nd and 4th Wednesday of the month at 7:30pm September thru June.</p>	<p> Independent Order of Odd Fellows Stonewall Lodge #49</p> <p>Larry O'Dell 467-8882 Ross Thompson 467-2438 www.ioofmb.ca</p> <p>Yearly nominal membership fee</p> <p>The Odd Fellows Lodge is a fraternal organization based on the fatherhood of God and the brotherhood of man. We do charitable work through various projects in the local community, the province and internationally. We seek to elevate the character of man and thereby make the world a better place to live. Meetings every 1st and 3rd Monday of the month at 8:00pm at the Odd Fellows Hall.</p>	<p>Stonewall & District Health Centre Ladies Auxiliary</p> <p>Marg Bond 467-8732</p> <p>The auxiliary's goal is to raise funds for the purpose of enhancing the care and comforts of patients, residents and clients served by the Health Centre. Meetings are held the 1st Monday of each month at Rosewood Lodge. New members welcome.</p>	<p>Grosse Isle Women's Institute Phone 204-467-9376</p> <p>Motto: "Home and Country"</p> <p>The GIWI has approximately 14 members that work hard to raise money throughout the year to donate to local and regional charities and community projects. Meet 2nd Tuesday of the month 7:00pm Grosse Isle Hall. New members always welcome.</p>
<p>Warren Horizons District Lions Club President: Irene Tully 204-375-6522</p> <p>Meetings are held the first and third Wednesday of each month at the Warren Fire Hall Sept. thru June.</p>		<p> Warren & District Lions President Stu Bangle 204-322-5381 "We Serve"</p> <p>Membership is open to anyone over 18 interested in giving something back to their community through direct action, meeting humanitarian needs, encouraging peace, and promoting international understanding. Meetings are held the 1st and 3rd Wednesday of the month at 7:00pm at the Warren Fire Hall from Sept-June.</p>			

Composer creates music inspired by William Kurelek

By Jennifer McFee

When composer John Greer received a request to create a collection of work to celebrate the prairies, it was music to his ears.

In 2012, the University of Manitoba asked Greer to create works for the voice faculty and piano four-hands. As a music graduate from the U of M, as well as from the University of Southern California, Greer accepted the offer.

The well-known composer is renowned across North America and beyond for his composition skills and for his talent as a pianist, vocal coach, arranger and conductor.

Raised in Winnipeg, Greer is no stranger to the prairies. He was familiar with the works of Interlake artist William Kurelek and was particularly impressed with a retrospective of Kurelek's work at the Winnipeg Art Gallery in 2011.

"I thought what a great monument William Kurelek is to the prairies, and to art in the prairies too," Greer said.

"So when it came time to find texts for me to set for these singers, I immediately thought of his two children's books, *A Prairie Boy's Summer* and *A Prairie Boy's Winter*. I didn't know these books as a child, but certainly my nephew did. I knew of them from that and from other research that I had done on Kurelek."

As part of his research, Greer visited the new Kurelek monument at the junction of highways 7 and 67.

"I also drove up past where I know his old farm was. I was trying to soak up as much of the area as I possibly could," said Greer, whose mom's family is from Selkirk.

"He captured the feeling of that area so well in so many of his iconic paint-

ings. It's a very quick step to go from there to a musical representation of those paintings, which is what I've striven to do."

With Kurelek as his inspiration, Greer created a collection of movements for a vocal quartet for four singers and piano four-hands entitled *A Prairie Boy's Life*. Ten of the movements are based on Kurelek's children's books with the permission of his estate, which is also allowing Greer to use illustrations from the books to accompany the musical performance.

A Prairie Boy's Life will premiere at the Winnipeg Art Gallery on Saturday, Feb. 25 at 7:30 p.m. It was originally written to open the new concert hall at the University of Manitoba's new School of Music building; however, construction has been delayed.

"We decided to go ahead with the premiere at the art gallery just to commemorate the event regardless. So people who come to see the premiere at the art gallery on Feb. 25 will also be seeing these projected illustrations from the book, which is so crucial in a way to the whole impact of the stories," Greer said.

"There are also a few texts by other prairie and Manitoban authors inserted dealing with other aspects of prairie life that Kurelek doesn't specifically talk about but seemed to fit into the overall theme of life on the prairies."

As Greer prepares to honour Kurelek on Saturday, he will be the subject of honour on Friday when Flipside Opera presents *Greeriad: The Songs of John Greer*. The event takes place in the Great Hall of the Canadian Mennonite University at 500 Shaftesbury Blvd. in Winnipeg starting at 8 p.m.

Adding to his jam-packed schedule,



PHOTO CREDIT: BRIAN BAKER/TOWN CRIER

John Greer has created a collection of musical movements inspired by William Kurelek. The premiere of *A Prairie Boy's Life* will be on Saturday, Feb. 25 at the Winnipeg Art Gallery.

Greer spoke at McNally Robinson on Thursday, Feb. 16 as part of the book-sellers' Meet the Composer series.

Now that Greer is semi-retired from his non-stop teaching and performing duties, he plans to spend more time composing — and visiting his family in Winnipeg.

"The bulk of my career has been as a performer and teacher, but I've always composed, ever since my youngest days. It's always been one of the most — if not the single most — rewarding aspects of my music-making career for me," said Greer.

"Although Toronto is my home currently, I've been working a lot south of the border over the last couple of decades and I've settled down for the time being. But I spend as much time in Winnipeg with my family as I can. I

stayed here through my undergraduate studies and have always come back. My family's still here, so I still consider Winnipeg my home."

During Greer's present homecoming to Winnipeg, music lovers can mark their calendars for two noteworthy events this week.

Tickets for the Friday, Feb. 24 performance of *Greeriad: The Songs of John Greer* are available at www.flipsideopera.com or at the door. General admission is \$25 or \$15 for students or artists.

Tickets for the Saturday, Feb. 25 premiere of *A Prairie Boy's Life* are available through www.eventbrite.ca. General admission is \$25 or \$5 for students.

Province launches health-care funding awareness campaign

Staff

The province has launched a social media and web-based public awareness campaign to inform the public of the significant impact of reduced and eroding federal funding for health care.

