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TRIBUNE PHOTO BY EVAN MATTHEWS

Local photographer Janet McQueen will have one of her photographs featured in McNally Robinson's book *MANITOBA* by *MANITOBA: Photos of a Province by its Citizens*.

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

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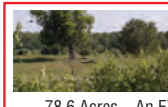
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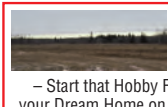
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Local photographer to be featured in new book

By Evan Matthews

A new book will feature photos of Manitoba taken by its residents, and one Stony Mountain photographer will be featured for her works.

Janet McQueen says she's been taking photos her entire life. This March, however, will be the first time her works have ever been published.

The book — which is being produced by McNally Robinson — is titled *MANITOBA by MANITOBA: Photos of a Province by its Citizens* and is a sequel to the 2013 book *Winnipeg by Winnipeg: Images of the City by Its Citizens*.

Ten per cent of book sales will go to the Lake Winnipeg Foundation, a non-profit dedicated to the protection, preservation and restoration of Lake Winnipeg.

"Photography is a visual art. A lot of my passion has to do with capturing a moment in time. Life is fleeting. ... These moments, particularly in nature, are so beautiful, yet they're here and they're gone," says McQueen.



TRIBUNE PHOTO BY EVAN MATTHEWS Janet McQueen says she was one of the first people she knew of to own a digital camera, an Olympus, which she said she paid a small fortune for. She's been shooting ever since.



TRIBUNE PHOTO SUBMITTED BY JANET MCQUEEN McQueen's photo titled "The calm before the storm on Lake Manitoba."

"It's important to catalogue life and to hang on to those moments," she says.

The concept of the book, according to McNally Robinson's website, is full-colour images of rural and remote places in Manitoba.

The photos in the book are intended to capture a mood and tell a story, according to the site, but more specifically the photos will showcase the people, the history and the unique landmarks of Manitoba.

McQueen's photo is titled "Before the Storm on Lake Manitoba."

"My picture is a landscape shot (of Lake Manitoba)," says McQueen, adding she was hesitant to answer McNally's call for submissions.

"My family pressured me a lot to submit a photo," she says, chuckling.

McQueen heard about the contest and call for submissions through her granddaughter, a former McNally Robinson employee, she says.

Of the thousands of submissions, McQueen says she was surprised and honoured to have her photo featured.

The importance of photos, and what they represent, is something McQueen holds onto dearly.

"Photographs are similar to songs ... there is a memory associated with the photograph. Songs can take you back to a time, like when you were a teenager," says McQueen.

"When you hear those songs again, the whole moment can come back ... Who you were with and what you were doing. Photographs can be the same way," she says.

If McQueen's name sounds familiar, she was put in the spotlight once previously. As part of the annual Arden (Manitoba) Crocus Festival, McQueen won first place in the 2016 Wild Prairie Crocus photography contest's Single Flower category.

McNally Robinson will host a book launch event for *MANITOBA by MANITOBA: Photos of a Province by its Citizens* on March 14 at 7 p.m.

"The open house is a wonderful, community-oriented thing McNally is doing. I'd love for as many people to come as possible," says McQueen. "Photography is part of who I am."

To see more of McQueen's work, visit www.jmcqueenphoto.com.

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Teulon woman's hero wins \$120,000 on TV game show

By Jennifer McFee

It was a pretty sweet deal when a Teulon woman was reunited with her hero during the filming of a well-known TV game show.

Jan Lambourne made a surprise guest appearance on the set of CN-BC's *Deal or No Deal*, which recently returned after a 10-year hiatus.

Although the show aired on Feb. 20, Lambourne and her husband Joseph were flown to Orlando, Fla., last July when her hero Justin Uhart was a contestant on the live show.

Uhart is credited with helping to save Lambourne's life when she was shot in the stomach during the Las Vegas mass shooting that occurred on Oct. 1, 2017, at a Route 91 concert.

He applied to be on the game show last summer and was excited to find out he was accepted. Host Howie Mandel took him by surprise when he introduced him to his childhood hero, running back Emmitt Smith, who presented him with a signed Dallas Cowboys football.

"Truly amazing heroes inspire heroes," Lambourne said. "You never know whose life you're affecting."

Uhart's sister and two best friends were also supporting him on stage when Mandel gave him another emotional surprise.



Justin Uhart is credited with saving Jan Lambourne after she was shot in the stomach in 2017.

Lambourne walked out on stage, and there wasn't a dry eye in the room. Since the show was recorded live in July 2018, it was the first time that Uhart had seen Lambourne



Lambourne was a special guest on *Deal or No Deal*, when Uhart won \$120,000.

since he was at her bedside in the Las Vegas hospital. However, they have developed a close bond and talk to each

Continued on page 4



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Students celebrating French culture with seniors



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Mme Celine Doll and 28 of her Grade 6 French Immersion students from Ecole Stonewall Centennial School entertained residents at Rosewood Lodge Personal Care Home last Thursday. Students dressed in traditional voyageur costumes, which included a "ceinture flechee" (sash), and celebrated French culture through song and dance. The students started with a jig called "La Bastringue," sang "La chanson du Voyageur" and finished with a jig to "Le zigezion zinzon" by the Quebec musical group La Bottine Souriante.

Volunteers ready to help with tax returns

By Jennifer McFee

A team of volunteers from South Interlake 55 Plus is ready to help others tackle their income tax returns.

Operating under the Canada Revenue Agency's community income tax program, the community organization recruited volunteers who are vetted through CRA.

"We've been preparing with our volunteers since probably the end of November," said Cheryl Cathers, executive director of 55 Plus.

"The training is ongoing and we'll be ready to be up and running on March 1."

CRA sets the eligibility requirements for people who would like to take advantage of the free service. In order to be eligible, a single person must have an income of no

more than \$30,000. For a couple, the income level increases to no more than \$40,000. The amount also increases by \$5,000 for the first dependent and \$2,500 for each dependent after that.

The program does not provide services for anyone with self-employment, rental income or farming. Also, the program will not receive tax returns to be completed on behalf of deceased individuals.

Since the program is set up as a drop-off service, the tax returns are not completed while people wait. Instead, people can drop by the 55 Plus centre in Stonewall and fill out some forms. After that, their information is assigned to a volunteer to complete the tax return.

Most years, the volunteers complete more than 100 tax returns — and sometimes as many as 120.

"It's not restricted to 55 Plus members. It's for all ages. We've had students, families, seniors, everyone," Cathers said.

"It is for all community members and it doesn't matter if they live in Stonewall or Woodlands or Balmoral or Winnipeg. The eligibility requirements are the only restrictions, and those are set by Canada Revenue Agency."

Photo ID is required, and participants will need to bring their 2017 notice of assessment and tax return summary.

"We try to encourage individuals to ensure that they have all of their tax slips before they come in to have their return completed because our volunteers cannot complete a return if there is missing documentation," Cathers said. "Sometimes we have people who are very eager to get their returns done, but we have to be patient for all of the slips to be received by the individual."

The drop-off service will be available on Tuesdays, Wednesdays, Thursdays and Fridays from March 1 to April 27 from 10 a.m. to 3 p.m. at the 55 Plus centre at the Odd Fellows Hall (374 1st St. West).

The charitable organization will also be hosting a drop-off clinic in Woodlands at Oak Park Lodge, but the date is not yet determined. Last year, they also hosted a drop-off clinic in Stony Mountain, and more information will be coming up on the 55 Plus website (www.si55plus.com) or on the Facebook page entitled "South Interlake 55 Plus." More information is also available by calling the 55 Plus centre at 204-467-2582 or by dropping by in person.

NOTICE OF PRACTICE CHANGE

Dear Patients,

I regret to inform you of my departure from the lovely town of Stonewall. Personal circumstances, including a recent family illness have led me to move my practice to the city so I may be closer to home. It has been a pleasure and privilege to assist all of you with your healthcare concerns over the last 10+ years. I have made lifelong friends, worked alongside excellent colleagues and had the best staff I could ask for. I will miss you all dearly.

My last day of work will be March 1st, 2019 but I will only be working part time until then. For those of you able to make the 30-40 minute drive, I will be moving to Bridgwater Medical Centre (510-350 North Town Rd., Winnipeg, MB, R3Y 0Y4) in the southwest of Winnipeg. Feel free to call (204) 261-8282 or visit the website (<https://www.bridgwatermedical.ca>) to book an appointment as my hours may vary over the next few weeks.

For those of you unable to make the drive or preferring to stay in Stonewall, my colleagues have graciously offered to take over your care. You may call the clinic at (204) 467-5509 to book with another physician. Your health records will remain on file in Stonewall unless you specifically ask for them to be transferred.

Once again, thank you for giving me the opportunity to be involved in your care and for welcoming me into your lovely town. It has been a great ten years. I wish you and your family health and happiness of the future!

Sincerely,

Dr. Fazeelat Pannu

> HERO WINS, FROM PG. 3

other almost every day.

After that, they also reunited on Oct. 1, 2018, when Jan returned to Las Vegas for a survivors' reunion.

Adding to the excitement, Uhart ended up going home with \$120,000 in winnings that he accrued while playing for the \$1 million case.

The episodes of *Deal or No Deal* started airing in December, so Lambourne and Uhart waited patiently for their episode to screen. They needed to keep the surprise a big secret since Uhart was under contract.

Lambourne said she had to watch the show at

the Minneapolis airport on YouTube because she was stuck in a snowstorm on route to the Mayo Clinic in Rochester, Minn. She was excited to see the whole show since she was behind the scenes watching until they brought her out.

"Justin played an awesome game and it was a experience of a lifetime," Lambourne said.

"Justin deserves the world. He's a humble and genuine young man and I wish him all the best as he plans to buy his first home with his winnings."

Deal or No Deal can be seen here in Canada on the YouTube channel "CNBC USA."

Owls for Abby fundraiser supports grieving family

By Jennifer McFee

The memory of a young Stonewall girl will live on — and so will her love of owls.

In a tragic accident that broke hearts in the local community and beyond, three-year-old Abby Lee Anne Margetts died on Jan. 3 after being struck by a vehicle in a driveway.

Dominique Dunlop of Argyle felt compelled to raise funds to donate to her grieving family.

Since Abby felt a connection to owls, Dunlop decided to create a fundraiser based on them. As an educational consultant for Discovery Toys, Dunlop will donate funds from every purchase of a wooden stacking owl set.

"It's one of my son's favourite toys. He's only a few days younger than Abby," Dunlop said.

"My husband and I started talking about it and we thought that it might be a really appropriate way to bring some recognition and some funds for the Margetts."

They spoke to Abby's parents about it and they approved of the initiative.

The stacking owls cost \$40 per set, which includes taxes and delivery in the Stonewall area. For each purchase, Dunlop will donate her profit of \$8, which she and her husband will top up to \$10. She's hoping to raise \$1,000 for the Margetts family by selling 100 sets.

"It's been really well received so far,

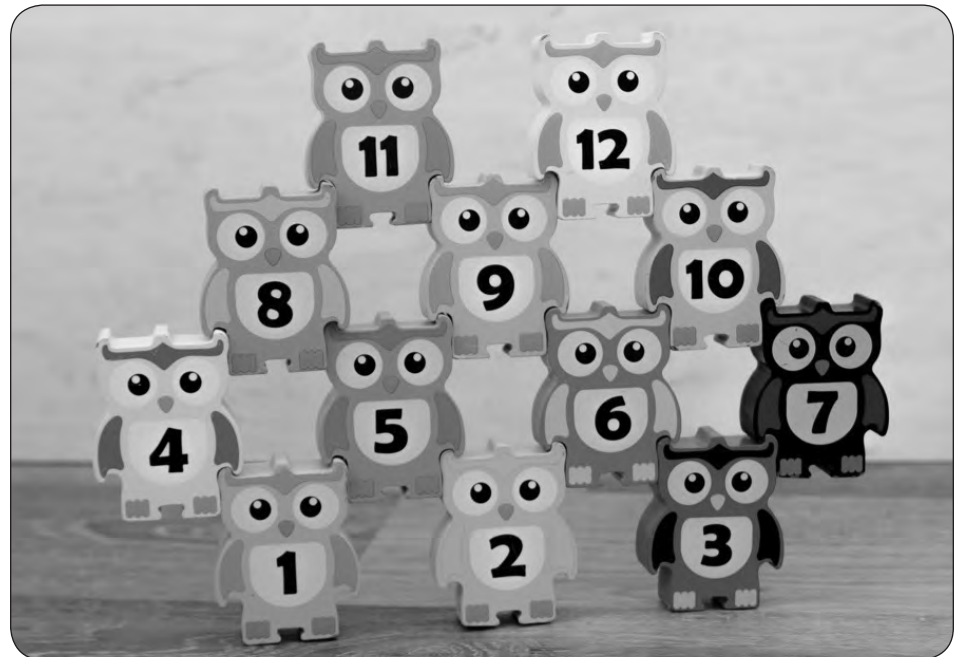


The memory of Abby Margetts is being honoured through a fundraiser.

which is wonderful. Just from posting it on my business Facebook page, it was shared so many times and we got over 50 orders within the first 48 hours," Dunlop said.

"It was really well received because of the owl connection with Abby. They are one of my favourite products and now they mean even more to me. They are a beautiful toy."

The gender-neutral wooden owls are numbered from one to 12 so they can be used for sequential stacking



TRIBUNE PHOTOS SUBMITTED

For every sale of Discovery Toys' wooden stacking owls, a donation will be made towards the Margetts family.

or number activities. They help to develop fine motor skills, hand-eye coordination and experimentation. They come with an activity guide and a set of balancing beams.

Even better, the stacking owls open the door for creative thinking for people of all ages.

"One of the really nice things about them is that they are for a huge age range. The box says ages three and up, but my daughter is 11 months old and she loves them because they're

chunky and she can pack them around," Dunlop said.

"My 15-year-old nephew also absolutely loves them whenever he comes over, and my husband loves stacking with them too. They're a nice family play activity."

Anyone who would like to support this fundraiser can contact Dunlop by text at 204-996-1282, by email at learningthroughplay.dt@gmail.com, or on Facebook or Instagram @learningthroughplay.dt.

Rockwood council news in brief

Staff

At the Feb. 13 meeting, Rockwood council passed second and third reading to amend a zoning bylaw from MEH industrial extractive holding area zone to ME Industrial extractive zone. The land is located along Highway 236 between roads 78N and 79N.

In other council news:

- Council also passed sec-

ond reading of a bylaw for curbside waste collection.

