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THURSDAY,  
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## Season finale

TRIBUNE PHOTO BY JO-ANNE PROCTER

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# Warren Elementary well represented at Yes I Can awards

By Jennifer McFee

A Warren Elementary teacher is earning accolades for going above and beyond the expectations of an educator and counsellor.

Mia Safiniuk received the Teacher of the Year award at the Manitoba Council for Exceptional Children's Yes I Can Awards, held in Winnipeg on Feb. 22.

At the event, attendees learned that Safiniuk consistently maintains positive and collaborative relationships with staff members.

"Mia is devoted to being a positive influence in the lives of her students and colleagues, and has the energy and enthusiasm to have a significant impact in their lives. Mia believes that everyone learns differently and is talented in different ways, and believes it is important to consider adaptations and interventions based upon students' needs," stated the awards brochure.

"Mia is a professional who is always upgrading her knowledge base of best evidence-based practice through courses taken, research participation and work with both the Manitoba Council for Exceptional Children and Autism Manitoba."

For Safiniuk, she said she feels humbled by the recognition.

"I'm quite excited about this award. I was very surprised. There are lots of candidates and people that are worthy of this award because teachers and people in the education system really do work hard," she said.

"I'm really humbled by it because I love what I do. I'm very motivated by some of the committees I've been on and the people I've met along my career path at both rural and urban schools. It's really heartwarming to be honoured."

Safiniuk believes in creating a circle of support for children and engaging parents in the process.

"I think it takes a village to raise a child. Everyone has to be rooting for children to make differences and providing kids with what they need. We need to ask what are their social emo-

tional needs? What are their academic needs? And how can I help nourish them so they can grow in the right environment by providing them with the things they need and starting at their level?" Safiniuk said.

"Kids are all different, so I think it's important to adapt, meet their needs and think about where they're at. We all have the power to make a difference if we work together to do it."

In addition to receiving her own award, Safiniuk also had the chance to work with two students who won their own Yes I Can awards — Rylan Thibodeau and Logan Widenmaier.

The awards brochure describes Rylan as a happy and co-operative Grade 5 student at Warren Elementary.

"He has so many friends and is well liked by everyone in his classroom. Although Rylan prefers to use verbal speech to get his messages across, he also uses his iPad to communicate with others and share his learning," states the awards brochure.

"Rylan is involved in cross-country skiing and takes part in the Warren Elementary School News as a public speaker. Rylan also works each day on physical therapy goals in the gym, building muscular strength. Rylan greets every interaction with a smile and always commits to the task at hand."

Logan spent three years as a student at Warren Elementary before moving to Winnipeg, where he now attends Dufferin School. Since he started at his new school, he has made remarkable improvements in literacy and math through technological supports and online programs.

"He was most challenged by the limits of his communication system. This affected his confidence with social interactions, relationships and his tolerance for ne academic challenges," states the awards brochure.

"With the gradual transition from picture symbols to the use of the Proloquo2go app on an iPad, Logan has learned to speak and communicate his needs to adults and peers with two- to three-word phrases indepen-



TRIBUNE PHOTOS SUBMITTED

Pictured left to right: Chris Gamble, Michelle Procter, Mia Safiniuk, Jamir Timmerman and Michelle Riddell.



Rylan Thibodeau, middle, with Warren Elementary classmates.



Logan Widenmaier with his mom.

dently. Logan's smiles and high fives during morning meetings in his class are priceless. He is an inspiration for anyone who gets discouraged by the obstacles they encounter in life."

Safiniuk said that Yes I Can awards give students like Rylan and Logan a

reason to celebrate.

"A lot of our kids have to go up against obstacles and they face challenges," she said. "This just gives them more of a reason to persevere and acknowledge the people who have been supportive in their life."



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# Stonewall Library to host well-rounded Wellness series

By Melissa McIvor

No two persons' journey to achieve "wellness" looks the same, but those who are looking for a place to start will want to pay a visit to the South Interlake Regional Library in Stonewall this month.

During the month of March and into early April, Stonewall Library will host six wellness seminars on four different wellness themes: Family Wellness, Personal Wellness, Mental Wellness and Financial Wellness.

"The winter has been dragging on at this point," said Stonewall branch librarian Joan Ransom. "We thought that March would be a good time to offer this series to help members of the community focus on maintaining their health and wellness at a time of year that can be challenging for a lot of people."

"We tried to cover wellness over a wide variety of topics from mental, physical, personal and financial. We're hoping to appeal to a broad section of the community with these subjects. We hope that there's something for everyone."

Caroline LeClair, a community wellness facilitator with the Interlake-Eastern Regional Health Authority (IERHA), will be presenting three seminars on Mental Wellness. Her presentations have been carefully developed by the IERHA Wellness Team to address the many interconnected aspects that impact mental well-being.

In the first session, LeClair will help participants identify good and bad forms of stress and coping mechanisms.

"Everyone has stress and it will never go away, but it's about how to manage stress in our day-to-day lives," she explained. "We talk about deep breathing as one of the techniques for managing stress and then we go

through a bit of guided imagery. We also talk about a couple of different apps that are out there for people."

The second session offers an introduction to mindfulness and techniques that can be used to practise it.

"We'll talk about the difference between mindfulness and mindlessness," she said. "We are so busy all the time that it's really important to take that time to really pay attention to what is around you and what to be thankful for."

LeClair's last presentation draws on cognitive behavioural therapy to help participants reframe negative thinking.

"Your thoughts, behaviours and emotions are all connected," she explained. "It's about how to be more aware of your thoughts and trying to stop any negative thoughts before they take over your emotions, which take over your behaviours."

LeClair believes wellness is a timely subject in our fast-paced world.

"I think a lot of the time we're so busy taking care of everyone else — whether you're a caregiver for children, aging parents or your work. You have to take a moment to take care of yourself because then you can make healthier choices and that helps you be more positive. That creates a domino effect on the people around you."

There is no entry fee to any of the wellness sessions and everyone is welcome to attend.

A full schedule of the Stonewall Library's Wellness Series can be found below:

March 6 @ 2-3 p.m. Chair Yoga with Sarah Todd

March 8 @ 7-8 p.m. Internet Safety with RCMP Integrated Child Enforcement Unit

March 14 @ 2-3 p.m. Intro to Stress with Caroline LeClair

March 21 @ 2-3 p.m. Intro to Mind-



TRIBUNE PHOTO BY MELISSA MCIVOR

Stonewall Library is hosting a number of wellness sessions in March and April that address mental, physical, personal and financial well-being.

fulness with Caroline LeClair  
March 22 @ 7-8 p.m. Financial Well-  
ness with Coralei King

April 11 @ 2-3 p.m. Intro to Refram-  
ing your Thoughts with Caroline  
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# School board presents draft 2018-19 budget, no tax increase

Staff

Talks are in the works about reducing the number of school board trustees in the Interlake School Division by two positions.

Currently, the Interlake School Division is represented by a total of nine trustees, with three in Stonewall, two in Teulon, two in Warren/Woodlands/Grosse Isle, one in Stony Mountain and one in Balmoral/Argyle.

Board chair Alan Campbell said that the school division will need to engage in public dialogue with ratepayers and citizens in order to reduce the total number to seven trustees.

“We will assess current populations in our communities and our existing wards and do an assessment of the best way to equitably distribute the population over seven trustees instead of nine,” Campbell said.

“It’s proposed now as a measure to reduce our administrative expenses and we will engage the community. If we feel as though we can’t move forward because the community has signaled that they’re not in favour, then we’d have to re-assess. The intent is that for the fall trustee municipal elections, if we go forward with this, we would run seven trustee positions in the division based on that ward assessment versus nine.”

The change is prompted by a recent provincial government announcement that requires a 15 per cent reduction on the administration cap,

	2018/2019 DRAFT BUDGET	2017/2018 APPROVED BUDGET	
Total Operating Costs	\$37,953,000	\$37,600,000	
Capital Expenditures	347,000	500,000	
Total Draft Budget including Capital	\$38,300,000	\$38,100,000	0.52%
Provincial Funding	\$17,594,346	\$17,742,174	
Revenue from Other School Boards	25,000	63,000	
Continuing Education	110,000	138,000	
Other Revenue Sources	249,194	233,826	
Subtotal	\$17,978,540	\$18,177,000	-1.09%
Remaining costs that need to be funded through education property taxes	\$20,321,460	\$19,923,000	2.00%

which includes costs associated with trustees, the superintendent’s department and the secretary-treasurer’s department. In total, the allowable spending in these areas now must be no more than 3.33 per cent of the overall budget.

To meet this requirement, the Interlake School Division aims to further reduce its budget by \$70,000 by cutting back on the trustee positions as well as reductions to mileage rates, meals and trustee professional development.

At a public budget presentation held at Stonewall Centennial School on Feb. 22, the Interlake School Division presented a draft 2018-19 budget with \$38.3 million in expenditures, up by

0.52 per cent from last year.

The main costs go towards regular instruction (\$22,144,000), student services (\$6,523,000), building operations (\$3,656,000), transportation (\$2,231,000) and administration/board of trustees (\$1,329,000).

Other expenditures will go towards instructional and pupil services (\$1,093,000), interest and payroll taxes (\$684,000), preschool and continuing education (\$293,000), school buses (\$287,000) and fibre payment (\$60,000).

Highlights of the 2018-19 budget include providing additional professional staff to complement the existing behaviour lead teacher position and to deliver targeted learning for staff focused on wellness.

The budget also incorporates a technology hardware replacement plan and installation of GPS systems on division vehicles and buses. The budget also considers providing voluntary, no-charge programming to support four-year-olds who are preparing for kindergarten.

As well, the school board proposes to establish a capital fund with an initial \$55,000 reserve to address the need for updating the science labs at Teulon and Warren collegiate institutes.

The school board will finalize the budget and submit it to the provincial government in March. The draft 2018-19 budget information is posted on the Interlake School Division website at [www.isd21.mb.ca](http://www.isd21.mb.ca).



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TRIBUNE PHOTO SUBMITTED

The Teulon-Rockwood Recreation Commission held their annual Trivia Night last Saturday with quizmasters Robin and Maria Allan. Approximately \$3200 was raised from the evening and will go towards hall renovations, which will include a new wheelchair ramp, steps, front doors, paint, feature walls and a new heat pump. Next year will mark the 10th Anniversary of the annual quiz night and organizers are planning a theme night with dressing up. The winning team was CLAMS (specifically not “the clams”) Members: Ryan Persoage, Christie Persoage, Beth Hutchinson, Sarah Fey, Angela MacDonald, Deanna Johnson and Greg Johnson.

# Health facilities to receive provincial funding

## More than 120 projects to receive funds

### Submitted

The Manitoba government has approved more than 120 projects across the province with funding totalling nearly \$30 million to ensure health-care facilities are properly maintained, Health, Seniors and Active Living Minister Kelvin Goertzen announced Monday.

"It's important that we regularly invest in the maintenance of our health-care system to make sure repairs are done and the most up-to-date equipment is used to support quality care," said Goertzen. "These investments will ensure that sites continue to meet provincial, national and international standards and keep facilities in good repair."

Projects include but are not limited to: roof replacements at both the Seven Oaks General Hospital and Pan Am Clinic in Winnipeg; mould remediation in the medical records archive room at the Thompson General Hospital, plus roof replacement, vacuum pump upgrades/replacement and Phase 2 of a water booster upgrade; sprinkler installation at the Whitemouth District Health Centre/Personal Care Home; and dining room heating, ventilation and air conditioning (HVAC) upgrades and associated building controls system modernization and flooring replacement in the dining hall and main public areas at the Rest Haven Nursing Home in Steinbach.

"We continually work to make sure our nursing home is maintained properly," said David Driedger, CEO of HavenGroup, which operates the Rest Haven Nursing Home in Steinbach. "We're pleased that these important projects will go forward this year to ensure we continue to provide the best care to our personal care home residents and ensure our facility is safe for visiting friends and family."