"Health care is the single largest budget item for provinces and territories, each of which is responsible for the delivery of quality health services for Canadians," Health, Seniors and Active Living Minister Kelvin Goertzen stated in a release last Thursday. "The federal government's unilateral

approach and refusal to engage in a discussion around the importance of a long-term and sustainable partnership on health care funding should be of concern to every Manitoban."

Created 50 years ago, Medicare originated with 50/50 cost sharing of health care between federal and provincial governments. Today, provinces pay more than 75 per cent of health-care costs and the federal government continues to reduce growth in health-care funding.

The minister said the result is a \$30 billion gap between the proposal

the federal government has made to some provinces and territories and what evidence-based studies indicated is actually needed to maintain the sustainability of health-care systems, even with an additional \$11 billion in targeted funding.

"Manitoba is facing a challenging fiscal situation and the federal government's decision to reduce health-care funding by more than \$1 billion over the next 10 years is going to put additional strain on our ability to provide services to Manitobans," said Goertzen. "Federal funding is essential if

we are to address the increasing costs associated with the health-care needs of our growing and aging population."

Goertzen is urging Manitobans to join the conversation via social media using the hashtag #sharethehealthcanada and to share their concerns directly with members of Parliament.

"By working together, we can find solutions that will work for Canadians," said Goertzen. "We believe health care is worth the conversation."

For more information, visit manitoba.ca/sharethehealth.

South Interlake Seniors Resource - Stonewall

SUPPORT SERVICES FOR SENIORS

- Driver/Escort Program • Mobility Aid Lending Service • Meals on Wheels
- Lifeline • ERIK and ICE Programs • Handy Helper/Housekeeping Program
- Friendly Visiting and Telecheck (phone buddy) • Caregivers Support Meetings
- Home Hair Care Service • Resource Information/Form Assistance

Check out our website! - www.sisrc.ca

DON'T FORGET.....

SOUTH INTERLAKE SENIORS RESOURCE is temporarily located at 622 Centre Avenue, in front of the Lions Manor main entrance.

Eating Alone? Join us for a once-a-month "POTLUCK PLEASURE AND FELLOWSHIP" BRING A DISH, COFFEE AND TEA PROVIDED

Tuesday, March 21st @ 5:00

Church of the Ascension Parish Hall, 435 - 1st Ave. N.

For transportation, please call 204-467-2234 or 204-467-8613

Thank you to Donna Clarke who is one of our dedicated volunteer drivers. Donna has been here less than a year, and in that short time she has provided transportation for 70 clients, half of them being cancer care patients. Donna is a thoughtful, caring, and compassionate person who unselfishly volunteers her time to help others in need. A special Thank you to Donna for donating her time, in an effort to better the lives of others.

Donna will enjoy lunch at

Join us for homemade lunches & desserts

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AGE FRIENDLY
Manitoba

SCAM PREVENTION

Stonewall / RM of Rockwood

There are so many scams, once a list is compiled it is outdated. Even if you haven't fallen for a scam -

Telephone

Uncertainty and our vulnerability cause undue stress and anxiety

e-Mail

Identity Theft

NEVER give your

- Social Insurance Number • Date of Birth • Full Name and Address
- Credit Card or Banking Information • Passwords

Unless *YOU* have initiated the communication and verified the business is legitimate.

NEVER click on a pop up that claims your computer has a virus

AVOID opening email and email attachments from unknown sources, especially "click here".

You NEVER have to pay for a prize.

"You can Stop Phone Fraud - Just Hang Up!"

Remember to share your concerns with others as new scams are created daily.

For more information call 204-467-2719

March Calendar of Events!



ACTIVITY CENTRE,
374 - 1ST STREET WEST

Clip & Save

- | | |
|---|--|
| Mar 2- Dance Lessons Begin @7:30pm
PRE - REGISTRATION REQUIRED | Mar 9- Bingo @ 1:30pm |
| Mar 2- Bingo @ 1:30pm | Mar 16- McPhillips Street Casino @ 9:45am |
| Mar 6- Afternoon Cribbage Tournament @ 1:00pm | Mar 16- NO BINGO |
| Mar 7- Hop, Drop, & Shop @ 10:00 am | Mar 21- Showtime: Sully @ 1:00pm |
| Mar 7- One Stroke Painting @ Noon | Mar 22- One Stroke Painting @ Noon |
| Mar 8- Shamrock Luncheon @ Noon / Advance Tickets Required | Apr 3- Afternoon Cribbage Tournament @ 1:00pm |
| Mar 9- Bus Trip to Kildonan Place @ 9:15am | Apr 5- Accumulative Crib Tournament Begins @7:00pm |
| | Partner-Play / Pre-Registration Required |

Shamrock Luncheon Wednesday, March 8th @ Noon

Entertainment by: Bog Boys

Hot Roast Beef, Mashed Potatoes and Gravy, Hot Veggies And Dessert!

Special
50/50
Draw

ADVANCE TICKETS ONLY*

TICKETS AVAILABLE AT THE 55 PLUS OFFICE 204-467-2582

Please purchase or reserve tickets by March 6th

Advance
Ticket
Required

ACTIVE WELLNESS CLUB

Winter Session Ends March 17th

SPRING SESSION BEGINS

Monday, April 10th

for more details check our website @ www.si55plus.org



DROP IN'S
WELCOME!!!

COMMUNITY VOLUNTEER INCOME TAX PROGRAM

South Interlake 55-Plus will begin accepting tax returns March 1 - April 28, 2017

Eligibility criteria

SINGLE: \$30,000 • COUPLE: \$40,000
SINGLE PARENT AND CHILD: \$35 000 PLUS \$2500 for each additional dependent.

