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VOLUME 8 EDITION 9

Stonewall Teulon Tribune

THURSDAY,
MARCH 2, 2017

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Celebrating Canada's 150

TRIBUNE PHOTO BY LANA MEIER

RW Bobby Bend Grade 4B students celebrated a month filled with fun activities, guest readers and special events "All aboard the Canada 150 Express." The students celebrated Canada's 150 birthday with the singing of Happy Birthday to Canada and enjoyed red and white cupcakes last Friday.

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

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Doc Walker to headline Quarry Days Free stage

Sunova Main Stage Friday, Aug. 18

Staff

"The Show is Free" when Juno award-winning Manitoba country act Doc Walker kicks off the annual Quarry Days summer festival on the Sunova Main Stage on Friday, Aug. 18.

The Portage la Prairie duo have released 20 tracks including fan-favourites like Beautiful Life, Rocket Girl, Heaven on Dirt and their newest release Echo Road from September 2016.

Doc Walker has won Canadian Country Music Awards and had radio hits with the songs I Am Ready and The Show is Free from the 2003 album

Everyone Aboard. In 2001, they released the album *Curve*. Both albums were for Universal Music Group.

With more than 20 Top 10 singles, Doc Walker is one of the most recognized Canadian country acts of the past two decades. The group has received multiple Canadian Country Music Awards, including Fans' Choice, Group or Duo of the Year, CMT Video of the Year, Single of the Year, and Country Music Program or Special of the Year.

For more information visit www.stonewallquarrydays.ca.



TRIBUNE PHOTO SUBMITTED

Country band Doc Walker will kick off the annual Quarry Days festival on the Sunova Main Stage Friday, Aug. 18 with a free outdoor concert

Jets read to colony students



TRIBUNE PHOTO BY HEATHER JENSEN

Stonewall Jets' Curtis Beck, left, and Branden Meier were guest readers at the Sturgeon Creek Hutterian School last Thursday during "I Love to Read" month. The players read *That's Hockey* and *Red* to the students before having a tour of the school where the students showed off their hockey skills in the basement.



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Hueging suspended for three months from in-camera meetings

ISD board votes 8-1 to ban trustee

By Natasha Tersigni

Following what Interlake School Division (ISD) board of trustees is characterizing as "a violation of the Interlake School Division trustee code of conduct," the board voted to ban fellow trustee John Hueging from attending in-camera meetings for three months during the regular board meeting Feb. 27.

The motion came after Hueging was quoted in the Feb. 16 issue of the *Tribune* stating that the ISD trustees knew the location of a missing portable classroom. Keeping to his confidentiality clause, Hueging did not provide any additional information but added he wants taxpayers to know how the division is handling their business, including missing buildings, as it is public money.

At the ISD board meeting on Monday, trustee Sally Cook presented a motion to prohibit Hueging from attending all in-camera discussions of the board and of committees of the board effective Feb. 27, 2017, until May 27, 2017. The motion was seconded by trustee Sharon Baker.

Hueging defended his actions, stating that he expressed his opinions in the best interest of the taxpayers.

"To me, the school board is one of the most public institutions there is. It is funded by the taxpayers to teach the children of the taxpayers. Everything we do that is financial or does not involve personnel issues should be public. We have, over the last 50 years, gone more private — and now to where half our business is done in-camera and the public has to go

through hoops to find information," said Hueging.

"That is my opinion. I am here by choice because I ran for the board. I had people voting for me because they knew what I believed and what I stood for. If we inform the public, they will become involved with the board, but if we do not inform the public, they will lose interest in it."

ISD board chairperson Alan Campbell said that the board has decided to take this extremely rare action because it needed to protect the confidentiality of the confidential matters that are discussed in-camera.

"As you have clearly stated that your opinion is that items that we discuss in-camera and maintain are confidential are not necessarily worthy of that confidential-



John Hueging

Continued on page 5

Soul Sisters to premiere on VisionTV

By Jennifer McFee

If you missed seeing the film *Soul Sisters: The Catholic Women Religious of Manitoba* on the big screen, you still have the chance to view it from the comfort of your own home.

The documentary about Manitoba's Catholic sisters will have its national broadcast premiere on VisionTV on Monday, March 6 at 8 p.m. central time.