Safety and security projects do not require a community contribution. Project requests are submitted each

year by the regional health authorities, CancerCare Manitoba, Diagnostic Services Manitoba and the Addictions Foundation.

This year, there are 44 projects estimated to cost more than \$150,000 each for a total of \$21.8 million. An additional \$6.8 million will address 80 projects estimated to cost less than \$150,000. The remaining \$1.4 million will be held in reserve in case of any emergent project needs.

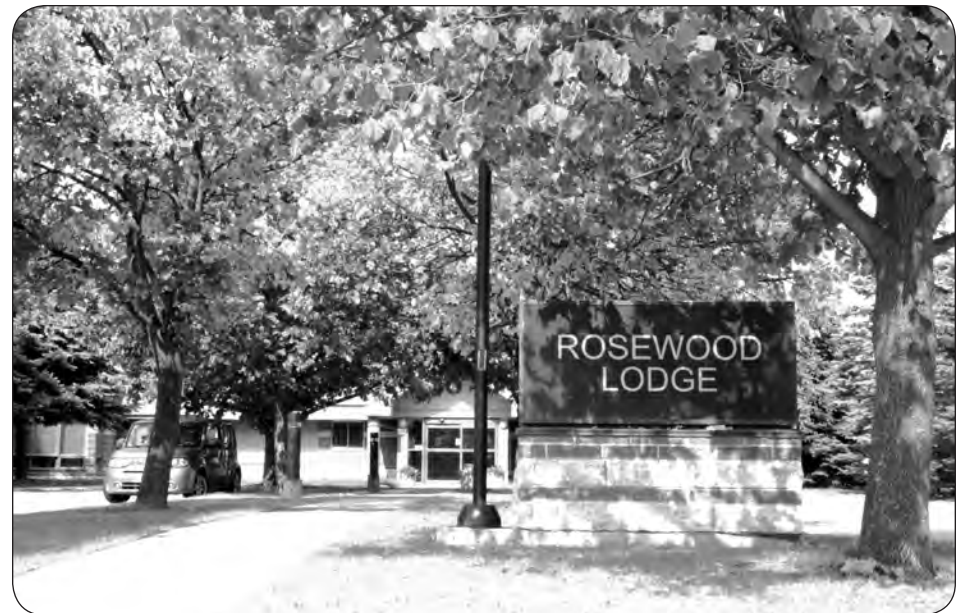
Other projects that will begin later this year include the installation of sprinkler systems, upgrades to fire safety equipment and roof replacements at sites across Manitoba.

**Projects estimated to cost more than \$150,000**

**Interlake Eastern Regional Health Authority:** Hunter Memorial Hospital (Teulon) and Goodwin Lodge (Teulon) – primary electrical distribution upgrades; Rosewood Lodge (Stonewall) – air conditioning upgrades; Stonewall District Health Centre – boiler replacement; Beausejour EMS Station – new crew quarters; Lac du Bonnet Personal Care Home and Whitemouth District Health Centre – Phase 2 of fire alarm upgrades; Pinawa Hospital – roof repairs; Pine Falls Health Complex – Phase 2 of back service entrance upgrades; Betel Home (Selkirk) – roof replacement; Whitemouth District Health Centre/Personal Care Home – sprinkler installation.

**Projects estimated to cost less than \$150,000**

**Interlake-Eastern Regional Health Authority:** All regional facilities – phase one of arc flash testing; Arborg and District Health Centre and Arborg Personal Care Home – Phase 2 of kitchen upgrades, exit pad replacements; Arborg District Health Centre – transfer switch and intercom



TRIBUNE FILE PHOTO BY JO-ANNE PROCTER

The provincial government approved funding to upgrade the air conditioning this year at Stonewall's Rosewood Lodge.

system replacement, exit pad replacements; Ashern Personal Care Home – transfer switch and intercom system replacement; Lunder Personal Care Home – fire panel repairs; E. M Crowe Memorial Hospital and Personal Care Home (Eriksdale) – fire panel repairs, kitchen and walk-in freezer repair; Ashern Hospital and Personal Care Home – exit pad replacements; Hunter Memorial Hospital (Teulon) and Goodwin Lodge (Teulon) – exit pad replacements; Stonewall District Hos-

pital – design consultations for boiler replacement; Beausejour Health Centre – controls software upgrades, nurse call system upgrades; East Gate Lodge (Beausejour) – controls software upgrades, air handling control unit replacement; Kinplace Personal Care Home (Oakbank) – controls software upgrades; Betel Home (Selkirk) – air conditioning replacements, and kitchen air conditioner and heater replacement.

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# getfishing

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## Spring is just around corner

Greetings, my fishing brothers and sisters. How was your week?

Well, spring must be just around the corner. I was over at Breezy Point and the Red River ice cutting gang is back at it. They've knocked the ice apart from the lake upstream to Netley Creek sending all our angling friends scrambling toward Selkirk ahead of them or over to the Lake Winnipeg south basin.

The ice on Netley Creek by Petersfield, however, remains thick and safe, which is where I found local Rick Zolinski, fishing in a very large comfortable shack on a cool, grey day with his family.

"We were just talking about you," someone in the shack said as I entered.

"Something just happened that might interest you," Rick, sitting trim and fit on one side of the open "trench" floor, exclaimed. He continued explaining how he caught a jackfish, and as he was pulling it up the hole, it slipped the hook but kept on swimming up, coming right out and landing on the ice between the ice holes. It flopped about for a second, and then with a mighty swing of its tail, it slid head-first into an adjoining hole, swimming down out of sight. It happened so fast they sat there motionless until somebody observed how supper had just escaped.

A few days after my visit with Rick and his gang, I wound up on the Red River by the blue bridge and ran into Rui Machado, Ray Maglian and Carlos Olideira, who didn't have a story for us, although they had caught a few fish, as you can see. That's OK, fellas. Maybe next time! Upstream of the guys I came across a chap sitting in a folding chair working two fish holes while his little son played close by. He seemed very friendly with a broad smile framed in a dark, short beard and sunglasses watching me pull up in Old Red. I got out and as I came around the front of the truck, he called out, "How's it going?"

"Great. Boy, that sun's bright," I exclaimed.

"Yeah, you can feel the sun's strength. Spring's coming," he responded.

I could see he hadn't caught any fish, so I asked if he had a fish story for us. His head bent down for a moment, thinking, then came back up smiling at me, saying, "Yes, I do have something."

Brightly coloured sleds screamed past us along the shoreline and the smell of smoke from the chimneys of nearby hard wall ice shacks floated in the air as our new friend, Tony Toews, gathered his thoughts. He began. Last summer he was boat fishing with his young son David on the Winnipeg River on the high side of the Pinawa Dam. It was a beautiful warm,



TRIBUNE PHOTO BY ARNIE WEIDL

Left to right: Rui Machado, Ray Maglian and Carlos Olideira with some of their catch on the Red River.

still, sunny morning and Tony was trolling with David sitting behind him. After a while, Tony heard an almost imperceptible lip-smacking sound. He turned and was shocked to see David had gotten a minnow from the bait tub and was fingering and eating the salt off it. Dad shouted at his son to stop. He helped the boy wash his hands off in the river water then took up his rod and started fishing again. As an afterthought, Tony looked at his son in a man-to-man kind of way and said, "Now, we're not going to tell mom about this, are we?"

David, still not feeling he had done anything wrong, innocently inquired, "Dad, how come fish like salt?"

A while back, I was driving around on the ice on the south end of Lake Winnipeg and noticed two men starting to drill ice holes for fishing. I pulled up beside them and struck up a conversation with the older chap, Fred Koster, as his son, Ed, continued drilling.

They were farmers from Beausejour, and Fred, standing slightly bent from years of hard work, peering from under grey eyebrows, began a story. He said they liked to fish in Bird Lake and once, about this time of year, he caught a large, long jackfish. He tried to pull it up through the ice hole but he could see it wasn't going to be easy. He got down on his stomach and, using both hands in the icy water, tried to get it up until he could see in the clear water it was a female and some of the eggs were coming out of her. He stopped and rolled over, looking up at his son, saying, "We can't keep her. She's full of eggs."

So they let it back down the hole to give it a chance to spawn.

I guess we can say that sometimes losing a fish, like Rick or the Koster boys did, can be just as interesting as landing one. So long, friends.

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**Christy Brown**, Distribution Mgr.: 204-467-5836

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# Upcoming workshop focuses on suicide prevention

By Jennifer McFee

Youth suicide is a problem that affects communities everywhere, whether you live in a big city or small town.

"A lot of students talk to us about suicide. We even had one situation where a student had a suicide note written in the morning and what they heard during our talk at the drop-in that night made them change their mind," said Paul Emmer of Youth for Christ Stonewall.

"We thank God they're alive but that was way too close. We need a strategy to avoid the next tragedy."

An upcoming workshop aims to equip people with the skills they need to detect if someone is suicidal, as well as how to provide care and get the person to a safe place.

In March, Youth for Christ Stonewall will offer Applied Suicide Intervention Skills Training (ASIST), a two-day interactive workshop that focuses on suicide first aid.

"It's like a lifeguard at a pool or a first aid provider. We'd love to have someone equipped at every workplace, every classroom, every team and wherever you have lots of people," Emmer said.

"We'd love Stonewall to be suicide free, where everyone gets the help and support they need to thrive emotionally and relationally. In the past few months, we've helped both students and parents through suicide thoughts. This problem is not just a teen problem."

The workshop is open to participants aged 16 and

older and they don't need any formal training to attend.

Developed in 1983, the ASIST method teaches participants to recognize when people might be having suicidal thoughts and to work with them to create a plan to support their immediate safety. They will learn to identify the key elements of an effective suicide safety plan and the actions needed to implement it. At the same time, they'll learn to recognize other important aspects of suicide prevention such as life-promotion and self-care.

Over the years, more than one million people have taken the ASIST workshop. The award-winning program aims to help participants to understand the ways that personal and societal attitudes affect views on suicide and interventions. The training also helps people to appreciate the importance of improving and integrating suicide prevention resources in the community.

In addition to its focus on suicide prevention, Youth for Christ Stonewall continues to connect with youth through its successful drop-in centre.

"Our connections enable us to help so many students going through many difficult life situations — abuse, parental divorce, suicide thoughts, addictions, bullying and more," Emmer said.

To find out more information about the Stonewall Youth Drop-In Centre or about the ASIST workshop, contact Emmer at 204-229-9397 or paul@yfcwinnipeg.ca.



TRIBUNE PHOTO BY JO-ANNE PROCTER  
Paul Emmer, Youth for Christ Stonewall.

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## New Patients Now Being Accepted at Teulon Medical Clinic

New care providers are starting to accept patients at Teulon Medical Clinic. Recently registered as a home clinic with Interlake-Eastern RHA's primary health care program, Teulon Medical Clinic is offering area residents the care they need closer to home in a quicker timeframe (often less than 48 hours). Interlake-Eastern RHA welcomes to practice in Teulon the following care providers as part of this home clinic's primary health care team:



**Dr. Victoria Kornelsen**  
**Family physician - Starting to accept new patients**

Dr. Kornelsen graduated from the University of Manitoba as a family medicine doctor in 2015

and comes to Teulon Medical Clinic from her own private practice.



**Lisa Wutzke**  
**Chronic Disease Nurse Available Tuesdays - No referral necessary but an appt. is required**

Lisa is a registered nurse who helps people who are living with or at risk

of developing a chronic disease including diabetes, COPD, high blood pressure and high cholesterol.



**Aravind Pampackal**  
**Nurse Practitioner - Starting to accept new patients**

A graduate of the University of Manitoba's nurse practitioner master's degree program, Aravind started

working in Teulon in September last year.



**Jay Adam**  
**Registered Dietitian Available Fridays - No referral necessary but an appt. is required**

For 10 years, Jay has been providing practical and helpful advice to Interlake

residents with chronic conditions as well as those who are interested in managing weight by adopting a healthier diet.