This is a DROP-OFF Service Only

CALL for more info: 204-467-2582

BUS TRIPS



Hop Drop & Shop Bus: Tuesday, March 7th
Bus Trip- Kildonan Place: Thursday March 9th
Casino Trip - McPhillips Street: Thursday, March 16th

For Details or to Register Call:
55 Plus @ 204-467-2582



AFTERNOON CRIBBAGE TOURNAMENTS

Monday, March 6th @ 1:00 pm

& Monday, April 3rd @ 1:00 pm

Door Prizes!!
Cash Prizes!!!!
50/50 Draw

2nd Session of Dance Lessons

THE COUNTRY WALTZ

March 2nd - 30th

Thursday Evenings @7:30 PM @55 Plus 374-1st St West

Instructor: Anthony Funari

Pre-Registration Required



50/50
Draw
Each
Evening

Accumulative Crib Tournament

Wednesday Evenings @ 7:00 PM

April 5th - April 26th

Registration Required by: April 3rd

Call to Register @ 204-467-2582



For more information call 204-467-2582

Providing a
Helping Hand

Teulon & District Seniors Resource Council Inc. Find us at 54 Main St, Teulon 204-886-2570

PROVIDING FREE SERVICES TO SENIORS: TELECHECK • FRIENDLY VISIT • ESCORTS • INFORMATION/FORMS • ADOPT A GRANDPARENT • COMMUNITY VOLUNTEER INCOME TAX PROGRAM • RED CROSS • MEDICAL EQUIPMENT • LOANS • SERVICES • MENS CHAT GROUP • CAREGIVERS SUPPORT GROUP

Teulon Senior Resource Drop in Center is available Mondays 1:00pm - 3:00pm, Tuesday Wednesday, Thursday and Friday 9:00 - 12:00, and 1:00- 3:00 closed every 2nd and 4th Thursday mornings of each month.

Mood Disorders Open Group

Feeling Blue from the long winter?

Self-Help Group • 3rd Wednesday of each month

7-9pm - Hunter Memorial Hospital.

Teulon Senior Resource is wanting people to chase the Ace Friday's at the Teulon Rockwood Motor Hotel.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Midget Lightning end season with wild weekend in Kenora

By Brian Bowman

There were plenty of wonderful stories told last weekend as the popular Scotiabank Hockey Day in Canada was held in Kenora.

And the Interlake Lightning had a couple of interesting stories to tell from their weekend trip to Kenora.

The Lightning were rubbing shoulders with the likes of Don Cherry, Lanny McDonald, and Ron MacLean before they put forth a great effort in a 6-5 overtime loss Saturday evening to the Kenora Thistles.

And then on Sunday, the Lightning led the Thistles 3-1 before the game was called after the first period due to ice problems.

"Their Zamboni had an electrical issue and it kind of sunk down to the concrete," said Lightning head coach Dwayne Swanson. "They tried for a half hour, 45 minutes, to get (the ice) playable but it just wasn't going to happen."

Interlake dominated that opening period of Sunday's game, jumping out to a 3-1 lead on two goals by Jack Einarson and another from Codey Behun.

The Lightning outshot the Thistles by a whopping 24-8 margin but the game was ended as a 3-3 tie due to league rules.

"It would have been really nice for our guys to end a tough year with a win," Swanson said. "But there are league rules and we have to abide by them."

On Saturday, Behun and James Maxwell led the Interlake with two goals apiece while Corbin Mariash added a goal and an assist in front of a jam-packed – and electric – crowd.

Einarson chipped in with three assists.

"The boys had a chance to meet Don Cherry before the game," Swanson noted. "It was a very distracted environment and our guys really played well."

Hunter Buzzi scored twice for Kenora, including the game winner in OT on the power play. Matthew Pitchenese, Sullivan Shortreed, Carter Tresoor, and Sean Gula also tallied for Kenora.



TRIBUNE PHOTO BY CYNTHIA WIRGAU

The Lightning were rubbing shoulders with the likes of Don Cherry, Lanny McDonald, and Ron MacLean before they put forth a great effort in a 6-5 overtime loss Saturday evening to the Kenora Thistles. Interlake took part in Scotiabank Hockey Day in Canada in Kenora.

On Feb. 15, the Lightning upset the Eastman Selects 4-3 in a shootout with a gritty effort in Teulon.

"We are so injured and have so many guys out and others are coming into the lineup and doing a great job for us," Swanson said. "For the most part of that game, we were a consistently good hockey club."

Behun and Einarson scored for the Interlake in the shootout while Garrett Armistead tallied for Eastman.

Maxwell and Behun scored to give the Lightning a 2-0 lead but Armistead and Matthew Osadick replied by the 5:05 mark of the second period.

Interlake's Bryce Krauter and Osadick then traded goals in the third. Osadick's goal tied the score at 3-3 at 18:45 of the third.

Eastman outshot Interlake 57-36 as Riley Buhay notched the well-deserved win. Stonewall's Buhay was outstanding for the Lightning in recent games, said Swanson.

Interlake finished the regular season with a 10-28-1-1 record and 26 points. That left the Lightning in 11th place in the 12-team league and out of the playoffs.



TRIBUNE PHOTO BY LANA MEIER

Lightning captain Jack Einarson scored twice, giving Interlake a 3-1 lead, before the game was called after the first period due to ice problems on Sunday.

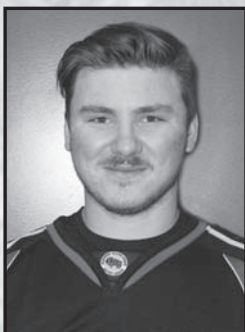
**"IT WAS A VERY
DISTRACTED
ENVIRONMENT
AND OUR GUYS
REALLY PLAYED
WELL."**

Meet your Jets...

Aiken Chop #4

Forward
Born: 1997
Height: 6'
Weight: 220 lbs.
Shoots: left
Hometown: Stonewall

Sponsored
by



**Stonewall Jets vs the Raiders
Friday, Feb. 24 - 7:30 pm @ VMSC**

**Stonewall Jets vs River East Royal Knights
Sunday, Feb. 26 - 3:30 pm @ Terry Sawchuk Arena**

**Stonewall Jets vs Ft. Garry/Ft. Rouge Twins
Thursday, Mar. 2 - 7:30 pm @ VMSC**



www.stonewalljets.net

Wildcats roar past Lightning in MFMHL playoffs

Staff

The Interlake Lightning was swept in three straight games by the Westman Wildcats in their best-of-five Manitoba Female Midget Hockey League playoff series.