- The RM of Rockwood entered into a development agreement with Dawn Lynn McTaggart and Keith Lillies for an outdoor participant recreational service.

- Council passed second reading of a bylaw to augment the recreational infrastructure reserve fund.

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FRI-SAT-SUN-MON MARCH 8-9-10-11
(CLOSED TUES) AND WED-THURS MARCH 13-14

AT 8:00 pm
EACH NIGHT

Animated

Violence

PG

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Lana Meier



SALES
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Jennifer McFee



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SPORTS EDITOR
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TRIBUNE PHOTO BY MICHELLE WESTMAN

Stony Mountain Trail Project president Marcia Desmedt and treasurer Tony Hoess, were snowshoeing in the Stony Mountain Quarry over the weekend. Desmedt and Hoess are part of the Stony Mountain Community Association and have helped build the trails with the RM of Rockwood. Both are members of the snowshoe club who regularly walk the trails.

ISD trustees hear from transportation supervisor

By Jo-Anne Procter

Interlake School Division transportation supervisor Jaret Thiessen attended the regular board meeting on Feb. 25 to update trustees on the school bus fleet.

Currently the division has 51 buses in the fleet, including two new IC gas buses. Within the fleet, 50 per cent of the buses have over 275,000km on them. The average age of the fleet is 10 years with an average of 193,000km. Combined the fleet does over 900,000km per year.

The division has sold one bus and will sell an additional two in April through ADESA Auto Auction. The cost of a new bus is \$140,000. By the time the division is finished with it at approximately 20 years, it usually

can't be safetied and may require work.

It can sell for between \$1,500-\$2,500 as the resale value for a school bus is poor with a limited market of buyers.

The department is researching propane buses as an option. The propane buses cost more than gas and diesel up front, but taking all factors into account have a much lower total cost of ownership saving money in the long run and are better for the environment. Thiessen reports that there have been a lot of really good advancements in the propane bus that make it a viable consideration.

A propane bus costs \$13,000 more than a gas bus and \$6,500 more than a diesel bus. The average propane bus

costs \$140,000.

Propane gas costs are lower right now and if they come out with the carbon tax, propane will be three cents less than gas and diesel.

At any given time there can be up to four buses in the shop for regular maintenance and inspection.

"With an aging fleet, the older your buses are, the more repairs they are going to need," said Thiessen.

A lot of the breakdowns and repairs are because of the emission controls that are mandated on the diesel engines. Thiessen explained that there can be more than 20 additional parts on a diesel bus to control the emissions which can malfunction, some-

Continued on page 8

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ADDRESS

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Box 39, Stonewall, MB R0C 2Z0

> EMAIL US

Letters to the Editor: letters@stonewallteulontribune.ca
Classified: classifieds@stonewallteulontribune.ca
News: news@stonewallteulontribune.ca
Print: igrphic@mymts.net

OUR EDITORIAL STAFF

Jennifer McFee 204-461-5352
jen@stonewallteulontribune.ca

Brian Bowman Sports Reporter
sports@stonewallteulontribune.ca

Evan Matthews - Reporter/photographer
204-990-9871 Email: evan@expressweeklynews.ca

Ty Dilello - Reporter/photographer
204-250-6322 keyblade@hotmail.com

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Tribune welcomes new reporter/photographer

By Evan Matthews

Life is all about opportunities, and let me introduce myself by saying I'm excited for this one.

My name is Evan Matthews, and I'm the new reporter/photographer for the Stonewall Teulon Tribune and the Express Weekly News.

Originally from Winnipeg, I graduated from the Red River College Creative Communications program in 2016. Upon graduation, I moved out west to continue honing my skills.

I landed in a small, northeastern town in Valemount, B.C., where I worked as editor for *The Rocky Mountain Goat Newspaper* for a year and a half.

From there, I stayed along the Yellowhead Highway, moving 120 kilometres east to Jasper, Alta., where I

spent the year working with both local papers.

After a short (lifestyle-first) stint in Halifax, N.S., I've come across the opportunity with *The Stonewall Teulon Tribune*, and I couldn't be more excited to begin building relationships with the various and diverse people who make up your communities.

I learned a lot during my travels, but the importance of local newspapers to their community became abundantly clear to me as one of my most important lessons.

Locally owned and operated newspapers cover local people, local stories, and run local advertisements. The people in the newspaper industry work tirelessly to create connections between people, share the important stories, and do so with integrity.

With the current state of our society, these concepts have never been more important. Life should be about working together to build community up, as opposed to tearing down ideas and individuals.

How we, as a society, handle and speak on issues, shapes the narrative we look back on as the public record. I'm excited to join these conversations.

I encourage people to reach out not only with news tips, but even more simply, to get to know each another over coffee and conversation.

As the communities become more familiar with me, and vice versa, I hope who I am as a person shines through. My belief is that as people get to know me, they will realize I handle things with integrity, sensitiv-



Evan Matthews

ity, delicacy and compassion.

Whether it's story ideas or controversial subject matter, I aim for professionalism and compassion, always.

As our newspaper looks to bolster its opinion page, I encourage you to reach out with ideas to discuss. Because, really, these are your communities and your topics. We can't do it without you, the readers.

Plus, let's be real about it, everyone has an opinion. You might as well share yours.

I hope to see you for a coffee.

RCMP Stonewall provide crime prevention tips

Submitted

With spring almost here, Stonewall RCMP want to provide some crime prevention tips concerning property crimes. Doing a few small things around your property can go along way in preventing a theft from putting a hamper on your day.

#1-Lock your property

From houses to sheds and vehicles, by simply locking doors will deter someone and make them move on to another victim. A secured residence or vehicle will take more time for entry and this alone is a huge deterrent.

#2-Know your property

Proper lighting in and around your house. Someone who wants to break into a house or car does not want to be seen. Are trees and bushes overgrown and need to be trimmed? Do you have an alarm system or security cameras? Do they work properly?

#3-Protect your property

Do you know the serial numbers on your property? In the unfortunate event something is stolen can you describe it? An easy tool to use is the camera on your cell phone. Take a photo of your car, snowmobile or other valuable property. As said, "A picture is a thousand words."

If you have been a victim of a property crime or know of suspicious activity, ensure you report this to your local police. We need your information to help fight and prevent crime in your area. Our investigations only get stronger when you do your part and help us.

If you have information on property crimes please call the Stonewall RCMP at 204-467-5015 or Manitoba Crime stoppers at 1-800-222-8477.

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> ARNIE WEIDL

Free family fishing weekend a memorable experience

Welcome, my fishing sisters and brothers.

There are times when a young lad will have a wonderful fishing occurrence with his grownups that will stay in his mind forever. Here is one such happening.

On the weekend before last, the good old Red River along with many of our other waterways were alive with families enjoying one of our provincial government's classiest gestures, our free February ice fishing weekend. No licences needed, just head for a good fishing spot and have some fun.

Sandy and Thea Siepman from Narol sure did. Sandy told me how they got their kids and grandkids rounded up and convoyed onto the Red on the bright cold Sunday morning of the 17th. They piled out beside Sandy's big blue hard-wall shack. As the younger men in the family pulled out and set up another huge portable ice shack, Sandy, a thinner fellow with a grey beard framing an intense face moved purposely, getting a fire going in the big stove of the hard-wall shack. Thea, a kindly, bustling lady was right behind him, her arms full of packages of food and drinks. Sandy left Thea and the rest of the girls to their cooking magic. He went outside, got the ice auger and began drilling a bunch of holes while the young ones looked on in fascination. Smoke rose from the chimney of the shack, its woody smell surrounding the family. Some-

one turned down the window of one of the trucks and turned the radio on. Easy music filled the air. The older guys and gals staked out a fishing hole, baited and got their lines in the water as the grandkids darted about in the snow playing tag. The aroma of chili, hotdogs and coffee came to the anglers from a window Thea half opened to let out some of the heat in the shack. Sandy, sitting on a folding chair over his ice hole, felt a quivering tug on his line.

"Oh, I think I've got one," he shouted. The little ones shrieking with excitement ran to him. He reeled up quickly, and just as a fair-sized sauger popped up from the water with a splash, everyone heard one of the kids cry out. They turned to see one of the boys (let's call him Tim) pulling his foot out of the water of an ice hole. He began crying hysterically. In a flash, the shack door flew open with Gramma Thea calling out, "What's wrong?"

Seeing the little tyke in distress, without hesitation she stepped into the snow, strode to the boy, scooped him up and took him into the shack. She sat him down in a chair by the stove, took off his boots and socks then rolled up his pants. Soon, the warmth of the wood fire calmed him. She made him a hotdog with ketchup, mustard and relish and passed it to Tim, brushing his hair from his face with a silent smile as he munched away.

Last week, I met Brian Bartel of Steinbach who also had a memorable childhood story that recounted a loving experience between him and his father as though it happened yesterday. Before he gave his story, he said he operates M&J's Café in Steinbach and buys pickerel from the commercial fishers in Gimli. It seems the folks in southern Manitoba just can't get enough of that wonderful fish.

Anyway, the story happened many years ago when his father used to take him and his brother Ken to fish in the Big Whiteshell. On a hot, hazy summer morning, they prepared to go shore fishing. Dad got two small rods baited for the boys and passed them out, telling them to stand well away from each other. He then turned and concentrated on baiting the hooks on his rod.

"What should I do?" the father heard from young Ken.

"Just throw it out," he responded, busy with his rod.

He heard a splash. He turned and there stood his little boy empty handed with a bewildered look on his face, his rod sinking into the water not far from shore. Dad regarded his son quietly for a moment then sat down on the sand, took off his shoes and socks (luckily he was in shorts) and waded into the water to retrieve his son's rod. Standing before him after regaining the beach, he calmly said with a smile, "That's OK. Let me help you cast out."



TRIBUNE PHOTO BY ARNIE WEIDL
Brian Bartel of Steinbach with one of his catches from the Red River.

He let out some line on Ken's rod and turned off the drag. Holding the line with his hand over the boy's hand, arms outstretched, Dad guided the rod in a wide arc. He let the line go at the right moment, which sent the weighted line's end followed by the baited hook, arcing through the air plopping into the water. The line's end didn't fly out very far or, for that matter, the many other times they practiced that morning. It really didn't matter — son and Dad were having fun together.

Till next week, friends. Bye for now.

> ISD NOTES, FROM PG. 6

thing you don't have with gas or propane. These malfunctions can be very costly with some parts ranging in the thousands of dollars.

"At current prices, the overall lifetime operating costs of gas are pretty close with diesel, but propane operates approximately \$.015 per km less," he said.

A propane bus in the fleet for 15 years would save approximately \$36,000.

Professional development

All drivers and mechanics complete first aid training and are certified for three years. Three drivers com-

pleted the driver training program in November and a second course is planned for the spring for potential new drivers. Bus evacuation training and evaluations for drivers will be conducted in the spring.

Maintenance update

To update trustees, Maintenance supervisor, Anthony Cornwell reported that the following projects were completed by the end of 2018:

- Teulon Elementary foundation repair and heating system repair
- roof replacement at ERWBB
- Science labs at both WCI and TCI are 80 per cent complete

- LED lighting in hallways at ESCS, Balmoral and ERWBB

- new PA system at WCI

- duct cleaning at Rosser and Grosse Isle

- staff room renovation at Stony Mountain

- LED lighting and electrical upgrade at board office

- flooring in music room at Grosse Isle

- hardwood floor refinishing at Brant-Argyle

- new exterior doors at ESCS

ISD is moving to LED light direction, with the Hydro program to get rebates back. There is a 10,000 hour light span on LED lights, so there should

be no maintenance required.

ERWBB has been approved to receive a full front façade upgrade including upgrades to the foundation, wall insulation, windows, doors, accessibility ramps, and full roof replacement over the 1955 section of the building. Final prints will be complete in early March and tenders will go out later in march for a late spring/all summer project.

"They are talking figures of approximately \$1.5-1.8 million. So it is going to be substantial, but at the end of it we will have a green school with proper insulation, proper windows and classrooms, it will be really beautiful," Cornwell said.

RCMP encourage reading



TRIBUNE PHOTO SUBMITTED

Stonewall RCMP member Const. Paul Human reads with Ecole Bobby Bend School kindergarten student Brooklyn Burns during I Love to Read month. Const. Human reminds everyone to take some time this month to read.

"Reading is so much more than you think. When we read, we can learn new skills and engage the brain in a healthy way," said Human.

Outstanding recognition



TRIBUNE PHOTO BY KELLY KIMBALL

Recreation Connections Manitoba (RCM) recognized the outstanding contributions of individuals of Warren's Sunova Arena at the 2019 President's Luncheon & Awards Ceremony this past Wednesday. The group shows leadership and innovation in advancing the recreation sector. A key feature of the arena is its geothermal system. The geothermal system freezes the ice and heats the building in the winter and switches to air conditioning in the summer.

Left to right: Jeff Elliott (president, RCM), David Neufeld (assistant deputy minister, Manitoba Municipal Relations), Jim Lindsay (Sunova Warren Arena representative), Markus Chambers (deputy mayor for the City of Winnipeg), Brad Saluk (vice-president of the Association of the Manitoba Municipalities).

Red River Co-op announces a \$41.1-million return to its membership

Submitted

Red River Co-op is pleased to announce a \$41.1-million return to its members for the 2018 fiscal year.

The Red River Co-op's board of directors approved an allocation to its membership of 8.18 per cent on fuel purchased (9¢/litre based on an average selling price of \$1.10/litre in 2018), two per cent on food purchased, and five per cent on the full price of pharmacy prescriptions.

"Due to exceptional market conditions in the energy sector and positive sales growth in our food and pharma-

cy businesses in 2018, Red River Co-op is thrilled to return \$41.1 million in profits to our members," said Red River Co-op CEO, Doug Wiebe. "As a co-operative, we are proud to be a different kind of business that shares profits with our members, ensuring the money stays in the communities we serve and enriching those communities."

The Winnipeg-based co-operative will be sending out over 233,000 cheques totaling \$35.7 million in cash to its membership in Winnipeg and surrounding communities. Members

can keep their eye on their mailboxes starting today for their cheque. The remainder of equity earned stays in members' equity accounts with Red River Co-op.

Members over the age of 65 can apply to have 100 per cent of their equity (less their initial membership fee of \$5) repaid to them in cash. Once approved, they will receive their full annual allocation in cash each and every year.