New practitioners are now starting to accept patients. All patients of this clinic must be willing to agree to seek the majority of their care from this clinic's care providers.

**For more information on how to make Teulon Medical Clinic your home clinic, visit [teulonmedicalclinic.com](http://teulonmedicalclinic.com) and scroll down to see "How to become a patient" or call 204.886.2131, Mon.-Thurs. 8:30 a.m. to 5 p.m. or Fri. 8:30 a.m. to 1 p.m.**

To learn more about the benefits of attaching to your home clinic for primary health care visit <https://is.gd/Myprimarycare>



**Interlake-Eastern Regional Health Authority**

# Rosser council approves multiple grants and levies



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# We're Moving!!

Please be advised that **Friday March 2 – Monday March 5** we will be relocating our animal hospital, and will only be able to provide **EMERGENCY** services for clients with **LARGE ANIMALS** during that time.

Regular services for *all* clients will resume on **Tuesday March 6**, at our **NEW LOCATION:**

SW corner of **Highway 7** and **Road 79 N**  
First driveway on the Left side, civic number 8155E  
**(204)-467-2083**

**By Jennifer McFee**

At the Feb. 13 meeting, Rosser council accepted the South Interlake Regional Library's 2018 budget and approved a levy for \$27,247.92.

Council also approved a \$3,688.81 levy for the East Interlake Conservation District, with equal payments to be made on April 1 and Oct. 21. The expense will be included in the 2018 financial plan.

As well, council accepted the Rockwood-Rosser Weed District 2018 budget and approved a levy of \$16,580. The South Interlake Planning District 2018 levy of \$8,820.77 also received approval.



These expenses will all be included in the 2018 financial plan.

- The RM of Rosser will donate \$10,000 to the South Interlake Agricultural Society in support of its amateur talent night on March 10.
- The RM of Rosser will provide a \$200 grant to the 63rd Rockwood Festival of the Art and will buy a quarter-page ad in the program book for \$50.
- Council approved the recreation and cultural grant application for the Stony Mountain Community Centre in the amount of \$650 for capital.
- Council approved a 2018 quote from Suzanne Houllind for the implementation and support of GIS services in the amount of \$14,980. The expense will be included in the 2018 financial plan.

ed in the 2018 financial plan.

- Council and staff are authorized to attend the Interlake Municipal Bonspiel in Warren on March 8.
- Danelle Guenther of Southwest Teens at Risk provided council with a general year-end report for 2016-17.
- Royce Finley of Royal LePage and Subhash Khandelwal of Khandelwal Law Office provided information about a proposed development on a property located at the Perimeter Highway and King Edward Road.
- Chaloom Pasak and Greg Medwid provided an update on hauling fill and discussed a culvert installation.
- Eric Shaw of the South Interlake Planning District provided information about a subdivision for James and Jessie Minaker.
- Barry McBride of BDM Projects provided information about a request for an exemption to the standard construction requirements policy for Inkster Industrial Park South Development. Council agreed to make the exemption.
- The RM of Rosser will participate in a fibre optics feasibility study as part of an initiative being explored by the Partnership of the Capital Region. The estimated cost is \$20,000 per municipality.
- The RM of Rosser will enter into an agreement with Bell Canada and Toowoomba Land company regarding the installation of a Bell tower.
- The RM of Rosser will enter into an easement agreement with Manitoba Hydro, Bell Canada and Shaw Cable-systems.
- Eadie McIntyre and Cheryl Cathers of South Interlake 55 Plus requested continued financial support for 2018 in the amount of \$2,000 for the organization.
- Sgt. Major Wayne Foster provided a quarterly statistical report for the Headingley rural RCMP detachment.
- The IERHA has formed a clinical teaching unit community task force representing municipalities across the local health region. The IERHA board passed a resolution to endorse the development of a primary health-care centre and related clinical teaching unit to be located in Selkirk with a broader mandate of serving the region. The idea is that this initiative would strengthen all communities within the IERHA would be strengthened by stabilizing primary health care and emergency department services.

At the Feb. 13 meeting, Rosser council resolved to support the Interlake-Eastern RHA board and urge the provincial government to consider this projects as a priority initiative.

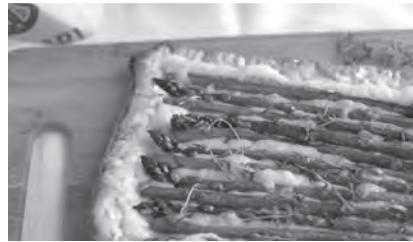
SERVICE CLUBS - Serving our Communities					
<div><p><b>Royal Canadian Legion Branch No. 52</b></p><p>\$33-\$38 member/year depending when dues are paid. The Royal Canadian Legion is dedicated to the service of veterans and their dependents, as well as to raise funds for the community. The Legion is open to all Canadian Citizens. Meetings are held on the 2nd Tuesday of the month at Stonewall Legion Club Room.</p></div>	<div><p><b>South Interlake Ag Society</b></p><p>Janice Rutherford 467-5612 Hwy #236 and Rockwood Road \$10/member/year</p><p>It encompasses the needs of the three municipalities that it serves – Rockwood, Rosser and Woodlands. Monthly meetings are held the 3rd Tuesday of each month at 7:30 at the Ag grounds.</p></div>	<div><p><b>Teulon Women's Institute Phone 886-2216</b></p><p>Fee: Nominal membership may apply</p><p>Motto: "Home and Country"</p><p>The TWI has approximately 14 members that work hard to raise money throughout the year to donate to local and regional charities and community projects. Meet 3rd Tuesday of the month 7:30pm Farview Place Teulon. New members always welcome.</p></div>	<div><p><b>1 Snow Goose Bay on Hwy 220 Stonewall, Manitoba 1-888-50MARSH (62774) ohmic@ducks.ca oakhammockmarsh.ca</b></p><p>The Oak Hammock Marsh Interpretive Centre is a non-profit organization. Its mission is to foster public awareness and knowledge of the inherent values of wetlands and associated ecosystems, and to encourage public support for their conservation through innovative education and outreach programs.</p></div>	<div><p><b>Quarry Toastmasters Brenda 467-5088</b></p><p>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></div>	<div><p><b>Kin Clubs of Stonewall Motto "Serving the Communities"</b></p><p>Kin Canada is a dynamic volunteer organization enriching our communities through service while embracing national pride, positive values, personal development and lasting friendships.</p><p>Kinsmen President Chad Sheppard 204-461-2023</p><p>Kinette President Leona Palmer 204-467-7655</p></div>
<div><p><b>Teulon &amp; District Agricultural Society</b></p><p>Lana Knor, President 467-0740</p><p>The Teulon &amp; 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 &amp; District Ag Fair and the Annual Teulon Pumpkinfest.</p></div>	<div><p><b>Interlake Community Foundation, Inc. 204-467-5634 www.interlakefoundation.ca</b></p><p>The Interlake Community Foundation provides the citizens of Rockwood, Rosser, Stonewall, Teulon and Woodlands with the opportunity to invest in the future of their community and region forever. The Foundation pools donations in a capital fund that remains in perpetuity. The income generated from the capital is distributed as grants to registered charities in the region. Grant applications are due by February 28th of each year.</p></div>	<div><p><b>Stony Mountain Stonewall Masonic Lodge #12</b></p><p>Call 204-467-2788 for Information</p><p>Stony Mountain Stonewall Masonic Lodge #12 is the oldest organization in Stonewall (1880) and part of the oldest and largest fraternity in the world. Although a belief in one God is necessary to join, Freemasonry is non-secular and prohibits discussion of religion and politics in its Lodges. Freemasonry focuses on the reinforcement of morality into the daily lives of our members and of charity, a giving back to our communities through our Lodges and by our charitable activities as well as in our personal lives, which we believe makes GOOD MEN BETTER. Monthly Meetings 2 B 1 ASK 1</p></div>	<div><p><b>Stonewall Ladies Auxiliary</b></p><p>Committed to the wellbeing of our community and raising funds for the ongoing mutual support provided by the Stonewall Legion Branch #52. Meetings are held on the second Thursday of the month. New memberships are welcome. Yearly membership fee 10.00. Volunteers often required for events at the Legion hall.</p></div>	<div><p><b>South Interlake Seniors Resource Council Inc. Darcy or Corinna @ 467-2719 sisrc@shaw.ca</b></p><p>SISRC is a non-profit organization that offers services for seniors and those with disabilities. These services include; Transportation; Mobility Aid Lending Service; Caregiver Support Group; Health Education Presentations; Resource Information/Form Completion; Telephone Buddy/Friendly Visiting; Handy Helper/Housecleaning. We also distribute the ERIK (emergency response information kit) and we are Lifeline Representatives.</p></div>	<div><p><b>The Liliane Baron South Interlake Breast Cancer Support Group Claudette 886-2393 Joyce 467-2473</b></p><p>The group is a non profit grass roots organization founded by women in the South Interlake Area diagnosed with breast cancer. Our mandate is to assist others who may find themselves with a similar diagnosis and to provide a variety of support, assistance and friendship where needed within the confines of privacy, respect and caring. The group meets for positive encouragement and support on the third Tuesday of each month at 7PM at the office of LJ Baron Realty, Main Street in Teulon. Anyone seeking information or services is always welcome.</p></div>
<div><p><b>Knights of Columbus Stonewall</b></p><p>Dave Couprie 467-9548 \$40/member/year</p><p>The Knights of Columbus raise funds for charities within the community. The Knights are open to all Catholic men, 18 yrs or older. Meetings are held 1st Monday of the month September through June at the Christ the King Church in Stonewall.</p></div>	<div><p><b>South Interlake 55+ Inc 467-2582 www.si55plus.org \$20/member/year si55plus@mts.net</b></p><p>This non-profit organization provides education and activities for persons age 55 plus. Many activities and events are held on a regular basis. Newsletters are published monthly and available to pick up at the 55+ Centre in Stonewall.</p></div>	<div><p><b>Stonewall &amp; District Lions</b></p><p>Ralph Sinclair 622 Centre Avenue, Stonewall 467-9600</p><p>Motto: "We Serve"</p><p>Membership is open to anyone over eighteen with an interest in providing assistance to those people or projects in our community in greater need than ourselves. Meetings are every 4th Wednesday of the month at 7:15 pm September thru June.</p></div>	<div><p><b>Independent Order of Odd Fellows Stonewall Lodge #49</b></p><p>Larry O'Dell 467-8882 Ross Thompson 467-2438 www.ioofmb.ca</p><p>Yearly nominal membership fee</p><p>The Odd Fellows Lodge is a fraternal organization based on the fatherhood of God and the brotherhood of man. We do charitable work through various projects in the local community, the province and internationally. We seek to elevate the character of man and thereby make the world a better place to live. Meetings every 1st and 3rd Monday of the month at 8:00pm at the Odd Fellows Hall.</p></div>	<div><p><b>Stonewall &amp; District Health Centre Ladies Auxiliary Marg Bond 467-8732</b></p><p>The auxiliary's goal is to raise funds for the purpose of enhancing the care and comforts of patients, residents and clients served by the Health Centre. Meetings are held the first Monday of each month at Rosewood Lodge. New members welcome.</p></div>	<div><p><b>Grosse Isle Women's Institute Phone 204-467-9376</b></p><p>Motto: "Home and Country"</p><p>The GIWI has approximately 14 members that work hard to raise money throughout the year to donate to local and regional charities and community projects. Meet 2nd Tuesday of the month 7:00pm Grosse Isle Hall. New members always welcome.</p></div>
<div><p><b>Warren Horizons District Lions Club President: Irene Tully 204-375-6522</b></p><p>Meetings are held the first and third Wednesday of each month at the Warren Fire Hall Sept. thru June.</p></div>		<div><p><b>Warren &amp; District Lions President Stu Bangle 204-322-5381 "We Serve"</b></p><p>Membership is open to anyone over 18 interested in giving something back to their community through direct action, meeting humanitarian needs, encouraging peace, and promoting international understanding. Meetings are held the 1st and 3rd Wednesday of the month at 7:00pm at the Warren Fire Hall from Sept-June.</p></div>			

# Team Canada funspiel



**TRIBUNE PHOTOS SUBMITTED**  
The Stonewall Curling Club celebrated Team Canada last Saturday by hosting an Olympic themed, mini funspiel. Twenty teams of four hit the sheets all decked out in Canadian gear. There were six draws of four end games. The highlight of the evening was the costumes. First place honours were awarded to the 'Bathing beauties' pictured left to right, Lisa Lebel, Sherri Beady, Gloria Ouellette and Stacey Nickel. Second place went to the Kaitlyn Lawes team made up of Bryan Galbraith, Nicole Galbraith, Colleen Riddell and Craig Riddell.