Westman clinched the series sweep with an 11-1 win on Sunday in Hartney.

The Wildcats, which built period leads of 4-0 and 9-0, received goals from Ashton Bell (three), McKenzie Meek (three) Tori Williams (two), Gillian Gervin, Andrea Sanderson, and Shaelyn Vallotton.

The Interlake goal scorer was not listed on the league website at press time.

Westman took a 1-0 series lead with

a 6-1 home win on Feb. 15. The score was tied at 1-1 in the second period but the Wildcats broke the game open with three goals in the frame.

Westman then added two more goals in the third.

Bell (two), Brooklynn Klein, Andrea Sanderson, Vallotton, and Haley Wickham scored for Westman.

Jamie Johnson scored the Lightning's lone goal.

In Game 2 of the series last Friday in Teulon, Westman cruised to an 8-2 win.

Bell (three), Paige Hubbard (two), Josee Casavant, Gervin and Andrea Sanderson scored for the winners.

Jillian Henry and Sadie Somers replied for the Interlake.



TRIBUNE PHOTO BY LANA MEIER

The Lightning's Sadie Somers scored for Interlake in Game 2 of MFMHL playoffs. Interlake was swept in three straight by the Westman Wildcats in their best-of-five series.

Manitoba Hockey Standings									
MANITOBA JUNIOR HOCKEY LEAGUE									
	GP	W	L	OTL	PTS	GF	GA		
Steinbach Pistons	54	45	8	1	91	232	108		
Winkler Flyers	55	38	14	3	79	206	137		
Selkirk Steelers	58	38	17	3	79	208	170		
OCN Blizzard	55	36	16	3	75	186	140		
Portage Terriers	55	34	18	3	71	235	177		
Winnipeg Blues	56	27	24	5	59	188	190		
Virden Oil Capitals	56	23	25	8	54	153	190		
Swan Valley Stampede	54	18	31	5	41	146	214		
Neepawa Natives	53	16	31	6	38	144	206		
Dauphin Kings	56	15	35	6	36	132	209		
Waywayseecappo Wolverines	54	13	37	4	30	156	245		
MANITOBA MAJOR JUNIOR HOCKEY LEAGUE									
	GP	W	L	OTL	PTS	GF	GA		
Stonewall Jets	40	29	10	1	59	197	121		
Charleswood Hawks	41	26	10	5	57	136	99		
Pembina Valley Twisters	39	23	12	4	50	161	133		
St. James Canucks	41	24	15	2	50	159	146		
St. Vital Victorias	41	20	15	6	46	162	168		
Raiders Jr. Hockey Club	40	20	16	4	44	164	122		
Ft. Garry/Ft. Rouge Twins	41	20	17	4	44	158	162		
St. Boniface Riels	41	18	18	5	41	151	165		
Transcona Railer Express	41	17	23	1	35	142	167		
River East Royal Knights	41	6	35	0	12	106	253		
KEYSTONE JUNIOR HOCKEY LEAGUE									
Central Division									
	GP	W	L	OTL	PTS	GF	GA		
Arborg Ice Dawgs	34	24	10	0	48	206	114		
Peguis Juniors	34	23	10	1	47	248	164		
Fisher River Hawks	34	9	24	1	19	179	316		
South Division									
	GP	W	L	OTL	PTS	GF	GA		
St. Malo Warriors	34	24	9	1	49	233	137		
Selkirk Fishermen	34	24	10	0	48	205	83		
North Winnipeg Satellites	34	15	18	1	31	149	164		
Lundar Falcons	34	9	24	1	19	122	178		
North Division									
	GP	W	L	OTL	PTS	GF	GA		
OCN Storm	34	22	9	3	47	318	207		
Cross Lake Islanders	34	18	15	1	37	199	185		
Norway House North Stars	34	2	32	0	4	94	405		
SOUTH EASTERN MANITOBA HOCKEY LEAGUE									
	GP	W	L	OTL	PTS	GF	GA		
PLAYOFFS - Quarter Final A - Notre Dame Hawks vs Stonewall Flyers									
GAME 1 - Notre Dame Hawks 6 vs Stonewall Flyers 1									
GAME 2 - Notre Dame Hawks 8 vs Stonewall Flyers 3									
GAME 3 - Notre Dame Hawks 1 vs Stonewall Flyers 2									
GAME 4 - Feb. 21 No score at press time									
PLAYOFFS - Quarter Final B - Carman Beavers vs Altona Maroons									
GAME 1 - Carman Beavers 5 vs Altona Maroons 0									
GAME 2 - Carman Beavers 2 vs Altona Maroons 6									
GAME 3 - Carman Beavers 6 vs Altona Maroons 2									
GAME 4 - Feb. 21 No score at press time									
PLAYOFFS - Quarter Final C - Winkler Royals vs Portage Islanders									
GAME 1 - Winkler Royals 2 vs Portage Islanders 6									
GAME 2 - Winkler Royals 2 vs Portage Islanders 3									
GAME 3 - Winkler Royals 1 vs Portage Islanders 6									
PLAYOFFS - Quarter Final D - Warren Mercs vs Morden Redskins									
GAME 1 - Warren Mercs 6 vs Morden Redskins 2									
GAME 2 - Warren Mercs 2 vs Morden Redskins 3									
GAME 3 - Warren Mercs 6 vs Morden Redskins 1									
GAME 4 - Feb. 21 No score at press time									
AAA MIDGET HOCKEY LEAGUE									
	GP	W	L	OTL	PTS	GF	GA		
Wild	44	35	6	0	73	229	80		
Yellowhead	44	30	6	2	68	197	120		
Thrashers	44	27	12	1	59	196	118		
Pembina Valley	44	28	15	0	57	170	134		
Brandon	44	26	16	1	54	167	127		
Central Plains	44	25	15	3	54	185	153		
Eastman	44	25	15	2	54	152	124		
Parkland	44	18	22	1	40	153	195		
Southwest	44	16	25	2	35	125	175		
Kenora	44	15	24	0	35	122	198		
Interlake	44	10	28	1	26	117	216		
Norman	44	7	36	0	15	111	284		
AAA CITY MIDGET HOCKEY LEAGUE									
	GP	W	L	OTL	PTS	GF	GA		
Winnipeg Monarchs	36	32	4	0	64	226	115		
Winnipeg Sharks	35	24	10	1	49	165	108		
Winnipeg Warriors	36	22	12	1	46	191	146		
Winnipeg Hawks	36	14	17	3	33	140	150		
Eastman Selects	34	9	20	4	23	117	152		
Interlake Lightning	37	4	33	0	8	84	252		
AAA BANTAM HOCKEY LEAGUE									
	GP	W	L	OTL	PTS	GF	GA		
Winnipeg Monarchs - B1	34	28	5	1	57	212	47		
Winnipeg Hawks - B1	34	26	5	1	55	208	96		
Winnipeg Warriors - B1	34	18	13	2	39	133	98		
Eastman Selects - B1	34	18	15	1	37	151	123		
Winnipeg Sharks - B1	34	10	22	1	22	75	138		
Interlake Lightning - B1	35	4	30	1	9	100	244		
MANITOBA FEMALE MIDGET AAA HOCKEY LEAGUE									
PLAY-OFFS - Pembina Valley sweeps series 3-0									
Game 1 - Pembina Valley Hawks 3 vs Central Plains 1									
Game 2 - Pembina Valley Hawks 3 vs Central Plains 0									
Game 3 - Pembina Valley Hawks 6 vs Central Plains 3									
PLAY-OFFS - Westman Wildcats sweeps series 3-0									
Game 1 - Westman Wildcats 6 vs Interlake Lightning 1									
Game 2 - Westman Wildcats 8 vs Interlake Lightning 2									
Game 3 - Westman Wildcats 11 vs Interlake Lightning 1									
PLAY-OFFS - Eastman wins series 3-0									
Game 1 - Eastman Selects 0 vs Yellowhead Chiefs 2									
Game 2 - Eastman Selects 1 vs Yellowhead Chiefs 0									
Game 3 - Eastman Selects 5 vs Yellowhead Chiefs 2									
Game 4 - Feb. 21 score not available at press time									
PLAY-OFFS - Winnipeg Avros sweeps series 3-0									
Game 1 - Winnipeg Avros 3 vs Norman Wild 2									
Game 2 - Winnipeg Avros 4 vs Norman Wild 1									
Game 3 - Winnipeg Avros 3 vs Norman Wild 0									
MANITOBA HIGH SCHOOL HOCKEY									
Winnipeg Free Press #2									
Division	GP	W	L	OTL	PTS	GF	GA		
Garden City	23	17	4	1	53	105	48		
Springfield	23	15	4	0	52	121	80		
West Kildonan	24	12	3	2	50	91	67		
Westwood	24	12	7	1	44	113	80		
Stonewall	24	10	11	2	34	75	85		
Transcona	24	6	6	7	34	80	80		
Fort Richmond	24	7	10	2	32	87	100		
College Jeanne Sauve	24	6	13	1	26	67	89		
Lorette	24	4	16	2	18	73	112		
J.H. Bruns	24	2	17	2	14	74	145		
STATS AS OF TUESDAY, FEBRUARY 21									