Red River Co-op continued to evolve to serve members better in 2018 with upgrades at several gas bars and the

addition of three new food stores in Lorette, Selkirk and Stonewall. The modernization project of the Red River Co-op Food Store in Grant Park began in July and, while still open for business through the renovations, Red River Co-op is excited to show its members and customers the finished product this spring.

Red River Co-op is a business with a social conscience. In addition to sharing profits with members, the co-operative gives back to local causes to make the communities they serve a better place to live, work and play. Red River Co-op's community relations program supported 72 charities and non-profits with \$125,000 cash and in-kind donations. Additional 2018 community support highlights include a \$50,000 donation to Siloam Mission and \$10,000 to Inclusion Selkirk through Red River Co-op's Fuel Good Day in September, and a \$15,898 donation to the Children's Hospital Foundation of Manitoba from the sale of Winnipeg Blue Bomber collector cups.

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No tax increase in 2019-2020 ISD draft budget

By Jennifer McFee

Ratepayers can look forward to no tax increases on the education portion of their tax bill this year.

At an open house event on Thursday, Feb. 21, the Interlake School Division presented its draft budget. Although the division will receive 1.8 per cent reduction in provincial funding, they were able to maintain the mill rate at 13.588 mills.

"We were able to keep class sizes low," said school board chair Fran Frederickson.

"With no significant impact to programming, we were able to keep the increase to zero. It's pretty much a status quo budget."

The 2019-20 draft budget shows an enrolment decline of 30 full-time equivalent (fte) students and a teaching staff decrease of 2.25 fte. Pending budget approval, resource staff will increase by 0.3 fte, guidance staff by 0.2 fte and reading recovery staff by 0.25 fte. There will also be an increase in professional learning support in the area of literacy.

The school division will enter the second year of the junior kindergarten program as well as of a technology hardware replacement program. The budget also includes the purchase of three new buses.

"At the high school level, we are looking at providing support to students where we will pay for course fees," Frederickson said.

"For example, if somebody's taking electronics, any consumables that may be required previously would

have been covered by the student. The board is now looking at providing coverage or paying for that."

Overall, the operating expenses in the 2019-20 draft budget total \$37,953,000.

After the open house, the school board hosted council members and CAO from seven local municipalities: the towns of Stonewall and Teulon, and the RMs of Armstrong, Rockwood, Rosser, Woodlands and West St. Paul. Together, they discussed the provincial review on kindergarten to Grade 12 education.

"The intent of the meeting was for the ISD board to inform their municipal partners on the details of the education review, specifically with regard to the possible damage to local representation that would come from a reduction or elimination of local school boards; both of which are on the table as part of the review," said school board vice-chair Alan Campbell.

They reviewed aspects of the Interlake School Division's annual budget and discussed the shared belief among school boards and municipalities that a provincial review on education funding, taxation and taxation collection is overdue and important.

Another topic was the value in continuing conversations between the board and councils on various shared interest areas such as tax increment financing (TIF), property tax assessment and joint-use agreements.

In addition, Campbell said they spoke about the vital importance of local school boards in the sustainable protection of schools that are the lifeblood of many rural communities.

"WE WERE ABLE TO KEEP CLASS SIZES LOW."



TRIBUNE PHOTO BY JO-ANNE PROCTER

Interlake School Division trustee Cindy Brad, left, discussed the draft 2019-2020 budget summary with ISD student services administrator Michelle Procter and Centennial vice-principal Jeff Levesque.



TRIBUNE PHOTO SUBMITTED

Council members and CAOs from seven municipalities met with the school board and representatives from the Interlake School Division.

Correction

Regarding the article "Cannabis store set to open in Stonewall in March" published in the Feb. 21 edition of the *Stonewall Teulon Tribune*, there was information that needs to be corrected.

The article refers to National Access Cannabis as "the NAC" instead of its proper title. Also, the opening date for the Stonewall location is still unknown. In addition, the article stated that the store will be a mix of recreational and medical cannabis which is incorrect. NAC has a medical clinic in Winnipeg.

The *Stonewall Teulon Tribune* apologizes for the errors.



Chrissy Rowan
Nurse practitioner
Infirmière
praticienne

Une nouvelle infirmière praticienne accueille des patients au Centre de santé de St-Laurent.

Chrissy Rowan a récemment terminé sa maîtrise d'infirmière praticienne à l'Université Athabasca et accepte des patients au Centre de santé de St-Laurent.

Les infirmières praticiennes dispensent des soins dans divers contextes de soins de santé au sein de notre région. Elles peuvent vous aider en diagnostiquant et traitant les maladies, ordonnant des examens, prescrivant des médicaments, gérant les maladies chroniques, consultant des spécialistes en votre nom et vous informant sur la prévention des maladies et un mode de vie sain.

Chrissy accueillera les patients à St-Laurent les mardis et jeudis et à Woodlands tous les autres mercredis. Pour prendre rendez-vous avec Chrissy Rowan, veuillez téléphoner au Centre de santé de St-Laurent au 204 646-2504.

New nurse practitioner accepting patients at St Laurent Health Centre

Chrissy Rowan recently completed her nurse practitioner master's degree at Athabasca University and is accepting patients at St. Laurent Health Centre.

Nurse practitioners provide care in a variety of health-care settings in our region and can help you by diagnosing and treating illnesses, ordering tests, prescribing medications, managing chronic illness, consulting specialists on your behalf and educating you on disease prevention and healthy lifestyles.

Chrissy will be taking patients in St. Laurent on Tuesdays and Thursdays and in Woodlands every other Wednesday. To schedule an appointment with Chrissy Rowan, please phone St. Laurent Health Centre at 204-646-2504.



Interlake-Eastern
Regional Health Authority

Office régional de la santé
d'Entre-les-Lacs et de l'Est

Stonewall council news in brief

By Jennifer McFee

It was a full house in the Stonewall council chamber last week when some community members shared their opinions about parking on Keith Cosens Drive.

On Jan. 9, council passed a bylaw so that drivers are no longer allowed to park on Keith Cosens Drive between 5th Street West and Lions Way.

Then at the Feb. 20 meeting, two delegations spoke to council about their opposition to the parking ban.

Robyn Griffith, a Keith Cosens Drive resident, expressed concern about the situation. In his opinion, parking is not the problem; rather, speed enforcement and visibility are the issue.

Likewise, Lions Manor property manager Andre LeFleche and manor board co-chair Mel Harrison expressed concern that there was no community consultation about the parking ban.

"It looks like the bylaw was made quickly and quietly on purpose as the decision was already made," LeFleche said.

Mayor Clive Hinds said that consultation is not required as part of the process, which he added wasn't a rushed decision. He also noted that the bylaw is part of a pilot project to address safety concerns on the street.

LeFleche presented council with several alternatives to address safety concerns without a complete parking ban.

First, he suggested that there should be no parking within 20 feet on either side of the Lions Manor's two exits to Keith Cosens Drive. He also suggested moving the stop sign closer to 5th Street West and moving the south sidewalk closer to 5th Street West so that it aligns with the new north sidewalk.

Two other suggestions are to make a parking lane where the sidewalk is currently located and move the sidewalk to the south side of the road.

Harrison said the Lions Manor Tenants Association is also opposed, and he presented a petition with 161 signatures.

Hinds said that council would con-



Robyn Griffiths expressed opposition to the parking ban on Keith Cosens Drive.



TRIBUNE PHOTOS BY JENNIFER MCFEE
Andre LeFleche and Mel Harrison presented options for council to consider on Keith Cosens Drive.

sider the suggestions.

In other Stonewall council news:

- Bob Beck, chair of Interlake Community Foundation, requested continued support from the Town of Stonewall. The foundation allows people to "pay it forward" to their community through endowment funds that generate investment income. In turn, this investment income is allocated to charities in Stonewall, Teulon, Rosser, Rockwood and Woodlands.

Since January 2008, Stonewall has contributed \$13,850 to the fund, and the organization has granted out \$43,641 for Town of Stonewall projects. Each year, they distribute about \$35,000 in grants and scholarships, with about \$5,000 going directly back into Stonewall.

Currently, the Interlake Community Foundation's assets have grown to about \$1 million.

The deadline for grant applications from registered charities is Feb. 28.

- Council passed first reading of the indemnity bylaw.

- Council declared Feb. 20 as Kinsmen and Kinettes Day, and they also declared Feb. 17 to 23 as Kinsmen and Kinettes Week.

- Council passed a resolution to buy a utility vehicle from Bobcat for \$69,000 plus tax.

- Council authorized the CAO and mayor to sign a development agreement for National Access Cannabis Corp and 602709 Manitoba Ltd. The development agreement addresses issues such as the design and appearance of the business, signage and business hours.

- The Town of Stonewall is supporting an application for funding by Stonewall Quarry Days Festival through the Community Festivals Grant Program.



Bob Beck spoke to Stonewall council about the Interlake Community Foundation.

Attention Businesses in the areas of Argyle, Balmoral, Grosse Isle, Lake Francis, Marquette, Rosser, St. Laurent, Stonewall, Stony Mountain, Warren, and Woodlands.

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Stonewall Teulon
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Argyle Settlers, Rails and Trails museum to unveil expansion

By Evan Matthews

The Argyle Settlers, Rails and Trails Museum will make a little history of its own, as the organization is set to announce its plans to expand this week.

The museum's executive director, Shayne Campbell, says the organization not only wants to make community members aware of the museum's upcoming projects but is also looking for community input.

"We have major projects coming up over the next three to seven years ... The museum is going to be expanding," says Campbell. "We want community members involved."

On Feb. 28, the organization will host a free open house to discuss the museum's future, as well as to host a movie screening for *Voices of War*.

The expansion

The Settlers, Rails and Trails organization is in the process of acquiring a 12-acre parcel of land in the Argyle area, which Campbell says should be official within the next two months.

The first major project, which Campbell expects to begin this summer, will simply be relocating to the site.

"We're going to move three historic

buildings to the new site. ... But we want to make it a campus like setting," he says, comparing the future set up to that of the Arborg or Austin museums.

"Their villages are so well laid out. ... It looks like the real deal. A snippet in time, so to speak."

Currently, the museum operates from Argyle Community Centre's basement, as the organization rents out a 700-square-foot space, according to Campbell. The current facility allows the museum to showcase a mere one per cent of its holdings, he says.

"We're going to require a lot more space. A big part of needing more space is being able to correctly store artifacts we have," says Campbell.

"This will be the first time our community gets to hear about our financial pitch. ... It's our plan for the future. We've been working hard, and we're really excited," he says.

Diversifying the opportunity

But Settlers, Rails and Trails is not just a museum, it's a heritage organization.

Campbell says the organization has the local history component covered,



TRIBUNE PHOTOS SUBMITTED BY SHAYNE CAMPBELL

The *Voices of War* cast during their previous their live action play. Left to right: Cody Newton (Sailor), Joanne Scott (Nurse), Donna McMahon (Farmer's wife), Brea McMahon (War Bride), Amerlyn Budd (Cadet), Frederick Carstead (Bomb Aimer), Marcus Schnider (Soldier), Tracy Dunstan (Mother of Soldier) and Shayne Campbell (Narrator).



An artist's rendering of the future Settlers, Rails and Trails museum.

but it's also looking at incorporating more culture into future plans: art, theatre, dance, photography, crafting, and more.

"With the 12 acres, we can utilize the space for other activities as well: cross-country runs, inviting people to use the park (or green space). We're trying to get all the great ideas our community can bring to us, and diversify this space, through community input," says Campbell.

"We're also looking for support, both financially and through volunteerism (down the road). As passionate as I am about the museum, personally, it belongs to the community. I'm just lucky enough to lead the museum through its first few years. I'm very honoured by that," he says.

Voices of War

The movie, which will be screened for the first time, is titled *Voices of War*. The Argyle Museum is inviting people from Argyle and from all surrounding communities as well.

The Settlers, Rails and Trails museum was established as a non-profit in 2009. Its mission is to tell the story of Argyle's founding, settlement and development as a railway branch-line community from the 1870s to now.

Voices of War is very much in line with that mission, according to Campbell, who added that the cast is made up of local people from Argyle, Lockport, Stonewall and Winnipeg.

"*Voices of War* is the film version of our live play, which our museum created in 2015. The play had toured around the Interlake and Winnipeg, and it's been made into a professionally filmed and recorded DVD from a studio in Winnipeg," says Campbell, who wrote the screenplay, and has an acting role in the film as well.

"We're finally doing an official showing within our community. We're very excited," he says.

The event will take place at 7 p.m. on Feb. 28 at the Argyle Community Centre.

Celebrate St. Patrick's Day

Teulon 29th Annual Ducks Unlimited Canada Fundraising Banquet & Auction

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Nurse practitioner accepting patients

Submitted by IERHA

Chrissy Rowan recently completed her nurse practitioner master's degree at Athabasca University and she is now accepting patients at St. Laurent Health Centre. In her previous role as a registered nurse, she worked in the Winnipeg Regional Health Authority and before that as a licensed practical nurse at Stonewall Hospital.

Rowan went back to school to be a nurse practitioner because she enjoyed her career as a nurse so much she wanted to continue her learning.

"I wanted to exercise my highest capacity as a nurse and as a nurse practitioner I could do that," she says.

Growing up on a farm by Roblin in western Manitoba, Rowan is familiar with small communities where everyone knows and supports one another.

"I wanted to work in rural Manitoba because of the way small communities feel like one big family," says Rowan, who lives on an acreage in Oakbank with her husband, one-year-old son, three cats and a dog.

St. Laurent Health Centre is a designated bilingual health facility in Interlake-Eastern RHA. Rowan completed French up to Grade 12 and has been practising the language in anticipation of using and it and enhancing her knowledge of French in her new role.

"I'm really looking forward to invigorating my interest in the French language by working in it in St. Laurent," says Rowan, who is also past-president of the Canadian Family Practice Nurses Association and the Manitoba Primary Care Nurses Association.

Nurse practitioners provide care in a variety of health-care settings. They diagnose and treat illnesses, order tests, prescribe medications, manage chronic illness, consult specialists on patients' behalf and educate on disease prevention and healthy lifestyles.

Rowan will be taking patients in St. Laurent on Tuesdays and Thursdays and in Woodlands every other Wednesday. To schedule an appointment with Chrissy Rowan, please phone St. Laurent Health Centre at 204-646-2504. Dr. Sunu Thomas will continue to see patients at St. Laurent Health Centre every Friday.

Interlake-Eastern RHA continues to recruit an additional health-care provider to the area.