## get inspired MEAL IDEAS THE Marketplace AT STONEWALL 467-8469



### Asparagus Tart

- 1 sheet frozen puff pastry, thawed
- 2 cups Jarlsberg Cheese, shredded
- 1 pound asparagus
- 1 tablespoon olive oil
- 1 tablespoon fresh thyme leaves
- salt
- pepper

Heat oven to 400 F. Prepare baking sheet with parchment paper.

Roll out puff pastry into 16-by-10-inch rectangle; trim uneven edges. Place on baking sheet. Using knife, lightly score pastry dough 1 inch from edges. Using fork, pierce dough inside markings at 1/2-inch intervals. Bake until golden, about 15 minutes.

Remove pastry shell from oven and sprinkle with shredded cheese. Trim bottoms of asparagus spears to fit crosswise inside pastry shell; arrange in single layer over cheese, alternating ends and tips. Brush with oil, sprinkle with thyme leaves and season with salt and pepper. Bake until spears are tender, about 20 minutes.



Have you ever considered keeping a journal? A journal is like a diary, but with a difference. In journal writing, there can be a variety of different purposes that the writer might have. It is much more than a running record of what you did each day. Keeping a journal is a way of getting to know yourself better, it is an opportunity to share your innermost thoughts with someone you can trust: you.

In our busy lives we can get caught up in doing things and talking to others, with little time left for self-reflection. It is easy to become alienated from ourselves. In many cases, life has been a series of responses to others, including parents, teachers, friends, and the true self is buried under many layers.

The prospect of beginning a psychological archeological dig can be a little bit scary. Sometimes it feels like turning over a rock in the woods, and you're hesitant because you're not sure if you really want to see what's been hiding there. But journal writing does not always make things quite that obvious. Herein lies an important purpose of the process. By writing daily about your feelings and reflections relating to whatever is happening in your life, you may notice, in time, certain patterns that

## A Journal is a Place for Processing Our Feelings

emerge that you just don't see on the surface.

Sometimes, in the beginning at least, your journal may be the only place where you feel you can express your honest feelings. If you are not being honest in your journal, then you are not being honest with yourself, but that too is an interesting pattern that might emerge and is a very important insight. As you begin to learn more and more about who you really are, you can begin to live your life in an increasingly congruent way. If you are spending your time in certain ways, and your journal reveals that it is not really satisfying, you can begin to shift your priorities. If there are difficult relationships in your life, a journal can be an excellent place to process your feelings so that you are less reactive in your interactions.

You can vent a lot of your strong emotions in writing, and decide then what you want to do about these feelings. You may tone down the message that you want to give to the other person, and be clearer about the outcome you wish to achieve. The most important person in the world for you to know well is yourself. The quality of your life depends upon that knowledge. Give journal writing a try.

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](http://www.gwen.ca). Follow Gwen on FaceBook for daily inspiration.



**Ralph R. Eichler,**  
MLA for Lakeside

**Constituency Office**

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Stonewall, Manitoba R0C 2Z0  
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## Stonewall Children's Centre Beer & Wine Festival

**Saturday March 17, 2018 7pm - 11pm**  
**Stonewall Legion, 459 Main St**

Tickets \$35 ea

(available at The Co-operators, Sunova,  
Interlake Sports or by calling 467-2214)

**Local Beers & Wine • 50/50**  
**Silent Auction • Food Pop-up**

**Live Band**

Bus Availability for Winnipeg and Selkirk - call 467-2214 for details  
**Proceeds to Stonewall Children's Center**

# Travelling trunks on display at Manitoba Museum

## Staff

Interlake treasures are now on display at the Manitoba Museum, where the travelling trunk exhibit was set up last week.

*Unlocked: Stories of the Interlake* is a collaborative project by 10 Interlake museums: the Arborg and District Multicultural Heritage Village, Teulon and District Museum, the New Iceland Heritage Museum, Oak Hammock Marsh Interpretive Centre, Stonewall Quarry Park Heritage Arts Centre, the Ashern Museum, the Erksdale Museum Heritage Site, Woodlands Pioneer Museum, the Marine Museum of Manitoba and the St. Andrews Heritage Centre.

The travelling exhibit showcases Interlake stories that are important but not necessarily well known.

Providing a glimpse into Interlake life from the pioneer days to the mid-1930s, these stories come to life in nine custom-built trunks plus one display that is housed in an antique

writing desk.

The goal of the exhibit was to bring people into the Interlake region to see its many museums and heritage sites while also educating local people on their own history.

The exhibit includes one story about a girl who became the first female bus driver in Canada. Another story provides details about the last bank robbery on horseback. Yet another looks at a family of shipbuilders who built vessels that traversed the Red and Assiniboine rivers, including the Paddle-wheel Queen and the River Rouge.

*Unlocked: Stories of the Interlake* won the 2014 Award of Distinction from the Association of Manitoba Museums and the 2015 Interlake Tourism Association Partnership Award. It was also a finalist for the 2015 Travel Manitoba Partnership Award.

The exhibit will be on display at the Manitoba Museum at 190 Rupert Ave. in Winnipeg until Oct. 8.



TRIBUNE PHOTO SUBMITTED

*Unlocked: Stories of the Interlake* travelling trunk exhibit will be on display at the Manitoba Museum in Winnipeg until Oct. 8.

## RECYCLE Awareness

Brought to you by the Town of Stonewall



### GENERAL RECYCLING TIPS FOR THE CURBSIDE PROGRAM:

- Place recycling in open blue bins (no lids) (blue plastic bags are NOT recyclable)
- Write your civic address in permanent marker on your blue bin
- If the forecast is calling for wind on your garbage day, keep recycling inside until the following week
- Unlimited recycling is allowed each week
- Box board & cardboard must be clean and dry (no food/product residue)
- Fold used paper rather than scrunching it up and flatten used boxes to give you more room in your recycling bin
- Squashing food tins and pop cans will give you more room in your recycling bin
- Remove rubber bands, plastic wrap or stickers from newspaper and magazines before recycling.

### OTHER RECYCLING PROGRAMS:

**Winfield Road Waste Transfer Station** (operated by the RM of Rockwood)  
Located at 6091E Road 76 N | PH: 204-467-9490  
Open Wednesday to Saturday from 10AM-5PM  
Stonewall Residents are able to take the following recyclable items to the Winfield Road Waste Transfer Station for FREE!  
• Batteries • Electronics • Fluorescent Lights • Tires • Used oil & anti-freeze\*  
• Paint Cans (including paint) • Household hazardous waste (HHW)  
\*Can only be dropped off on Thursday and Saturdays

**Plastic Bags** - REACT Inc. has implemented a Bag Roundup Program to keep plastic bags out of our landfills. They can be dropped off at: Stonewall Family Foods, 3-330rd Ave S | PH: 204-467-5553

**Clothing & Toys** - Don't throw away old toys and clothes! Please keep used clothing and toys out of the landfill and donate them to a charity of your choice.

**Recycle Everywhere Bins** - The Town has placed Recycle Everywhere bins along major routes, in parks, public spaces, and at Town Recreation Facilities. It's easier than ever to recycle your beverage containers when you are out in public. Please DO NOT place disposable coffee cups, garbage, pet excrement, or plastic bags in the Recycle Everywhere bins.

## Selkirk Regional Health Centre earns LEED Gold certification

By Lindsey Enns

The Selkirk Regional Health Centre is the latest building in Manitoba to achieve LEED Gold certification from the Canada Green Building Council.

There are a total of 32 hospitals and clinics in Canada that have achieved LEED Gold certification but Selkirk's new hospital is the first one in the prairies.

Buildings pursuing LEED (Leadership in Energy and Environmental Design) certification earn points across several categories, including energy use and air quality. Based on the number of points achieved, a project then earns one of four LEED rating levels: Certified, Silver, Gold or Platinum. Gold status is the second highest level of certification after platinum.

Representatives from the Selkirk Regional Health Centre along with the Interlake-Eastern Regional Health Authority and project partners were presented with the certificate during a brief gathering at the



TRIBUNE PHOTO BY LINDSEY ENNS

The Selkirk Regional Health Centre was presented with LEED Gold Standard for Environment Sustainability last Thursday morning. Pictured from left to right: Crystal Bornais, of the Canada Green Building Council - Manitoba Chapter; Jim Orlikow, architect with LM Architectural Group; Ron Janzen, VP of corporate services with the Interlake-Eastern Regional Health Authority (IERHA); and Gary Dandeneau, the IERHA's regional director, capital planning and facility management.

Selkirk hospital last Thursday morning. A circular LEED Gold plaque and framed certificate now hangs in the hospital's front foyer.

"The regional health centre in Selkirk incorporates many sustainable design elements that enhance the facility as a healing

environment for patients while reducing its environmental impact," IERHA CEO Ran Van Denakker stated in a release last Thursday. "We are delighted to receive this designation as it is a fitting acknowledgement to everyone who played a role in

Continued on page 13

# Local Legion hosts zone meeting



TRIBUNE PHOTO BY JIM GRAY

The Royal Canadian Legion Branch #52 hosted the annual zone meeting in their clubroom last Saturday. Brooklands & Weston Branch #2, St. James Branch #4, Stonewall Branch #52, Brant-Argyle Branch #222 were represented at the meeting where several topics were discussed including how to get new members involved and fundraising. Comrade Mike Thayer was sworn in as the new Deputy Commander.

Pictured from left to right; Chris Lundgren, Secretary/Treasurer Branch #253, Mary Ann McGibney, Zone Commander and Tim Williams Deputy Zone Commander and President of the Stonewall Legion Branch #52.



"So long as the sun shines, Man will be able to develop power in abundance..."

Thomas Edison 1896

Solar energy is the cleanest and most widely used renewable energy source available.

Sunrise Solar Inc. supplies, installs and distributes renewable energy systems. Sunrise Solar Inc. services clients throughout the Interlake and beyond. With over 40 years combined construction experience, Sunrise Solar Inc is ready to offer our customers a full-line of mechanical services to bring you the most efficient energy plan for your residential or commercial properties. Professional engineering from the ground up - let us give you a free on-site consultation and help you protect yourself or your business from rising utility rates.

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# Southwest Palliative board visits Stonewall council

By Jennifer McFee

Representatives from Southwest District Palliative Care provided Stonewall council with an overview of the good work that they've done over the past year.

The organization works with the Interlake Eastern Regional Health Authority's home care and palliative care teams. The main goal of the volunteer-run organization is to raise funds so that end-of-life patients can remain in their own homes for as long as possible.

SWDPC aims to fund equipment purchases, as well as training and education opportunities and support for patients and their families.

In 2017, SWDPC provided funding for a continuous air-flow mattress for Rosewood Lodge. Currently, equipment funding proposals are under consideration for Goodwin Lodge and Teulon hospital. As well, they hosted Concerts in Care presentations through the Manitoba Arts Network to provide live entertainment at each of the personal care homes in Stonewall and Teulon.

In addition, they partnered with the IERHA to fund supplies for comfort care kits for families and caregivers of palliative patients at hospitals throughout the region.

