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TRIBUNE PHOTO BY LANA MEIER

Brant-Argyle students held their own celebration of French culture last Friday with staff dressing up in voyageur costumes and sashes while many students had beards and curly moustaches drawn on their faces. Several activities were enjoyed by the students including rolling maple syrup pops in the snow. Pictured from left to right: principal Sarah Hadfield, teacher Kelly Friesen, Sasha Friesen, Tom Johnston, Fiona Swithenbank, James Balsillie, Alex Moss, Kix Salisbury and Charlotte Johnston.

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Brant-Argyle students celebrate French culture

By Lana Meier

You don't have to be in Winnipeg to celebrate the annual 10-day winter festival that takes place in St. Boniface. Last Friday, students at Brant-Argyle School had their own Festival du Voyageur celebrations.

The Grade 7/8 students and teacher Kelly Friesen organized an entire day of activities that replicated a lot of things that were done with the voyageur.

Students learned about the French culture and sang some traditional French songs. Everyone had the opportunity to dress up in a voyageur costume, roll maple syrup taffy in snow, sled down the toboggan run and taste traditional pea soup and bannock.



TRIBUNE PHOTOS BY LANA MEIER

Pictured clockwise, from top left: Lilly McDermid and Karmen Delaroque tested their eye-hand co-ordination with ping-pong balls and cups; Connor Debin (back), Fiona Swithenbank, Alex Moss and Danica Delaroque checked out the fur pelts; Kody Schroeder, Sasha Friesen, Mykayla Michalsky and Kix Salisbury enjoyed the outdoor activities; Myles Petricig, Autumn Michalsky and Robbie Johnston got some speed on the toboggan run; Liam McDermid, Trent Hogg and Kody Schroeder enjoyed homemade bannock; Kix Salisbury dressed up in a traditional voyageur costume; and Kody Schroeder got his face painted.



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Resource program takes over TCI cafeteria

By Natasha Tersigni

Continuing to build on the success of their greenhouse business that began a few years ago, staff and students in the resource department at Teulon Collegiate Institute (TCI) have taken over the management of the school's canteen and are now operating it as TCI's second social enterprise.

Kandu Café officially opened at the end of January. The main goal of the canteen is to provide students with real-life, meaningful work experiences. Students in the resource department at the school graduate when they are in Grade 12 but have the option of staying until they are 21 years old. Following Grade 12, students spend time working in the community.

As the resource department continues to grow, it is getting harder and harder to place students in different placements around Teulon, so resource teacher Lori-Ann Busch came up with the idea to have the students work within the school.

"We have five students in the school right now who are post-grad, so it is challenging for me to find work placements for every one of them and to have educational assistants with each student at the sep-

arate work sites. I was continually running into roadblocks trying to find enough work placements because Teulon is a small town and the businesses have taken students for a long period of time," said Busch.

"THESE SKILLS THAT THEY ARE LEARNING WILL HELP THEM IN THEIR LIVES."

"With us having a work site here at school, we can have more than one person at the work site. This way, we can have three or four students in the canteen working because it is here. It is great. It is just like having our own business."

Now students at TCI have two work placement options to build their skill sets within the school: the greenhouse or the canteen. In the Kandu Café, students are introduced to the skills needed to work in the restaurant industry, including cleaning, preparing and cooking food, serving customers

and handling money.

"The canteen is great because students now have a valued role within the school. One of the ideas in education is to make what you are teaching relevant, and how much more relevant can it be to work in something that is an actual job that needs to be done?" said Busch.

"These skills that they are learning will help them



TRIBUNE PHOTO BY NATASHA TERSIGNI Tyler, pictured left, and Darrell are just a few of the TCI students who are now gaining real-life skills by working in the school canteen.

in their lives. They are now much more prepared for the workplace than they would have been."

Tea planned for those who share Queen Elizabeth's birth year

Submitted

The Honourable Janice Filmon, lieutenant-governor of Manitoba, is encouraging Manitobans who share a 1926 birthday with Her Majesty Queen Elizabeth II to register for an invitation to a birthday tea on April 21 at 2:30 p.m. at Government House in honour of the 90th birthday of Her Majesty.

"On Sept., 9, 2015, Her Majesty became the longest-reigning monarch in the long history of Great Britain — and the shorter history of Canada — surpassing her great-great-grandmother, Queen Victoria. On April 21, we will celebrate her 90th birthday, and it seems appropriate to mark the occasion with those who share her birth year," said the lieutenant-governor.

"Three generations of Canadians have come

of age during Her Majesty's reign. Throughout this historic reign, she has extolled the value of service to community and country and she has made that a theme of speeches on many of the royal visits she has undertaken over six decades. I look forward to celebrating those who have also experience the passing of nine decades and have witnessed her many visits to our province."

The first 60 people who register will receive an invitation for themselves and a guest to join Lt.-Gov. Filmon for tea in recognition of this special milestone. Please contact the Office of the Lieutenant Governor at 204-945-2753 and register with your name, birthdate, address and the name of the accompanying guest for this special birthday party and an invitation will be mailed to you.

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Happy 105th birthday to Eva Paulsen

Former Stonewall resident celebrates milestone birthday with big family and friends

By Jennifer McFee

It's not very often that you get to wish your great-great-grandmother a happy birthday.

But that's exactly what happened last week when Eva Paulsen celebrated her 105th birthday on Feb. 18, surrounded by five generations of her family.

Paulsen was born into the Porter family in 1911 in Gainsborough, Sask., recounts her granddaughter Kathy Mulligan.

During a trip to town with her siblings, she met her future husband, Henrik Villy Paulsen, a baker known as Bill from Denmark who lived with one of their neighbours to help with farm work. Although he didn't speak English and she didn't speak Danish, a romance blossomed and the couple married in 1931.

Two years later, Mulligan's mother, Inez, was born in 1933 followed by four more children: Bernice (1934), Shirley (1935), Carl (1937) and Sid (1940), named after a man who Bill met on the ship during his voyage to Canada.

"She was very busy," Mulligan said. "She was talking about how she would have to scrub those diapers on a washboard and try to get them as clean as she could and then hang them on the line."

The family struggled through tough times during the Depression years, eventually moving to Stonewall in 1955. They lived in a big stone house on Highway 236 and ran a feed lot until they retired and moved into town.

After her husband died in 1988, Paulsen got a little dog named Pepper, a constant companion who she walked several times per day — perhaps contributing to her ongoing youthfulness.

Around 2000, she moved into to Stonewood Place and continued to live there on her own — doing all of her own cooking and taking care of her own bills — until she wound up was hospitalized in July 2015. She spent six months in the hospital until a spot opened up at the Betel Home in Selkirk, where she moved on Dec. 27, 2015.

"She's in really good health," Mulligan said. "She just shrugs her shoulders and doesn't really say why she thinks she's lived for so long and why her memory is so great. Her memory is incredible. She knows all of her grandchildren's birthdays."

Paulsen remains an avid crib player, and she enjoys word search puzzles and group activities at Betel House. But the 105-year-old has little interest in watching TV or listening to the radio.

She also enjoys a steady stream of visitors from her large family that includes her five children, 15 grandchildren, 28 great-grandchildren and 14 great-great-grandchildren — with most of them living in Stonewall and Winnipeg.

"She had four birthday parties," Mulligan said. "It's been very exciting."

Happy 105th birthday to you, Eva Paulsen, from everyone here at the *Stonewall Teulon Tribune*.



TRIBUNE PHOTO SUBMITTED

Eva Paulsen celebrated her 105th birthday on Feb. 18.

Playing for the queen of hearts

Fundraising raffle aims to support Stony Mountain Community Centre

By Jennifer McFee

It's the luck of the draw for participants in an ongoing raffle to support the Stony Mountain Community Centre.

Every Thursday, you're invited to try your luck in the Playing for the Queen of Hearts raffle, which takes place at the Mountain Motor Inn. Participants can buy a \$2 ticket between 6:30 and 8:25 p.m., which enters them into a draw to choose a card. At 8:30 p.m., a ticket is drawn and the ticket holder chooses one card that is remaining out of the entire deck.

If they choose the queen of hearts, they receive 40 per cent of the overall pot, which accumulates weekly. The ticket holder also receives 10 per cent of that night's sales.

To date, there is more than \$600 is slated for the community centre, with about \$500 more in the accumulated weekly pot.

Raffle chair Tanya Swanson said the goal is to raise funds for much-needed upgrades at the community centre.

"The Stony Mountain Community Centre provides recreational services for youth and adults locally and in surrounding areas. We offer free skate and stick and puck and much more for the community. We've got the hall upstairs that's available for weddings and showers and socials and different events," she said.

"But there's a lot of upgrades that need to happen to the community centre and things are starting to break down. We're just trying to think of a creative way to raise some additional funds while not increasing everyone's costs and also supporting one of our businesses in town by hosting it at their venue."

To play, drop by the Mountain Motor Inn in Stony Mountain every Thursday between 6:30 and 8:25 p.m. Participants must be 18 or older to play.

"THERE'S A LOT OF UPGRADES THAT NEED TO HAPPEN TO THE COMMUNITY CENTRE."

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SCI drama students preparing for musical

By Jo-Anne Procter

A dedicated group of Stonewall Collegiate students, under the direction of teachers Kendra Obach and Lindsey Sturgeon, have been putting in countless hours on a regular basis since early October preparing for this year's musical.

The Revenge of Sherlock Holmes is a whole new level of challenge for the group of 20 acting students, as well as many behind-the-scenes helpers and past and present SCI band members.

The story begins in the late 1800s with the legendary confrontation between Sherlock Holmes and his nemesis Professor James Moriarty at the Reichenbach Falls. They fight and plunge to near-certain death — or so we are led to believe.

Grade 12 student Sarah Crellin has been involved in each musical in her high school career and will be playing one of the lead rolls, Bella Spellgrove, Moriarty's brilliant daughter.

"I have always loved musicals, so I just kept with it each year," Crellin said, adding that she is happy with her role this year.

Grade 11 student Brett Lawrence will be playing the part of Sherlock

Holmes in his first-ever SCI musical.

With some pressure from family and teachers to share his talent in the SCI acting world, Lawrence decided to try out for a part in this year's play.

"I wanted a small role in the play, but then thought . . . I think I could be Sherlock," he said.

In addition to the normal challenges of developing characters, memorizing, staging, singing and dancing, students have also been working to master several different European accents. And with the show set in 1897, the drama group has been putting together time period costumes with the help of Darlene Malazdrewich and the Quarry Choristers. Adding to the efforts, teachers and families have been collecting props for the show.

STAR Building Supplies has graciously donated lumber and supplies to help build the elaborate sets, which include the Falls, streets of London, Sherlock's apartment, to name a few. Several giant backdrops have been designed and painted by students.

"Putting on a show is an incredible amount of work, but seeing it all come together, seeing the impact and value for students, that's what makes every



TRIBUNE PHOTO BY JO-ANNE PROCTER

Last Thursday, SCI actors (from left) Cassidy Formaniuk, Tristan Baird, Brett Lawrence and Chloe Dick spent the evening rehearsing for the upcoming musical, *The Revenge of Sherlock Holmes*.

minute worthwhile," Obach told the *Tribune*.

Lawrence guarantees the audience will enjoy the show.

"The play is full of mystery and laughs including a stage fight, and ev-

eryone loves a stage fight."

The show will take place March 9-11 at Quarry Park Heritage Arts Centre at 7 p.m. Tickets are \$12, available at the school office and at the door.

Travellers going abroad urged to attend a travel health clinic

By Natasha Tersigni

With the recent outbreak of Zika virus in South and Central American and Caribbean countries, travellers looking for a warm winter getaway are increasingly worried about the risk of contracting the virus that is spread through infected mosquitoes and has been linked to causing abnormalities in newborn babies.

While Zika virus has received the majority of media attention in recent months, Interlake-Eastern Regional Health Authority (RHA) public health nurse Pam Nore warns travellers not to forget about other diseases that can be contracted when travelling in foreign countries.

In early February, Nore spoke with a group of students and their parents from Teulon Collegiate who are trav-

elling to the Dominican Republic in March for a weeklong voluntourism trip. Many of the health concerns surrounding the trip were in regards to the Zika virus, but the teachers, students and parents soon learned that malaria is more of a risk to travellers in the Dominican Republic than the Zika virus.