Library transforms into Hogwarts



TRIBUNE PHOTOS BY LANA MEIER

Young readers enjoyed a Harry Potter Trivia Night at the Stonewall branch of the South Interlake Regional Library on Friday, Feb. 22. The event was geared for students in grades 7 and up, in keeping with the library's theme of "Reading is Magical" for I Love to Read month. The library was decorated in Hogwarts style, and participants were encouraged to wear costumes. On Thursday, Feb. 21, a similar event was held for students in Grade 5 and 6.

SERVICE CLUBS - Serving our Communities



| | | | | | |
|---|---|--|---|--|--|
| <p>Royal Canadian Legion Branch No. 52 Reg. Dues are \$45/year Members 70+ \$40/year 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. The legion meeting is the 2nd Tuesday of the month at 8 pm at Stonewall Legion Club Room.</p> | <p>South Interlake Ag Society Janice Rutherford 467-5612 Hwy #236 and Rockwood Road \$10/member/year 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 Fee: Nominal membership may apply Motto: "Home and Country" 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>OAK HAMMOCK MARSH INTERPRETIVE CENTRE 1 Snow Goose Bay on Hwy 220 Stonewall, Manitoba 1-888-50MARSH (62774) ohmic@ducks.ca oakhammockmarsh.ca 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 We have moved. Come join us for a visit or two. Quarry Toastmasters will be at the Chicken Chef in Stonewall 7:15-8:45 pm on Tuesday night. Our group helps you with speaking in front of people, grow's confidence, how a meeting should be run. We have an agenda, slow steps to get you to do speeches. We support each other and we also have fun.</p> | <p>Kin Clubs of Stonewall Motto "Serving the Communities" Kin Canada is a dynamic volunteer organization enriching our services while embracing national pride, positive values, personal development and lasting friendships. Kinsmen President Martin Mailman 204-467-8359 Kinette President Edith MacMillan 204-375-6691</p> |
| <p>Teulon & District Agricultural Society Lana Knor, President 467-0740 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 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 Call 204-467-2788 for Information 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 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 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 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 Dave Couprie 467-9548 \$40/member/year 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 467-2582 www.si55plus.org \$20/member/year si55plus@mts.net 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 Ralph Sinclair 622 Centre Avenue, Stonewall 467-9600 Motto: "We Serve" 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 are every 4th Wednesday of the month at 7:15 pm September thru June.</p> | <p>Independent Order of Odd Fellows Stonewall Lodge #49 Larry O'Dell 467-8882 Ross Thompson 467-2438 www.iofmb.ca Yearly nominal membership fee 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 Marg Bond 467-8732 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 Motto: "Home and Country" 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 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" 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> | | <p>Unity, Steps of Courage (AA) United Church, 369 1st Ave., N., Stonewall Fridays at 7:30 pm Info Call Bryce 204-430-6787</p> | | |

Stonewall teacher has many memorable teaching experiences

By Ty Dilello

Teacher Appreciation Week in Manitoba may have wrapped up but admiring the many influential teachers that our province possesses is something that can be celebrated year-round. Stonewall Collegiate staffer Randy Gabel has spent a lifetime in teaching.

This 2018-19 school year marks his 34th year and 30th in the Interlake School Division. The south Winnipeg resident has been making the 50-minute trek to Stonewall every morning to class and appears to show no signs of slowing down.

"I think, like many teachers, I went into teaching probably because of the positive effect teachers had on me when I was in school. I always liked going to school and university. I always planned on having a family and figured this career would be the best match," says Gabel.

"The thing I enjoy most about teaching at Stonewall is the opportunity it gives me to be involved with so many different types of learning experiences with students, both inside and outside of the classroom."

Gabel is currently teaching Grade 9 math and Grade 10 pre-calculus at



Stonewall Collegiate but has taught a variety of subjects over the years. An accomplished marathon runner and triathlete in his spare time, Gabel also finds the time to help out with the school's extra-curricular activities by coaching the cross-country team every year. In addition to that, he also runs the chess-club, and with another teacher, takes students to cultural events in Winnipeg such as the Royal Manitoba Theatre Centre, Royal Winnipeg Ballet and the Winnipeg Symphony Orchestra. They call it the Culture Club.



TRIBUNE PHOTO SUBMITTED

School trips around the world are one of SCI teacher Randy Gabel's most memorable experiences teaching.



Gabel also coaches the cross country team at SCI.

Over the years, Gabel has helped organize and partake in some amazing school trips with hundreds of students during his time at Stonewall Collegiate. Through the school trips, he has seen basically all of Europe, Australia, New Zealand, Costa Rica and Nicaragua. One can only imagine the great memories that come from seeing the world.

"The most memorable experiences for me would be things like snorkeling in the Great Barrier Reef, running with kids to get to the Eiffel Tower at night before it closed, kayaking outside the walls of Dubrovnik, zip-lining through the rain forest in Costa Rica, wandering through the cobblestone

streets of European cities in awe of their architecture, watching students have that amazing look in their faces the first time they see something they have dreamed about seeing for years, taking gladiator lessons in Italy dressed in authentic garb. The list goes on and on."

It goes without saying that teachers are some of the most unsung heroes we have in this world. With all of the positive differences that teachers have on their students' lives over the years, having someone like Mr. Gabel on staff at Stonewall Collegiate that has touched so many lives throughout his career is definitely something worth celebrating and looking back on.

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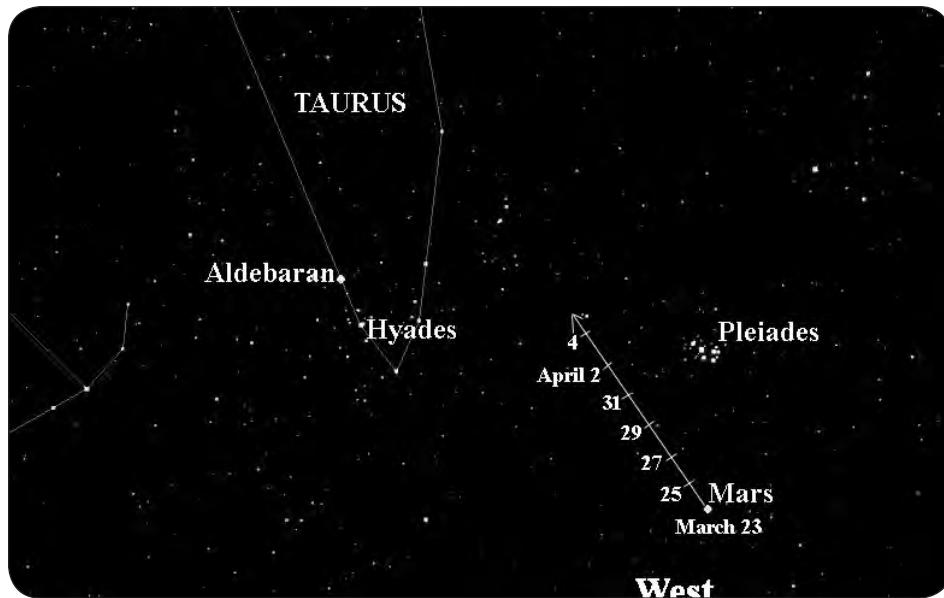
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www.redriverco-op.crs

Mars meets the Seven Sisters toward the end of March



TRIBUNE PHOTO SUBMITTED

Rusty Mars joins the Pleiades Star cluster late March and early April.

For star watchers, darkness still descends in the early evening hours at this time of year.

This means there is still plenty of time for observing the clear night skies in relative comfort before bedtime. So far this winter, we have been blessed with several clear nights but temperatures have not been so pleasant especially with the accompanying wind-chill factors. This means I spend very short periods of time under the stars with binoculars.

Last July, the Red Planet Mars shone brightly as it went through opposition in the southern sky and made its closest approach to Earth. At a magnitude of -2.8, it was a spectacular sight amongst the much fainter stars of Capricorn.

As March begins, Mars resides in the constellation Aries. Earth has sped past Mars leaving it behind and much fainter at magnitude +1.2. Towards the end of the month, it will be in the constellation Taurus and faded to magnitude +1.4. The more positive the magnitude value, the fainter the object. Due to the distance and size of Mars, now only larger telescopes will reveal any kind of surface feature on the planet.

Look for Mars as it passes by the beautiful Pleiades star cluster (Seven Sisters) the last week of March and first week of April in the western sky after sundown. The blue-white colour of the Pleiades contrasts vividly with the rusty hue of the Red Planet. The orange tint of the nearby star Aldebaran along with the Hyades star cluster in Taurus adds more colour to the scene as well. Mars is closest to the Pleiades on March 30. Most binoculars will place the star cluster and Mars in the same field of view around this date. Binoculars will help enhance the colour contrast between the

stars and the planet.

Watching Mars move by the Pleiades allows us to see that we live in a dynamic system of planets rather than just the unchanging universe of stars.

Another interesting sight that occurs this time of year is the zodiacal light. This is a faint roughly triangular white glow visible in the night sky that appears to extend from the western horizon upwards along the ecliptic (path

of the planets in the night sky). This is caused by sunlight scattered by interplanetary dust in the solar system. Zodiacal light is best seen in a dark sky after twilight ends. This glow is so faint that moonlight or light pollution can outshine it rendering it invisible. Your best opportunity to see this phenomena will be from a dark location outside of town when the moon is not present in the western part of the sky (between March 24 and April 8).

The crescent moon can be seen to the upper right of Saturn on March 1 and beside Venus March 2 before sunrise. The waxing crescent moon resides to the left of Mars on the 11th and to the lower right of the Hyades star cluster

on the 12th after the sun goes down. You will find the waning gibbous moon to the left of Jupiter before sunrise on March 27.

Daylight Savings Time starts on Sunday, March 10. Remember to turn your clocks forward one hour before retiring to

bed on Saturday night.

The spring, or vernal, equinox occurs at 4:58 p.m. Central Daylight Time on March 20. This denotes the first day of spring for us in the northern hemisphere. For those living south of the equator in the southern hemisphere the summer season ends and autumn commences.

As a community service, I am available to do talks on astronomy or related subjects to teachers, students, scouts, guides or any community groups who would be interested. I can be contacted by email at bronsont@mymts.net to schedule a presentation.

Clear Skies
Ted Bronson

CFRY Radio Amateur Talent show raises over \$10K

Staff

A couple of projects undertaken by the Meadow Lea Hall and Lake Francis Community Centre got a good financial boost last weekend at CFRY's Radio Amateur Talent Show.

Nineteen performers took to the stage to raise money for a new entrance sign for the Meadow Lea Hall, as well as outdoor storage and chairs for Lake Francis.

When all the pledges were tallied up, \$10,385.50 was raised.

Judges had a tough time choosing the cash prize winners with such a large selection of talent.

Julia Pratt and the Basement Rats were presented the top performer award and received \$150.

Second place of \$100 went to Madison Reimer, while Marissa Varnes claimed third and was awarded \$75.

The CFRY Most Promising Performer award was presented to the dynamic young band Lost In A Small Town.

All pledges must be submitted before March 11 and can be dropped off at Marquette Co-op or the RM of Woodlands office.

Mail-in pledges can be sent to the Meadow Lea Hall, Box 240, Marquette, R0H 0V0, or to the Lake Francis Community Centre, Box 36, Lake Francis, R0H 1T0.



Madison Reimer was awarded \$100 by Lake Francis Community Centre vice-president Doug Oliver for her second place performance.



Oliver presents \$75 to Marissa Varnes, who placed third.



TRIBUNE PHOTOS SUBMITTED

CFRY's Cody Buhler, left, with the CFRY Most Promising Performers, Lost In A Small Town at the CFRY Radio Amateur Talent show. Pictured with Buhler are band members, left to right, Garrett Kristjanson, Miranda Holod, Jon Kaus, Zacharie Beaulieu.



Julia Pratt and the Basement Rats finished first and received \$150.

Quizzly Bear quizmasters



TRIBUNE PHOTO SUBMITTED BY JIM DOLA

The winners of the sold out 11th annual Teulon Trivia Night were the Quizzly Bears with the team of 8 Isn't Enuff coming in a close second. Third place was a four-way tie. The winners of the Best Dressed Team was Doug and Tracy Barker's crew. The \$4,200 raised will go towards refurbishing the dance floor at the Rockwood Centennial Hall. One Insurance sponsored the prize for the first place team while Rona Rockwood sponsored second place. The Best Dressed team was sponsored by Sunova Credit Union.

RCMP Stonewall execute search warrant

Submitted

On Feb. 19, 2019, at about 7 p.m., Stonewall RCMP acted on information from the Security Intelligence Officers from Correctional Services Canada and executed a search warrant at a residence on Park Avenue in the Village of Stony Mountain in the Rural Municipality of Rockwood.

The investigation revealed a quantity of controlled substances that were related to smuggling activities into a correctional services facility.

Charged with trafficking a controlled substance is Brenda Loseth, a 39-year-old female from Coleman, Alta. Police continue to investigate.

Stonewall RCMP reminds the public that illegal controlled substances take a toll on all of our lives and we should do our part in preventing these crimes.

If you have information on this incident or other drug trafficking, please call the Stonewall RCMP at 204-467-5015 or Manitoba Crime stoppers at 1-800-222-8477.

get inspired

> MEAL IDEAS



FamilyFoods
Phone 467-5553

Mediterranean Beef Ragoût

- Makes 8 servings
2 pounds trimmed stewing beef, cut into 1-inch cubes and patted dry
2 tablespoons olive oil, divided
2 onions, chopped
4 cloves garlic, minced
2 tablespoons ground cumin (see note 2 below)
1 teaspoon dried thyme
1 teaspoon grated lemon zest (optional)
1/2 teaspoon salt
1/2 teaspoon cracked black peppercorns
1 cup beef stock
1/2 cup dry red wine
1 14-ounce can no-salt-added diced tomatoes, including juice
2 bay leaves
2 roasted red bell peppers, thinly sliced, then cut into 1-inch pieces
1/2 cup sliced pitted green olives
1/2 cup finely chopped parsley leaves

1. In a skillet, heat 1 tablespoon of the olive oil over medium-high heat. Add beef, in batches, and cook, stirring, adding more oil as necessary, until browned,

about 4 minutes per batch. Transfer to slow cooker stoneware as completed.
2. Reduce heat to medium. Add onions and garlic to pan and cook, stirring, until onions are softened, about 3 minutes. Add cumin, thyme, lemon zest, if using, salt, and peppercorns and cook, stirring, for 1 minute. Add beef stock, wine, tomatoes with juice, and bay leaves and bring to a boil. Add to slow cooker and stir well.
3. Cover and cook on low for 6 hours or on high for 3 hours, until mixture is bubbly and beef is tender. Stir in roasted peppers, olives and parsley. Cover and cook on high for 15 minutes, until peppers are heated through. Discard bay leaves.