In December, they hosted an Evening of Remembrance to provide support and a place to gather for family members who suffered a loss in the past year. SWDPC also supports Camp Stepping Stones for youth who have suffered the loss of a significant loved one. Other annual events include participation in the Hike for Hospice Palliative Care,



TRIBUNE PHOTO BY JENNIFER MCFEE

A delegation from Southwest District Palliative Care spoke to Stonewall council.

sponsoring a golf tournament, hosting a gala dinner and putting up a memory tree.

Going forward, SWDPC will continue to explore the possibility of having a hospice facility in the local area. They have also committed funds for renovations to the family area of the palliative care room at Teulon hospital.

SWDPC is funded entirely through its fundraisers, memorial donations, grants and individual and community contributions — with no money from the provincial or federal governments. Thanking Stonewall council for their ongoing support, SWDPC seeks continued support for its programs.

## Youth for Christ Stonewall

As well, Paul Emmer from Stonewall Youth for Christ spoke to council about the organization's activities and community involvement. Youth for Christ Stonewall continues to connect with youth through its successful drop-in centre.

In 2017, the organization provided 988 hours of programming, served 747 students and their families, and made 4,041 visits or connections with youth. Volunteers invested more than 1,460 hours into the community by participating in community cleanups, providing gift packs to homeless people, serving food at the cancer run, visiting seniors, cleaning homes and much more.

The drop-in centre also hosted an abundance of engaging events, including job training sessions, chili nights, birthday parties, family gatherings, a Girl Guides sleepover, and first aid and CPR training, to name just a few. Leadership dinners also continue to be a popular event.

The fun continued throughout the summer months while the students were off school.

"I'd like to thank the students, staff, donors and volunteers for last summer. We were able to connect with 213 different students and provide a wide range of programming throughout the summer," Emmer said.

"Our camps included skate, film, baking, cooking, dance, gaming and more. Our events included paintball, coffee house nights, job training, community service, outings to local attractions and kids' events in different towns."

Looking ahead, the Stonewall Youth Drop-In Centre aims to increase programming to reach more students and more communities in 2018.

Youth For Christ Stonewall is also in need of

summer staff, as well as volunteers, monthly financial donors and folks to provide meals for its training dinners each week.

"2017 was a good year. So many people stepped up, including students, parents, volunteers, businesses, churches, restaurants, schools, government and local organizations," Emmer said. "Even with all that, we only connected with half of the 1,405 students in this area. We can't keep up with the demand. We need more staff. We need more funding."

For information about employment, financial partnership or volunteer opportunities at the Stonewall Youth Drop-In Centre, contact Emmer at 204-229-9397 or paul@yfcwinnipeg.ca.

## In other council news:

- Council approved a request from Coun. Clive Hinds for an additional \$1,420 in remuneration since he spent 71 hours participating in union negotiations. The Town of Stonewall has a bylaw indicting that council can approve additional remuneration at a rate of \$20 per hour for time spent attending to projects or negotiations over and above normal duties. Hinds left the room for the discussion and vote, and Mayor Lockie McLean was absent from the meeting.

- The Town of Stonewall the Manitoba Water Services Board will enter into a cost-sharing agreement for a water supply study.

- The 2017 tax sale will be held on Dec. 6 at 10 a.m. in the Town of Stonewall council chambers.

- Council approved a subdivision application for Colin and Darlene Cameron with conditions.

- The Town of Stonewall will submit an entry in the Smart Cities Challenge 2018.

- A link is now posted on the Town of Stonewall's website ([www.stonewall.ca](http://www.stonewall.ca)) for the Partnership of the Capital Region's GoManitoba ride-sharing program. GoManitoba allows users to find car-pooling partners with a goal of creating greater connectivity among communities will also reducing greenhouse gases and costs of commuting.

- Doug Steinke has been hired as the works and operations supervisor effective March 1. A six-month probation period is in effect.

- Two participants from the Town of Stonewall will participate in the *Tribune* Triactifit Wellness Challenge.



YFC's Paul Emmer attended a Jets game with two youth who won the Ventura volunteer challenge.



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## Attention: Artists/artisans/enthusiasts

The Prairie Oak Regional Arts Council, Inc. urgently requires volunteers to replace retired board members to maintain the vital role PORAC plays in the surrounding arts communities.

Since 1994 - PORAC has run the annual South of the Lakes Art Tour, hosted the Interlake Juried Art Show, and managed the School Enrichment Programs and Summer Art Camps.

For More information contact  
Dolly Dennis-467-2766 or  
Ellen Gros-467-2163 before April  
to help keep our grant status.



# Mercury and Venus Meet in March

By Ted Bronson

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 windchill factors. This means I spend very short periods of time under the stars with binoculars.

My last observing session was that of the total lunar eclipse on Jan. 31. I managed to get a few images of the eclipsed moon to the west as it was setting. I took a photo of the full moon from my driveway around 3:30 Central Standard Time (CST) then headed to my site west of Stony Mountain a couple of hours later for totality. The temperature and windchill made this session (between 5 and 7 CST) brief. The moon would be too low to photograph from my place. A heat source was required on the camera's display in order to keep it functioning properly.

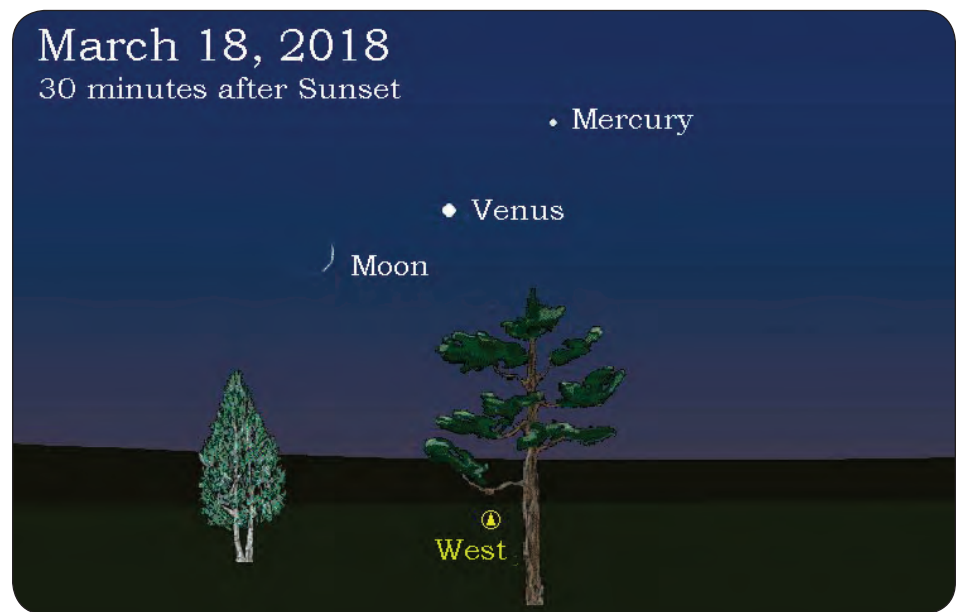
This year, March will be a good time for observers to see the planets Mercury and Venus. Look for these two planets around mid-month low in the west about a half-hour after sunset. The brilliant white colour of Venus (magnitude -3.9) in the twilight sky makes it quite easy to spot. Mercury will be much fainter than Venus. It moves rapidly from evening to evening from just above Venus to its right over a period of about two weeks in mid-March. On March 18, look low in the west about a half-hour after

sunset. The very thin waxing crescent moon joins the two planets forming a near straight line about 7 degrees long. This grouping will offer an opportunity for a good photo as well as providing a foreground due to its low elevation to the horizon.

Around midnight mid-March, Jupiter is easily seen rising in the south-eastern sky. Its bright yellow colour (magnitude -2.3) amongst the faint stars of the constellation of Libra makes it an easy target. Three hours later, the red planet Mars makes an appearance rising in the southeast. Mars will make its best appearance when it is closest to Earth in July and August. An hour later, Saturn can be seen rising to the south-east in the constellation of Ophiuchus. Saturn puts on its best show around the end of June this year. Both of these planets are well worth viewing through a telescope this summer.

An 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 that part of the sky (between March 4 and 18).

March will host two full moons this year as did January. The first will be



TRIBUNE PHOTO SUBMITTED

March 18 will be a good time for observers to see the planets Mercury and Venus. These two planets will be low in the west about a half-hour after sunset.

on March 1 and the second March 31. The month of February will be denied a full moon this year.

Daylight savings time starts on Sunday, March 11 so remember to turn your clocks forward one hour before retiring to bed on Saturday night.

The spring, or vernal, equinox occurs at 11:15 a.m. Central Daylight Time (CDT) 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 at email at bronsont@mymts.net to schedule a presentation.

Clear Skies!

## > LEED GOLD, FROM PG. 10

making this remarkable facility a reality for our region."

At nearly 30 acres, the health centre's site is one of the largest new health-care campuses in Manitoba. Some of the 28-acre site's design details include a nearly 1.5-kilometre walking trail, 3.6 acres of stormwater management systems, 14.8 acres of native grasslands and park space as well as 30,000 square feet of gardens, 360 trees, 1,300 shrubs and 2,400 perennials.

The 184,000-square-foot facility officially opened its doors on June 25, 2017 and is home to floor-to-ceiling windows, open-air terraces, rooftop green spaces, natural paint colours and locally quarried limestone walls.

The health centre is also a regional health care hub in the Interlake-Eastern region and offers a birthing centre, dialysis, surgery, cancer care, MRI, CT scanner and other diagnos-

tics and outpatient programs.

The centre also features high efficiency lighting and water fixtures, natural lighting throughout, enhanced indoor air quality systems and incorporation of recycled building materials.

"A LEED Gold designation represents high achievement in uniting function, design, quality, safety, construction, sustainability and environment performance," Minister of Health, Seniors and Active Living Kelvin Goertzen stated in a release last Thursday. "All of these elements combine in the Selkirk Regional Health Centre to promote not just treatment but well-being and recover."

For more information and background on the Selkirk Regional Health Centre's LEED Gold certification, visit the LEED website for a full project description.

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Stonewall hosts outstanding provincial ringette action

By Brian Bowman

It's not how a team starts a season but rather how it finishes.

And the Interlake Ignite U19 ringette team finished pretty well at the provincials last weekend in Stonewall.

Interlake reached the gold-medal series where they lost 8-1 and 5-2 to East End. East End now advances to the westerns in Saskatoon.

"In the second game they came out with fire and really wanted to win," said Ignite assistant coach Kinley Graves. "We played against that team all season and they're a really good team with a lot of talented players."

"But we wanted to show them that we have a ton of talent as well."

Interlake started the provincials with a 6-5 win over BVRA and then doubled St. James 6-3. The Ignite wrapped up their round robin with an 8-2 loss to East End.

On an individual note, Interlake's Renee Partyka was picked up by East End to compete at the westerns.

The Ignite's roster featured players from across the Interlake. It took Interlake a bit of time before they gelled as a team.

"We had a ton of improvement through the whole season," Graves said. "We had a couple of girls from north Winnipeg that joined our team, so there were four brand new girls that nobody knew before."

"There was a lot of skill development playing with four brand new girls on one team."

"But, throughout the year, there was continual progress. You could see it at every practice - they had a big desire to improve."

Meanwhile, the U16 Interlake Ignite



TRIBUNE PHOTOS BY LANA MEIER AND DEREK FROST-HUNT

The Interlake Ignite U19 ringette team won silver at the provincials held in Stonewall last weekend.

lost 4-3 to the Eastman Heat and 6-0 to Southdale in the double-knockout provincial format.

Those two losses ended Interlake's season.

At the U14 AA level, Interlake falls into the Magic's catchment area and has three players - Jenna Lavallee, Raeanne Peters and Haley Ichiiwa - on the team.

The Magic was 2-1 during the round robin, placing them in a best-of-three gold-medal series with the Angels.

The Angels won Game 1 by a 4-3 score and then the Magic rebounded to win the next game 4-3.

The Magic then won the gold with an overtime victory in Game 3.