"Going on any type of trip somewhere foreign, travellers should be seen by a travel health nurse and have an individual health assessment done. When I talked with Tim Hilderman, who is the chief medical officer of health for the Interlake-Eastern RHA and the medical lead for communicable disease for Manitoba Health, he said that contracting malaria is more of a concern than Zika virus in the Dominican Republic. The discussion

at TCI turned into more about the importance of being seen at the Travel Health Clinic. It was very interesting

because a lot of the parents in atten-

Continued on page 9

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Stonewall Teulon
Tribune



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> ARNIE WEIDL **Three times lucky**

Hi friends. Not long ago, I had occasion to meet a young chap who lives to fish in many far reaching places of Manitoba and Ontario.

Kent Fridfinnson of Arborg — a jolly guy with short brown hair, goatee and an unending optimistic expression on his face — told me that in any given month, you might find him fishing Sioux Narrows, Grand Rapids or his favourite place, Footprint Lake by Nelson House. He said that he likes to sight fish there but with a difference. Instead of watching the fish swim and strike his bait from a large ice hole covered by a dark tent, he drills a number of holes 20 or 30 paces apart and then moves from one to another. Lying on his stomach with his parka hood cutting out the light, he observes fish actions. He told of catching and releasing some 20 trout in a day, remarking that the water was so clear, he could see 15 feet to the lake bottom and count the pebbles. You're a true outdoorsmen, Kent.

Around the middle of last week, I came across three boisterous fun-loving brothers on the Red north of Selkirk. Dave, Chris and Dan Johnson of Winnipeg, somewhere in their 30s or 40s, were continuously teasing and joking with each other. As we stood around by their ice holes, they began telling a story. Last summer, after catching some catfish here in the rain, Dave and Chris, cats in hand, tried to climb the slippery bank. Don was tossing small stones at them as a joke. The guys would have dropped the fish and gone after Don but they wanted the cats for smoking.

Now while they were telling this story, Dan happened to catch a small pickerel. He landed it, unhooked it

and looked it right in the face, saying, "Back in the hole you go and we'll see you in a few years."

A minute later, the little fish took Dan's baited hook again. We laughed as he reeled him out of the water and, after unhooking him, walked over to another hole maybe six feet away and dropped him in saying, "Now get lost, Tiny."

Apparently "Tiny" didn't understand English because moments later it was back on Dan's line. Amid more laughter from his brothers, Dan released his unwanted guest into the furthest hole 20 feet away. This time, he didn't come back.

I have known many people in my time who cannot hear, but last week I met a young lady who, through sheer boundless energy and wisdom beyond her years, astonished me with her extraordinary talent for makeup and special effects drawings — not to mention a newfound love for angling.

A friend, Misty Grey Eyes of the Ojibway Brokenhead Nation, introduced me, and when we got a chance to get together, I thought she was going to give us a fishing story. She gave much more.

We began "talking" by writing on slips of paper, but it wasn't long before I could tell the pace was too slow for Misty. She took her cell phone and began quickly typing.

She told how she really hadn't been interested in angling until she was at a derby and caught her first fish, a derby winner. What got me though was how fast she could write, do sign language and type as she excitedly described her prize fish.

During the storytelling when I could not keep up, she would relax in her



TRIBUNE PHOTO BY ARNIE WEIDL
Misty Grey Eyes of Ojibway Nation Brokenhead with her prize-winning jackfish.

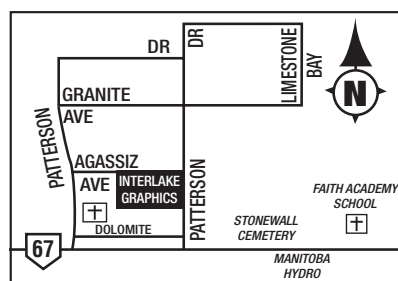
chair and with a Madonna-like smile, waiting for me. Then she showed me her artwork.

I was awestruck. Her powerful pictures ranged from delicate angelic figures to horrific illustrations to subtle mask studies that made me think out loud that if ever there was a person who should be illustrating for the theatre, TV or movies, it was Misty.

Later, as I was about to say goodbye, Misty, with that all knowing half-smile, looked me in the eyes and slid her hands palm over palm. Then, holding her forefingers up, she brought them together, signing she was happy to have met me.

Captivated, I signed back as we parted company. Till next week. See you.

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Youth jigging bridges culture and fun in St. Laurent

By Jeff Ward

A weekly jigging class for youth in St. Laurent has become a very popular activity while connecting the rich Métis history and culture with today's youth.

The hour-long classes at St. Laurent School cost \$20/month with the 25 jiggers aged four to 18 years split into two groups. The program teaches the jiggers the Red River Jig, the traditional dance of the Métis people. St. Laurent recreation director Jane Chartrand said that many parents in St. Laurent feel that there is a cultural history lesson in children learning to jig. And that history is one of the main reasons why they pushed so hard to have the class offered.

"The parents of the kids in this program want their kids to know about their history and this dance is a large part of that culture," said Chartrand, who helps organize the weekly classes.

"We had a jigging program about 10 years ago and ever since that stopped, people have been asking for it to be brought back. Now that we're offering

them again, the response has been overwhelming. In the beginning, we had to make a waiting list because we just couldn't accommodate everyone."

Chartrand said the waiting list has evened out now and the program is running smoothly, albeit at capacity. If there is further interest, program instructor Kaitlyn Ducharme would have to be consulted to see if a third class needs to be added to the schedule.

Recently, the commission was awarded a \$2,000 grant from the Sport & Recreation Opportunities Program, a provincial initiative that helps fund recreation projects all over Manitoba. The money was used to purchase dancing shoes for participants, which helps keep the cost low for parents. The shoes cost approximately \$150 a pair.

"We're also starting a fundraiser soon with a 50/50 raffle, which will help us buy costumes for our dancers when they perform. Each outfit costs \$100, so we're hoping to raise enough to outfit a group of eight," said Chartrand.



TRIBUNE PHOTO BY JANE CHARTRAND

Youth jiggers train once a week at St. Laurent School while gaining knowledge about the Métis culture from teacher Kaitlyn Ducharme (left).

Youth enrolled in the program have performed at a few local venues already. Last year during Métis Days, they performed on the float during the parade and on stage later that afternoon. Chartrand said that their instructor is working towards teaching

longer routines so a dance recital can take place in the future.

The program is open to all regardless of what community their from however priority is given to local residents.

Stonewall 55 Plus looking for town funding

Council hears from groups requesting support for upcoming year and beyond

By Jennifer McFee

At the Feb. 17 council meeting, Cheryl Cathers spoke to Stonewall council on behalf of South Interlake 55 Plus to request funding for 2016-17, as well as for ongoing annual support.

Stonewall is home to 67 per cent of 55 Plus members, with a 12 per cent increase in membership from Stonewall residents this past year. In total, 424 paid members belong to the organization.

The group is asking for \$10,000 in funding from the Town of Stonewall for the 2016-17 fiscal year, an increase of \$1,500 over last year to help cover the costs of relocating from its current location at the Lions Manor, where its lease will end on Nov. 30.

South Interlake 55 Plus is hoping that Stonewall will include \$10,000 as part of its annual budget.

STAR (Southwest Teens at Risk) also made a presentation to council asking for support. Since 2009, the program has worked with 75 at-risk youth and their families, with the majority of clients living in Stonewall and Rockwood.

In addition, the Heritage Commit-

tee is seeking support for initiatives such as the Main Street Merchant Project that aims to gather historical information. Another long-term project is Stonewall Remembers, which includes research on local residents who enlisted in wars.

The group is also taking photos of the headstones of all 2,200 people buried at Stonewall's cemetery to put together in a database linked together with obituaries. They would like to arrange an annual spring tour and cleanup at the cemetery.

An ongoing community engage-



TRIBUNE PHOTO BY JENNIFER MCFEE

Cheryl Cathers requested support on behalf of South Interlake 55 Plus.

Continued on page 12

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Municipal board raises concern of equitability among lagoon users

By Natasha Tersigni

Equitability among ratepayers, or rather the lack thereof, was a common theme raised multiple times during the three-hour Municipal Board of Manitoba hearing held last week to discuss the expansion of a new lagoon in the hamlet of Woodlands.

The municipal hearing, held at the Woodlands Recreation Centre on Feb. 18, gave the three-person board an opportunity to hear from ratepayers who are objecting to or supporting the proposed \$1.8 million lagoon expansion project.

The municipal hearing was held after 25 objections from ratepayers were registered with the RM in October during their public hearing on the lagoon expansion proposal. The project includes building a new primary cell and turning the two existing cells into storage cells. While the Manitoba Water Services Board will be covering half of construction costs, the RM of Woodlands is responsible for the other \$900,000.

With very few funds in their reserve, the RM is looking at implementing a 10-year capital levy of 1.24 mills on municipal property tax bills, not including farmland and property in or near Warren. Based on costs today, a \$150,000 home would see an increase of \$84.02 on its annual bill.

Rural homeowners already have to pay for septic tank and septic field in-



The Manitoba Municipal Board representatives (left to right) Gordon Daman, Marilyn Walder and John Rudyk held a hearing in the RM of Woodlands on Feb. 18 regarding the lagoon expansion bylaw.

TRIBUNE PHOTO BY NATASHA TERSIGNI

stallations, which can exceed \$20,000. Because grey water is disposed of organically with their system, rural homeowners won't have the same waste as town residents.

"In the J.R. Cousin engineering report in regards to hydraulic loading, they have the per-capita waste water production for septic tank users estimated at 200 litres per person per year and they have per capita waste water production for the Hamlet of Woodlands as 258 litres per person per day, so there is a significant difference," said Manitoba Municipal Board member Gordon Daman.

"So the question I have is of equitability and fairness. You are applying

this borrowing bylaw equally across all rate payers. How was it found to be equitable that rural users would be charged the same levy when, in essence, rural users are only using a small portion of the capacity of the lagoon over a one-year period."

The board also questioned council on why they chose to impose the capital levy on assessment rather than per-property basis.

"So right now under this bylaw, all ratepayers, except those that are exempt, would be paying on an assessment basis based on the assessed value of their home and property. Did council consider doing it on a per-property basis given the various sizes of property in the urban and ru-

ral area?" asked Manitoba Municipal Board chair Marilyn Walder.

"I am assuming that in the Hamlet of Woodlands, the houses are on smaller lots and in the rural areas you have larger lots and possibly larger houses. Therefore, your assessment will be higher in rural areas and the capital levy will be more."

Reeve Trevor King and CAO Adam Turner told the board that council mainly looked at the assessment system for the capital levy as that was the way it has always been done in the past.

Several times during the hearing, King reiterated council's stance on the matter of the capital levy, saying this is the best and fairest way to ensure the lagoon expansion can be completed.

"There are a lot of good arguments from those who objected to the project and we listened to those objections at the public hearing. We took them into consideration and discussed it in great detail after the public hearing. Council really feels that this community is set up to grow, but right now we are limited to growth without an expansion of the lagoon," said King.

"This all comes down to how development will benefit the whole municipality. We increased assessment in the Hamlet of Woodlands over the last 10 years, and the assessment benefits everyone in the municipality. This is a project that truly has to move forward. It is fair? Yes, we believe as council it is. We wanted to find the fairest way to tax people in the municipality. Everyone has their own opinions on what is fair and what is not; council felt this is the fairest way."

The decision is now in the hands of the municipal board, who will decide whether or not the bylaw passes for the capital levy and they can also make recommendations to council on the taxation process for the project. No timeline was provided on when the decision will be made.

INTEGRITY AUTO

The Mechanic's Perspective

Anton phones two different garages for a timing belt quote. Garage A quotes only on the belt and not the components turned by the belt like the water pump, tensioner and idler pulleys. Garage B offers a proper quote on everything, but the quote is \$150.00 more. The trouble is, from the customer's perspective both garages quoted a timing belt job. But both garages neglected to inform the customer of what "their" quotes included.





Anton chose the "cheaper" place thinking garage B was ripping him off. Two months later his water pump failed, shredded his new timing belt, and caused a piston to contact a valve, destroying his engine. Garage A denied any warranty because he did NOT replace the water pump during the timing belt replacement.

Now the customer is very unhappy with garage A and faces a large bill for a new engine. Plus, he still thinks garage B was ripping him off initially, and nobody is satisfied!

If garage B had properly explained what was involved for a proper repair, and how their quote reflected it --OR if the customer had asked why the quote was higher--he may have gone with garage B, thus saving himself frustration, repeat repairs and excessive cost! It is the garage's job to provide information, and the customer's responsibility to make sure he is well informed. The cheapest quote is often not the best value! Be sure to ask questions and know you are comparing "apples to apples" when getting repair estimates.

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Interlake School Division presents draft budget

By Jennifer McFee

Ratepayers might want to set aside some spare change since they face a potential education tax increase of 22 cents per day for 2016.