Stonewall to host 21U Women's Baseball Championship

Staff

Stonewall will be hosting a prestigious baseball tournament this summer.

Fines Field will play host to the 21U Women's Championship from Aug. 24-27. It will be the first time that this major tournament will be hosted in Manitoba.

"The Town of Stonewall and the baseball community in the area are extremely excited to be hosting the 2017 and 2018 Women's 21U National Championships at Fines Fields in Stonewall," said Darrell Humeniuk, committee member and Field of Play organizer, in a media release.

"We have a premier baseball facility in Stonewall that has not been seen on the national stage in a very long time. The participants will be the best baseball players and coaches our country has to offer."

There are also three or four players from the Interlake, who could potentially be playing with Team Manitoba, said Humeniuk.

"This event will provide us with a fantastic opportunity to show off our baseball facility and our part of the province to the rest of the country," Humeniuk continued. "Our host committee anticipates that this will be the must-see sporting event of the summer."

The tournament is a stepping stone for players to gain exposure on the national stage.

"This movement will open more avenues for female youth baseball players in our province," said Roger Langlais, co-chairperson on the 21U Women's Invitational Championship committee.

Committee members also include Humeniuk, Gail Langlais, Patti Hacault, Jeremy Culleton, Marc Bissonnette, Dee Dee Culleton, Bree Langlais, and Jason Miller.

The tournament committee is currently welcoming any volunteers or interested individuals who would like to garner a rewarding experience in women's baseball.

Mercs lead Morden heading into Game 4 of playoff series

By Brian Bowman

The Warren Mercs are in a pretty good position with the Morden Redskins in their best-of-five South Eastern Manitoba Hockey League playoff series.

Warren is up 2-1 in the series after a dominating 6-1 home victory last Saturday evening.

"We had speed going and we were quick on pucks to put a lot of pressure on their defence," said Mercs' head coach Gerry Minaker.

The Mercs, which held period leads of 3-0 and 6-0, received two-goal efforts from Brock Genyk and Reid McLeod. Dylan Hykawy and Matt Jacobucci also scored for Warren.

"We had to get a quick start after Game 2," Minaker noted. "We outshot them badly in Game 2 as well but just didn't get the finish around the net."

Reid Burak scored Morden's only goal midway in the third period, beating Mercs' goalie Travis Bosch.

Last Thursday, Morden edged Warren 3-2 as the Redskins' Nick Doyle netted a hat trick.

Doyle scored twice just 6:49 into the game and then added the eventual game winner at 13:52 of the second period.

The Mercs had first-period goals from Jacobucci and Trent Genyk.

Warren took a 1-0 series lead with a solid 6-2 home win on Feb. 14.

After a scoreless first period, Warren scored four second-period goals. Brock Genyk scored twice to begin the period and then Cliff Ketchen and Wes Pawluk tallied.

"In the second period, we finally got to (goalie Reed) Peeters, who was standing on his head," Minaker said. "All three games, we have had tons of shots on the net and either their goaltender has played good or we just haven't had the greatest finish."