The film provides a glimpse into the lives of these women and their lasting impact in the community. Stories of the sisterhood along with their ground-breaking social justice work are shared with humour, feminism and compassion.

The Catholic Health Association led a tribute to acknowledge, commemorate and celebrate the Catholic sisters working within the English,

French and Ukrainian communities since 1844. *Soul Sisters*, written and directed by Danielle Sturk, is part of that initiative.

The 55-minute film was produced by Balmoral resident Joanne Levy for Buffalo Gal Pictures in partnership with the Catholic Health Association of Manitoba and in association with VisionTV.

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Available in accessible formats upon request.



D & D Cakes' Café Corner close its doors

By Natasha Tersigni

After operating D & D Cakes' Café Corner in Stonewall for just over a year, the Association for Community Living (ACL) Interlake Branch board closed its doors on Feb. 24.

"After a great deal of consideration, the board determined that the impact of ongoing deficits had far exceeded the benefits accrued to the community and their clients," said ACL project manager Jimm Simon in an e-mail to the *Tribune*.

The café was leased from previous owners Diane Kaermerowich and Darlene Daigle, who remained working at the café to assist ACL with operations after the organization took over January 2015. ACL's hope with the business was to transform the café into a social enterprise similar to its business Global Garage and Art House.

After trying several different options, including introducing a lunch menu and outsourcing their baking to Arborg Bakery, the ACL board and employees decided that the business was no longer viable.

"The business has been operating at a monthly loss, and despite several attempts to increase business and decrease costs, we were unable to justify

keeping the doors open," said Simon.

Looking to the future, ACL has not given up hope of being in the café business. With renovations continuing at their building at 307 Main St. in Stonewall, the hope is that one day the front portion of the building can be used as community space for a café.

Since the majority of ACL's funding comes from government sources, including \$2.6 million from the provincial government and \$6,490 from municipal government, the organization is looking at grants and other revenue sources to fund their new venture.

"The current estimate for the remaining work, including structural and interior renovation, is \$250,000. Our board of directors is currently working on updating their fundraising plans to reflect the need to raise this amount of money. We are considering a wide array of fundraising initiatives, including grants and foundations, community donations, corporate sponsorships and fundraising events," said Simon, who added it is disappointing to have to close the café's doors.

"After a great deal of consideration, we determined that the impact of ongoing deficits had far exceeded the



TRIBUNE PHOTO BY NATASHA TERSIGNI

After operating D & D Cakes' Café Corner in Stonewall for the past year, the Association for Community Living (ACL) Interlake branch board decided to close its doors after ongoing deficits had far exceeded the benefits to the community and their clients.

benefits accrued to the community and our clients. It is unfortunate that this service will no longer be available

to the few regular customers who visited D & D on a daily basis."

Elvis and Johnny Cash tribute artist wows St. Laurent crowd

By Jeff Ward

Acclaimed Johnny Cash and Elvis tribute artist Corny Rempel performed to a crowd of 150 that packed into the St. Laurent Recreation Centre to help raise money for the Father Guy Lavallee Michif Local recently.

Members of the Local organized the fundraiser to benefit the summer Metis Days Festival in August and raised almost \$600 from the sale of tickets and a silent auction. Local chair Bernadette St. Goddard said that the show was spectacular and that Rempel was indistinguishable from the performers he paid tribute to on stage.

The show lasted nearly three hours and was kicked off with a special performance by the local youth jigging group the St. Laurent Lil Bitty Steppers. St. Goddard said that the audience really enjoyed the entire show.

"It was really more about just providing another activity for people to take part in and less about a fundraiser. We were really pleased with what we raised but it was more important for us to help bring the community together for an evening. It's always nice to see everyone together having fun," said St. Goddard.

St. Goddard added that she hopes to host at least one more community event to benefit Metis Days later this year, but there are no concrete plans right now.



TRIBUNE FILE PHOTOS BY LANA MEIER

Steinbach's Corny Rempel wowed the audience during the Father Guy Lavallee Michif Local fundraiser in St. Laurent recently. Rempel paid tribute to Elvis Presley and Johnny Cash.