The Interlake School Division's draft budget includes an education tax increase of 5.03 per cent, which means that homeowners with a property assessed at \$250,000 would pay an extra \$82 per year — or 22 cents per day — in 2016.

Those with a \$200,000 home would pay an extra \$66 this year, while those with a \$300,000 home would pay an extra \$99.

Secretary-treasurer Al Leiman notes that these amounts are based on reassessed home values, since 2016 is a reassessment year.

The school division faces a number of challenges this year, he added.

"We haven't got new provincial funding for five years," Leiman said.

Other complexities include the cost of technology and fibre cabling to increase network data capabilities, the uncertainty of provincial support in future years, and the issue aging school buildings. The school division also needs to maintain the mandated small class sizes, which presents a challenge at growing schools. At the same time, some catchment areas face declines in enrolment.

On behalf of the school board, chair Alan Campbell thanked everyone who came out to an open house event focused on the draft budget on Wednesday, Feb. 17.

"It was for sure one of the best attended. We've had a lot of dialogue in the lead up to this budget, especially with the principals, on what the needs are for the division," he said. "It would appear that dialogue has translated into staff attending the budget meeting, as well as parent advisory councils — not to mention members of the general public. It was great to see that turnout."

For those who didn't have the chance to attend the open house, Campbell offers a few highlights. To start, the

draft budget includes the addition of the equivalent to four professional staff members across the division, including a behavioural specialist for the student services team as well as additional instructors to maintain the required student-teacher ratio.

For the next school year, the projected enrolment will remain basically the same, with a modest increase of 10 to 20 students across the entire division.

The school board conducted an overall review of the division in terms of administration, resource and guidance staffing, Campbell added.

"We did a bit of a realignment in all three cases in the name of equity between all buildings in the division," he said.

"With the addition of the behavioural specialist combined with the realignment, we are holding the line on resource and guidance staffing in the division. There's no net increase with this new position, but there's certainly no decrease, and the same thing goes for the administration. There's more of a realignment than a measurable increase or decrease in either direction."

The draft budget also includes the addition of two new school buses to the fleet.

"The last few years, we did not add buses to our transportation department and instead reallocated the funding that we would get for that. This year, it was determined in this draft budget that we need to keep those bus acquisitions in there," Campbell said.

"We're a very rural division spread out over a large area. The fleet needs to be reliable and we can't be spending a fortune on parts or an aging fleet. That was also a priority."

These are not easy times to be funding public education, he added.

"It's our fifth straight year with a zero per cent increase from the province, so it costs the Interlake School Division more year over year to operate the division, no question," he said.



TRIBUNE PHOTO BY JO-ANNE PROCTER

Doug and Rhena Harold and Stacy and Scott Stephens discussed the information package that was supplied at the Interlake School Division's ratepayers' open house last Thursday at Ecole Stonewall Centennial School. Both families have children attending Stonewall schools.

"Staff costs go up. Operations costs go up, but the province is not increasing their side of the funding formula to align with that. So what we need to wrestle with as a board is to accommodate for that shortfall from the province and to keep up with increases in expenses. We also need to try our very best to meet the needs of our students and our staff in our division, and it's a very difficult balance to walk."

Nonetheless, Campbell remains cautiously optimistic that the budget process will go more smoothly this year than last year, when an ideological division on the board led to the budget passing with a tight 5-4 vote.

"This year, we're more on the same page as a board in terms of the needs of the division. I expect the budget to pass, but I expect it to be a close vote," he said.

"That said, I expect it will be easier for all trustees to get behind this budget than last year's. Even if they don't vote for it, the expectation is that they support the will of the board."

As a ratepayer who attended the open house, Scott Stephens felt that his questions were adequately addressed. A parent of two children in the school division, he was concerned

about the increased enrolment in his daughter's Grade 7 class at Stonewall Centennial School. He wanted to ensure that adequate teaching staff would be in place as this class transitioned to Grade 8 and beyond.

"The good news was that I was able to ask that question specifically and they said yes, so they have it in the budget and plan that those resources are there. They had some nice graphics on what the increase in property taxes would be," Stephens said.

"From my perspective, it was pretty minor adjustments in what individuals would be paying in their taxes on their house to support the schools. That information was useful too. It was a nice opportunity to stop by and look at some of the details and ask any questions that we had relative to the budget and the school system — and how that affects all of us as homeowners and taxpayers in the district."

Ratepayers still have the opportunity to provide feedback on the draft budget, which is posted on the Interlake School Division's website at www.isd21.mb.ca.

The draft budget will come back to the school board for consideration on March 14.

> ZIKA VIRUS, FROM PG. 5

dance and teachers who are going on the trip said they went on the travel website regarding what travel vaccinations you need for the Dominican and there was no mention of malaria," said Nore.

"During the presentation, I talked a lot about protecting yourself from the mosquitoes and having nets at nighttime to protect the beds. However, the mosquitoes that do carry the Zika virus generally bite during the day, so

it is advised to wear clothing or netting and using a product that contains DEET."

Nore recommends that people travelling to a foreign country make an appointment with the Interlake-Eastern Travel Health Clinic in Selkirk to speak with a travel nurse eight weeks ahead of their trip.

"We have a public health nurse there that deals specifically with travel health at the clinic, and Dr. Hilderman is at the clinic to answer any specific questions," said Nore, who added

there is a fee for patients for their first visit and any vaccinations needed.

For Zika virus, Nore said the biggest threat is to women of reproductive health age. Only 25 percent of the people infected with Zika virus will develop symptoms, including low-grade fever, joint pain, red eyes and rash, but women who are pregnant or considering becoming pregnant are warned by the Public Health Agency of Canada to take special precautions. Researchers have found that there may be a link between pregnant

women who are infected with Zika and their babies being born with microcephaly, which causes an abnormally small head.

"The recommendation in Canada right now is that if a woman travels to a country where Zika virus has been found, that they have protected sex for four weeks prior to getting pregnant," said Nore.

For more information on the Travel Health Clinic in Selkirk, go to www.ierha.ca.

Parents speak about the benefits of french culture

By Jo-Anne Procter

At the Feb. 22 Interlake School Division board meeting, trustees heard from parents that support a proposed five-day trip to Quebec for Ecole Stonewall Centennial Grade 7 and 8 French immersion students in 2017. Two mothers of students that hope the trip is approved spoke as a delegation on the benefits of the students having the opportunity to be exposed to other francophone cultures.

Krista Lambert, who has three sons in the French immersion (FI) program, is impressed with the way her children can read, speak and understand French. She feels that a trip to Quebec would be a great educational opportunity for students.

There are some students who have declined the trip at this point. Lambert explained that families who do not plan to send their children on the trip are not opposed to the trip. They have chosen not to send their children due to timing, moving or other prior commitments such as family vacations or sporting events.

The students not attending the trip will be grouped into a classroom with a qualified French-speaking substitute teacher and the programming

will continue while the other students are absent. The students who are away will make up the missed work.

"This is a great opportunity for the children to apply what they have learned in the last eight years," she said.

Karen Hunter, mother of two students in the FI program, stated that up until now, students' French is just what they have learned in the classroom. She feels that travelling to Quebec will be a huge benefit, having real interaction with people in Quebec in stores, restaurants and hotels.

"Through these interactions, they will be exposed to new vocabulary, new accents and it will be so validating for them to know how much they can understand and communicate," she said. "A trip such as this can only serve to inspire their enthusiasm for the French language and culture."

Previously, at a meeting in January, a parent came to the board as a delegation to present concerns he had with the proposed trip.

A decision will be made regarding approval of the trip at the next board meeting that will be held March 7.

In other news:



TRIBUNE PHOTO BY JO-ANNE PROCTER

Ecole Stonewall Centennial School French immersion parents Krista Lambert, left, and Karen Hunter spoke to the board of trustees last Monday regarding an upcoming study tour to Quebec in 2017. A decision will be made by the trustees at the next board meeting on March 14.

- The board approved the contract for salaries and benefits for the non-unionized division office support staff for the four-year contract effective July 1, 2015, to June 30, 2019, as recommended by the negotiations committee.

- The division will be formulating its own questions for a parent-teacher survey as opposed to the survey offered by the Learning Bar, which is lengthy and cannot be altered to the liking of the ISD board of trustees.

- A Specialty Learning Grant for \$5,000 has been distributed with \$2,500 awarded in the fall and another \$2,500 the end of January.

Typically, in the past, this grant money was put in a lottery and the teacher that won it was able to take someone with them to a conference. The distribution of this grant money has been changed and it is now addressing some of the professional develop-

ment needs in the division. They can now give several people the opportunity as opposed to only two going.

- Pat Crockatt, administrator and Michael Block Alternative Teacher with the The Infinity Program (TIP), explained the program to the board. TIP is an alternative off-campus high school program designed to meet the individual academic/social/emotional needs of students who are experiencing difficulty in their regular high school program. TIP offers an environment designed to help students overcome individual obstacles by supporting them in building resilience, balancing personal growth and academic achievement, and strengthening communication between students, their families, schools and community support organizations.

The 2016 Showcase Day will take place March 3 and April 21.

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> FAITH

Our mission

The award-winning 1986 film *The Mission* tells the story of the missionary side of Spain and Portugal's military expansion into South America in the 18th century. The Jesuits, led by a priest named Fr. Gabriel (portrayed by Jeremy Irons), seek to convert the indigenous tribes in present-day Paraguay. The portrayal of missionary work helps us understand how complicated this outreach was. Much like the early Christian missionaries after the death of Jesus, religious orders spanned the globe to spread the "good news." However, as conquest and enslavement became the goals of advancing colonial powers, missionaries often found themselves trying to protect conquered peoples by advocating theologies, treaties and laws that recognized the human rights of the tribes.

The church often failed to do this adequately and even participated in the suppression of native cultures in the name of conversion. During his trip to South America in July 2015, Pope Francis formally apologized to native peoples for the church's failure to protect them: "Many grave sins were committed against the native peoples of America in the name of God," he said in Bolivia. "I humbly ask forgiveness, not only for the offenses of the Church herself, but also for crimes committed against the native peoples during the so-called conquest of America."

Despite this complicated history, evangelization is inherent in the life of the church, which is defined by its mission to spread the Gospel to the ends of the earth. The question is how to do this without running over the lives, cultures and freedom of conscience of those who believe differently than we do.

The reality is that the concept of mission has changed from an arena where we are benefactors to an experience of mutuality and accompaniment. Yes, there are people in developing nations who desperately need health care, housing, food and educa-

tion. There are also people in our own neighbourhoods who live in extreme poverty and need these same things. Mission means many things, but it is primarily about being in solidarity with others.

Helping one another is only successful if we first build relationships of trust and mutual respect for the

people and cultures we hope to reach. Pope Francis' apology to cultures that have been negatively affected by historical actions of the church is a sign that the goal of mission has shifted from simply advancing the influence of the church to the action of joining with others in the common effort to promote justice and human dignity.

"Mission" is not a statement on the front of the parish bulletin or a plaque posted on the wall for those who come through our doors to worship on Sunday morning. It is our willingness to be present to others as Christ alive and active in the world.

Father James deBeer

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SERVICE CLUBS - Serving our Communities 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 1-888-50MARCH (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 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 Chris Luellman 467-8770</p> <p>Kinette President Jean Burchuk 204-467-2925</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>Cheryl Cathers 467-2582 www.si55plus.org \$15/member/year</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 first 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>			

Modern, vibrant displays at Argyle's museum

By Natasha Tersigni

As a school teacher, Shayne Campbell knows the struggle of attaining and keeping students' attention and often uses a variety of mediums to capture interest.

Keeping to the same principles he uses in his classroom, Campbell — also the director of the Argyle's Settlers, Rails & Trails museum — has set up a dynamic and interactive display to teach the public about Argyle's vast history.

Ahead of the museum's grand opening of their three exhibits in the basement of Argyle Community Hall, Campbell opened the doors to the *Tribune* to have a sneak peak at the attention-grabbing displays.

Using photo books, replica military uniforms, building models, military medals and props, eye-catching signage and flags from Canada's second largest flag collection, the exhibit manages to take museum-goers a step back in time while using today's modern interactive techniques.

"One of our goals for the museum is to have professional displays complete with computer-generated signage, and every item in the museum is labelled and tells a story," he said.

"For our flag exhibit, it was on display last year at the Manitoba Legislature for the 50th anniversary of the Canadian flag. The deal was after the exhibit was over, we could keep all the

material used. We are pretty excited because we have these professional materials, something that we often don't have access to."

Locals may find that the Brant-Argyle School 100th Anniversary display and the military exhibit featuring 158 Argyle and area veterans resonate the most. However, a third exhibit was added to the museum to capture a wider audience, including not just Argyle history but Canada's history as well.