Ketchen and Kyle Luschinski added third-period goals. Doyle and Tyler Peers scored for Morden.

Bosch earned the win in goal.

Game 4 of the series was played Tuesday in Morden. If necessary, Game 5 will be played tonight (8 p.m.) in Warren.

Meanwhile, the Stonewall Flyers staved off elimination in their playoff series with an exciting 2-1 home victory Saturday over the Notre Dame Hawks.

Dan Stewart scored the game winner at 14:45 of the third period. Notre Dame's Cale Jefferies had tied the



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Mercs' Trent Genyk had a great scoring chance in Game 1 of the series.

score at 1-1 on the power play at 1:36 of the third.

Matt Varnes opened the game's scoring midway in the first period with the man advantage.

Justin Harris made 36 saves for the win.

Notre Dame led the best-of-five series 2-1 heading into Tuesday's Game 4 in Stonewall.

Last Thursday, Notre Dame jumped out to a 6-0 lead by the midway mark

of the game and cruised to an 8-3 home victory.

Kyle Rous and Steve Clarke each had two goals and an assist while Brian Michiels, Dan Lesage, Vinny Grift, and Brody Chabbert also tallied.

Codi Lashiewicz, Varnes and Ryan Elliot replied for Stonewall.

If necessary, a series-deciding Game 5 will be played tonight (8 p.m.) in Notre Dame.

Bantam 'AA' Lightning impressive in playoffs

By Brian Bowman

The Interlake Lightning Bantam "AA" hockey team had a real good start to their playoffs last weekend.

And they enjoyed that success on the road.

Interlake tied the Central Plains Capitals 3-3 Saturday and then pounded the Pembina Valley East Twisters 6-2 on Sunday.

"We had a great game (Sunday) against Pembina Valley," said Lightning head coach Kent Klimpke. "From puck drop to the final buzzer, we just went to town on them physically and on the scoreboard as well."

Interlake was also very good against

Central Plains. The Lightning are confident that they match up very well with the Capitals.

"We ran into a very, very hot goaltender that day," Klimpke noted. "We probably outshot them three to one but the kid just stood on his head."

Interlake is hoping to have the same type of results in the next few days when the Lightning hosts the Twisters Friday (7 p.m.) in Teulon. The Lightning will then battle the Capitals on Tuesday (7:15 p.m.) in Teulon.

"The road games are over with for now," Klimpke said. "We're at home for the next two and I like the way the team is coming together. We have an

awesome forecheck right now and the guys are playing very physical.

"They're buying into our system, and I have to give them credit, they are getting stronger as the calendar moves into the spring."

The Lightning are playing in a three-team pool along with Central Plains and Pembina Valley East on the consolation side of the playoffs. Each team will play each other twice, with the winner of the pool moving on to the next round of the playoffs.

That next round is a best-of-three final.

The top four teams in the 10-team league, meanwhile, are playing off for

the league championship. Interlake finished its regular season in eighth place with 13 points.

Besides the league playoffs, the Lightning will also be competing in the 10-team provincials in Steinbach from March 4-6. Interlake will be playing in a pool with Flin Flon and the Southwest Jets.

Southwest plays in the same league as the Interlake.

"I don't think our kids will be out-matched at all," Klimpke said confidently. "And I think they will go out and be competitive. We'll play a couple of solid games and see what happens after that."

Rams, Wolverines hook up in WHSHL playoff series

By Brian Bowman

The Stonewall Collegiate Rams had an important couple of days this week.

Stonewall started its first-round playoff series with the West Kildonan Wolverines. The Rams hooked up with the Wolverines on Tuesday and then hosted West Kildonan yesterday at 4 p.m. in Stonewall.

No score from either game was available due to Tuesday afternoon's press deadline.

If a series-deciding Game 3 is needed, no date or time was listed on the league website at press time.

The Rams wrapped up their regular season Feb. 14 with a huge 4-1 win over the Fort Richmond Centurions.

Colton Gadoury led Stonewall with a pair of goals while Brendan Labossiere and Carson Ouellette also tallied.

Dawson Greenwood, Ryan Brown and Ethan Boyer each finished the game with two assists.

Joseph Courier was the lone Fort Richmond player to put the puck past Rams' goalie Gavin Love.

With the win, the Rams finished the regular season in fifth place with 34 points in the 10-team Winnipeg Free Press No. 2 Division. More importantly, Stonewall avoided having to play an elimination game to advance to the playoffs.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Stonewall scoring goals in bunches on win streak

By Brian Bowman

The Stonewall Jets scored a lot of goals last week.

In fact, the Jets found the back of the net 24 times in just three games – all victories – in Manitoba Major Junior Hockey League action.

Stonewall capped off a tremendous week with a 9-4 thumping of the Transcona Railer Express on Sunday.

Devin Muir led the Jets with three goals while Robert Smith added a pair. Chase Faulkner, Sam Mandryk, Eric Swanson, and Foster Bytheway added singles.

Chase Fincaryk (two), Cody Plett, and Ryan Kotchon replied for Transcona. Curtis Beck stopped 32 shots for the win.

Last Thursday, the Jets blitzed the St. Vital Vics 10-2 in Winnipeg.

The Jets blew the game wide open early with six goals just 8:14 into the contest. Clay Tait, Swanson, Stephen MacKenzie (two), Mandryk, and Adam Blight scored for Stonewall in the opening period before the Vics' Riley Bouchard tallied on the power play in the second.

Stonewall then had another great start to a period with four goals in the first nine minutes of the third.

Kyle Doak, Smith, Blight and Aiken Chop tallied to put Stonewall up 10-1 before St. Vital's Jonah Cook closed out the game's scoring with a late goal.

Stonewall outshot St. Vital 40-25 as Hunter Ploszay earned the win.

On Feb. 15, the Jets skated to a solid 5-2 win over the St. Boniface Riels.

Matthew Gardiner gave the visitors



The Jets' Devin Muir was all smiles after scoring a hat trick in Stonewall's 9-4 thumping of the Transcona Railer Express last Sunday.