In the Open Elite Division, the Prairie Fire went undefeated in the round robin and then swept the Storm in straight games to win the gold.

Local players with Prairie Fire feature Kinley Graves, Sheena MacDonald and Lindsay Burns.

Prairie Fire and the U14 AA Magic will now represent Manitoba at the Western Canadian Ringette Championships in Saskatoon from March 21-25.

Provincials for the U16AA and U19AA programs are slated for March 7-11 at the Seven Oaks Arena while Winnipeg is hosting the Canadian Ringette Championships from April 8-14.



Interlake's Renee Partyka was picked up by East End to compete at the westerns.



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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Rams advance to varsity girls' 'AAA' basketball provincials

By Brian Bowman

It definitely wasn't easy, but the Stonewall Collegiate Rams have advanced to the MHSAA "AAA" varsity girls' basketball provincials.

Stonewall punched its ticket to the big dance after defeating the John Taylor Collegiate Pipers 59-54 in overtime last Thursday.

"It wasn't our best showing but it was a great game," said Rams' head coach Christy Steeves. "We played right with them, basket for basket."

Stonewall stormed out and played some real good basketball in overtime, opening up a nine-point advantage.

The Rams earned a chance to play John Taylor after soundly beating the St. James Jimmies 41-20 on Feb. 21.

In tournament action last weekend at the Nighthawks Invitational, the Rams defeated the Niverville Panthers 65-31 in the third-place game.

"We played really well," Steeves said. "For the last couple of weeks, we've been in a really bad slump. I don't know what's been going on ... but we kind of got our old self back in

the Niverville game.

"They played really well together and were working together like a team again and making their shots."

Earlier in the tournament, Stonewall was defeated 52-35 by Northlands Parkway.

"We didn't play very well against them," Steeves admitted. "We were with them for most of the game and then we kind of died out in the fourth quarter."

The Rams started their WWAC Tier 2 playoffs this past Monday when they hosted Tec Voc. No score was available at press time.

The MHSAA "AAA" provincials, meanwhile, will take place March 15-17 at three different locations in Winnipeg.

Steeves feels the Rams can be competitive at the provincials.

"If we played the way that we played in Sanford, I think we can be a contender at provincials," she predicted. "But it's going to have to depend on the mental state of the girls. We have our work cut out for us, so hopefully we can accomplish that."



TRIBUNE PHOTOS BY DEREK FROST-HUNT

The Rams will compete in the MHSAA 'AAA' varsity girls' basketball provincials after defeating the John Taylor Collegiate Pipers 59-54 in overtime last Thursday.

## Eight Teulon Ski Club members to compete at Winter Games

Submitted

Along with six skiers from Kenora, eight members of the Teulon Ski Club have been selected to join Team East for the Manitoba Winter Games in Thompson from March 4-10. The local skiers earned their spot in the Games by racing in the regional qualifier at the Manitoba Loppet in Pinawa on Jan. 20.

The Teulon athletes range from 11 to 15 years old and reside all across the Interlake. Four skiers live in Stonewall, two are from Teulon, and two call Arborg home.

Skiers are grouped by age - PeeWee (born 2006), Midget (2004 and 2005) and Juvenile (2002 and 2003) and each group will be racing a different distance.

This will be the first Manitoba Winter Games - and the first multi-sport games - that many of these young athletes will have participated in. This is the second Manitoba Games for Arborg's Bryce Bodnarus (Juvenile boys), who represented the Teulon Ski Club in Winkler in 2014.

For the following Teulon club athletes, this is their first Manitoba Winter Games:

Shannon Bodnarus (Arborg - PeeWee girls)

Liam Tinker (Teulon - Midget boys)

Mary Tinker (Teulon - PeeWee girls)

Nicholas Palmer (Stonewall - PeeWee boys)

Tyler Persoage (Stonewall - PeeWee boys)

Hayden Turner (Stonewall - Midget girls)

Cole Turner (Stonewall - Juvenile Boys)

Both Turners are two-sport athlete, who also qualified for badminton in Phase 2.

Each skier will participate in three races of different distances. The first race next Monday (10 a.m.) is a classic technique race. The mixed team relay (where our skiers will be put on teams with those from other regions) is on Tuesday (10 a.m.). The final race is a mass start free technique and will be held on Wednesday (10 a.m.).



TRIBUNE PHOTO BY MARLENE BODNARUS

Pictured left to right: Bryce Bodnarus, Tyler Persoage, Marilee Moss (coach), Hayden Turner, Cole Turner, James Moss (wax support), Liam Tinker and Shannon Bodnarus. Missing from the photo is Mary Tinker, Nicholas Palmer and Ryan Persoage (team manager).

# Wildcats win Zone 5 varsity girls' basketball banner

By Brian Bowman

The Warren Collegiate Wildcats varsity girls' basketball team has high expectations this season.

And they reached one of their goals last week as they captured the Zone 5 banner after defeating the Gimli Lakers 65-50 in the final.

"We played a pretty solid game all of the way through," said Wildcats' head coach Kevin Braun. "We made most of our shots and we actually defended fairly well."

The Wildcats did a real good job on both ends of the floor.

"We pride ourselves on (playing solid) defence," Braun said.

"Fifty (points), to me, is too much. But if we could score 60 a game and give up 45ish, that's kind of ideal."

Warren led by seven points at the half and took over the game with a strong second half. Alex Chester, a guard, led the Wildcats in scoring with "12 or 14 points," according to Braun.

To reach the final, Warren easily defeated Peguis 97-3.

With the Zone 5 banner, the Wildcats now advance to a regional tournament this Saturday. There will be three regional qualifiers held that day at different locations.

At press time, Braun did not know where his team would be playing this weekend.

He did, however, predict that the Wildcats would be ranked among the top four teams.

To be successful at the regionals, Warren must continue to play well on the defensive end, said



TRIBUNE PHOTO BY DEBBIE GOODMAN

Pictured back row, left to right: Kirby Hearn (coach), Darrien Bullied, Jordan Schott, Madeline Boonstra, Malika Bangle, Laura Brad, Alex Chester, Grace Goodman, Kevin Braun (coach). Front row: Ramona Carriere, Meghan Sholdice, Faith Witt, Taylor McMahon and Makayla Baldwin.

Braun.


"That's a big thing for us," he said. "And we have to keep (playing well) on offence. The last few games, our offence is starting to click and the individual skills that we have been working on in practice are starting to pay off."

The Wildcats have a good chance of advancing to

the provincials.

"We just have to stay focused," Braun said. "We want to come home with some type of medal or banner by the end of the year. Our focus is to keep improving so we can do that."

"This team has the potential ... when we're on our game we have a chance to be a top three team."



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Registration and cheques can also be mailed to Stonewall Soccer Assoc. Box 4321, Stonewall, Mb R0C 2Z0

**STONEWALL BASEBALL** registration form and other information is available online at [www.stonewallminorball.ca](http://www.stonewallminorball.ca)  
Email: [stonewallminorball@gmail.com](mailto:stonewallminorball@gmail.com)  
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## Wildcats push Leo Remillard to the limit

By Brian Bowman

The Warren Wildcats pushed Leo Remillard to the limit in their Price Division playoff series.

But the series-deciding Game 3 was

anti-climatic as Warren lost 9-1 last Friday. That loss eliminated the Wildcats from the WSHL playoffs.

Continued on page 17



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Wildcats' Matt Fossay scored the overtime goal in his team's 4-3 victory over Leo Remillard in Game 2.

# Stony Mountain figure skaters headed to Winter Games

By Brian Bowman

To have one or two skaters from a club earn a chance to compete at the Manitoba Winter Games is a pretty good accomplishment.

But, in the case of the Stony Mountain Figure Skating Club, they will have four athletes making the trip north to Thompson later this month.

Chloe Beresford, Katie Roy, Marrin McKee and Vanessa Navarro will be competing on the ice at the Games.

Beresford and Roy will represent Team East in the juvenile category while McKee and Navarro will skate for Winnipeg Blue and Winnipeg Gold, respectively, in the pre-novice category.

"We're obviously very excited to have that many going," said Stony Mountain club and Winnipeg Blue coach Dana McKee. "It's going to be a really good experience and nice to have people that they train with to be there and cheer them on to make it a better experience for them."

All four will have the goal of skating their best at the elite competition.

"Realistically, I think they are going

there to experience the multi-sport games, which is something that none of them have ever done.

"In skating, we focus a lot on personal best scores. If they are able to do that in such a unique environment, then I think that they would leave very happy."

Skating for the first time at a Winter Games is a very unique experience in a young person's life.

"I think they'll all take something back from it and I think they'll all learn something from it," McKee predicted. "That's the goal at any competition. Everyone comes away learning something about themselves or about how to handle a situation. This will be a new situation for them because they won't be with their parents, not travelling with their parents."

"It will make them have a different level of maturity than maybe they have had to have in the past. I think they'll all gain a lot from it and hopefully some of them will be able to go back (to the Games)."

All four Stony Mountain skaters are very dedicated to the arduous sport of



TRIBUNE PHOTO BY LINDSEY BERESFORD

Skate Stony Mountain, Team Manitoba skaters, left to right; Vanessa Navarro, Martin McKee, Katie Roy and Chloe Beresford.

figure skating, said McKee.

McKee said the provincials this weekend should be a good test for a couple of the girls before the Winter Games (the figure skaters will compete in Thompson from March 7-10).

"This is what they have been building for in the last half of their season," McKee explained. "For most of them, this is the big deal (coming up) — this is it."

## > WILDCATS, FROM PG. 16

The teams were tied at 1-1 after the first period as Leo Remillard's Joel Perkins and Warren's Wyatt Hagen traded goals. Hagen's power-play marker was assisted by Nick Prystupa.

Leo Remillard took over the game in the second period, however, scoring four goals. They added four more goals in the third.

Remi Arnal (two), Justin Carriere (two), Eric McNeill (two), Sam Andrychuk and Evan Laurencelle also scored for the winners.

The Wildcats forced a Game 3 after an exciting 4-3 overtime win last Thursday in Warren.

Matt Fossay scored the game winner in OT.

The Wildcats Kyle Melo had tied the score at 3-3 midway in the third.

Melo also scored in the second period while Prystupa tallied in the opening frame.

Andrychuk, McNeill and Perkins scored for Leo Remillard.

Leo Remillard lost just twice during the 24-game regular season.

## Tournament all stars



TRIBUNE PHOTO BY LANA MEIER

The Teulon Saints junior varsity girls' basketball team reached the final of their home tournament last Saturday. Teulon had to settle for second place after losing 49-33 to King's School in the final. The Warren Collegiate Wildcats won the consolation side of the tournament after beating Immanuel Christian 34-31. All stars featured Teulon's Mackenzie Garand and Jacey Ledochowski.

# McMahon collects hat trick in win over Vics

By Brian Bowman

The Stonewall Jets put together a couple of solid performances last weekend.

And they were rewarded with a pair of important victories.

On Sunday, Stonewall skated to a 6-5 overtime victory over the St. Vital Victorias.

Ryan McMahon came up huge for Stonewall, tying the game at 4-4 at 16:12 of the third period and then potting the game winner in overtime to complete a hat trick.

McMahon scored earlier in the second period while Chase Faulkner

(two) and Bryce Stovin also tallied for the Jets.

Dylan Stockl (two), Ben Coppinger, Riley Bannerman and Tyson Last replied for St. Vital.

Hunter Ploszay made 27 saves for the win. Last Friday, Stonewall had a real nice effort in a 3-0 road win over the Ft. Garry/Ft. Rouge Twins.

Ploszay made 34 saves for the shut-out while Faulkner, Kyle Doak and Brendan Labossiere each scored third-period goals.

Doak, Faulkner and McMahon finished the game with two points apiece.

On Feb. 20, the Jets were grounded

5-4 in overtime by the St. James Canucks in Winnipeg.

Wyatt Kemball scored the game winner in OT.