Read-a-thon raises funds for international literacy initiative

By Jennifer McFee

A local class is in the good books after raising more than \$1,000 through a read-a-thon to support an international literacy initiative.

On Friday, Feb. 24, the Grade 6 French immersion class at Ecole Stonewall Centennial School read all day long to wrap up I Love to Read Month. They gathered a grand total of \$1,084.60 in pledges for their read-a-thon, and they will donate the funds to the Osu Children's Library Fund.

The initiative began in October when the students asked teacher Robin Paul-Ballard if they could read for an entire day.

Paul-Ballard brainstormed with her 16 students about how to make their request a reality. At first, they thought about doing a read-a-thon to raise funds for new books for their classroom library.

After deeper discussions, they decided that they already have an excellent library that provides plenty of literacy opportunities. Paul-Ballard introduced the idea of donating to the Osu Children's Library Fund, founded by Kathy Knowles of Winnipeg.

"She lived in Ghana with her children for a number of years when they were little. She loves books, so she would read to her kids every afternoon in her Ghanaian garden. All of a sudden, she had all of these other kids joining her for storytime. By the end, she had more than 150 kids and she realized that they don't have access to books the same way her family did," Paul-Ballard explained.

"She ended up turning her little garage into a library where kids could come and get books, and then it just grew from there. They ended up moving back to Canada and she started this library foundation. Now she's built about 15 libraries and literacy centres in Africa."

After Paul-Ballard showed her students the organization's website, they enthusiastically endorsed the idea.

"It was really big of them and selfless of them to see that they could give to somebody else instead of to themselves," she said.

"They put together a presentation and presented it to our administration. They wrote letters to parents and they put together pledge forms."



TRIBUNE PHOTOS BY ROBIN PAUL-BALLARD
French Immersion Grade 6 students at Ecole Stonewall Centennial School raised \$1,084.60 in pledges for their read-a-thon.

The students even brought items from home to create two gift baskets for a fundraising raffle.

Then on Friday, they got cozy and buried their noses in books all day long, even while they ate lunch, with only three five-minute breaks throughout the read-a-thon. They could choose to read anything that interested them, with the expectation that some French materials would be

included in their selection. To keep things interesting, they created a Bingo card filled with different tasks to complete while reading.

In addition to working on their literacy skills and seeing a project through to fruition, the students enjoyed the satisfaction of sharing the joy of reading with others.

> ISD BOARD, FROM PG. 3

ity and for that reason, the board is entertaining this motion," said Campbell.

The trustees voted eight to one in favour of suspending Hueging from attending in-camera meetings. Hueging called for a recorded vote. Hueging voted against the motion while Cindy Brad, Campbell, Fran Frederickson, Baker, Dave H Marcus, Cook, Darci Loehmer and Sandra Wiebe all voted in favour of the suspension.

Under the Manitoba Public Schools Act, Hueging has 10 days to appeal the motion. After being contacted Monday evening by the Tribune, Hueging stated he is currently exploring all of his options and has not yet made a decision on how he plans to proceed.

Before the motion regarding Hueging's suspension, Campbell released a printed statement regarding the portable classroom:

"The portable classroom which was the subject of an article in the February 16th edition of the Stonewall Teulon Tribune was removed from the construction site of the Woodlands School without the approval of the Board of Trustees of the Interlake School Division. Upon being made aware of this, the Board sought the advice of both legal counsel and the RCMP in this matter. Given the considerable expense associated with pursuing this matter through the courts, and that the building was slated for disposal, the Board decided to act in the best interests of the taxpayers. The costs associated with the recovery and disposal of this portable classroom far outweighed its value."

Prior attempts by the Tribune to obtain information from Campbell regarding the portable classroom were met with the request to go through the Freedom of Information and Protection of Privacy Act.

During the meeting and in his statement, Campbell did not clarify when the board became aware of the location of the portable classroom, who moved it, when the legal advice was obtained, how much court proceedings would cost and when the porta-

ble classroom was slated for disposal. Campbell also did not elaborate on how a portable classroom owned by the ISD was able to be moved off of a construction site without officials intervening.

With files from Jo-Anne Procter

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getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL Who says you have to be quiet when fishing?

Hi fellow fishers.