TRIBUNE PHOTOS BY LANA MEIER

a 1-0 lead early in the second period but Stonewall answered with a power-play goal by Blight and a short-handed marker by Tait.

Blight and Ryan McMahon scored to give the Jets a 4-1 lead before St. Boniface's Skyler Eastman and Faulkner traded goals. Faulkner's goal was into an empty net with Riels' goalie Kyle McHolm pulled for an extra attacker.

Stonewall, now 29-10-1 and in first place in the MMJHL standings (two points ahead of Charleswood), played at Pembina Valley last night but no score was available.

The Jets will host the Raiders Jr. Hockey Club Friday (7:30 p.m.) and then will visit the River East Royal Knights on Sunday (3:30 p.m.).

Director's Cup Prospects Tournament to be held May 5-7

Staff

The Director's Cup Prospects Tournament will be held May 5-7 at the MTS Iceplex in Winnipeg.

Interlake held its tryout dates in late January in Teulon and Winnipeg Beach.

Director's Cup Prospects is a Hockey Manitoba development program for male Minor Bantam players born in 2003.

The program is a six-week standardized skills development program that

will focus on key concepts and skills applicable to the "Train to Train" athlete development stage. It will serve as an important precursor to the Program of Excellence.

The prospects program focuses on off-ice skills and training by emphasizing quality instruction and age-appropriate instruction. The program will culminate with the Director's Cup Prospects Tournament.

This is the first step in identifying U16 Team Manitoba.

Goaltender of the month



TRIBUNE PHOTO BY JO-ANNE PROCTER

Stonewall Jets' general manager Ryan Margetts, right, presented Hunter Ploszay with the Manitoba Major Junior Hockey League's Goaltender of the Month award at the Veteran's Memorial Sports Complex on Feb. 15. Ploszay played 417 minutes in January, allowing only 15 goals for a 2.16 goals-against average and a .937 save percentage. Ploszay also recorded five wins last month.

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UPCOMING EVENTS

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

HEALTH

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

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

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SUBSTITUTE EDUCATIONAL ASSISTANTS REQUIRED

Interlake School Division invites applications for substitute educational assistants.

Application forms are available on the division's website at www.isd21.mb.ca and at 192-2nd Avenue North in Stonewall. All applications must include a recent Criminal Records Verification, Criminal Record Check for a Sexual Offense and a Child Abuse Registry Check.

Further information can be obtained by calling 467-5100.

Join the ISD Team of Bus Drivers Today!!

The School Bus Driver Training will be offered at the ISD Transportation Maintenance Technology Building in Stonewall, MB.

Job Requirements:

- Must be willing & able to successfully complete our training program
- Applicants must possess a valid class 2 Manitoba drivers licence or the willingness to obtain one,
- Must enjoy driving and working with children.
- A clean drivers abstract must be provided
- Must undergo criminal record search and Child Abuse Registry Check with satisfactory results.
- Must be safety-minded, courteous, and able to demonstrate an appreciation for the importance of customer service.
- If you enjoy driving & working with children, this could be the perfect, secure, part-time job for you. This is a chance to make a difference in a child's life, and maybe your own as well.

School Bus Driver Duties:

- Safely drive students to and from school, following a prescribed route, on a daily basis during the school year.
- Perform daily vehicle circle check safety inspections, documenting & reporting according to company, school & government regulations.
- Comply with all division & government regulations, laws & policies.
- School Bus Drivers must Communicate clearly and interact with parents, school employees, passengers, co-workers & the general public in a courteous, professional manner as required.
- Hours of work vary and may be split shift, depending on need.
- Wages as per the current collective agreement.

For information and application procedures, please refer to our website www.isd21.mb.ca



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The College of Licensed Practical Nurses is seeking public representatives to serve on various committees. An honorarium is paid for all committee meetings. Experience in education, law, or accounting is beneficial but not required. Please submit your resume to:

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HELP WANTED - SUMMER STUDENT Employment opportunity:

Stonewall law firm requires a university student, commencing May 1 to August 31, 2017. The applicant must be comfortable dealing with the public. Typing and computer knowledge of "Word" is required.

Kindly forward resume in confidence to:
Grantham Law Offices, Box 1400,
Stonewall, Manitoba R0C 2Z0,
Attention: Doug Grantham

SCHOOL CUSTODIAN

Interlake School Division invites applications for the following Custodian position:

• ROSSER SCHOOL, 2.75 hours per day

Current salary is \$19.33 per hour.

Forward applications including the names of 3 references by March 1, 2017, 12:00 noon to:

Human Resources
Interlake School Division
192-2nd Avenue North
Stonewall, MB R0C 2Z0
Phone: 467-5100 / Fax: 467-8334
Email: hr@isd21.mb.ca



Stonewall Teulon
Tribune

Announcements

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ANNOUNCEMENT

BIRTHDAY



Happy Birthday!
Kay Madill
February 26
85th Birthday Greetings
from Laura and Ken and all the family
We love you so much and
wish you continued great health
and happiness!

REPORTER/PHOTOGRAPHER

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

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

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

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

Qualifications:

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

Please forward your resumé, writing and photography samples to:

Lindsey Enns

Editor, The Selkirk Record

Email: news@selkirkrecord.ca

Deadline to apply is Monday, February 27.

The Selkirk Record



ANNOUNCEMENT

BIRTHDAY



Aidan Dean Shymko
Wishing you a wonderful 13th birthday!
May you get what you want in your life!
May you receive happiness and love from all!
Happy Birthday!

-Love Auntie Nicole,
Mom, Ethan, Owen
and Dad

ANNOUNCEMENT

ENGAGEMENT



Mueller - Gulay
Angela Mueller and Thomas Falkenberg along with Brenda and Ivan Gulay are very pleased to announce the engagement of their children **Ingen and Brett.**

A community shower will be held
March 11, 2017 and social to follow in the
evening at the Arborg Community Hall.
An August wedding is planned.

ANNOUNCEMENT

IN MEMORIAM

Williams
In Memory of
Husband, Father, Grandfather
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ANNOUNCEMENT

IN MEMORIAM

Bernice (Judy) Gulay
In Loving Memory
of my beloved wife, Judy
who passed away peacefully
February 23, 1999

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 good bye;
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 some day.