"People have asked us in the past what do flags have to do with Argyle and there are some very strong connections to flags and Argyle. We have a 1950s Canadian flag that came from Brant-Argyle School. One of the things that our museum understands is that to survive and have projects like this on this scale and to make things professional, you have to reach out to people that aren't from Argyle because to everyone else, it is somebody else's history," said Campbell.

"This allows us to reach out to a larger audience and put our museum on a regional level."

The museum's grand opening will be held on Feb. 27 from 12 to 4 p.m. The museum's regular operating hours will be the first Saturday of every month from 1 to 4 p.m. To make group booking to tour the museum, e-mail Shayne Campbell at argylemuseum@gmail.com.



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Settlers, Rails & Trails museum director Shayne Campbell shows off the museum's exhibits that are now on display in the Argyle Community Hall. The museum has rented the space and will be using it as a temporary location to house displays while the museum continues to look for a permanent location within Argyle.



To keep the displays interactive, Campbell included replica First and Second World War uniforms and era-authentic clothing to help tell the stories of Argyle residents that served both at home and overseas during the wars.

Recognizing volunteer hours



TRIBUNE PHOTO BY LANA MEIER

RBC Stonewall branch manager Lynn Kjartanson and RBC manager of client services Jan Chambers presented retired employee Gaylene Nixon of Project Linus with a check for \$500 on Feb. 17. RBC Employee Volunteer Grants Program recognizes employees and retirees for the good works they do in their personal time by volunteering a minimum of 40 hours to a charitable organization. Since 1999, RBC has made over 24,500 grants and donated more than \$12 million in celebration of employees' volunteer efforts.

> STONEWALL COUNCIL, FROM PG. 7

ment program includes online engagement as well as a revised heritage walking tour through town. A guide will be available electronically and in print. The committee also hopes to bring some travelling historical exhibits to town.

The Heritage Committee hopes to receive funding to hire a summer student to help with some of the projects.

In other news, Deputy Mayor Clive Hinds made a notice of motion to rescind a previous resolution related to

charging for parking on town property. Hinds would like to conduct more conversation on the topic.

In addition, the Town of Stonewall requested that the Manitoba Water Services Board cost share in the Phase 1 works to expand both the organic and hydraulic capacity of the lagoon. Council agreed to execute the agreement with the water services board for the provision of technical and financial assistance for a wastewater lagoon feasibility study.

Storytime comes to Gunton, Stony Mountain

Potential storytime could be in the works for Rosser as well

By Jennifer McFee

You're never too young to develop a love for reading.

And youngsters in Gunton and Stony Mountain now have even more opportunities to embrace literacy through storytime events aboard the South Interlake Regional Library's bookmobile.

Bookmobile librarian Pam Palcat will host interactive storytimes every three weeks after regularly scheduled stops in Gunton and Stony Mountain. In addition to listening to stories, children will have the chance to do crafts and sing songs. In the future, activities might be expanded to include puppets and more.

"Everyone's welcome on the Bookmobile," said Palcat, who tries to gear the stories and activities to the ages of the participants. "There are benefits in literacy and also in exposure to other children. We practise things like

the days of the week and the months of the year. We do movement here and there. There's a little bit of everything."

In Stony Mountain, the storytimes will take place on the Bookmobile, which will be parked at the Stony Mountain Children's Centre. The event will begin at 2 p.m. on March 2, March 23, April 13, May 4 and May 25.

In Gunton, the Bookmobile will be stationed at the parking lot at Gunton Hall with storytime starting at 2 p.m. on Feb. 23, March 15, April 5, April 26 and May 17.

Looking to the future, Palcat is also interested in bringing the Bookmobile storytime to more communities. In particular, she is wondering if there would be interest for this service in the Rosser area. If anyone is interested in arranging a storytime in Rosser, they can contact Palcat at 204-467-5767.



TRIBUNE PHOTO BY JO-ANNE PROCTER

Bookmobile librarian Pam Palcat is hosting storytime every three weeks in Gunton and Stony Mountain. Everyone is invited to attend.

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Dinner to help Japanese children orphaned by 2011 Tsunami

Fundraising dinner to help Japanese orphans being held in Winnipeg March 12

Submitted

Children orphaned by 2011 Earthquake and Tsunami in Japan still struggle with financial and mental difficulties.

Even though it will be five years since the disaster, children left orphaned are still often in custody of close relatives also affected by the disaster and even living in temporary shelters. In the affected area, the early phase of reconstruction is coming to its end. Some have to move out from shelters to more permanent ones, which requires extra expenses for them; thus, the environment of such children is still difficult.

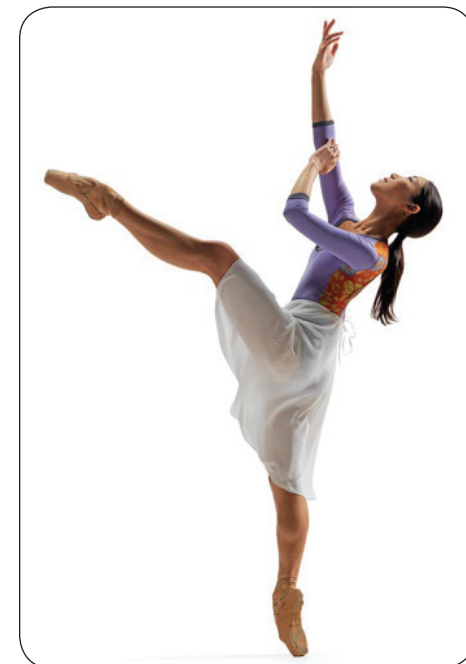
In Japan, as high school is not mandated and families have to bear extra costs, many children tend to think it's better to start to work as young as possible to support their custodians.

Japanese Cultural Association of Manitoba (JCAM) is hosting a fundraiser dinner Saturday, March 12 to support children who lost parents by the earthquake or tsunami in Japan in 2011. The fundraiser will help establish scholarships for some of these children with heartwarming help from Japanese / Japanese-Canadian friends in Winnipeg.

The dinner will take place at 5:30 p.m. at the Victoria Inn Hotel and Conven-

tion Centre, 1808 Wellington Ave. in Winnipeg. Tickets are \$100 per person (\$50 tax receipt will be issued) and will feature a ballet performance by RWB dancers including soloists Yayoi Ban and Yosuke Min, and Japanese drumming featuring a lion dance by Hinode Taiko. There will be live auctions of items donated by RWB, Hinode Taiko, artist Takashi Iwasaki and Chef Ono, as well as a silent auction, raffles and 50/50, including WestJet tickets for two. The hotel will serve a buffet dinner of Japanese Tempura & Sushi by Chef Ono, previous owner of Edohei, the first authentic Japanese restaurant in Winnipeg.

For further details, please contact JCAM, 180 McPhillips St. in Winnipeg or email Mirai311revisited@gmail.com.



RWB PHOTO BY DAVID COOPER
RWB dancer Yayoi Ban will be performing a solo at the Japanese fundraiser on March 12.

Reduce your energy bill with free insulation and a new natural gas furnace.

The Affordable Energy Program makes it easy to improve the comfort of your home, and save you money on your energy bill. If you are a homeowner with limited income and think energy efficient upgrades are too costly or hard to do, this program can help you.

If you rent your home, we can work with your landlord. Landlords who are interested in energy efficient upgrades can increase the value of their property and reduce the energy consumption of tenants.

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7 or more persons	\$80,476

†This offer subject to change at any time.

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If you rent, the landlord will be responsible for the \$9.50 per month for 5 years. The existing furnace must be a standard efficiency natural gas furnace to qualify for the upgrade.

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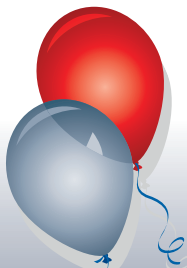
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This project was completed using local & area contractors who all worked tirelessly to get the job completed.

I thank you for your support and professionalism.



Stonewall coach named to Canada Summer Games staff

By Natasha Tersigni

To ensure amateur provincial athletes are ready to compete in the 2017 Canada Summer Games being hosted in Winnipeg, Brent Lohmer is hard at work overseeing many of Team Manitoba's strength and conditioning programs.

Lohmer has recently been named as one of three Sport Performance mission staff for CSG Team Manitoba, a position that allows him to work with a variety of middle and high school athletes from different backgrounds and sports.

Growing up in Stonewall, Lohmer was involved in a variety of sports. After graduating from Stonewall Collegiate in 2006, he decided to attend the University of Winnipeg for exercise science, a way he could continue to be involved in sports and share his passion with up and coming athletes.

"I always liked playing sports and working out and was especially interested in anatomy, so it was a smooth transition to be involved in a physical preparation setting," said Lohmer, who was hired by Sport Manitoba in 2012 as a strength and conditioning coach.

"This is my dream job and this is what I love to do. I like working with developing athletes before they reach elite levels. It is fun to be in the process of getting them to that high level of sport. I really enjoy grassroots developmental sport and working with children and helping to lay a foundation for physical literacy. One of my

mentors told me that the best and most passionate coaches should work at the lower levels where children need to learn the fundamentals of athletic abilities, and I find that to really resonate with me."

This will be Lohmer's first time working as a performance manager for summer games, although he was on mission staff for the 2015 Western Canada Summer Games and Canada Winter Games. Adding to the fact that the Games are being hosted in Winnipeg, Lohmer is feeling the pressure to ensure his athletes and teams showcase their talents and perform well on home turf.

"Having been involved with Sport Manitoba since 2012, I feel some pressure to do better than we have ever done before at any other Canada Summer Games. We had our best showing at any Western Games in 2015 in Fort McMurray. So I have big shoes to fill, and the pressure is on to perform in Winnipeg in 2017," said Lohmer.

While Lohmer's work behind the scenes comes months and even years before game day, what he is looking forward to most next summer is watching the athletes he works with reach their goals during competition.

"There is nothing like watching your athletes compete and succeed and to see them light up when they do well. Watching them experience a new level of athletic ability and knowing that I was involved in that process is pretty amazing," added Lohmer.



TRIBUNE PHOTO BY NATASHA TERSIGNI

Stonewall native Brent Lohmer is spending long hours in the Sport Manitoba gym preparing provincial athletes for the 2017 Canada Summer Games being hosted in Winnipeg and surrounding communities.

Women's Institute Day celebrated in Teulon



TRIBUNE PHOTOS BY NATASHA TERSIGNI

To celebrate national Women's Institute (WI) day, the Teulon WI held an afternoon tea at the Teulon Anglican Church Hall on Feb. 19 with Interlake WI groups in attendance. The Teulon WI is looking forward to revitalizing their group and is always looking for new women to join their ranks. The group meets on the third Tuesday of every month on the 4th floor of Fairview Place in Teulon at 7:30 p.m.

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TRIBUNE PHOTO BY NATASHA TERSIGNI

In keeping with "I Love to Read" month and École R. W. Bobby Bend School's theme of Métis and voyageur history, local author Desiree Gillspie read from her book *A Journey through the Circle of Life* on Feb. 17. The book explores a variety of aspects of Métis culture, including traditions and community. Throughout February, students are "paddling through the pages" with the number of books being counted as kilometres. The students' goal is to read enough books to earn kilometres equal to the distance of paddling from Churchill to The Forks in Winnipeg.

Building your Retirement Plan using RRSPs!

The final week is here and many of us are looking at our taxes to figure out how much of an RRSP contribution we have to make to help reduce the tax payable to the Tax Man. RRSPs still remain the most effective way to save for retirement while we are working and the higher the tax bracket the more effective the RRSP tool is. RRSPs allow us to set aside an amount based on a maximum of 18% of your earned income or \$24,930 for 2015 (whichever is less) to reduce taxes payable while working. This money will become part of your retirement income when that day finally arrives. When taking money out of your RRSP it will be taxed at your highest marginal rate but you will likely be in a lower tax bracket in retirement. For some it is difficult to find that lump sum of money to contribute to an RRSP. There are a couple of options; one is to take out an RRSP loan. If investors haven't been able to put the maximum in their RRSPs each year, borrowing to invest can provide an opportunity to make up thousands of missed contributions at today's very low interest rates. Borrowing is not for everyone and there can be risks associated with borrowing. Always consult with your financial advisor for the details and to determine whether an RRSP loan is right for you. The second option is to set aside a monthly amount. This is called Dollar Cost Averaging (DCA) which is a disciplined approach to investing on a consistent and regular basis. This approach gives investors a way to systematically get back into – or stay in – the markets. Studies prove that time in the market (as opposed to trying to time the market) is key to higher long-term returns. Also making a monthly contribution saves on the stress of having to find that lump sum each year and takes advantage variable rates of the funds that are being invested in. There are several RRSP calculators that will give you a personalized assessment of the tax benefits gained by investing in an RRSP. Remember it is never too late to start investing for your future!