In a haze of floating snow urged about by a cool breeze last Saturday, I rolled over the flat ice pack on Lake Winnipeg's south basin. Houses and trees on the Matlock shore shrank to dark lines in my rearview mirror. It felt good out there as I passed through village after village of ice shacks.

In time, two large white trucks beside some portable shacks caught my attention. Pulling up to them and leaving my truck, I heard good-humoured shouting between the tents. The zipper door of the closest one opened and the face of a young, lean, brown-haired chap became visible, saying, "Hi. I'm Doug Frost."

Doug was direct and easy to talk to. He told me the Frosts of Ontario and of Manitoba were having a weekend get-together enjoying ice fishing. As we got to know each other, a fishing experience that happened years ago on Crystal Lake popped into his mind.

It seems he was boat fishing, and during a lull in action, he decided to dress one of the fish he had caught. Under a knife poised over a board on Doug's lap, the fish jackknifed into the air in an arc that was going to put him back in the water. By accident, the fish's tail struck knife blade, clipping off a piece as it disappeared overboard into the drink. Three days later in the same place at almost the same time, Doug was enjoying another day of fishing and caught that same fish. This time it didn't get away.

A while back, I met Jakob Kuzniak



TRIBUNE PHOTO BY ARNIE WEIDL
Jakob Kuzniak of Selkirk with his catch from the Red River.

and his wife Lindsay from Selkirk coming off the Red River. While they didn't have a story for us, he was nice enough to show his catch. Thanks, guys.

In the middle of last week not far from where I met Jakob and Lindsay, I ran into a couple of real characters, Brian Pederson and Jeff Skelton. Be-

tween fits of laughter, they told of their friend Al, a slim, quiet, careful, dark-haired guy with a kind face who wasn't too sure about fishing but wanted to try. The boys used to like summer fishing in a small pothole lake south of Thompson and decided to take him along.

It was a hot sunny day, and after walking through the bush pestered by black flies, they got onto the water in an aluminum boat they had left there. I don't have to tell you the fishing is good up north, so you won't be surprised when no sooner had Brian and Jeff threw out their lines while asking Al to toss out the 20-pound anchor, they both caught jackfish.

Al heaved the anchor overboard on the same side as the guys were reeling in their catch and everything went nuts. Lines were crossed and Al, not realizing the anchor rope was wrapped around his ankle, followed it over the gunwale. Up to his waist in water with angry jackfish wrapped around him, he looked up, pleading at Brian and Jeff for help. It took a while and they did haul Al back into the boat but only because they could see their jackfish would follow since the lines they were hooked onto were wrapped around his legs.

The next winter, the boys were going ice fishing not far from Thompson and they let Al come along. It wasn't until they were pounding over scrubland, swamp and pockets of flat ice pack in their 4x4 that Al said he was afraid to go on the ice. The boys,

Continued on page 9

Tribune

The Selkirk Record

The Winkler Morden Voice

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Inwood School students celebrate day 100

By Jeff Ward

Kindergarten to Grade 4 students at Inwood School celebrated "100 Day" this week by doing educational activities based on the number 100.

Inwood principal and K-4 teacher Joanne Mulvena said that "100 Day" is literally the 100th day of the school year. Her class celebrated it by doing literacy and numeracy lessons on the number. She explained that students worked in partners to see how many words they could make with the letter in the words "one hundred."

Students then ranked them on the board according to letter count and then did the math on how many more words they would need to make 100 different words. Activities like this took place throughout the day, and Mulvena said that the celebration is a way to learn that is fun and engaging for students.

"It's a time for some of the students to learn and a time for others to practise what they've already learned," said Mulvena.

"I know my students in Grade 2,3 and 4 have done work like this before, so for them it's review, but for my

younger students, it's a new thing. We talked about money and what makes a dollar and then all of the different ways we can get a dollar with the coins we have. And each student kept track with their digital portfolio."

Mulvena said that for the older students who have done work like this before, the review process for them takes on a different role. Older students will help guide the younger ones through the learning process to figure out how to break the problems down.

"If you can teach someone something you've learned, it helps solidify that for you, helps it stay in your long-term memory," said Mulvena.