Note 1: This dish can be partially prepared before it is cooked. Heat oil and complete step 2. Refrigerate overnight for up to 2 days. When you're ready to cook, complete steps 1 and 3.
Note 2: For the best flavor, toast and ground cumin seeds yourself. Place seeds in a dry skillet over medium heat and cook, stirring, until fragrant, about 3 minutes. Immediately transfer to a spice grinder or mortar and grind.



Skillet-Roasted Potatoes with Mushrooms and Pancetta

- Serves 4
4 ounces pancetta, cut into 1/4-inch cubes (see note)
3 tablespoons olive oil, plus more if necessary
1 pound Yukon gold potatoes, unpeeled, scrubbed and quartered
Kosher salt
Freshly ground black pepper
10 ounces cremini or brown mushrooms, quartered
6 garlic cloves, peeled and halved crosswise
2 teaspoons dried thyme
Several fresh thyme sprigs for garnish (optional)
1. Arrange a rack at center position and preheat the oven to 400 F.
2. In a large, heavy, ovenproof frying pan (preferably cast iron) set over medium heat, sauté the pancetta until golden and crisp, 5 to 7 minutes. Remove with a slotted spoon to drain on paper towels.

3. Remove all but 2 tablespoons of the drippings from the pan. (If you don't have 2 tablespoons, add olive oil to make this amount.) When hot, add the potatoes and sauté, stirring, until they start to take on a little color, 5 to 7 minutes. Season with salt and pepper and place the frying pan in the oven. Roast for 15 minutes.
4. Remove the frying pan from the oven and add the mushrooms, garlic and the 3 tablespoons of olive oil. Add the dried thyme and season with more salt and pepper. Toss to coat well.
5. Return the pan to the oven and roast until the potatoes are golden brown and tender and the mushrooms are softened, about 15 minutes more. Remove the frying pan from the oven and stir in the reserved pancetta. If desired, garnish the center of the pan with fresh thyme sprigs. Serve warm.
Note: If buying pancetta from a deli, ask for it to be cut thickly into 1/4-inch slices. Prepackaged pancetta is often thinly sliced.



Losing a Loved One Can Be The Hardest Journey

sence, then we will suffer. But if we think of that ache as the powerful love being directed to us by our loved one on the 'other side', a sense of calm and peace can envelope us.

Losing a loved one has to be among the hardest of journeys. The longer we live, the more often we will have to experience the death of friends and family.

It is difficult at the best of times, but particularly painful when it is a beloved partner whom we must release. Loss of a companion creates a void not only in the present, but one we will live with until the end of our lives. No one can truly understand, unless they have been through it.

At first it may seem impossible to go on. The ache in the heart is immeasurable. It seems like a bad dream, and we just want to wake up. Our mind is flooded with memories, be they of significant events, or the most trivial details. We think of all the things we had planned to do together, the dreams we were building, or the simple routine aspects of life that will never be the same.

It can seem as though our life has come to a dead end. It is then we must realize that the departed soul is being a teacher. He or she has gone on ahead leaving us with no choice but to think about aspects of being that transcend our daily reality.

No longer can we unconsciously pretend that this life is all there is; all that matters. If we think of the ache in our heart as an emptiness, an ab-

That 'pain' is love. We simply are not accustomed to love being so intense. If we bond with that love, allowing ourselves to maintain that strong connection as we go on with our lives, it becomes like the track on a cable car that will guide us safely home when it is our time, and right into the loving light our beloved has become.

Your beloved watches over you, and can be a source of tremendous comfort and guidance if you are open to receiving those subtle energies. We must also strive to understand the futility of resisting what is.

We assume the partner should not have died. In truth, he/she had a different journey to begin, and there are experiences and learning that are our own. These are experiences we would not have had so long as our partner was here.

Of course we must take time to grieve. But we must slowly release our grip on the past, and turn our sights to the present and the future. Moving towards the light is not something we do only at the moment of death. It is something we must do throughout life, but most especially when we find ourselves in darkness.

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



Elsie's Stewed Apples

- Serves 6 to 8
2 to 3 tablespoons unsalted butter
2 pounds apples, peeled, cored and cut into thick slices
1/2 cup honey, preferably sage honey
1/2 cup white wine
Zest of 1 lemon
Juice of 1 lemon
Fresh sage sprigs for garnish
1. Melt the butter in a large skillet over medium heat. Add the apples, turn

the heat to high and sauté until they begin to brown on the edges, about 5 minutes. If some are getting too well done, remove them and place on a plate while the rest continue to cook, then return them to the skillet when all are done.

2. Reduce the heat to low and add the honey, wine, lemon zest, lemon juice, and 1/2 cup water. Cover and allow to cook until the apples are tender but still firm; you don't want them to turn into applesauce.

3. Serve this in a bowl, tuck in a couple sprigs of fresh sage from your garden, and tell your guests all about sage honey.

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Activities for Seniors in Your Area



March 2019 Calendar of Events!

Activity Centre • 374 – 1st Street West
For newsletters, visit www.si55plus.org

Clip & Save

MARCH 2019

- Mar 4 Cribbage Tournament @ 1:00 pm – Individual Play
- Mar 5 Book Club @ 9:30 am
- Mar 7 Bingo @ 1:30 pm – Everyone Welcome!
- Mar 8 Quilter's Corner @ 10:30 am
- Mar 12 Shopping Trip – Grant Park @ 9:30 am
- Mar 13 Shamrock Luncheon @ Noon – Advanced Tickets Required

- Mar 21 Casino Trip – Club Regent
- Mar 22 Quilter's Corner @ 10:30 am
- Mar 25 Presentation: Medication Safety @ 1:30 pm
- Mar 28 Presentation: Abandoned Manitoba @ 1:00 pm
- Mar 29 Needle Felting Class @ 1:00 pm

APRIL 2019

- April 8 Cribbage Tournament @ 1:00 pm – Individual Play
- April 10 Luncheon @ Noon

SHAMROCK LUNCHEON

Entertainment: Kirk Leavesley Wednesday, March 13th
Enjoy a full roast beef dinner with all the trimmings.
\$20.00/ticket – Advance Tickets Required
Odd Fellows Hall – 374 1st Street W, Stonewall



Cribbage Tournaments: Individual Play

Mondays, March 4 & April 8
1:00 pm

No Advance Registration Required!

Presentation:

Abandoned Manitoba

Thursday, March 28th @ 1:00pm
Odd Fellows Hall – 374 1st Street W, Stonewall
Join us to hear Dr. Gordon Goldsborough share his experiences throughout the province. His books are available to purchase at Grande Bazaar

Needle Felting Class
Friday, March 29th @ 1:00 pm
Odd Fellows Hall – 374 1st Street W, Stonewall



Deadline to Register:
Friday, March 26th
Call to Register: 204-467-2582

BUS TRIPS

- Mar 6 – Il Divo Concert
- Mar 12 – Shopping Trip to Grant Park
- Mar 21 – Club Regent Casino
- Apr 24 – PTE What to do with Albert Show
- June 23 – Rainbow Stage – Strike
- Aug 25 – Rainbow Stage – Cinderella



BINGO Thursday, March 7th @ 1:30 pm



New Format – Door Prize – 50/50 Draw

Painting Class

With Gail Spencer-Lamm
Friday, April 12 1:00 pm



Tap into your inner artist to
Paint this easy beginner-friendly
Acrylic on canvas!
Call to Register by April 9th!

55 Plus will be offering the

COMMUNITY VOLUNTEER INCOME TAX PROGRAM

March 1st – April 26th

Tuesday – Friday 10:00 am – 3:00 pm
This is a DROP-OFF Service Only

VOLUNTEERS are TRAINED by CANADA REVENUE AGENCY

For Eligibility Criteria, Required Documents & More Information CALL: 204-467-2582



For more information call 204-467-2582

South Interlake Seniors Resource - Stonewall 144 – 622 Centre Avenue – Lions Manor, Entrance 4.

SUPPORT SERVICES FOR SENIORS

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

www.sisrc.ca

The South Interlake Seniors Resource Council offers services for seniors and those with disabilities to help them to remain independent and safe in their homes and communities. With the help of volunteers and our fee for service workers, we provide these services to Stonewall, the RM's of Rosser, Woodlands and the southern portion of Rockwood.

Eating Alone? Join us for a once-a-month

“POTLUCK PLEASURE AND FELLOWSHIP” Tuesday, March 19th @ 5:00
Church of the Ascension Parish Hall 435 – 1st Ave. N.
For transportation, please call 204-467-2234 or 204-467-2207

SISRC HAS REVISED OUR COMMUNITY HEALTH AND SENIORS RESOURCE GUIDE. THEY ARE AVAILABLE FOR PICK UP FROM OUR OFFICE. THEY ARE FULL OF GREAT LOCAL INFORMATION AS WELL AS GOVERNMENT INFO AND CONTACT NUMBERS.

Medication Safety Presented by Stonewall IDA Pharmacy

Do YOU know the questions to ask your pharmacist?
Join us to talk about how YOU can engage in your healthcare plans.

Date: Monday, March 25 **Time:** 1:30 P.M.

Place: 374 1st St. West, Stonewall, Odd Fellows Hall

Refreshments to Follow

For More Information Call:

Stonewall Seniors Resource 204-467-2719 Or 55 Plus 204-467-2582

Learn.....to be safe!!

VOLUNTEER OF THE MONTH

Thank you Pat Moldowan for being a driver for Meals on Wheels! Pat has been a Meals on Wheels driver for many years and we know that the clients appreciate you as much we do!

Pat will enjoy lunch at

Join us for homemade lunches & desserts

Tues-Fri 10-5, Sat 10-4 • 292 Main St., Stonewall 204-467-2303

Thank you to McLeod Teahouse for donating gift certificates for our volunteers!



For more information call 204-467-2719

Teulon & District Seniors Resource Council Inc.

Providing a Helping Hand

Find us at 54 Main St,
Teulon 204-886-2570

PROVIDING FREE SERVICES TO SENIORS:

- PHONE BUDDY • FRIENDLY VISITOR
- DRIVER ESCORT • INFORMATION/FORM ASSISTANCE • ADOPT A GRANDPARENT
- DROP IN CENTRE AREA
- COMMUNITY VOLUNTEER INCOME TAX PROGRAM
- MEDICAL EQUIPMENT LOANS

REGULAR OFFICE HOURS: 8:30AM-4:30PM

St. Laurent Seniors Resource Council Inc.

“A HELPING HAND WHEN YOU NEED IT”

55+ and people with disabilities

Offering support services within the RM of St. Laurent and surrounding areas

St. Laurent Community Health Centre

51 Parish Lane, 204-646-2504 ext.4

Seniors Resource Coordinator, Darlene McKay

Footcare clinic, Community Volunteer Income Tax Program, Exercise Program, Monthly Seniors Birthday Club, Mobility Aids, (E.R.I.K.) Emergency Response Information Kit, Victoria Lifeline, Volunteers for different services such as Friendly Visits and Telecheck, resource information, housekeeping, transportation, mobility aid equipment for loan. Fundraising activities throughout the year.

Monthly Birthday Bingo Club and whist tournament last Thursday of each month.

“Celebrating Seniors in Action”

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

McCowan leads Manitoba to bronze at Canada Winter Games

By Brian Bowman

Grosse Isle's Olivia McCowan played an outstanding ringette game when it mattered the most at the 2019 Canada Winter Games in Red Deer.

McCowan and Taylor Hildrebrand each scored twice to lead Manitoba to a 6-4 win over British Columbia in the bronze-medal game last Friday.

"There's only 55 ringette players every four years that get a medal of any colour at these Games so it's pretty special to be coming home with one," said McCowan, from Red Deer on Saturday afternoon. "As a team, we're proud to be bringing a bronze medal back to Manitoba."

McCowan's second goal was the eventual game-winner.

"It was pretty special, for sure," McCowan said. "I just want to contribute to my team whenever I'm out on the ice any way that I can. Some days it's by checking and some days it's putting the ring in the net and (Friday) was definitely one of those days ... it was pretty cool."

Winnipeg's Kaylee Spearing and Celeste McElroy also scored for Manitoba in the win.

Manitoba was relegated to the bronze-medal game after losing 7-5 to Quebec in a semifinal matchup on Thursday.

It was a tough loss for Manitoba, which clearly had its sights set on winning gold.



Olivia McCowan scored the game-winning goal to lead Manitoba to bronze at the Canada Winter Games.

"We definitely went into this thinking that (winning gold) was a goal that we could accomplish and it was something that we were working towards all season," McCowan said. "That game was quite a heartbreaker. We put our best effort out there but sometimes things just don't fall where you want them to."

"With an extra five or 10 minutes in that game, who knows what could have happened. We could have come



TRIBUNE PHOTOS SUBMITTED

Team Manitoba defeated British Columbia 6-4 in the bronze-medal game last Friday.

out on top."

Quebec went on to claim its first-ever Canada Winter Games gold medal after defeating Ontario 4-3 in overtime.

Manitoba, meanwhile, earlier defeated Saskatchewan 5-4 in an elimination quarter-final game.

Team Manitoba finished its Pool "A" play with a perfect 3-0 record after defeating New Brunswick (8-5), Nova Scotia (6-2) and Alberta (8-7).

"We couldn't have asked for a better couple of days to start," said McCowan, who finished the tournament with four goals and "two or three" assists.

"We came out of the gate with a couple of wins over New Brunswick and Nova Scotia."

Manitoba valiantly fought back from a 6-1 deficit to shock Alberta with a wild comeback win in double overtime.

"In the Alberta game, we didn't

come out as strong as maybe we should have," McCowan admitted. "But I'm really proud of our team to be able to go in at halftime and basically say, 'Listen, we're not out of this and there's lots of time left' and we rebounded the right way from that deficit."

"That was really fun to be a part of."

Team Manitoba put in a lot of hard work preparing for the Games, said McCowan.

She was very appreciative of the experience the Games provide young, elite athletes.

"It's been a great experience, overall, just

because when you walk into the athletes' village there is a whole bunch of people from different provinces and sports," McCowan said. "They were all here for the same reason, to be at the Canada Games, and they all have their own sport. It's really cool to talk to them and kind of hear their stories and how they have been working hard to be here as well."

"IT'S BEEN A GREAT EXPERIENCE, OVERALL."