Stay motivated: set small financial goals

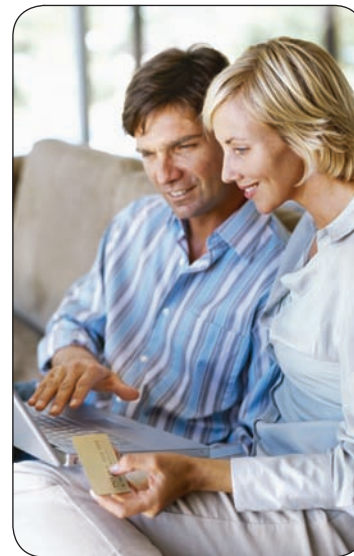
Most people find it very difficult to stick to the financial resolutions they've made. Here are a few tips to help you stay on track.

1-Remind yourself of your financial goals

If you started off the New Year with a plan to reduce your debt load in order to save on interest payments, now's the time to take stock. Be objective. Don't let yourself doubt your financial goals. It's much easier to stay motivated if you set yourself small goals and reach them one at a time.

2-Take control of your credit card

One of the most important steps in improving the state of your finances is to take advantage of your credit or improve it by better understanding your monthly credit card statements. Make the most of your credit cards by paying off the balance and using them as a form of bor-



rowing free money. That will only work, however, if you pay off your entire balance every month in order to avoid paying interest.

3-Anticipate your future

financial situation

Consult your financial planner so you can adapt your strategies to new fiscal laws. This includes income tax, investment returns, retirement, estate planning, trust funds, and emergency funds. You will be able to enhance the value of your assets by being far-sighted and knowledgeable.

4-Automize your system

Once you have established a realistic financial plan, take advantage of available technological tools to keep your finances on the right track. Budgeting and bookkeeping software can also alert you to any problems.

5-Stay focused

Keep your goals at the centre of your attention at all times. Remember that building your financial independence will allow you to avoid being financially reliant on someone else.



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INSIDE > OUTSIDE > UPSIDE DOWN

Jets playing well as MMJHL playoffs near

By Brian Bowman

As the MMJHL's regular season nears completion, every team's goal is to play solid hockey heading into the playoffs.

The Stonewall Jets are definitely one of the teams that are headed in the right direction as they continue to play sound, defensive hockey just before the post-season.

The Jets continued their recent strong play with a solid 2-1 win over the Charleswood Hawks on Sunday in Stonewall. It was the fourth time in five meetings this season that the Jets have defeated the Hawks.

"We played very well (on Sunday)

and Friday night, too, against third-place Pembina Valley," said Jets' assistant coach Matt Figur. "We've been playing some really strong hockey and (Sunday) night against the Hawks was another indication of us peaking at the right time."

The Hawks Mike Lorange opened the game's scoring with a power-play goal at 11:10 of the second period.

But Sam Mandryk tied the score at 1-1 with his 10th goal of the season at 19:17 of the second and then Adam Blight scored the game winner early in the third. Blight's goal was his 17th of the campaign.

The Jets started their weekend last



TRIBUNE PHOTO BY LANA MEIER

The Jets' Eric Swanson finds himself all alone with Hawks' goaltender Ben Thorlakson during Sundays win.

Manitoba Hockey Standings

MANITOBA JUNIOR HOCKEY LEAGUE

GP	W	L	OTL	PTS	GF	GA	
Portage Terriers	57	49	6	2	100	264	117
Steinbach Pistons	55	41	10	4	86	227	127
Winkler Flyers	55	39	12	4	82	238	136
Virten Oil Capitals	55	34	20	1	69	182	129
Winnipeg Blues	56	29	18	9	67	199	163
OCN Blizzard	54	25	27	2	52	170	193
Swan Valley Stampede	56	22	26	8	52	167	189
Selkirk Steelers	54	22	29	3	47	181	229
Dauphin Kings	55	18	33	4	40	159	232
Waywayseecappo							
Wolverines	56	14	38	4	32	142	241
Neepawa Natives	55	11	42	2	24	118	291

OCN Storm	0	0	0	0	0	0	0
Peguis Juniors	0	0	0	0	0	0	0

SOUTH EASTERN MANITOBA HOCKEY LEAGUE

Quarter Final C (Best of 5)
Altona Maroons vs Warren Mercs
(Altona takes the series 3 games to 1)

MANITOBA SENIOR HOCKEY LEAGUE

Semi Final A (Best of 7)
Stonewall Flyers vs Beausejour Beavers
Feb 23 - 8:30pm - Beausejour @ Stonewall
Feb 27 - 7:30pm - Beausejour @ Stonewall
At press time series tied at 0

AAA CITY MIDGET HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF	GA
Winnipeg Monarchs	36	28	6	0	58	192	90
Winnipeg Hawks	36	23	11	1	48	168	127
Winnipeg Warriors	36	19	14	3	41	123	112
Eastman Selects	36	19	16	0	39	107	100
Winnipeg Sharks	36	15	16	2	35	137	144
Interlake Lightning	36	0	34	1	2	62	216
Yellowhead Chiefs	0	0	0	0	0	0	0
Parkland Rangers	0	0	0	0	0	0	0

AAA BANTAM HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF	GA
Winnipeg Warriors	34	28	2	2	60	237	76
Winnipeg Monarchs	34	28	4	1	58	225	73
Eastman Selects	34	21	11	1	44	180	122
Winnipeg Hawks	34	16	16	2	34	137	120
Winnipeg Sharks	34	10	22	2	22	106	172
Interlake Lightning	34	5	29	0	10	74	227

MANITOBA HIGH SCHOOL HOCKEY
Price Division
Play-offs Round 1 Series
Warren Wildcats vs. Fort Richmond
(Fort Richmond takes the series 2 games to 1)
STATS AS OF TUESDAY, Feb. 23

MANITOBA MAJOR JUNIOR HOCKEY LEAGUE

GP	W	L	OTL	PTS	GF	GA	
Raiders Jr. Hockey Club	41	29	8	4	62	161	113
Charleswood Hawks	40	26	8	6	58	152	106
Pembina Valley Twisters	40	23	12	5	51	160	130
St. Vital Victorias	41	22	15	4	48	153	139
St. James Canucks	41	22	18	1	45	152	143
Stonewall Jets	40	21	17	2	44	149	134
St. Boniface Riels	41	18	19	4	40	138	156
Transcona Railer Express	40	18	20	2	38	146	168
River East Royal Knights	41	17	20	4	38	123	141
Ft. Garry/Ft. Rouge Twins	41	7	32	2	16	97	201

KEYSTONE JUNIOR HOCKEY LEAGUE

South Division	GP	W	L	OTL	PTS	GF	GA
Arborg Ice Dawgs	3	2	1	0	4	17	13
North Winnipeg Satellites	3	1	2	0	2	13	17
Lundar Falcons	0	0	0	0	0	0	0
Selkirk Fishermen	0	0	0	0	0	0	0
St. Malo Warriors	0	0	0	0	0	0	0
North Division	GP	W	L	OTL	PTS	GF	GA
Norway House							
North Stars	3	2	1	0	4	17	20
Fisher River Hawks	3	1	2	0	2	20	17
Cross Lake Islanders	0	0	0	0	0	0	0

Friday with a tough 3-2 loss to the Pembina Valley Twisters in Morris.

Trailing 2-0 in the second period, the Twisters scored a pair in the middle frame and then added the game winner in the third.

Mackenzie Johnson and Bryce Stovin scored for Stonewall in the first period and then Matt Mazinke and Matthew Hadley tallied for the home side in the second.

Fraser Mirrless scored the game winner on the power play at 14:27 of the third.

Stonewall outshot Pembina Valley 33-29.

The Jets, now 21-17-2, are in sixth place in the 10-team league with 44

points. Stonewall visited the fifth-place St. James Canucks on Tuesday

(no score was available) and then the Jets will play the last-place Ft. Garry/Ft. Rouge Twins on Friday.

Stonewall will then conclude its regular season Sunday when it hosts the fourth-place St. Vital Victorias. Game time is 2:30 p.m.

"Going into the last (three) games of the season, this is exactly where we want to be,"

Figur said.

"We're feeling confident as a team and, as a management group, we feel that we have the right players in place."

"WE'VE BEEN PLAYING SOME REALLY STRONG HOCKEY."

Friday, Feb. 26 Stonewall Jets vs Ft Garry/Ft Rouge Twins
7:30 pm @ Century Arena

Sunday, Feb. 28 Stonewall Jets vs St. Vital Victorias
2:30 pm @ VMSC

Friday, Mar. 4 Stonewall Jets vs Transcona Railer Express
8:00 pm @ VMSC

www.stonewalljets.net

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



Wildcats ousted by Fort Richmond in WHSHL playoffs

By Brian Bowman

The real season began last week for the Warren Collegiate Wildcats' hockey team.

But, unfortunately, it was also ended last week.

The Fort Richmond Centurions fought back from a 1-0 series deficit to win the best-of-three series against Warren in three games after a 6-0 road win last Friday.

Fort Richmond jumped out to a 3-0 first-period lead on goals by Halim Mustapha, Seth Nicholls and Joseph Courrier.

Kenan White scored the lone goal in the second period and then Nicholls and Mustapha tallied in the third.

Fort Richmond forced a third and decisive game in their first-round series after a 3-2 overtime victory last Thursday in Winnipeg.

Nevin O'Donnell scored the game winner on the power play in overtime.

Will Slagerman scored both Warren's goals, including the goal which tied the score at 2-2 with just 3:32 left in the third. Taylor Radley assisted on both of Slagerman's goals.

Jeremy Kaminsky scored a second-period goal for the Centurions while

Nicholls tallied in the second.

Warren started its Price Division playoffs against the Centurions with a solid 6-2 home win on Feb. 16.

The Wildcats took a 2-1 first-period lead and the score stayed that way until midway in the third when Warren exploded for four straight goals.

Radley led Warren with two goals while Ethan Fairlie and Jayden Allary each had a goal and two assists.

Baily Proctor chipped in with a goal and a helper and Reid Weatherburn also tallied.

Braydon Weatherburn earned the win in goal.

Warren wrapped up its regular season with a 5-1 road loss to Louis Riel on Feb. 10 in Winnipeg.

Allary scored the Wildcats' lone goal in the second period, assisted by Landen Mann.

Remi Fournier, Justin Durupt, Colin Beaulieu, Ivan Bourgeois and Sasha Bedard scored for Louis Riel.

On Feb. 9, the Wildcats edged Pierre Elliott Trudeau 3-2 in Warren.

Trailing 2-1, Warren's Koby Carriere and Trey King scored early in the third to give the Wildcats the lead for good.

King also scored in the first pe-



TRIBUNE PHOTO BY JO-ANNE PROCTER

Wildcats' forward Taylor Radley scored two goals in 11 seconds in his team's 6-2 victory over Fort Richmond in Game 1 of their opening round playoff series at home Feb. 16. Warren was defeated 3-2 in overtime in Game 2 and 6-0 in Game 3 played last Friday.

riod while Brandon Zastre and Ben Naaykens replied for PET.

Weatherburn recorded the win in goal.

Warren finished its Winnipeg High

School Hockey League regular season with an 8-11-0-0-0-3 record and 27 points. That was three points ahead of Fort Richmond.

Maroons down Mercs in SEMHL playoffs

By Brian Bowman

The Warren Mercs gave the Altona Maroons a great battle in their first-round South Eastern Manitoba Hockey League series.

But it still wasn't enough to pull off an upset.

Three of the four games were decided by just a single goal, including Altona's 4-3 victory last Thursday in Warren to win the best-of-five series in four games.

Shea Hamilton scored the game winner with 9:23 remaining in the third period.

Warren's Reid MacLeod and Altona's Angus Klassen traded first-period goals and then the Maroons' Matt Dyck and the Mercs' Tyler Mederios scored early in the second.

Tyler Dittmer gave Altona a 3-2 lead at 7:28 of the third but Darrin Husak tied the score just 3:42 later.

The Maroons took a 2-1 series lead after an exciting 2-1 victory in Altona on Feb. 16.

Hamilton, once again, scored the game winner at 11:07 of the third period.

Nick Doyle gave Altona a 1-0 lead with a shorthanded goal at 16:27 of

the first period. But the Mercs tied the score at 1-1 as Clifford Ketchen scored at 16:42 of the second, assisted by MacLeod.