St. James trailed 4-2 in the third period but tied things up when Chris Sass and John McCammon scored 1:44 apart midway in the period.

Faulkner gave the Jets a 1-0 first-period lead with a power-play goal but St. James took the lead early in the second with tallies from Kole Stockham and Tristan Ezako.

The Jets responded well, though, and took a 4-2 lead with goals from Aiken Chop, Braden Groot and Sam

Mandryk.

Canucks' goalie Nathan Cvar came on in relief to make 13 saves for the win.

After last week's results, Stonewall is now 23-17-4 and has 50 points to sit tied for fourth place with the St. James Canucks in the MMJHL standings.

St. James does have a game in hand, however.

The Jets wrapped up their regular season last night with a home game against Transcona. No score was available.

The MMJHL playoff matchups had not been announced by press time.

# Mercs trail in SEMHL semifinal series

By Brian Bowman

Many people felt the South Eastern Manitoba Hockey League semifinal series between the Warren Mercs and Carman Beavers would be a close one.

And that's certainly been the case so far in the best-of-seven series.

Carman took a 2-1 series lead after a 2-0 win Sunday afternoon in Warren.

Geoff Maloney scored the game winner late in the second period.

The Beavers then added an empty-net goal late in the game to ice the win.

Carman evened the series with a 4-3 overtime win Saturday night as Aaron Lewadniuk scored the game winner.

The Beavers' Dale Butland had tied the score at 3-3 with a goal at 19:04 of the third.

Lewadniuk and Warren's Dan McIntyre traded goals early in the third.

Mercs' forward Bryn Lindsay scored goals early in both the first and second periods to give Warren a 2-0 lead.

Carman cut that lead in half, though,

when Brock Vanderveen scored a power-play goal at 12:21 of the middle frame.

Warren started the series with a 4-1 home win last Thursday.

Brendan Luschinski gave Warren a 1-0 first-period lead and then Cole Murdock and Lindsay made it 3-0 after 40 minutes.

In the third, Carman's Laurent Benjamin and Trent Genyk traded goals. Trent Genyk's goal came while Warren was shorthanded at 17:38 of the third.

Travis Bosch posted the win in goal.

Game 4 of the series was played this past Tuesday in Carman but no score was available at press time.

Game 5 is set for Sunday at 3 p.m. in Warren.

If necessary, Game 6 would return to Carman next Tuesday and a Game 7 would be played March 9 in Warren.

Both games are slated to start at 8 p.m.



TRIBUNE PHOTO BY JO-ANNE PROCTER

Mercs' goaltender Travis Bosch records the win in Warren's 4-1 victory over the Carman Beavers in Game 1 of the SEMHL semifinal series last Thursday.

## South Division champions



TRIBUNE PHOTO BY KAREN TRISTRAM

The Warren Mercurys Novice Team #1 captured the Interlake Minor Hockey South Division B banner on Feb. 24. The Mercurys went undefeated in the first playoff tournament held in Warren on Feb. 17 defeating Teulon #2, 5-4 and then Gimli 9-8 in overtime. In the second tournament that was played in Teulon the Mercurys defeated Gimli 11-4, Teulon #2 5-2 and 7-3.

Warren will play Ashern in a best of three series with Game 1 being played in Warren on Sunday at 10:15 a.m.

Pictured back row, left to right; coaches Derek Hutchinson, Gord Noren and Pat Chanel. Middle row; Katie Atchison, Nicole Hutchinson, Jasper Coolidge, Braeden Ivany and Rhet King. Front row - Duncan Grassinger, Lexon Hogg, Magné Hogg, Brody Ivany, Josh Tristram, Layne Noren, Bronson Johansson and Rayden Chanel. (Missing from the photo Tanner Heaps)

## Manitoba Hockey Standings

**MANITOBA JUNIOR**

**HOCKEY LEAGUE**

	GP	W	L	OTL	PTS	GF	GA
Steinbach Pistons	58	46	8	2	96	290	128
Portage Terriers	57	37	15	2	79	245	157
Virden Oil Capitals	58	38	17	2	79	256	177
OCN Blizzard	58	31	19	5	70	204	185
Winkler Flyers	59	35	24	0	70	203	171
Winnipeg Blues	57	29	22	4	64	208	214
Selkirk Steelers	57	29	24	3	62	186	201
Swan Valley Stampede	56	25	24	6	57	183	195
Neepawa Natives	58	25	29	3	54	211	241
Dauphin Kings	57	13	42	1	28	138	271
Waywayseecappo Wolverines	57	8	45	3	20	124	308

**MANITOBA MAJOR JUNIOR**

**HOCKEY LEAGUE**

	GP	W	L	OTL	PTS	GF	GA
Raiders Jr. Hockey Club	43	35	3	5	75	186	85
Charleswood Hawks	42	30	9	3	63	126	86
Transcona Railer Express	43	28	10	5	61	169	120
St. James Canucks	43	23	16	4	50	152	122
Stonewall Jets	44	23	17	4	50	144	132
Ft. Garry/FT. Rouge Twins	44	20	21	3	43	136	125
St. Vital Victorias	43	20	21	2	42	159	177
St. Boniface Riels	43	18	21	4	40	141	157
Pembina Valley Twisters	44	17	23	4	38	180	189
River East Royal Knights	43	2	39	2	6	64	264

**SOUTH EASTERN MANITOBA**

**HOCKEY LEAGUE GP**

	W	L	OTL	PTS	GF	GA
Semi Finals "B" (Best of 7) Warren Mercs vs Carman Beavers						
18-Feb-22 Carman 1	Warren	4				
24-Feb-18 Warren 3	Carman	4(OT)				
25-Feb-18 Carman 2	Warren	0				
27-Feb-18 Warren @ Carman 8pm						
4-Mar-18 Carman @ Warren 3pm						
6-Mar-18 Warren @ Carman if necessary 8pm						
9-Mar-18 Carman @ Warren if necessary 8pm						

**Semi Finals "A" (Best of 7) Notre Dame Hawks vs Altona Maroons**

24-Feb-18 Altona 2 Notre Dame 3
27-Feb-18 Notre Dame & Altona 8pm

1-Mar-18 Altona @ Notre Dame 8pm

3-Mar-18 Notre Dame @ Altona 8pm

6-Mar-18 Altona @ Notre Dame 8pm (if necessary)

8-Mar-18 Notre Dame @ Altona 8pm (if necessary)

10-Mar-18 Altona @ Notre Dame 8pm (if necessary)

**KEYSTONE HOCKEY LEAGUE**

**Lundar Falcons vs Arborg Ice Dawgs**

Game 1 - Falcons 4 - Ice Dawgs 1

Game 2 - Tues. Feb 27 - Falcons 1

Game 3 - Thurs. Mar 1 - Arborg 7:45pm

Game 4 - Fri. Mar 2 - Warren 8pm

Game 5 - Sun Mar 4 - Arborg 2:30pm

**Cross Lake Islanders vs Selkirk Fishermen**

Game 1 - Fishermen 11- Islanders 3

Game 2 - Fishermen 6 - Islanders 1

Game 3 - Sat. Mar 3 - Cross Lake 8pm

Game 4 - Sun. Mar 4 - Cross Lake 4pm

Game 5 - Tues. Mar 6 - Selkirk 7:30pm

**North Winnipeg Satellites vs Peguis Juniors**

Game 1 - Juniors 5 - Satellites 4

Game 2 - Tues. Feb 27 - Billy Mosienko 8pm

Game 3 - Fri. Mar 2 - Peguis 8:30pm

Game 4 - Sat. Mar 3 - Billy Mosienko 8pm

Game 5 - Sun. Mar 4 - Peguis 2:30pm

**St. Malo Warriors vs OCN Storm**

Game 1 - Storm 6 - Warriors 5

Game 2 - Warriors 5 - Storm 3

Game 3 - Fri. Mar 2 - St. Malo 8pm

Game 4 - Sat. Mar 3 - St. Malo 7:30pm

Game 5 - Sun. Mar 4 - OCN - TBA

**AAA MIDGET HOCKEY LEAGUE**

Winnipeg Wild (1) vs Central Plains Capitals (8)

Brandon Wheat Kings (2) vs Southwest Cougars (7)

Winnipeg Bruins (3) vs Yellowhead Chiefs (6)

Winnipeg Thrashers (4) vs Eastman Selects (5)

STATS AS OF TUESDAY, FEBRUARY 27

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Lightning wrap up regular season with pair of losses

By Brian Bowman

The Interlake Lightning wrapped up their Manitoba AAA Midget Hockey League regular season with a pair of losses.

On Sunday afternoon, the Yellowhead Chiefs ended the Lightning's season on a sour note with a 5-1 victory in Teulon.

"From a game's perspective, Yellowhead has a very talented squad," said Lightning head coach Dwayne Swanson. "And we felt that we played right with them. The difference in the game was that they had guys that can score goals and we have guys that have trouble scoring goals."

"We had opportunities to score and we just didn't put it in."

Swanson liked the fact that his guys played hard with really nothing to play for but pride.

Interlake's Marcus Dewey started Interlake off the right way with a goal midway in the first period, assisted by Eric Krywy.

But Yellowhead took a 2-1 lead after 20 minutes as Chad Nychuk and Parker Johnson tallied.

Brian Mentuck potted a power-play goal in the middle of the second period and then Brody Wilson tallied late in the frame to make it 4-1.

Wilson extended that advantage to four goals early in the third.

On Saturday afternoon, Interlake lost 7-2 to the Winnipeg Thrashers at Gateway Arena.

Winnipeg's Chad Smithson scored the lone goal of the first period on the power play at 11:08.

The Thrashers' Reid Robertson netted a shorthanded goal early in the

second and then Smithson made it 3-0.

Interlake got on the board at 16:37 of the second as Hunter Halcrow netted a shorthanded goal.

Levi Thiessen and Robertson then added goals late in the second period to put the Thrashers up 6-1 after 40 minutes.

"It was the story of our year," Swanson said of the second-period struggles. "We had a great first period and then went out in the second period and thought we had our jobs done. We paid the price for not competing hard and in the third period we were right with them step for step again."

In the third, Interlake closed the gap to 6-2 as Jordan Wood struck on the power play, assisted by Emmitt Farebrother.

The Thrashers' Riley Barrosa answered that goal less than two minutes later, however.

Interlake finished its regular season with a 11-32-0-3-2 record and 27 points to place 12th in the 13-team league.

The Lightning did not qualify for the playoffs.

Swanson admitted that he was disappointed with the Lightning's record this season.

"I'm a competitive guy and I judge this season, and any other season that I coach, on wins and losses," he said. "I'm disappointed with regards to the wins and losses. That being said, over the years I have accepted that we're kind of behind the eight-ball a little bit with regards to numbers."

"It's difficult to get the wins that we want to get. We do send kids off to the



TRIBUNE PHOTO BY LANA MEIER

The Lightning's Eric Krywy assisted on Interlake's first goal this past Sunday against the Yellowhead Chiefs.

next level, which is something that I'm trying to hang my hat on."

Despite the poor record, Swanson was proud of the effort his players gave throughout the season.

"Our guys gave everything that they had," he stressed. "It's just a matter that we lost some goal scoring this year to the MJHL, which hurt us."

"At the end of the day, we are very

proud of the efforts they gave forth. We had only 14 guys come out for our training camp and we had some Interlake guys that really improved over the winter.

"I have nothing but great things to say about every kid in that dressing room. They gave us everything that they had."

## Lightning 1-2 at Bantam AAA Rural Provincials

By Brian Bowman

The Interlake Lightning finished with a 1-2 record at the Bantam AAA Rural Hockey Provincials last weekend.

Interlake started the provincials off strong with a dominating 8-2 triumph over the Norman Wolves on Friday.

The Lightning, which held period leads of 2-0 and 6-2, received a great three-goal and two-assist effort from Cole Emberly.

Brett Tataryn added two goals while Colby Bear and Ashton Fisher each notched a goal and two helpers.