Swimming excellence

TRIBUNE PHOTO SUBMITTED
The Selkirk Dolphins' Julian Murdock, 15, won three silver medals at the Provincial swim meet in Brandon last weekend. The Grade 10 student at Stonewall Collegiate won medals in the 50-metre breaststroke, 50m freestyle and 4x50 mixed relay events.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Marquette duo wins stick curling championship

By Ty Dilello

On Feb. 17, the Manitoba Open Stick Curling championship wrapped up at the Steinbach Curling Club.

The bonspiel went from Friday to Sunday and featured 32-teams playing in a triple-knockout type of format.

When the dust settled on Sunday, the Manitoba Open Champions declared were the Marquette duo of Ernie Oliver and Ross MacMillan. Oliver is the Manitoba founder of two-person stick curling and last week's title was his fifth Manitoba championship. For MacMillan, it was his first provincial championship, but he is a former Canadian champ.

It was an injury that drove MacMillan to trying his hand at stick curling. It's been eight years now since he's been playing and he loves every minute of it.

"I used to do lots of curling, but I had a calcium build-up in my sliding toe and I couldn't slide anymore so I went to stick curling," says MacMillan. "I curl out of Marquette and it's huge here. We just had a bonspiel that had 56 teams from all ages. I believe the youngest entrants were probably 12 and the oldest guy was 91 years old.

My dad still stick curls almost every weekend and he's 88."

The game of two-person stick curling has been really taking off in recent years around Canada just as the Mixed Doubles game has been growing at a rapid pace. Stick curling is quite the beautiful game because pretty much anybody can do it. MacMillan says, "There's some technique to it, but anybody can pick up a stick to curl and that's a good thing about it. As long as you can walk on ice, you can play and do well."

There will be a contingent of seven or eight teams from Manitoba that will be embarking for Prince Edward Island next month to compete in the Canadian championship.

"The Canadian championship isn't big enough that you need a berth, so anybody can go and they take the first 32-teams that enter," says MacMillan, "but the game is getting bigger every year so pretty soon you will likely need a berth to compete."

MacMillan went to Cornwall, P.E.I., back in 2013 for the Canadian Stick Curling Championship and put up a pretty good run there. A few years later in 2015, he won the Canadian title (with Warren's Jim Rouse) at the As-



TRIBUNE PHOTOS BY RAE CAMPBELL

Manitoba Stick curling's Harold Cook presented trophies to the provincial champions. Left photo, the Manitoba Ladies Champions, Shelley Schultz and Ina Laird. Right photo, Manitoba Open Champions, Ross MacMillan and Ernie Oliver.

siniboine Memorial Curling Club in Winnipeg. Back in P.E.I. next month, MacMillan (alongside Ernie Oliver) is eyeing another national championship for Manitoba.

Also, on Feb. 8 at the Assiniboine Memorial Curling Club, Manitoba had its first ever Ladies stick curling championship where two-person stick curling was played. Ina Laird

from the Warren area and her partner Shelley Schultz won the provincial championship. The Laird/Schultz pairing will now be headed to P.E.I. as well for the Canadian Ladies Two-Person Stick Curling Championship.

The 2019 Canadian Open Stick Curling Championships will be held in Cornwall, P.E.I. from March 31 to April 3.

Warren men's curling bonspiel champions



TRIBUNE PHOTOS BY VERNON MANKEWICH

The Warren Curling Club hosted 14 teams at their annual men's bonspiel last weekend. Left photo, left to right: first-event winners Roger Lecoq, Gerald Lecoq, Corey Lecoq and Brian Johnson. Middle photo: the second-event winners Tyson Langrell, Mike Fitzpatrick, Murray Scott and Darrell Kristjanson. Right photo: third-event winners Craig Nichol, Riley Nichol, Marcel Peters and William Gunn.

Mercs take 2-0 series lead over Islanders

By Brian Bowman

The Warren Mercs could not have asked for a better start to their playoff series with the Portage Islanders.

Warren whipped Portage 10-2 in Game 2 of their South Eastern Manitoba Hockey League best-of-seven semifinal series on Sunday.

The Mercs now lead the series 2-0.

"We're playing pretty clean hockey, staying out of the box, and we have a pretty balanced attack from three solid lines," said Mercs' head coach Gerry Minaker. "We had one guy in the top 10 (scoring race), and that was Mitch Hansen, but if you go through the top 20 we have quite a few guys in it."

"All of our lines have been contributing — it's not just one guy or one line — that they can key on."

The Mercs came out flying in Game 2, grabbing a 6-0 lead just 13:05 into the contest. It makes all of the difference in the world when a team can get up that early in a playoff game.

"It makes the game simpler to play when you're out in front," Minaker said. "But it's only two games, so we'll see."

Kyle Luschinski scored two of those goals, one on the powerplay, while Reid MacLeod, Brock Genyk, Mitch Hansen and Kyle Lundale also tallied.

Islanders' defenceman Tyler Harland, recently named a SEMHL second-team all star, scored for Portage with 27 seconds remaining in the second period.

Islanders' forward Jon Gaudet cut the deficit to 6-2 with a power-play goal but Warren responded with second-period goals by Brenden Luschinski and Braydon McDonald.

Eric Swanson and Lundale, with the man advantage, closed out the game's scoring in the third.

Lundale and Kyle Luschinski each finished the game with four points while McDonald had a three-point night.

Hayden Dola made 29 saves for the victory.

The Mercs started the series by pounding Portage 6-1 in Warren.

Kyle Luschinski gave the Mercs a 1-0 lead just 27 seconds into the game and then Brenden Luschinski made it 2-0 at 13:56 of the opening period.

"We scored early so that gave us some more confidence," Minaker said. "We controlled (the game) pretty much the whole way."

Hansen and Gaudet traded goals before the Mercs added a pair of tallies late in the second period.

Wes Pawluk made it 4-1 at 18:09 and then McDonald tallied with just 14 seconds left in the frame.

Those two goals late in the period really let the air out of the tires for Portage.

Brenden Luschinski then scored the lone goal in the third. He finished the game with three points while Kyle Luschinski, Chad Deprez, Lundale and Johnny Lazo each had two points.

Warren outshot Portage 48-27 as



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Mercs' Kyle Luschinski scored two goals in Warren's 10-2 win against the Portage Islanders in Game 2 on Sunday.

Dola earned the victory.

Game 3 of the series is set for Thursday (8 p.m.) in Warren while Game 4 returns to Portage on Saturday (1:30 p.m.).

These next two games won't be easy for Warren as Portage has a real good team.

"We know come Thursday night that it's going to be tough," Minaker admitted. "They have a really good hockey team and we know that and

then when you have a score like that in Game 2 in their own rink, they'll be coming."

If necessary, Game 5 would be played in Warren on Tuesday (8 p.m.).

In the other SEMHL semifinal series, Morden surprised Carman with an 8-5 road victory on Game 1 on Saturday.

Game 2 was played in Morden this past Tuesday but no score was available at press time.

Thevenot represents Manitoba in wheelchair basketball

Staff

Manitoba finished in seventh place out of nine teams in wheelchair basketball at the Canada Winter Games in Red Deer last week.

Manitoba wrapped up play last Thursday with a dominating 49-17 win over Nova Scotia in a consolation-round game.

Stonewall's Thomas Thevenot scored nine points in the victory.

Earlier in the day, Manitoba lost 56-38 to British Columbia as Thevenot chipped in with seven points.

On Feb. 20, Manitoba pounded New-

foundland 47-22. Thevenot scored 12 points in the win.

Team Manitoba was relegated to the consolation side of the tournament after finishing with an 0-3 record in Pool "A" play.

Manitoba was defeated by Saskatchewan (68-29), Quebec (67-43), and New Brunswick (52-41).

Thevenot scored two, eight, and an impressive 17 points in those games.

Alberta won the gold with a 51-48 win over Ontario while Quebec took home the bronze after a wild 56-55 victory over New Brunswick.



TRIBUNE PHOTO SUBMITTED

Thomas Thevenot represented Manitoba at the Canada Winter Games in Red Deer last week.

Jets holding on to seventh spot in MMJHL standings

By Brian Bowman

The Stonewall Jets needed a win in a huge way against the River East Royal Knights on Sunday.

And the Jets delivered, taking it to the Royal Knights in their own barn by thumping River East 8-2.

"It's tough to play a full 60 when you're up 4-0 after the first period and that doesn't happen to us very often," said Jets' head coach Brock Couch. "But we tried to push the idea that it didn't matter who we were playing. Let's work on some things that we need to do in the playoffs."

Stonewall scored early and often in this one, jumping out to a 4-0 first-period advantage before leading 5-1 after 40 minutes.

The Jets' Foster Bytheway and Branden Storey each scored their first two goals of the season, according to the scoring summary on the league website.

Couch, though, noted one of Storey's goals was tipped by Chance Dickenson.

"But those guys' confidence is going up on the offensive side of things and that's good to see close to the end of the year," said the Jets' head coach.

Keevan Daniels-Webb also had a great game, finishing with a goal and four assists.

"He controls the game and sees the ice very well," Couch said. "Especially

against that team, he was having a good time, I guess you could say. It looked like he was having a good game and he controls the play any time he's out there."

Jets' forward Aiken Chop also played a strong game with his team-leading 29th goal of the season while adding three assists.

Brendan Labossiere and Ryan McMahon also scored for the Jets.

Riley Hall and Colin McKay replied for River East, beating Jets' netminder Adam Swan. Swan made 36 saves for the victory to improve his record to 8-9-1. He now has a 3.04 goals-against average and .908 save percentage.

Last Friday, the Jets were edged 2-1 by the second-place Raiders Jr. Hockey Club in Stonewall.

"It was a nice test and obviously a close game," Couch said. "That's probably who we are going to see in the playoffs so the guys have a better feeling against those guys. We've given them close games all year and haven't been able to hold a lead or regain one when we lose it

"It was nice that there was a playoff feel, a playoff intensity."

After a scoreless first period, Chop gave Stonewall a 1-0 lead at 12:35 of the second.

But the Raiders came back with a power-play goal by Kale Ilchena about five minutes later.



TRIBUNE PHOTO BY LANA MEIER

The Jets' Aiken Chop continues to lead his team with 29 goals this season.

Liam Noga then gave the Raiders the lead for good when he tallied with just 26 seconds left in the frame.

Giving up a goal in the final minute of a period at this time of year is a real no-no.

The Raiders, who outshot the Jets 32-39, scored once in three power-play chances. Stonewall, meanwhile, was blanked in three opportunities.

With the split last weekend, Stonewall is now 19-18-4 and has 42 points to sit in seventh place in the 10-team

league.

"Since we came back from Christmas we said we wanted to get into the middle of the pack and I feel seventh is an underachievement for our team.

"But that's where we put ourselves and seventh is better than eighth," Couch laughed.

The Jets, now two points ahead of the Charleswood Hawks, will host the Ft. Garry/Ft. Rouge Twins Friday and the first-place Pembina Valley Twisters on Sunday. Both games start at 7:30 p.m.

Lightning close out season with a pair of road losses

By Brian Bowman

A bad season by the Interlake Lightning Midget Provincial hockey team got even worse last week.

Interlake lost all three of its Manitoba AAA Midget Hockey League games, including a pair to the last-place Norman Northstars in Thompson last weekend.

"We played pretty well Saturday night and I think we were good enough to win but we just had too many breakdowns that cost us," said Lightning head coach Trent Genyk. "We were getting chances but we just couldn't capitalize. On Sunday, we just ran into penalty trouble

"It was a rough weekend but it's been an interesting year. Too bad that we couldn't finish with a win or two, but it is what it is."

Interlake wrapped up its season with a 9-5 loss to Norman on Sunday afternoon.

Interlake took a 2-0 lead with goals from Austin Adair and Chase Barkley but Norman responded with tallies by Kaden Ross and Keistin Saunders late

in the first period.

The Northstars' Jamie Valentino struck on the power play at 1:21 of the middle frame but the Lightning's Carl Ingalls replied with a shorthanded marker just six seconds later.

Norman went up 4-3 when Jordan Pfoh scored a power-play goal midway in the second.

Norman's Henry Muchikekwanape and Interlake's Matthew Vandel traded goals early in the third and then the home side went up 8-4 with two goals from Hunter Rambow and a single by Valentino.

The Lightning's Cody McMillan and Ross closed out the scoring late in the third.

The Northstars were a potent 6-for-12 on the power play while the Lightning finished 0-for-7.

"It's not that our penalty kill was all that bad but I think at one point in that second game, we had just two defencemen left," Genyk noted. "We had forwards playing defence and everything was jumbled up."

Last Saturday evening, Interlake was

edged 5-4 in a shootout by Norman.

Muchikekwanape was the lone player to score in the shootout. Saunders had tied the score at 4-4 at 15:39 of the third period.

Vandel and Austin Adair scored first-period goals for the Lightning and then Emmitt Farebrother and William Faraci tallied in the second. Muchikekwanape, with a pair, and Branden Hill replied for Norman.

On Feb. 20, the Lightning lost 11-2 to the first-place Winnipeg Wild in Teulon.

Reese Belton, Ethan Robson and Kaden Bryant scored first-period goals for the Wild. Winnipeg's Tyler Thoendel, with a pair, Bryant, Luc Benedictson and Belton made it 8-0 after two periods.

Two of those goals came with the man advantage.

Interlake finally got on the board at 3:16 of the third period as Keiran Schioler scored a power-play goal, assisted by Ethan Johnson and Kai Studler.

Aeden Loschiavo made it 9-1 but the Lightning's Cadrick Dueck answered

just over a minute later.

The Wild then closed out the game's scoring with late goals from Thoendel and Jackson Klewchuk.

Winnipeg outshot the Interlake 62-26.

Interlake finished the season with a 10-34-0-3-1 record and 24 points. That put the Lightning in 11th place in the 13-team league.

Interlake ended its season with nine straight losses and the Lightning were winners in just one of their final 13 games.

"You always want to do better and at the beginning of the year, we set a goal for ourselves to be .500," Genyk said. "Whether some guys didn't buy into it or believe that we could, I'm not too sure but playing in the Interlake is a lot different than playing for a city team.

"With a city team, you're going to have a good chance at winning whereas in the Interlake, as for myself, I focus more on developing the players to get to the next level."

Zone champions



TRIBUNE PHOTO BY MARGARET-ANN BRAD

The Warren Wildcats captured the Zone 5 senior girls 'AA' basketball banner after defeating Teulon 49-24 in Game 3 of their best-of-three series last Thursday.