Warren outshot Altona 37-23. Jayme Janzen earned the win while Ben Lobb took the loss.

In the other SEMHL first-round series, Morden swept Notre Dame 3-0 while Portage led Winkler 2-1 heading into last Friday's game.

Altona will now play Morden while Carman will battle the winner of the Portage/Winkler series.

Meanwhile, the league recently announced its award winners and all stars.

First Place - Carman Beavers
Scoring - West End Tire - Aaron Lewadniuk, Carman

MVP - Aaron Lewadniuk, Carman
Sportsman - Viterra - Steve Clark, Notre Dame

Defenceman - Roy Legumex - Dane Crowley, Altona

Goalie - Appelts - Matt Krahn, Winkler

Rookie - Tanner Waldvogel, Portage
2015/16 All-Stars First Team

Goal - Matt Krahn, Winkler
Defence - Dane Crowley, Altona,



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Mercs' Reid MacLeod scored a first-period goal in Warren's 4-3 loss last Thursday.

Darren Bestland, Carman

Forwards - Aaron Lewadniuk, Carman, Tanner Waldvogel, Portage, Mark Owen, Carman

Second Team

Goal - Steve Christie, Carman

Defence - Blake Forsyth, Winkler, AJ Spiller, Portage

Forwards - Steve Clark, Notre Dame,

Anders Strome, Portage, Tyler Dittmer, Altona

Local Team

Goal - Reed Peters, Morden

Defence - Chad Duprez, Warren,

Colin Fay, Notre Dame

Forwards - Mitch Doell, Winkler, Jay

Fehr, Morden, Brenden Luchinski,

Warren

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Lightning zap Northstars twice to end season

By Brian Bowman

After winning just one game over a 10-week period, the Interlake Lightning won a pair in less than 24 hours last weekend.

The Lightning wrapped up their regular season with a pair of road wins over the Norman Northstars — winning 7-6 in a shootout Saturday and 6-2 on Sunday — in Manitoba AAA Midget Hockey League play in Thompson.

The two wins were a real nice way to end a 10-34 season.

"It's been a really, really tough year and it was nice to go out with a couple of wins to end the year on a positive note," said Lightning head coach Dwayne Swanson. "It gives them a bit of a good feeling after what happened this year. It was nice to win a couple of games."

In Sunday's four-goal win, Interlake turned a close game into a rout with four goals in an 8:58 span to start the third period.

Jordan Kristjanson led the Lightning with three goals and an assist while Noah Basarab had two goals and a helper. Both players finished the season with 21 goals apiece while Basarab was the Lightning's points leader with 37, three more than Kristjanson and Riley Vautour.

Jackson Kicenko chipped in with a power-play goal for the Interlake. The Lightning were 3-for-9 with the man advantage.

Tramaine Trout and Austin Caza scored for Norman. Nathan Cvar

made 28 saves for the win.

On Saturday evening, the Lightning snapped a seven-game losing streak with the shootout victory over the Northstars.

Both teams scored goals in bunches in this one.

Interlake took a 2-0 first-period lead on goals by Vautour and Basarab but Norman came back with goals by Trout (two) and Keith Monias in the second.

The Lightning, though, grabbed a 5-3 lead by the 10:24 mark of the third as Dylan Furgalo, Basarab and Codey Beaulieu scored.

"IT'S BEEN A REALLY, REALLY TOUGH YEAR AND IT WAS NICE TO GO OUT WITH A COUPLE OF WINS TO END THE YEAR ON A POSITIVE NOTE."

Norman's Justin Nachbaur and Interlake's Jack Einarson traded goals and then the North Stars tied the score at 6-6 as Drew Tait-Reaume and Monias scored late in the third.

Tait-Reaume's goal came at 18:50 of the final period and then Monias tallied just 21 seconds later.

"Like a lot of times this year, we tried to find a way to lose (this game)," Swanson said. "But for 58 minutes, we were the better club.

They had more shots on goals than us but a lot of that had to do with shots from the outside — they were shooting from everywhere."

Cvar made 40 saves for the win.

This past season was a tough one for the Lightning. Interlake started real well with wins in their first two games and they were .500 after 12 games.

But then the victories became very hard to come by over the next few



TRIBUNE PHOTO BY LANA MEIER

Interlake Lightning graduating players, from left to right, Nathan Cvar, Sean Loutit, Jordan Kristjanson, Dylan Furgala, Riley Vautour and Karson Collins.

months.

"We just never seemed to get together as a group, to be honest with you," Swanson said. "The other part was we had injuries and suspensions really bad. We were playing games with 12, 13 skaters and that's really hard to do at this level.

"God Bless our APs because, without them, we would have had a hard time competing. We utilized our AP list a lot and our numbers in the Interlake are small, so our AP list isn't that big."

Despite their struggles at the Midget AAA level, Swanson predicts many of the Lightning players will go on to play in the MJHL or at the college level.

"We did have some talent this year," he insisted. "The only problem with our talent is that we didn't have

enough of it. When you go into a game and only have 13 skaters, it's tough to put a winning team out there.

"But I give these kids all of the credit in the world for going to war with short numbers and I'm disappointed that they didn't get better results out of it."

Looking ahead to next season, the Lightning have just a handful of players (five or six) eligible to return. It's going to be tough, once again, for them to ice a competitive team in the Manitoba AAA Midget League.

"With this group, there's not going to be too many kids coming back at all," Swanson warned. "It will be a tough grind next year if it's me or somebody else doing it. Whoever takes the reigns, it will be a development-type year and, hopefully, we can get some more guys to stay in the program."

Manitoba Senior Hockey League playoffs begin

By Brian Bowman

The playoffs started this week for the Stonewall Flyers.

The Manitoba Senior Hockey League playoffs began Tuesday with the first-place Stonewall Flyers battling the fourth-place Beausejour Beavers in a best-of-seven semifinal series.

Game 2 of the Flyers/Beavers' series will be played this

Sunday in Stonewall. Game time is 7:30 p.m.

The remainder of the series schedule was not posted on the league website at press time.

Stonewall led the MSHL with a 15-1 record while Beausejour was 7-9.

Last night, the Gimli Wolves and Lac du Bonnet Blues be-

gan their best-of-seven semifinal series.

No Game 1 scores from either series were available.

Game 2 of the Wolves/Blues series is set for Monday (8 p.m.) in Lac du Bonnet. Both Lac du Bonnet and Gimli finished the regular season with 9-7 records.

The Stony Mountain Curling Club will Hold an
Open Bonspiel - March 17 -20

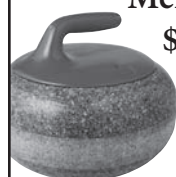
Any make-up of teams allowed!

Men's Ladies Mixed Senior's Junior's
\$120 per team to enter. Cash Prizes!

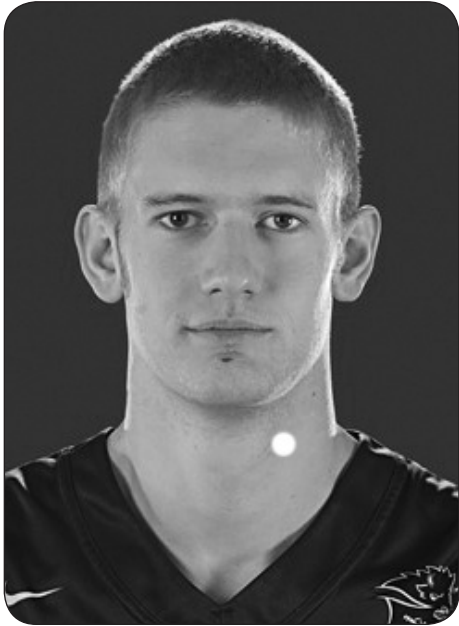
For information or to enter a team contact:

Kevin: 204-294-6263 kevdog11@hotmail.com

Kristi: 204-799-2704



Crellin named Bisons' male athlete of the week



Josh Crellin

By Brian Bowman

Josh Crellin was named the Smitty's Bison Sports male athlete of the week for the period ending Feb. 14.

The talented 6-foot-7 middle from Stonewall led the No. 4 Bison men's volleyball team to a weekend sweep over the Brandon Bobcats.

With the two wins, Manitoba improve their conference record to 18-4

and moved into second place in the conference standings with one week left in the regular season.

Crellin, a fourth-year middle, was a force during matches on both offence and defence during the inter-provincial rivalry matches.

The 23 year old contributed 15 kills, four overall blocks (one solo), three digs, and one service ace with 18.5 points while starting in all eight sets.

Manitoba began the weekend with a 3-1 win over the Bobcats as Crellin had an impressive .667 hitting percentage with eight kills, two overall blocks, one dig, and 10 points for the road win.

On Saturday afternoon in Winnipeg, the Bisons rallied from a 1-0 deficit and Crellin continued his strong play by registering a .750 hitting percentage on seven kills.

He also had two overall blocks, two digs, and 8.5 points to complete the weekend.

Crellin leads the Bisons with a .618 hitting percentage and he is fifth on the team — and 40th in Canada West — in points with 172 while playing in 20 of 22 conference matches.

Manitoba wraps up its conference regular season on the road with a two-game weekend series against the third-place Calgary Dinosaurs (17-5) this Friday and Saturday.

Stonewall family bonspiel



TRIBUNE PHOTO BY DANA STEWART

The Stonewall Curling Club hosted a family bonspiel this past weekend. Young curlers, along with their friends and families, got out on the ice to throw some rocks for fun. Curlers were treated to a pizza lunch and sundae bar with every curler going home with a prize. The Sarah Dowsett rink, skipped by Sarah Dowsett, third Derek Dowsett, second Taryn Jackson and lead Monique Dowsett, won the bonspiel.

Hogg, Stewart to be inducted into Manitoba Curling Hall of Fame

Staff

The Manitoba Curling Hall of Fame & Museum announced its 2016 class of inductees last week, and it includes a pair of local women.

Audrey Hogg of Warren will be inducted into the builder's category while Stonewall's Allyson Stewart will be inducted along with the Lois Fowler rink. Stewart was the lead on Fowler's 2015 World Senior Championship team.

Hogg was a Manitoba Ladies Curling Association council member beginning in 1989 and served as MLCA president in 1995-96.

In addition to her MLCA leadership duties in many capacities, she was a member of the MCA/MLCA amalgamation committee. She was also a volunteer at the 1991 and 2003 Worlds, the 1998 and 2008 Briers, second vice-chair of the Pepsi Juniors (1992-93), and first vice-chair of the Scott Tournament of Hearts (1994-95).

Hogg is already an MLCA/Curl-Manitoba Honorary Life Member.

Stewart, meanwhile, and the Fowler

rink (which also includes third Maureen Bonar and second Cathy Gauthier), won the Manitoba and Canadian Senior Women's championships in 2014 and waited a full year for their chance to compete in the World Seniors in Sochi, Russia.

They brought home a gold medal with an outstanding 7-1 record.

The induction ceremony this year will also pay tribute to the accomplishments of eight-time Manitoba champion Karen Dunbar-Souris; teammates Ron Westcott and Bob Boughey-Fort Rouge, winners of five Manitoba and one Canadian championship; the Leo Johnson-Strathcona team which won the first ever Manitoba and Canadian Senior Men's Championships; and the Don Montgomery-Franklin and Stan Gowling-Morden teams.

Those two teams were winners of the first two Manitoba and Canadian Junior Championships.

The inductees will be formally honoured at the annual induction banquet May 1 at Canad Inns-Polo Park.

Provincial bronze medallists



TRIBUNE PHOTO BY DEREK FROST-HUNT

The U19A Interlake Ignite captured the bronze in provincial ringette action this past weekend. Interlake defeated top-seeded River East 6-5 in Game 1 of the round robin and then lost 3-1 to Glenwood Rush in Game 2. In Game 3, the Ignite beat Fort Garry 3-2 in overtime, resulting in a three-way tie for first.

A goal differential put Glenwood in first place with a plus 1, River East in second with a 0 and Interlake in third with a -1. However, the Ignite ran out of steam in the semi-final game losing 6-2 to River East, who went on to defeat Glenwood, capturing the gold. River East will now represent Manitoba at the Western Canada Ringette Championships in Richmond, B.C. from March 23-26.

Pictured, left to right, back row: head coach Tracy Clegg, trainer Michelle Vernaus, Jamie Pischke, Chantal Vanchon, Brooke Mayo-Lagacy, Courtney Vernaus, Kristen Fraser, assistant coach Louie Hakler; front row: Kaitlyn Hakler, Robyn Graham, Rebecca Fox, Jamie Fisher, Randi Frost-Hunt, Taylor Clegg, Taylor Harrison and Emma Gillespie (goalie).