Whether it is arranging dominoes to make a line of 100 dots or pattern blocks that accomplish a similar task, these hands-on activities engage students in a way that's fun. Mulvena said that these tactile activities get students excited and challenge them to think outside of a traditional pen and paper scenario.

What "100 Day" offers is an opportunity to take one concept, in this case the number 100, and break it down



TRIBUNE PHOTO SUBMITTED

Students from Inwood School celebrate "100 Day" with fun numeracy activities like arranging dominoes in configurations that add up to 100.

in as many ways as possible so that students can learn the important core concepts of literacy and numeracy while having fun.

RM of Rosser council news in brief

By Jennifer McFee

- Rosser council approved a \$8,576.39 contribution to the South Interlake Planning District.

- The RM will enter into an agreement with the Canadian National Railway Company regarding an underground water pipeline crossing at Mile 8.61 Lilyfield Spur.

- The RM will enter into an agreement with the Inkster Industrial Park South Ltd. regarding municipal legal and engineering fees for a development agreement.

- Council granted Reeve Frances Smee a leave of absence from the March 14 regular council meeting.

- Ernie Epp and Dale Lyle of Way to

Go Consulting discussed their proposal for the recruitment of a chief administrative officer and organizational review for municipal office staff. Paul Croteau and Sarah Adkins of Legacy Bowes also attended the meeting to discuss their proposal for the same purpose, as did Karin Pooley and Gord McAlpine of People First HR Services.

- Council passed second reading of a bylaw to provide for the protection of the surface water drainage system for the eventual build-out of CentrePort lands within the RM.

- Council gave first and second reading to set indemnities for 2017 as well as rates of compensation and expenses for council and standing committee

members.

- Council gave first reading of a bylaw to regulate the use of the Lilyfield Well.

- The RM of Rosser will host an Association of Rural Municipalities meeting at Grosse Isle Community Hall on March 2.

- Council accepted the 2017 Rosser Weed District budget and approved a levy of \$16,580.

- The RM of Rosser will support the Red River Basin Corporation in their efforts to expand the coverage LIDAR data in the Red River Basin.

- The April 11 council meeting will be moved to April 18 at 9 a.m., and the April 25 meeting will be cancelled.

- Council had hired Legacy Bowes

Group to perform an investigation on a personnel matter. The investigation is complete and council received a report dated September 2016. Council voted in favour of accepting the report and recommendations resulting from the workplace investigation regarding harassment of staff members. Coun. Angela Emms was absent from the vote, and Coun. Scott Corbett voted against the resolution.

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Teulon Collegiate student earns Yes I Can award

By Jennifer McFee

Congratulations are in order for Darrell Dempster of Teulon Collegiate Institute, who earned a 2017 Yes I Can award after many years of ongoing efforts.

Resource teacher Lori-Anne Busch nominated Darrell for the award, with her support bolstered by additional recommendation letters.

"He had noticed that other students in our school had earned this award in the past and he was interested in it. I told him there were some things I needed him to work on before I could consider nominating or recommending him," Busch said.

"So we had been talking about it for a couple of years and he made a lot of progress in terms of taking responsibility. He had been working in the school canteen, and I nominated him in the area of Transition, which has to do with preparing for your life after high school."

During his time at Teulon Collegiate, Darrell has made an impressive amount of personal progress.

"One of our very big goals at school in Special Ed is to support students in getting the skills they'll need for having a job afterwards. If we can, that's wonderful," Busch said.

"Darrell is somebody who has made a lot of progress over the course of the time he's been in our high school. Initially, when he went to work placements, he needed a lot of support from the EA. He was able to go only for short periods of time and he had a hard time taking direction from people."

Two years ago, he completed a work placement at Esso in Teulon without any support and was hired to work at the gas station for the summer as a

paid employee.

"It was really a great outcome," Busch said. "He earned money for working at a real job as a result of all of his work to develop these skills, so it was exciting."

Continuing on his path to success, Darrell has been working at the school's Kandu Café, which is now run by special education students through the resource department.

"It's just amazing to see what he's doing in there. He learned how to make a whole bunch of different meals by himself. He's able to follow a recipe from start to finish, and his reading has improved because he's very interested in being able to follow the recipe without support," Busch said.