Pictured left to right, back row: Kevin Braun (coach), Joy McCutchen, Hannah Friesen, Hailey Friesen, Bobbie Fairlie, Lexi Cowan and Kirby Hearn (coach). Front row: Laura Brad, Grace Goodman, Alex Chester, Mailka Bangle and Darrien Bullied.

Shaftesbury stops Stonewall in varsity girls' basketball playoffs

By Brian Bowman

The Stonewall Collegiate Rams' varsity girls' basketball season has come to an end.

Stonewall was defeated 65-43 by the Shaftesbury Titans in playoff action Monday evening in Winnipeg.

"We didn't finish as well as I was hoping we would finish," said Rams' head coach Christy Steeves. "But I think having a really good weekend and coming off of that, the girls just didn't have much energy left to put into the game Monday night."

The Rams' Hunter Lupyrypa played an outstanding game, finishing with a team-high 18 points.

"She pretty much held us in for the longest time," Steeves noted. "She was a big competitor (Monday) night but the rest of the team didn't have the same energy. She played really, really well."

Stonewall also lost 38-28 to the St. James Jimmies in a playoff game on Feb. 20.

Meanwhile, the Rams finished its home tournament last weekend with a great effort in a 50-42

win over the Westgate Wings in the third-place game.

"I think it was really great and the girls appreciated having that last game and finishing strong like that as opposed to how the season went," Steeves said. "We had a lot of battles with injuries and ups and downs and those types of things."

"To have that kind of finish for their careers, the Grade 12s, was super important and I think that maybe Monday didn't seem as big of a deal, sort to speak."

Stonewall found itself playing in the third-place game of the tournament after suffering a slim 52-50 loss to the Sanford Sabres in a hard-fought semifinal matchup.

"It was super close and the girls played really well," Steeves said.

Stonewall started the tournament with a dominating 76-31 win over the Churchill Bulldogs.

The Boissevain Broncos captured the tournament title with a 52-44 win over Sanford.



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Rams' Emma Stephens goes up for a shot against the Churchill Bulldogs during tournament action last Friday in Stonewall. Stonewall won the game 76-31 on its way to placing third at the eight-team event.

take a break > GAMES

SUDOKU

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| | | | 2 | | 9 | | | |
| | | | | 6 | | | | 5 |

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 4 | 8 | 1 | 9 | 3 | 2 | 7 | 6 |
| 3 | 9 | 6 | 8 | 2 | 4 | 1 | 5 | 7 |
| 2 | 1 | 7 | 9 | 4 | 7 | 5 | 8 | 3 |
| 6 | 7 | 3 | 5 | 4 | 2 | 8 | 9 | 1 |
| 2 | 9 | 5 | 3 | 8 | 1 | 4 | 6 | 7 |
| 8 | 1 | 4 | 7 | 6 | 9 | 7 | 2 | 5 |
| 3 | 8 | 7 | 4 | 1 | 2 | 6 | 5 | 9 |
| 4 | 6 | 1 | 9 | 5 | 7 | 8 | 2 | 3 |
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Sudoku Answer

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| K | C | V | S | S | V | A | R | V | Z | V | O | | |

Crossword Answer

CROSSWORD

CLUES ACROSS

- Iranian village
- Duct
- Holds potatoes
- Plant of the goosefoot family
- Spoken in Cameroon
- Students' rights document (abbr.)
- Skin lesion
- Went over the airwaves
- Nestle malt drink
- Rockets' point guard
- Developed the polio vaccine
- Businessmen
- Animals have it
- Atomic number 58
- Cycles/second
- Japanese classical theater
- Slow nocturnal primate
- Used in a play
- One that breaks apart
- Yellow-fever mosquitos
- Bag-like structure in a plant
- Simple wooden shoe
- Leeches
- Tide
- Fathers
- Decay
- Returned material authorization (abbr.)
- The Golden State (abbr.)
- Extinct flightless bird of New Zealand
- Unique garments
- True firs
- One who's not on time
- Angry speech
- Young children
- About aviation
- This (Spanish)
- Earns a perfect score
- People of Ghana
- Founding member of The Grateful Dead
- Of she
- Genus of lichens
- Variety of pear

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| 45 | | | | | | | | 46 | | 47 | | 48 | | |
| 49 | 50 | | | 51 | | | | 52 | | | 53 | | | |
| 54 | | 55 | | | | | | 56 | | | | 57 | 58 | 59 |
| 60 | | | | | | | | 61 | | | | | | 62 |
| 63 | | | | | | | | 64 | | | | | | 65 |
| 66 | | | | | | | | 67 | | | | | | 68 |

- Curved symmetrical structure
- A demon in some cultures
- Cricket frogs
- Atomic #45
- Abnormal bone joint
- Cain and
- Unhappy
- Dogooder
- Most babies need ___ when they eat
- Abdominal pain suffered by babies
- Monetary unit
- Tendency to suffer from a particular condition
- Genus of flowering plants
- It comes up some days
- Koran chapters
- In support of
- One who crunches numbers
- A type of school
- Pops
- Tears
- Not influenced by drugs
- Forms a boundary
- Touch quickly and gently
- Stray
- A period between solar and lunar eclipses
- Third-party access
- A very large body of water
- Infections
- It might be due to nerves
- Hall of Fame ballplayer Rod
- Belittle
- Type of sword
- Makes very wet
- One-time Peruvian money
- A shoe typically has one
- Not nice
- Sea eagle
- Civil Rights figure Parks
- Humbug
- A precious metal (abbr.)

Classifieds

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Stonewall Teulon
Tribune

AUCTIONS

Bob Pinkerton Toy Auction - Online Only. March 7 beginning at 6 p.m. Log onto www.billklassen.com "Pinkerton Toy Auction" Bill Klassen Auctions Ltd. Ph: 204-325-4433; Cell: 204-325-6230; Fax: 204-325-4484.

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PIZZA DEN is hiring a part time or full time evening cook, shifts include weekends. Previous cooking experience an asset. Go to pizzaden.ca to see menu. Self-starter, able to multi-task, team player. Call or text 204-799-2423 or email resume to robert.magnifico@gmail.com

HELP WANTED

Experienced Flatbed Operator wanted for Canada and US. The ideal candidate will work a variety of shifts, including days, evenings, overnight, some weekends and meet all background checks as required. You must possess a Class "1A" with endorsements for operating a tractor/trailer with air brakes and have transportation experience for consideration. We pay top wages and you are home most weekends. Run newer equipment "Peterbilts and Freightliners". Require safe driving record with a clean driver's abstract and criminal background check. Candidates must fluently speak, write and read English. Must have a valid Passport or Fast Card. All other responsibilities and education and requirements discussed at the interview. Please forward your resume and abstract, along with a reachable daytime phone number to scottishjacktransporth@gmail.com

HELP WANTED

LAUNCH your career! BLAST-OFF Fireworks requires FT/PT warehouse personnel for summer positions. Competitive wage, great team atmosphere, benefits, potential for permanent employment & advancement. Apply at 609 Greenwood Avenue, Selkirk; or e-mail: hr@blastofffireworks.ca using subject "Warehouse".

Looking for an EXPLOSIVE part-time job?! BLAST-OFF Fireworks requires seasonal "Class 5" delivery drivers. Perfect for the semi-retired individual: home nights, scheduling based on demand. Must possess customer service skills, outgoing personality. Competitive wage & benefits. Apply at 609 Greenwood Avenue, Selkirk; or e-mail: hr@blastofffireworks.ca using subject "Driver".

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RCMP-GRC

INVITATION TO TENDER/ APPEL D'OFFRES

Janitorial Service Contract / Contrat de service de conciergerie RCMP Stonewall Detachment Détachement de la GRC Stonewall

The RCMP Stonewall Detachment, Stonewall, Manitoba is seeking tenders for janitorial services contract for the Detachment.

Interested parties may obtain a Tender Package through the Detachment by contacting: **The Stonewall Detachment at 204-467-5015**

The successful contractor and their employees will be required to obtain a valid RCMP Departmental Security clearance.

The successful contractor must adhere to all safety rules, regulations and labor codes in all jurisdictions where work is performed.

This service contract may not necessarily be awarded to the lowest bidder.

Optional Site Visit will be held on: **March 5, 2019 at 2:00 p.m. (local time)**
Deadline for Tender submission is: March 13, 2019 at 2:00 p.m. (Central Standard Time)

Bids must be forwarded to RCMP NWR Procurement & Contracting as per Submission of Bids within the Tender Package.

Le personnel du détachement de la GRC de Stonewall, à Stonewall, au Manitoba, sollicite des offres pour un contrat de services de conciergerie et d'entretien pour le détachement.

Les parties intéressées peuvent obtenir un dossier d'appel d'offres par l'intermédiaire du détachement en appelant: **S/Sgt. Kelly Glaspey au 204-467-5015**

L'entrepreneur sélectionné et ses employés devront obtenir une cote de sécurité de la GRC valide.

L'entrepreneur sélectionné doit respecter les consignes de sécurité, les règlements et les codes du travail en vigueur dans le territoire de compétence où sont réalisés les travaux.

Le contrat de services ne sera pas nécessairement attribué au soumissionnaire présentant l'offre la plus basse.

Une visite facultative des lieux est prévue pour: 5 mars 2019 à 10h (heure locale)
Date limite de réception des soumissions: 13 mars 2019 à 14h (HNC)

Les soumissions doivent parvenir à la Section des acquisitions et des marchés de la Région du Nord-Ouest de la GRC aux termes du document Présentation des soumissions faisant partie du dossier d'appel d'offres.



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PUBLIC SAFETY NOTICE

Dangerous Ice Conditions

During Ice Cutting and Ice Breaking Operations

Ice cutting crews will begin working on or about February 20th on sections of the Red River beginning in the Netley Lake area and will move upstream towards Selkirk. On February 25th, the Amphibex ice breakers will start operating at the mouth of Netley Creek.

Dangerous ice conditions may not be obvious but will exist. Ice fishers, cross-country skier, snowmobilers and others going on the frozen river must:

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



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UPCOMING EVENTS

SOUTH INTERLAKE ROCKWOOD AG SOCIETY'S ANNUAL DINNER, Saturday, March 2, 2019 at the Red Barn. Cocktails, 5:30; Dinner, 6:30; Entertainment and bag auction. Tickets \$25. For tickets call 204-467-8789 or 204-633-2238.

Lilyfield Church Women will host a St Patrick's Day Stew supper, Thursday, March 14 at the church hall from 5 to 7 p.m. Adults, \$12; 6 - 12, \$6; under five free. Info at 204-633-2067 or 204-633-2238.

"Bringing back Rock and Roll Memories" concert featuring the Haskins Street Band at Stony Mountain Church, Sunday, March 10 at 3 p.m. \$12 at the door; \$10 in advance. Refreshments provided. Info at 204-334 6869 or 204-633-2238.

Old Time Dance lessons in Gunton. Fridays, starting March 29, 7 p.m. - 9 p.m. \$150/couple or \$75/single. Text or call Char 204-292-8886. Registration deadline March 15/19.

Don't forget to put in a message for your loved ones

FARMLAND WANTED

Small farm looking to buy farmland in the RM's of Rosser, Woodlands or Rockwood. Flexible on purchase terms. Ph 204-771-2169.

STRAW FOR SALE

Small squares, wheat straw. Call 204-482-5101 leave message.

HEALTH

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NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF CATHERINE (KATIE) BUDNIAK late of the Town of Teulon, in Manitoba, Deceased. ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at his office, Box 149, 70 Main Street, Teulon, Manitoba, R0C 3B0, on or before the 26th day of April, 2019. DATED at Teulon, Manitoba, this 20th day of February, A.D. 2019. STEVEN R. SHINNIE SOLICITOR FOR THE EXECUTORS

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PROGRAM COORDINATOR

The Re-START Adult Diversion Program is looking for a dynamic individual with diverse skills to case-manage young adults as part of a diversion initiative with Manitoba Justice and the RCMP in the southwest Interlake region. This position will be a 0.6 position. The ideal candidate will have a degree or certificate in Social Services or an equivalent combination of education and experience. Familiarity with multi-agency initiatives, experience in working collaboratively within a team environment and an administrative background will be considered an asset. Salary will range between \$24.00 - \$29.00 dollars per hour depending on education and experience. Valid Criminal Records and Child Abuse Registry checks required. The successful candidate will be required to undergo an enhanced law enforcement security screening. Resumes will be accepted until 5:00 pm, Friday March 1st 2019. Please forward your resume to:
Danelle Guenther
STAR Program
404-3rd Ave. South
P.O. Box 903, Stonewall, MB R0C 2Z0
danelle.guenther@rcmp-grc.gc.ca

RURAL MUNICIPALITY OF WOODLANDS TEMPORARY, 1 POSITION OFFICE CLERK

The Rural Municipality of Woodlands invites applications for the temporary position of Office Clerk for a 2 - 3 month period starting March 18, 2019.

Specific Duties and Responsibilities:

- Answer telephone
- Process mail
- Filing as required
- Process payment receipts
- Other related duties as assigned

Education, Skills, Abilities, Knowledge and Experience Required:

- Graduation from a Senior 4 (Grade 12) High School Program or an equivalent combination of training and experience
- Excellent communication skills
- Knowledge of Microsoft Office and Outlook

Persons applying should submit a resume on or before 4:00 p.m. local time Monday March 11, 2019.

R.M. of Woodlands
Box 10, Woodlands, MB R0C 3H0
Fax: (204) 383-5169 Phone: (204) 383-5679
Email: finance@rmwoodlands.ca

We thank all candidates for their interest, however, only candidates selected for interviews will be contacted.

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Seasonal Employment Opportunities

The Town of Stonewall is currently accepting applications for the following seasonal positions:

- Gate keepers
- Cleaners
- Concession workers
- School program interpreters
- Aquatics coordinator
- Lifeguards
- Swim instructors
- Groundskeeping

Deadline for application: March 22, 2019

To Apply: drop off resumes to Derrick Good at the Heritage Arts Center 166 Main Street or contact by email at stoneqp@stonewall.ca

For more info call 204-467-7980

RURAL MUNICIPALITY OF WOODLANDS FULL TIME, 1 POSITION EXCAVATOR OPERATOR



The Rural Municipality of Woodlands invites applications for the position of Excavator Operator under the Operator 3 classification as per the Union Agreement with International Union of Operating Engineers Local 987. The Operator 3 reports to the Public Works Foreman.