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Dunlop wins Zone 5 boys' curling title

By Brian Bowman

Thomas Dunlop's rink has been doing a lot of winning this season.

Their latest championship occurred at the high school level as Dunlop's Stonewall Collegiate Rams won the Zone 5 championship after a convincing 7-1 win over Teulon in the boys' final last week.

"It was the first time that I have won our zones and we're really confident going into provincials," said Dunlop, 16, last weekend. "We have an advantage because all of our teammates go to the same school."

Dunlop scored three in the second end and then stole singles in every end after that for the lopsided win.

Dunlop said his rink was confident heading into the Zone 5 final after posting a 4-0 record. Dunlop defeated Teulon 11-2 earlier in the playdowns and also beat Fisher Branch 15-1, Arborg 8-4 and Warren 6-2.

All told, Dunlop's rink outscored the opposition 47-10.

Dunlop's rink hopes to duplicate that type of success at the MHSAA provincials, which will take place this week in Gladstone/Plumas. The

provincials begin today and continue through until Saturday.

"We think that we're going to have a real good shot at winning a provincial championship," said Dunlop, whose rink also includes third Emerson Klimpke, second Carson Argan, lead Matt Dunlop, and coach Darrell Argan.

This rink should be confident heading into the high school provincials, especially after earning berths in the 20 and under provincials (where they placed 10th out of 16 teams) and U18 provincials. The U18 provincials will take place in the first week of March.

"This will be our third provincials," Thomas noted. "And we're one of very few teams that will be able to do that this year. We're all very close and all good friends. We live in the same town, so we're able to come out and practice once or twice a week consistently."

"We're out on the ice together a lot and that helps a lot with chemistry."

Dunlop's rink will play William Morton in its opening game today at 11:45 a.m. in Plumas.



TRIBUNE PHOTO BY DARREL ARGAN

This year's Manitoba High Schools Athletics Association Zone 5 champs are the SCI Rams. Pictured left to right, Matt Dunlop, Carson Argan, Emerson Klimpke, and skip Thomas Dunlop.

Balmoral mixed curling bonspiel champs



TRIBUNE PHOTOS BY ROBERTA BAKER

The Balmoral Curling Club held their annual mixed bonspiel last weekend with 16 teams taking part. Pictured from left: Trevor Buchanan's rink defeated Sam Good to win the A-side, while Garth McCurdy's rink defeated Neil Stewart to win the B-side. The Albert Bazinet rink defeated George Williams to win the C-side.

Classifieds

Stonewall Teulon
Tribune

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

PROPERTY FOR SALE

Approx. 500 acres hay/pasture land. Fenced, corrals, hydro & well. West of Teulon. Ph 204-461-1610.

MOBILE HOMES FOR SALE

FOR SALE: 2014 2 bedroom mobile home in Woodlands Mobile Home Court. Private fenced in yard. All appliances included. Rock skirting. Please contact 204-461-2239 for information.

GARAGE SALE

Multi family garage sale on Sat., March 5, 10 a.m. - 4 p.m. at Parochial Hall, Stonewall. Call 204-467-8474 for more info.

Steel Buildings - Diamond Steel Structures - factory direct pricing - preseason \$1000 discount if ordered before April 1st - www.diamond-steelstructures.com Call 844-297-8335.

Betel Home Foundation - Gimli

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

RECREATION WORKER

Full Time Position (1.0 EFT)

Full time days and some evening and weekend work may be required.

Qualifications: Red River College Recreation Facilitator for Older Adults Certificate or its equivalent in recreation experience and training.

Please forward your resume on or before **Thursday March 3, 2016** to:

Bryanne Hjordleifson
Recreation Coordinator
Betel Home Foundation
P.O. Box 10
Gimli, MB. R0C 1B0
bhjordleifson@ierha.ca
Phone: (204) 642-5556 ext. 22356
Fax (204) 642-7243

RN 1.00 Permanent Day/Night
RN 0.60 Permanent Day/Night
RN 0.40 Permanent Day/Evening
RNs - Casual

LPNs - Casual

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

Certified Health Care Aides - Casual

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

Positions are subject to a satisfactory Criminal Record Check, Child Abuse Registry Check and Adult Abuse Registry Check.

HELP WANTED

Full time caregiver needed for a 4 year old child, Mon. - Fri., 8 a.m. - 3 p.m. Call for details 204-461-3128, Warren area.

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

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BOOKKEEPING

Prairie Bookkeeping Services is a licensed business that prepares personal income tax at reasonable rates and complete bookkeeping services to small business. I am certified to efile with CRA. Please call Darrel Thom at 204-998-4789 or email prairiebookkeeping@outlook.com

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AI's Tax Service - will pick up for e-file. We do small businesses. Suite 240 Lions Manor. Ph 204-513-5630.

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Community Bridal Shower
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Colleen Rosing
(nee Gunther)
Bride of
Harmon Rosing
February 28, 2016
at 2:00 pm
at Lake Francis
Community Hall
Colleen is registered
at The Bay, Home
Outfitters & Sears.
Everyone Welcome

PUBLIC NOTICE

Public notice is hereby given that Rockwood-Rosser Weed District intends to conduct the following pesticide control program during the 2016 season within the Rural Municipalities of Rockwood, Rosser, and the Towns of Stonewall and Teulon.

1. To control noxious weeds and brush on public right-of-ways and public or private owned property within the above noted towns and municipalities. The projected dates of application will be from May 1, 2016 to December 31, 2016. The herbicides to be used include:

- 2,4-D Amine • 2,4-D Choline • Dicamba • Picloram • Triclopyr
- Glyphosate • Aminopyralid • Metsulfuron methyl • Mecoprop-P
- Aminocyclopyrachlor • Chlorsulfuron • Diflufenzopyr
- Acetic Acid • Iron HEDTA (FeHEDTA) • Paraffinic Oil
- Alkoxylated alcohol non-ionic surfactant
- Methyl and ethyl oleate

2. To control the following insect pests including grasshoppers, forest-tent caterpillars, cankerworms, and elm bark beetles. To control mosquitoes if necessary. The proposed dates of application if and when needed will be from May 1, 2016 to December 31, 2016. The insecticides to be used include:

- Chlorpyrifos • Decis • Malathion • Bacillus thuringiensis

3. To control rodents at designated landfills when necessary using the following rodenticides:

- Brodifacoum • Bromadiolone • Chorophacinone

4. Any resident of the Rural Municipalities of Rockwood, Rosser, or the Towns of Stonewall, Teulon likely to be affected by these programs and opposed to the issuance of a Provincial Use Permit, must submit annually their written comments within 15 days of this publication to:

Manitoba Conservation and Water Stewardship
Pesticide and Hazardous Waste Section
123 Main Street, Suite 160
Winnipeg, MB. R3C 1A5

PUBLIC NOTICE

Public Notice is hereby given that the Rural Municipality of Woodlands inclusive of the L.U.D. of Warren intends to conduct the following Pesticide Control Programs during 2016:

1. To control noxious weeds and brush on public right-of-ways and on publicly owned property within the Municipality. The projected dates of application will be from May 1, 2016 to December 31, 2016.

The herbicides to be used include:

- 2,4-D Amine 600 • Aminocyclopyrachlor • Iron HEDTA
- 2,4-D Choline • Metsulfuron Methyl (FeHEDTA)
- Dicamba • Chlorsulfuron • Paraffinic Oil
- Glyphosate • Mecoprop-P • Alkoxylated alcohol non-ionic surfactant
- Picloram • Acetic Acid • Methyl and Ethyl Oleate
- Triclopyr • Diflufenzopyr
- Aminopyralid

2. To control rodents at the waste disposal grounds, waste water lagoons and any municipal owned property at various times during the year using the rodenticide:

- Bromadiolone • Difethialone

3. To control the following insects pests including grasshoppers, mosquitoes, cankerworms, etc., if and when necessary. The proposed dates of application will be from May 1, 2016 to December 31, 2016.

The insecticides to be used include:

- Decis • Malathion • Bacillus Thuringiensis

The public may send written submissions or objections within 15 days of the publication of the notice to the department below. Persons who have objections to the issuance of this permit must register their objections annually.

Manitoba Conservation and Water Stewardship
Pesticide and Hazardous Waste Section
123 Main Street, Suite 160
Winnipeg, MB R3C 1A5

Betel Home Foundation

is accepting applications for the following management positions in our Gimli and Selkirk Personal Care Homes:

RESIDENT CARE MANAGER

Full time permanent available in Selkirk immediately

Full time permanent available in Gimli to start May 16, 2016

Reporting to the Director of Resident Care, the Resident Care Manager will be a leader and innovator who is accountable for promoting excellence in nursing practice and for providing the highest level of resident care. As an integral part of the management team, you will direct resident care and coordinate resources and nursing activities for all nursing units and will assist with management of all nursing staff.

Qualifications:

- Bachelor of Nursing or RN/RPN with a suitable combination of education and experience
- Minimum five years nursing experience, with two years in a supervisory position, preferably in a long term care setting.
- Current registration with CRNM

CLINICAL NURSE MANAGER

Full Time Permanent available in Selkirk and Gimli to start April 4, 2016

Reporting to the Director of Resident Care, the Clinical Nurse Manager will be a leader and innovator who is accountable for promoting excellence in nursing practice and for providing the highest level of resident care. As an integral part of the management team, you will assist in directing resident care and coordinating the Staff Education and Infection Control programs.

Qualifications:

- Bachelor of Nursing or RN/RPN with a suitable combination of education and experience
- Certificate in adult education and teaching experience in a long term care setting preferred.
- Current registration with CRNM

These positions are Monday to Friday Days, but may involve some evening and weekend work.

Please forward your resume by **March 11, 2016** to:

Cheryl Nieckarz
Director of Resident Care
Betel Home Foundation
212 Manchester Ave Selkirk, MB R1A 0B6
Ph: 204-482-5469 Ext 20960
Email: cnieckarz@ierha.ca

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Save 30% on our Heart of the Arctic Adventure. Visit Inuit communities in Greenland and Nunavut aboard the comfortable 198-passenger Ocean Endeavour. Call for details! 1-800-363-7566 or visit: www.adventurecanada.com (TICO#04001400)

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

Do you have a disability? Physical or mental. We can help you get up to \$40,000 back from the Canadian Government. For details check out our website: disabilitygroupcanada.com or call us today toll-free 1-888-875-4787.

POTATOES FOR SALE

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

FARM PRODUCE

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

LIVESTOCK

Polled Salers Bulls on farm and at Douglas Station. Red or black. High performance herd. Can arrange delivery. www.sweetlandalsalers.com http://www.sweetlandalsalers.com/ Ken Sweetland, Lundar, MB 204-762-5512.

Charolais yearling bulls for sale, Red Factor or White. Also 1 Red Factor 2 year old. Good prices. Good birth weights. Call John at 204-383-0308.

FARMLAND

Wanted to rent hay land within 40 miles of Inwood. Will consider any size field. Call 204-278-3372.

HAY & FEED

1st cut for sale, Afl/ grass mix, 300 rounds available, 5x5 bales, 3 1/2 cent/lbs. 1100 - 1200 lbs. Mesh and twine. Contact 1-204-886-7267.

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

65 bales, 1st cut grass, alfalfa mix, no rain, 1100 pound bales. Ph. 204-467-5093 after 7 p.m. ask for Doug.

NOTICES

Winners of the 2016 Rosser Fire Department Cash Calendar February draws are as follows: \$200 Brenda Forsythe; 4 - \$25 prizes were awarded to Lynn Dunham, D. Gulewich, Frances Smee and Pam Hurl.

NOTICE TO CREDITORS

IN THE MATTER OF: The Estate of Grace Annette Scott, late of the Postal District of Woodlands, in Manitoba, deceased. All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 28th day of March, 2016. DATED at Stonewall, Manitoba this 11th day of February, 2016. **GRANTHAM LAW OFFICES** Solicitor for the Executors

Don't forget to send your special wishes to your friends and family.