Zachary Halldorson scored Interlake's other goal.

Carter Anderson and Justin Lies replied for Norman.

Jackson Kummén posted the win in goal.

The Lightning had a tougher time on Saturday, losing both of their games.

Interlake started the day with a 4-1

loss to the Eastman Selects. Logan Resch scored the Lightning's lone goal in the first period.

Cabrel Labossiere led Eastman with three goals while the other tally was scored by Rachonne Henry.

Later that day, Interlake was defeated 7-4 by the Yellowhead Chiefs.

Yellowhead scored four first-period goals and then led 6-2 after two periods.

Karson King paced Interlake with a

goal and three assists while Michael Crave chipped in with a goal and two helpers.

Bear added a goal and an assist. Kaden Stewart scored the Lightning's other goal.

Briley Wood (two), Sloan Stanick (two), Benjamin Saunderson, Conor Geekie and Colby Wotton scored for Yellowhead.



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## UPCOMING EVENTS

World Day of Prayer at the Anglican Church, Stonewall on Friday, March 2 at 7 p.m. All are welcome.

SAT. MARCH 3, 2018 S.I.R.A.S. Annual Spring Dinner at the Red Barn (Hwy 236 & Rd. 75N), cocktails 5:30, dinner 6:30, \$25 auction/entertainment, tickets & info 204-467-8789 or 204-881-1204; SAT. MARCH 10, 2018, CFMY 920 AM RADIO & S.I.R.A.S., "TALENT NIGHT" at the Red Barn 8 p.m., admission \$3, to be a contestant please call Alvin 204 467 8489 or Diane 204-633-2238.

Lilyfield Church Women's Annual St. Patrick's Supper. Beef or chicken stew, coleslaw, buns, dessert & beverage. Thursday, March 15, 2018 from 5 - 7 p.m. at the Church Hall, Sturgeon & Rd. 68. Adults, \$10; 6-12 years, \$5; under 5 free.

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## NOTICE TO CREDITORS

**IN THE MATTER OF:** The Estate of Donald Robert Last, late of the Town of Stonewall, in Manitoba, deceased.  
All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 9th day of April, 2018.  
DATED at Stonewall, Manitoba this 20th day of February, 2018.  
**GRANTHAM LAW OFFICES**  
Solicitor for the Executors

## The Rural Municipality of Woodlands REQUEST FOR PROPOSALS



Proposals will be received by the Rural Municipality of Woodlands for the following:

- Pumping out of septic tanks within the Village of Warren and the Village of Woodlands on an annual basis. The Contract will commence May, 2018 for a three year term.
- Currently there are approximately 325 tanks to be pumped out in Warren and approximately 10 tanks to be pumped out in Woodlands. The annual pump out will commence May 15 with completion by September 30. Pump outs to be conducted between the hours of 8:00 a.m. and 8:00 p.m.
- A \$100.00 (One hundred dollar) penalty will be imposed for each day exceeding the completion period.
- The operator will be required to provide and maintain \$2,000,000 Comprehensive General Liability (CGL) insurance and shall be required to provide the municipality with a Certificate of Insurance confirming the CGL coverage.
- The operator shall be registered and be in good standing with the Workers Compensation Board and provide the municipality with a registration number for verification.
- The operator shall be required to enter into an agreement with the Rural Municipality of Woodlands.
- Details of the agreement are available at the R.M. of Woodlands Office.

Proposals shall be in writing and may be emailed to cao@rmwoodlands.ca, mailed or delivered in person, on or before March 16, 2018, to the attention of the C.A.O., R.M. of Woodlands, Box 10, Woodlands, MB. R0C 3H0.

## The Rural Municipality of Woodlands PUBLIC NOTICE



Public Notice is hereby given that the Rural Municipality of Woodlands inclusive of the L.U.D. of Warren intends to conduct the following Pesticide Control Programs during 2018:

1. To control noxious weeds and brush on public right-of-ways and on publicly owned property within the Municipality. The projected dates of application will be from April 15, 2018 to December 31, 2018. The herbicides to be used include:  
-2,4-D Amine 600 - 2,4-D Choline - Dicamba - Glyphosate - Picloram - Triclopy - Aminopyralid - Aminocyclopyrachlor - Metsulfuron Methyl - Chlorsulfuron - Mecoprop P - Acetic Acid - Diflufenzopyr - Iron HEDTA (FeHEDTA) - Paraffinic Oil Alkoxylated alcohol non-ionic surfactant - Methyl and ethyl oleate - Flumioxazin
2. To control rodents at the waste disposal grounds, waste water lagoons and any municipal owned property at various times during the year using the rodenticide:  
- Bromadiolone - Difethialone
3. To control the following insects pests including grasshoppers, mosquitoes, cankerworms etc., if and when necessary. The proposed dates of application will be from May 1, 2018 to December 31, 2018. The insecticides to be used include:  
Deltamethrin - Malathion - Bacillus thuringiensis israelensis

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

Manitoba Sustainable Development  
Environmental Approvals Branch  
123 Main Street, Suite 160  
Winnipeg, MB R3C 1A5

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## THE RURAL MUNICIPALITY OF ST. LAURENT ANNUAL PUBLIC NOTICE

### Additions to the Voters List and/or Personal Security Protection Requests

In accordance with Section 36 of The Municipal Councils and School Boards Elections Act (MCSBEA), the Rural Municipality of St. Laurent Voters List is open for changes or revisions.

- Any person who is eligible to vote in municipal elections in the Local Authority of the Rural Municipality of St. Laurent can have his or her name added to the Voters List, or have any information about the voter on the Voters List corrected.
- Any person can request to have his or her name and address obscured from the Voters List. A person whose name has been obscured will receive a personal Security Certificate and identification number. In a civic election, that person may only vote by Sealed Envelope Ballot and cannot vote in person at the regular or advance voting places.

To implement the above, a written request must be submitted to the Senior Election Official, in person, by e-mail, fax or mail to:  
Rural Municipality of St. Laurent,  
Box 220, St. Laurent, Manitoba, R0C 2S0;  
Phone: 204-646-2259; Fax: 204-646-2705;  
Email: rmstlaur@mymts.net

The next General Election takes place October 24, 2018.

Ernie Epp,  
Senior Election Official

# Announcements

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## ANNOUNCEMENT

### BIRTHDAY



Aidan Dean Shymko

Wishing you a great 14th birthday! Congratulations on catching your "Hog" Happy Birthday!

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



## ANNOUNCEMENT

### ENGAGEMENT



Mr. and Mrs. Greg Sulyma of Stony Mountain, MB, are pleased to announce the engagement of their daughter Brittany Rachele to Christopher Hart, son of Kent and Kelli Hart of St. Andrews MB. A September wedding is planned.

## ANNOUNCEMENT

### IN MEMORIAM



**In Loving Memory Of Susan Gregg Who passed away Two 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

There is a link death cannot sever,  
Love and remembrance last forever.

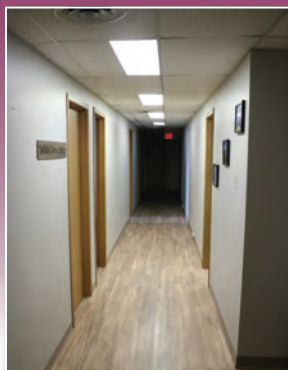
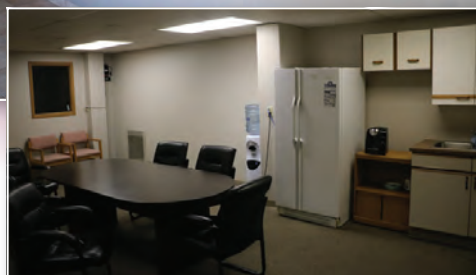
*Don't forget to send your special wishes to your friends and family or honour loved ones passed with a message.*

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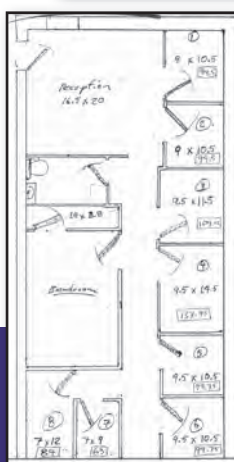
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Total square Footage 1700, includes eight offices of various sizes, a board room and a front reception area. Current tenants include The Lord Selkirk Teachers Association and Sun Life Financial. The Selkirk Record and a new incoming tenant occupy separate space though their own private entrances. The building was upgraded in 2012. Both the reception and board room are shared, there are currently five offices available for lease.

For information please contact:  
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## OBITUARY



**Henrietta Irene (Nee Janz) Middleton**  
February 25, 1943 – February 22, 2018

Henrietta passed away peacefully on Thursday, February 22, 2018 in her 75th year of life. Caring and devoted mother of Lara Irene (Martin), Tyler Turney Ian (Lori), Tamara Henrietta (Dan), Shayla Zoë (Kailash), Ashley Meagan and the late Spencer Bruce. Proud Oma of Spencer (Julia), Amanda (Connor), Bryanna, Kaela, Kaiya, Thomas, Taryn and Olivia.

Henrietta was born February 25, 1943 to Myrtle and Turney Janz. Henrietta grew up on a Red Angus stock farm in Souris, Manitoba surrounded by her 13 siblings. She loved all of the animals she cared for especially her horse, Molly Baker.

In 1964, she married Donald Bruce Middleton of Souris and had six children: Spencer, Lara, Tyler, Tamara, Zoë and Ashley. The family moved to Stonewall where they were part of the community until 1979 when the family moved to Alberta and then Ontario.

Henrietta spent her life in service to her family and others. Her working life included a nursing assistant, an activity director for various long term care facilities, a personal care worker and an educational assistant with the York Catholic School Board. She retired in 2010 and moved to Ottawa, Ontario where she enjoyed gardening, reading her many National Geographic magazines, quilting, knitting, sewing and spending time with her dogs.

She will be missed by her many nieces, nephews, cousins, family and friends.

A heartfelt thank you to the compassionate staff of Providence Healthcare in Toronto, Ontario.

A mass of Christian burial was held at Our Lady Queen of the World Church in Richmond Hill, Ontario on Tuesday, February 27th at 10:00 am.

Your memory will live forever ~  
Engraved within our hearts

## OBITUARY



**Margaretta (Rita) Clay**

Sadly, Rita passed away on Friday, February 16, 2018. She was born January 7, 1931 in Glasgow, Scotland. She was predeceased by her husband Frank and brother Dave. Mom is fondly remembered by her son Frank (Cynthia), grandchildren Christopher (Cindy), Heather and great grandchildren Jack and Noah and brother Donald (Glenys).

Rita and family emigrated from Scotland to start a new life in Winnipeg on a cold and blustery January 1967. Mom embraced life in Canada with great enthusiasm as she did with all her endeavors. Fifty years in this country and her brogue (accent) was as thick as ever. She worked hard in many jobs and spent many years as head of housekeeping at the International Inn.

After retiring, Rita and Frank and dog Rocky settled in their cottage at Laurentia Beach, St Laurent on Lake Manitoba. They truly enjoyed life at the lake and made very many dear friends. Rita was passionate about her garden and always feeding the birds or any other wildlife that came on their property.

Mom was an avid and very talented knitter. Mittens, scarves, dickies and washcloths were her specialty and have been enjoyed by many people.

She was a strong and vibrant lady, fiercely loyal and truly compassionate for everyone she knew. She was always very generous and grateful for what life had for her. Even throughout her illnesses she never failed to express her gratitude for all her caregivers, often giving gifts to those she thought so much of.

Mom took great pride in her family. She loved being a grandmother and great-grandmother (G G). Never failed to miss a birthday, anniversary or Christmas with a card and something tucked into it.

Rita loved people and had an infectious spirit that left a lasting impression with everyone she knew. She truly embraced life with enthusiasm.

Our world is suddenly too quiet.

Mom will be forever in our hearts.

A family service will be held at a later date.

Among the many charities that Rita supported The Humane Society was her favorite.

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