Summary of Position:

The Excavator Operator is responsible for transportation and operation of the Excavator, along with other heavy duty equipment and vehicles in performing a variety of labour tasks in constructing, maintaining and repairing the municipal infrastructure.

Specific Duties and Responsibilities:

- Must be able to transport to and operate Excavator at specified job locations, minimum 2 years experience.
- Complete minor repairs and maintenance of all municipal equipment and vehicles
- Assists with surveying, use laser and read drainage profiles
- Also be trained and capable of operating the following:
 - Grader, snow plow, crawler, loader, tractor, mower, tandem truck, semi
- Operates light or heavy equipment as required during Operator 1 or Operator 2 absences
- Performs other related duties as assigned

Working Conditions:

- All weather position
- Must be able to handle moderate physical tasks as some heavy lifting may be required
- Use of safety goggles, gloves, and safety shoes and clothing may be required to operate specific equipment

Education, Skills, Abilities, Knowledge and Experience Required:

- Class 1 driver's license and air brake endorsement
- Graduation from a Senior 4 (Grade 12) High School Program or an equivalent combination of training and experience
- Training in operating various heavy equipment, specifically excavator and semi
- Training in basic mechanics and servicing of heavy equipment
- Training in road construction, repair and maintenance
- Training in and knowledge of safety and the use of safety equipment
- Basic training in welding, certificate or an equivalent combination and experience
- At least two years' experience in operating various heavy equipment and in heavy construction
- Ability to work under minimum supervision
- Ability to deal with the public in a tactful and diplomatic manner
- Ability to work as an effective team member

Salary as per the agreement between The International Union of Operating Engineers Local 987 and the Rural Municipality of Woodlands.

Persons applying should submit letter of application, including a current driver's abstract, on or before 4:00 p.m. local time Friday March 15, 2019.

R.M. of Woodlands
Box 10, Woodlands, MB R0C 3H0
Fax: (204) 383-5169 Phone: (204) 383-5679
Email: finance@rmwoodlands.ca

We thank all candidates for their interest, however, only candidates selected for interviews will be contacted.



LORD SELKIRK SCHOOL DIVISION

invites applications for
HVAC TECHNICIAN
Full-Time Permanent position
beginning March 2019

Are you looking for a rewarding and fulfilling career?

Our overall success is a combined collaboration to learn, grow and thrive, giving our Employees an opportunity to develop and maintain skills in a variety of areas.

We have 15 schools in our division, serving students of all ages and cultures with an emphasis on "Educational Care and Excellence".

The HVAC Technician will perform a wide variety of skilled tasks in the maintenance and repair of heating, ventilation, air conditioning and refrigeration units related to the care and maintenance of Division schools, buildings and facilities.

For the complete list of duties & qualifications, visit Employment Opportunities at www.lssd.ca

ANNOUNCEMENT

BIRTHDAY



Aidan Dean Shymko
Wishing you a great 15th birthday!
As you catch fish, hunt, play basketball and badminton, plant and tend your garden, you are growing into a wonderful, caring young man.

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

ANNOUNCEMENT

BIRTHDAY



Happy Birthday
Bob and Tim Buck
February 27, 1939

-Love from your family

Announcements

Stonewall Teulon
Tribune

ANNOUNCEMENT

BIRTH ANNOUNCEMENT



Kesley Jade Scrivener

On January 17, 2019 at 4:45am, Kesley Jade Scrivener made a surprise but greatly welcomed arrival into the world! Weighing in at 8 lbs 5 oz and 20 inches she was delivered at home by her mom.

Proud new parents Kaleigh Anne and Chad Scrivener, of Stonewall. Grandparents Darcy Miller and Danny McHugh, and Chris and Martin Scrivener, all from Stonewall.

We would like to thank all the EMTs who were there so quickly to assist Kaleigh after the delivery of our precious Kesley, and making sure they were both healthy and safe. Thank you to the Stonewall Hospital and all the wonderful staff who were there to care for both mom and baby upon arrival. Special thanks of course to two special nurses! Kaleigh's aunt Janice Baryliuk and cousin Lisa Taplin who just happened to be working that night!

Thankyou to everyone who were so quick and generous to help out with the surprise addition to our families... the diapers, formula, clothes, and all the extras involved with a new baby. The support and love from all of you is greatly appreciated. We are proud to say that both mom and Kesley are healthy, happy and ready for the world.

ANNOUNCEMENT

FOUR GENERATION



4 Generations!

From left to right: mom Kaleigh Anne, Great-grandma Lynne Miller, Kesley Scrivener and grandma Darcy Miller

ANNOUNCEMENT

IN MEMORIAM



Faye MacMillan

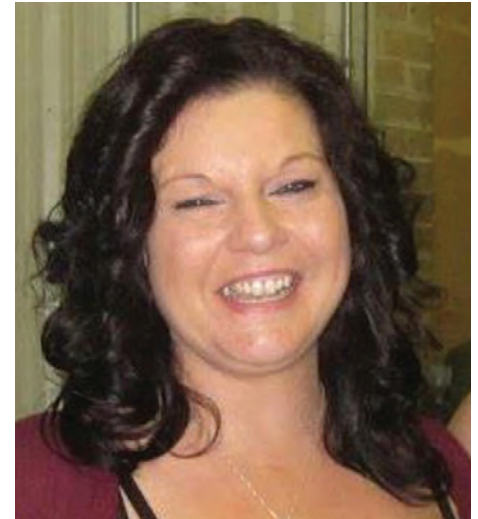
October 28, 1948 - February 26, 2014

You never said I'm leaving,
You never said goodbye;
You were gone before I knew it,
And only God knows why.
A million times I needed you,
A million times I cried;
If love alone could have saved you,
You never would have died.
In life I loved you dearly,
In death I love you still;
In my heart you hold a place,
That no one could ever fill.
It broke my heart to lose you,
But you didn't go alone;
For part of me went with you,
The day God called you home.

-Forever missed by your loving family
Sonny, Tammy, Doug and Alana,
Greg, Melissa and William

ANNOUNCEMENT

IN MEMORIAM



Rhonda Leah Nobiss

March 27, 1970-March 3rd, 2018

Those special memories of you,
Will always bring a smile;
If only we could have you back,
For just a little while.
Then we could sit and talk again,
Just like we used to do;
You always meant so very much,
You always will do too.
The fact that you're no longer here
Will always cause us pain;
But you're forever in our hearts,
Until we meet again.

Always remembered and forever in our hearts.
-Love always:
Joshua, Meagan, Chelsea, Cassidy and Gerry

ANNOUNCEMENT

IN MEMORIAM



In Loving Memory

Of Susan Gregg

Who passed away

Three years ago

February 19, 1963 - March 5, 2016

Those we love don't go away,
They walk beside us every day;
Unseen, unheard, but always near,
Still loved, missed and very dear.
In loving memory of Susan Gregg who is always present, always in our thoughts and hearts.

We miss you.

-Love always,
Carl, Tyler, Jasmine, Kasey, Nathan,
Taylor, Chad, Rachel and Matt

Abby Lee Anne Margetts



We appreciate your love and support through this difficult time.

With Love,

Amanda, Ryan & Andrew Margetts

Thank You

Amanda, Ryan, Abby (in spirit), and Andrew Margetts would like to sincerely thank the people of the communities and businesses of Stonewall and Warren areas for their support following the tragic loss of our daughter Abby. Specifically we would like to thank the following: Mackenzie Funeral Home, United Church and the other churches of Stonewall, Interlake School Division, Family Foods, Stonewall RCMP, Stonewall Hospital Staff, First Responders, STARS Ambulance, Buzzards Hockey Club, Sturgeon Creek Colony and Meadow Lane Colony. We are humbled by everyone's support, love and prayer during this extremely difficult time.

Don't forget to send your special words of remembrance for loved ones passed.

Stonewall Teulon
Tribune

Call 204-467-5836 or email igrphic@mts.net

ANNOUNCEMENT

IN MEMORIAM



Tom Priestley
 December 4, 1960 – January 12, 2018
 We miss your smiling face,
 Though you are out of sight.
 God took you away too soon,
 To lose a son so early
 Is the greatest sorrow.
 May you look down from heaven
 And think of us,
 As we are thinking of you.
 -Lovingly remembered,
 Lorna and family

THERE IS A LINK
 DEATH CANNOT SEVER,
 LOVE AND REMEMBRANCE
 LAST FOREVER.

OBITUARY



Doreen Emma Guilbeault (nee Schmidt)
 1936 - 2019

It is with broken hearts we announce the passing of our beloved mother, grandmother and great-grandmother. Doreen passed away February 23, 2019 comforted by family at her side.

She will be forever missed by her children, Gerald (Barb) Guilbeault, Shirley Guilbeault (partner Donald), Linda (John) Schreyer, Annette (Bill) Reich, Rose-Ann Campbell (Howard Strick). Grandchildren, Andrew, Mathew, Amanda and Daniel Guilbeault; Melissa (Mike) Yastremski, Shawn, Jonathan (Casia), Sheldon, Garret and Darcy Schreyer; Nadine (Justin) Hoplock, Robert Campbell (Brittany Griffith) and Brooklyn Strick. Great-grandchildren, Madison and Morgan Yastremski, Nathan and Janelle Schreyer, Ryan and Olivia Hoplock. She will also be missed by friends and extended family in Manitoba, Ontario and USA.

Doreen was predeceased by her husband John and her siblings Frank, Ed, Ted, George, Clara and son-in-law Mark Campbell.

Mom was born and raised in Winnipeg. Her first job was working in the Eaton's mail order department and later she worked in her father's restaurant. She married Dad in 1956 and moved to the farm in Teulon in 1961. Mom worked hard on the farm tending to the livestock, growing two large gardens, canning preserves for the winter months and looking after our five children. She enjoyed spending time with family and never missed an opportunity to see her thirteen grandchildren and six great-grandchildren.

All of her life Mom enjoyed growing beautiful flower beds and houseplants. She spent many hours each year creating entries for the Teulon Ag Fair and was awarded countless ribbons. It was common to see at least one of her entries proudly displayed in the "Court-of-Honour". Mom knitted beautiful blankets for all the grandchildren and great-grandchildren. She enjoyed bowling, volunteering, singing in the church choir, and travelling across Canada on bus tours, even venturing as far north as Alaska. Mom will be forever remembered for the kindness and generosity she gifted to others.

Funeral Service will be held on Friday, March 1, 2019 at 11:00 a.m. at MacKenzie Funeral Chapel, Stonewall.

In lieu of flowers, donations may be made to the Canadian Pulmonary Fibrosis Foundation Manitoba c/o 47 Squire Baker's Lane Markham, Ontario L3P 3G8 or she would love you to perform a random act of kindness.

MACKENZIE FUNERAL HOME STONEWALL
 (204) 467-2525 • info@mackenziefh.com



OBITUARY



Alice Sylvia Coutts (nee Svenson)

It is with great sadness the family of Alice Sylvia Coutts (nee Svenson) announces her passing on February 21, 2019 at the age of 88 years at Birch Lodge Personal Care Home in Hamiota.

Left to treasure all of the wonderful memories are her daughters Sherri (Tom) Mollard of Hamiota, MB and Alison Coutts (Brian Posluns) of Toronto, ON and grandchildren, Troy and Shelby Mollard and Madison Posluns, and her sister Verna Johnston. She was predeceased by her husband Joe in July 2017 and her parents Miles and Grace Svenson.

Alice was raised in Onanole, MB. She had a career with the Royal Bank before marrying dad in 1961, and they then settled in Stonewall, MB to raise their family. While in Stonewall, she was employed by North American Lumber for many years before retiring to enjoy the arrival of her grandchildren. Her commitment to

community included being an active member of the Kinette Club and executive member of the Stonewall Figure Skating club. Camping/fishing trips, curling and golfing, and leisure walks with her many four legged friends were what brought great pleasure to mom.

A private family interment will take place at a later date.

If friends so desire, memorial donations may be made to the Birch Lodge Personal Care Home Activities Fund, Hamiota, MB, R0M 0T0.

Messages of condolence may be shared at www.campbellfuneralhome.ca



OBITUARY



Michael Wayne Pringle

December 12, 1937 - February 22, 2019

On February 22, 2019, Wayne passed away due to health conditions. Wayne was born December 12, 1937 in North Bay, ON to Mel and Veronica Pringle. He was the only brother to Sheila and Janice.

He was the pillar of the Pringle family, standing proud as the husband of his beloved wife Jan. They were married on May 20, 1957 and have five children, Laurie Bracken (Ken), Kim Doherty, Wendy Munro (Smiley), Jeff (Linda) and James (Jana).

He started working for the North Bay Nugget newspaper after finishing grade schooling in 1954. In 1964, he took a job with Harris Intertype as a service rep and moved the family to Toronto. He was then transferred to Winnipeg in 1967. He was a savvy businessman who traveled the country and met interesting people along the way. In 1971, he left Harris Intertype to start a business with

Jan called Casting Industries where they jointly made all types of plaster of Paris items from casting to painting and shipping. From 1975 through 1978 he also drove bus for Winnipeg Transit. In 1970 they bought property near Lake Winnipeg and he and his girls built a cottage.

In 1976, they decided to move the family to the small community of Teulon, Manitoba. They continued their thriving business there and then in 1988 they built a new store and restaurant. It was in 1995 when they were involved in a horrible car accident near Stonewall that changed their lives forever. He suffered minor injuries but Jan was seriously injured in the accident. She endured years of surgeries, physical therapy and doctor appointments followed with a permanent disability. He was forever grateful that she survived. After this accident, that almost took the love of his life, he spent the rest of his life selflessly making sure she was happy.

It was in 1998 that they made the tough decision to close their business and retire to Winnipeg.

He took pride in their eight Grandchildren Shannon Ajibesin (Victor), Ryan Bracken (Krista), Kyla Campbell (Robert), Brett Munro (John), Caemlyn Pringle (Lukas), Daron Pringle, Matthew Pringle and Deanna Fontaine and their ever growing great grand babies.

In his last days he was surrounded by his family and he felt so grateful for the family that he and Jan had created. He was a kind, compassionate, caring man and we valued his advice. His incredible sense of humour will be greatly missed but carried on in future generations.

The Pringle family would like to sincerely thank the 5th floor staff at the St. Boniface Hospital for their amazing kindness, patience and care for our Husband, Dad and Grandpa in his final weeks. He was so grateful for everything you did for him.

As per his request, there will be a private family memorial at a later date.

In lieu of flowers, please make donations to Cancer Care Manitoba.

Rest easy Pops, we've got it from here.



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