Stonewall Teulon
Tribune
Call 204-467-5836 or email igraphic@mts.net



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

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

RM OF ROSSER BY-LAW 16-15 Being an AMENDMENT to the ROSSER CENTREPORT ZONING BY-LAW 10-14, as amended to RE-ZONE Pt. Parcel E Plan 50401 in Pt. SE 1/4 20-11-2E from CENTREPORT RURAL ZONE to "I1" INDUSTRIAL CENTRE ZONE

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

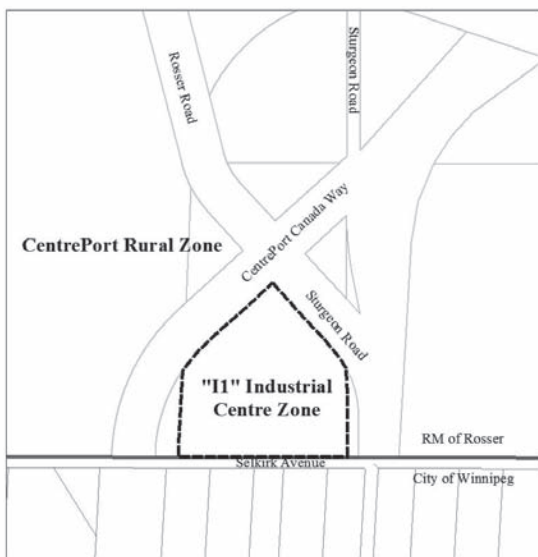
DATE and TIME: Tuesday, March 8, 2016 at 10:45 a.m.

GENERAL INTENT and PURPOSE: To re-zone Pt. Parcel E Plan 50401 in Pt. SE 1/4 20-11-2E from CentrePort Rural Zone to "I1" Industrial Centre Zone to establish commercial and retail uses.

AREA AFFECTED: This by-law shall apply to Pt. Parcel E Plan 50401 in part of SE 1/4 20-11-2E as identified on the map appearing on the back of the Hearing Notice.

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

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



SCHEDULE "A"

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

Legend
Area to be re-zoned
Municipal Boundaries
Assessment Parcels

CentrePort Zoning Amendment
Pt. Parcel E Plan 50401
Pt. SE 1/4 Sec. 20-11-2-E



**RECREATION DIRECTOR
Teulon-Rockwood Recreation Commission**

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

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

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

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

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

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

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



Temporary Propane Service Technician

Federated Co-operatives Limited is now accepting applications for a Temporary Full-time Propane Service Technician 1 for our propane department in Winnipeg for a 6 month term.

The successful candidate will be responsible for promoting the sale and use of Co-op propane, accept, schedule and carry out service and installation orders, maintain an inventory of propane equipment, and ensure compliance to safety and preventative maintenance procedures.

The successful candidate must have a Grade 12 diploma or equivalent, a minimum class 3 with air driver's license and a safe driving record, be physically fit, and have excellent interpersonal and sales skills. Applicants must also be willing to do emergency service work on evenings and weekend, with short notice.

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take a break > GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer

X CROSSWORD

CLUES ACROSS

1. Sold at a higher price
8. Instill fear
13. Can be domesticated
14. Oohed and ____
15. Make too simple
19. Plutonium
20. Necessary for breathing
21. Make happy
22. Mythological bird
23. A baglike structure in a plant or animal
24. Put on ____
25. Type of dough
26. Blushed
30. Celestial object
31. Point ____ National Seashore
32. Purplish red
33. Towards the mouth or oral region
34. Portuguese musical genre
35. Steals
38. Acts insincerely
39. City in Belarus
40. Anticipates
43. Paris airport
44. Deal with
45. No (Scottish)
47. Opens lock
48. Central parts
49. Sheep disease
50. Indicates position
51. Doing many things at once
55. Khoikhoi peoples
57. Informal alliance between countries
58. Long poems
59. The state of being poorly illuminated

CLUES DOWN

1. Portico
2. Delicacy
3. Punish with an arbitrary penalty
4. Household god (Roman)
5. Public television station
6. ____ Lilly, drug company
7. Degraded
8. Free from danger
9. Low bank or reef of coral
10. Exclamation of surprise
11. Lies down in rest
12. Give an education to
16. Provides
17. Fat from a pig
18. Belonging to a thing
22. Branches of a bone
25. Having a cheerless aspect or disposition
27. Edema (archaic)
28. Bo __, "10"
29. Unfledged or nestling hawk
30. Surrenders
32. Type of dessert
34. Planted with trees
35. Washington town
36. Listen in
37. Inwardly
38. Chinese province
40. Garrison
41. Converts thermal energy to mechanical work
42. Holy people
44. Lowest point between two peaks
46. Boundaries
48. Utter obscenities
51. ____ and cheese
52. Member of the cuckoo family
53. Type of microscope
54. ____ and Barbie
56. Michigan

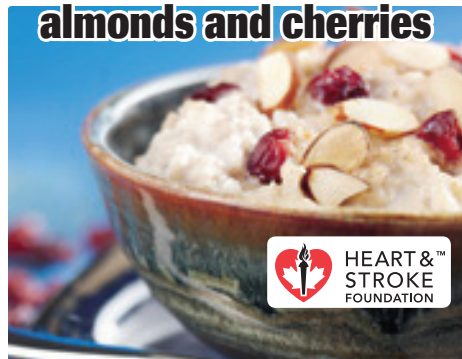
1	2	3	4	5	6	7			8	9	10	11	12
13									14				
15							16	17	18				19
20						21					22		
23						24				25			
	26		27	28	29				30				
			31						32				
			33					34					
35	36	37					38						
39						40					41	42	
43					44						45		46
47				48							49		
50				51						52	53	54	
55		56								57			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

get inspired

> MEAL IDEAS

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Oatmeal porridge with almonds and cherries



chopped
Added 1% milk, optional
Directions

Stove Top: In a saucepan, combine milk, water and cinnamon. Bring to a boil over medium high heat, stirring often. Gradually add oatmeal and cherries. Reduce heat and let simmer, stirring often, until the oatmeal is tender – about 3-5 minutes.

Microwave: In a large microwavable bowl, mix together milk, water, cinnamon, oatmeal and cherries. Cook on high, 4-5 minutes, stirring once.

Once cooked, remove porridge from heat or microwave oven, cover and let stand 5 minutes. Sprinkle with the almonds and add more milk to taste.

- Ingredients**
2 cups (500 mL) 1% milk
1 1/4 cup (300 mL) water
1/4 tsp (1 mL) ground cinnamon
1 1/3 cup (325 mL) quick cooking oatmeal
1/3 cup (75 mL) dried cherries or cranberries, chopped
1/4 cup (50 mL) roasted almonds,

Inside-Out BLTs



- Ingredients**
Yields 12 bites
8 strips premium bacon, sliced crosswise into 1/8-inch strips
8 firm Roma tomatoes or green (unripe) tomatoes, cut into 1/4-inch-thick slices
1 cup flour
3 eggs, beaten
2 cups bread crumbs or panko
3 or more tablespoons olive oil

Salt
Freshly ground black pepper
1 4-ounce log goat cheese, approximately 1 1/2 inches in diameter, sliced 1/8-inch-thick
24 arugula leaves, lower stems discarded
Cook bacon over medium heat until crispy. Drain on a paper towel.
Select the 24 most uniform tomato slices and save the rest for tomorrow's lunch.
Dredge slices in flour, then in eggs, then pat down in bread crumbs. Reserve on plates, but do not stack.
In a sauté pan over medium-high heat, add 3 tablespoons oil. When oil is hot, add as many breaded tomato slices as the pan can accommodate without them touching. Fry for approximately 2 minutes per side, or until browned and crispy. Remove from pan and drain on paper towels. Add more oil if necessary for subsequent batches.
To assemble, line up 12 fried tomato slices. Season with salt and pepper, then top each with 1 cheese slice, a mound of bacon shrapnel and 2 arugula leaves. Cover with a second fried tomato slice. Secure with a toothpick. Let cool for a minute before serving. (Tomatoes have a surprising ability to hold the heat.)

Quieting the Busy Mind

"FOR PEACE OF MIND, RESIGN AS GENERAL MANAGER OF THE UNIVERSE."

LARRY EISENBERG

Many people are bothered by their own busy minds. Often racing thoughts create anxiety and interfere with a good night's sleep. Sometimes it is hard to fall asleep because of constant thinking. Other times one wakes in the middle of the night, unable to get back to sleep due to churning thoughts.

The problem is an inability to discipline or control the mind. Like a blaring radio or television, we are unable to find the "off" switch. Some feel they are victims of the ongoing stream of negative or worry thoughts, and simply have to live with them.

However, we can learn to control our minds, but it does take practice. After a lifetime of listening 24/7 to a busy inner voice, it takes time to change that habit.

The first step is knowing that we can learn to control our thoughts. The second step is actually doing it. To begin the process of taking charge of our minds we can practice what is called "thought stopping." When you find your mind going over and over the same thing, or simply starting to focus on something

that creates discomfort, you can say to yourself, "stop!" You may have to force yourself to think of something else, even if it means counting by threes to one hundred or saying the alphabet backwards

This may work for a little while, but you then may find the thoughts coming back. Simply repeat the thought stopping process. The more you practice, the easier it becomes.

You start to recognize when your thoughts are having a negative impact on your mood, and can stop the process before it gets too far along.

Thinking about how to solve a problem is productive. Worrying or thinking of worst-case scenarios is not. Going over and over what someone said or did that was upsetting only makes one more hurt or angry.

Peace of mind is not something that comes only when everything is right in our world. We can create it by giving the mind a rest; allowing it to become like a still pond, rather than a choppy sea. We can do this, even in difficult times. No matter what we have to deal with in life, we do a better job of it if we can remain calm. It is all in the head.

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

Savory Oatmeal with Soft-Cooked Egg and Bacon



- Servings: 1
Protein: 32 grams
1 cup lowfat milk
1/2 cup old-fashioned oats, uncooked
1 pinch sea salt
1 teaspoon cooking oil (or 1/2-sec-

- ond spray)
1 large egg
1 tablespoon cheddar cheese, shredded
1 slice cooked bacon, coarsely chopped
2 teaspoons green onion, sliced salt and pepper (optional)
Combine milk, oats and salt and cook according to package instructions. While oats cook, heat small, non-stick skillet over medium heat. Lightly coat with cooking oil. Add egg and cook about 3-4 minutes for runny yolk. Serve oatmeal topped with cheese, bacon, egg and green onion. If desired, season with salt and pepper. Serve immediately with 8-ounce glass of milk.

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CARD OF THANKS

We would like to express our deepest gratitude to all the people who have shown kindness since the passing of Bill, our husband, father, grandfather and great-grandfather. Thank you to everyone who sent flowers, brought food and baking, sent cards and made phone calls. A very special thank you to Ken Overby for officiating at the Celebration of Life service and to Ryan for delivering the eulogy. Thank you to the WI Ladies for preparing and serving the great lunch and to MacKenzie's for taking care of the arrangements. We are grateful.

-The Ogilvie family

ANNOUNCEMENT

GRADUATION



Kelsie Palcat

Congratulations Kelsie on graduating from Early Childhood Education II at Red River College. We are very proud of you! The children in your care will be truly blessed.

-Love,
Mom, Dad and Colton

ANNOUNCEMENT

ENGAGEMENT



Congratulations

Cara Wedderburn and Blair Tully!

We, Les and Loree Wedderburn along with Bruce and Rachele Tully, proudly announce the engagement of our children. On July 16, 2016 you will begin a lifelong journey. Our wishes for you are a lifetime of true love and a lifetime of shared and fulfilled dreams.

-Love from,
Mom and Dad
Wedderburn/Tully

ANNOUNCEMENT

ENGAGEMENT



Cameron Campbell and Amber Dupuis

The families of Cameron Campbell and Amber Dupuis are excited to announce their engagement and upcoming summer wedding. A social evening will be held on Saturday, March 19th at the Stonewall Legion.

ANNOUNCEMENT

BIRTHDAY



William (Bill) Taylor
Celebrating 104 years
in Stonewall
on March 2nd
Happy Birthday

ANNOUNCEMENT

BIRTHDAY



Happy 12th Birthday Aidan Shymko
Wishing you a 'FISH'tastic birthday!

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

ANNOUNCEMENT

IN MEMORIAM



James Troyan
In Loving Memory
March 3, 2015

There is a place in our hearts,
Which is yours alone;
A place in our lives,
No one else can ever own.
We hold back tears,
When we speak your name;
But the ache in our hearts,
Remain the same.

-Remembered always,
Diane and family

ANNOUNCEMENT

IN MEMORIAM

George Penner

December 31, 1943 - February 27, 2006

The moment that you died,
Our hearts were torn in two;
One side filled with heartache,
The other died with you.
We often lie awake at night,
When the world is fast asleep;
And take a walk down memory lane,
With tears upon our cheeks.
Remembering you is easy,
We do it every day;
But missing you is a heartache,
That never goes away.
We hold you tightly within our hearts,
And there you will remain;
Until the joyous day arrives,
That we will meet again.

-Missing and loving you,
Evelyn, Shaunna, Earl
and granddaughter Ashley



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