-Lovingly remembered and sadly missed
today and always by your loving
husband Arnie

ANNOUNCEMENT

IN MEMORIAM



Mark MacMillan
February 21, 2016

They say there is a reason,
They say that time will heal;
But neither time nor reason,
Will change the way we feel.
For no one knows the heartache,
That lies behind our smiles;
No one knows how many times,
We have broken down and cried.
We want to tell you something,
So there won't be any doubt;
You're wonderful to think of,
But so hard to be without.

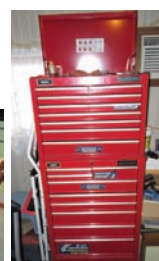
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OBITUARY



Eleanor May Bruce

Peacefully on Friday, February 17, 2017 at her residence in Goodwin Lodge, Teulon, Mb. Mom passed away with family by her side.

Mom was born November 9, 1925 in Teulon and grew up on the Neal homestead southwest of Inwood. She was the eldest of the four children born to Bob and Rachel Neal. She attended Erinview School until her father became ill in the fall of 1940. After the death of her mother in 1943, she and her brother Harold managed the family farm.

On Nov 15, 1946, Mom married Tan Bruce of Harperville and they lived at the Neal homestead until they moved closer to Inwood in 1956. They had five children.

Mom was a hard worker and volunteered much of her time to the community. "No" was not a word in her vocabulary and she was always there to lend a helping hand. She was very active as a member of the W.I., the Over 50 Club, the Sports Club and the Curling Club. She was a member of the Erinview Anglican Church and worked many hours helping to maintain the church that meant so much to her.

After moving off the farm in 2007, she became a resident of Inwood Manor. She enjoyed her many friends there. They all enjoyed their many birthdays together and spent many an evening playing cards.

In 2014, she had a stroke and eventually became a resident of Goodwin Lodge. She made more friends there and had a special friendship with Barry and Shirley McMahon.

She was predeceased by her brother Arthur in 1932, her Dad in 1941, her Mother in 1943, husband Tan in 1995, son Eric in 1951, daughter Iris in 2011, son-in-law Ken in 2003, brother Harold in 2009 and brother Weston in 2016.

She is survived by her children Rachel (Ron) Berg of Stonewall, Tanis (Bruce) Frost of Stony Mountain and Terry (Sonya) Bruce of Stonewall, grandchildren Cathy (Calvin) McMahon, Leona (Chris) Lane and Kevin Berg; Teresa (Marc), Jeffery (Corlie), and Wade (Morgan) Larsen; Jason, Ryan (Jen) and Samantha Frost; Jared, Reid and Larah Bruce; great-grandchildren Matthew, Brayden and Ashley McMahon; Brianna and Sydni Lane; John Frost; and, special niece Linda Good. She is also survived by sisters-in-law Eva Neal and Lucy Bruce; as well as many nieces and nephews.

Funeral service will be held Thursday, February 23, 2017 at 12:00 p.m. in Inwood, Mb. at the Inwood Community Hall with interment to follow at the Erinview Cemetery.

Active pallbearers will be her seven grandsons, Kevin Berg, Jeffery and Wade Larsen, Jason and Ryan Frost and Jared and Reid Bruce.

Consider all her friends honorary pallbearers.

In lieu of flowers, friends who so desire may make donations to: Goodwin Lodge Box 89 Teulon, Mb. R0C 3B0 or the Erinview Cemetery Fund c/o Joy Ogilvie Box 417 Teulon, Mb R0C 3B0.

The family would like to thank the staff of Goodwin Lodge for the excellent care that Mom received during her stay there. Special thanks to David Yarish for the almost daily visits at the lodge. Your thoughtfulness and kindness will never be forgotten. You brightened up everyone's day.

MACKENZIE FUNERAL HOME STONEWALL
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OBITUARY

Elizabeth (Bette) Morin

Peacefully on February 19, 2017.

Service will be held Friday, February 24 at 2 p.m. Teulon Rockwood Centennial Centre, Teulon.



kl
KEN LOEHMER
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OBITUARY

Louise Hamaberg (nee Ferguson) February 12, 1928 - February 14, 2017

On February 14, God took one of His greatest creations, our mother, grandmother, great-grandmother, and great-great-grandmother, Louise Hamaberg to join her soul mate, Leonard, who passed away on February 14, 2002. She is predeceased by her parents; siblings Jean, Jim, Tom, Bette; and son-in-law Richard. Left to cherish her memory are her son, Bill (Gaylene); daughters, Sharon (Ken), Carol (Bill), Debbie and Peggy. She is also survived by her grandchildren, Tammi (Rob), Danny, Kyle, Kelsey (Kevin), Jodi (Burke), Andrew (Ashli), Rhiannon (Lisa), Samantha (Marwan), Kirsten (Andrew), and Nick; her great-grandchildren, Vanessa (Jesse), Braiden, Jordan, Jake, Nate, Landyn, Nicholas, Lexi, Ryder, and Tenley; and her great-great-grandson, Brody.

Mom was born in Strathclair, MB and married in Norris Lake. She became a farmer's wife and spent her life loving her husband and her children. Each and every family member has a special memory of their grandma. From finding pink elephants, to getting loonies and chocolate bars, we couldn't understand how grandma always had our favourite treat. She watched countless hockey games, soccer games, dance competitions, piano recitals, and graduations, always with a smile on her face. She loved her garden, and supplied us all with cucumbers and tomatoes. After dad passed away, she occupied herself with trips out West, cruises, and spending her days with her family.

A huge thank you to Peggy for being mom's main caregiver for the last 18 months. Also a special thank you to the Stonewall Hospital, paramedics, nurses, and HCA's. Thank you to Kaitlyn, Paul, and Lorina from Teulon Hospital for the time and care they gave mom and our family.

At her request, there will be no formal funeral service, and a private family service will be at a later date.

In lieu of flowers, donations can be made to Stonewall Hospital's Palliative Care Unit. Rest in peace mom, give dad a hug for us.

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