"He makes the soup, and he's got a really good relationship with lots of people who come to order food from the canteen. He volunteers his time if he sees that we need to stay open later."

Since he finished his Grade 12, Darrell is also the only student in the canteen who works for the full day.

"He's got such a great attitude and more skills than we ever imagined. We didn't know he could do so much," Busch said.

"It's a great success story about how someone started out not able to work very well with people, especially with people he didn't know, and working at a job was very challenging. But then over the course of a number of years, he became so much more skilled and easier to work with — and now he's able to have a job."

Although he's not currently being paid for his work at the canteen, Busch is confident that Darrell has the skills to get hired in the restaurant industry after graduation.

"HE'S GOT SUCH A GREAT ATTITUDE AND MORE SKILLS THAN WE EVER IMAGINED."



TRIBUNE PHOTOS SUBMITTED

ISD Supt. Christine Penner, resource teacher Lori-Anne Busch, award recipient Darrell Dempster, Jennifer Chartrand and Michelle Procter.



Darrell Dempster works at the Teulon Collegiate Kandu Cafe.

"This is his very last year here, and he certainly does have the ability to be hired and to be paid," she said. "That's the best possible outcome."

Darrell received his Yes I Can award

at the 27th annual awards ceremony on Feb. 23, hosted by the Manitoba Council for Exceptional Children in Winnipeg.



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School board encourages feedback on draft budget

By Jennifer McFee

Taxpayers could face a 4.56-per-cent increase to the education levy if the school board passes its 2017-18 draft budget.

The Interlake School Division hosted a budget presentation on Thursday, Feb. 23, drawing about 40 to 50 people to Ecole Stonewall Centennial School.

They learned that if the draft budget is approved, then homeowners of a property assessed at \$250,000 would pay \$68 more in education taxes year over year. For homeowners in a property assessed at \$400,000, the tax increase would be \$108.

Board chair Alan Campbell was pleased with the turnout at the open house event.

"It's for sure the highest turnout we've ever had since I've been on the board, which is coming up to seven years, and we were very pleased with that," he said. "I had more discussion with ratepayers than I've ever had at a budget presentation, so it was very good from that perspective."

The school board and senior administration team were prepared for the difficult task of creating the draft budget.

"The board still has some pretty significant considerations in terms of whether or not the majority of trustees are comfortable with a 4.56-per-cent increase," Campbell said.

"So when we have those conversations, the public feedback that we get from a meeting like we had at Stonewall Centennial School is very important. It goes right to the very root of why we have a school board and why

public engagement is important."

The draft budget is all about holding the line, he added.

"There aren't any significant reductions or cuts to programming or staffing. At the same time, there aren't any significant increases," he said.

"If you wanted to propose a special levy tax increase any lower than 4.56, we'd be looking at staffing reductions. We'd have to look at teaching position reduction and educational assistant reduction because staffing costs make up by far the most significant piece of the expenses that the board faces every year. Accordingly, if you want to reduce expenses and therefore reduce the tax increase, you have to make cuts where it counts."

With the 4.56-per-cent proposed increase, the school board can hold the line on staffing, he said.

"When we say 'hold the line,' we mean our pupil-teacher ratio across the division is still under 20 in all schools, which we're very proud of. We're maintaining EA support where it is required, as well as guidance and resource support, which we've

heard from our teachers and our families in the division as being very important," Campbell said.

"But at the same time, we're driving efficiencies as much as we can. Of particular note, we had budgeted for three new buses in the fleet and we are only adding two buses, so that's \$90,000 right there."

This year, the provincial government announced a one-per-cent increase in

"WE STRONGLY ENCOURAGE TAXPAYERS WHO MAYBE DID NOT GET OUT TO THE MEETING TO CONTACT US"



TRIBUNE PHOTO BY JO-ANNE PROCTER

Stonewall Collegiate Institute vice-principal John Loochuk, Interlake Teachers' Association president John Bock and Stonewall Collegiate Institute vice-principal Bryce Baldwin reviewed information at the draft budget presentation on Feb. 23.

education funding across the entire province, which translated into a two-per-cent decrease for the Interlake School Division, he added.

"That left us with a significant shortfall that needed to be made up for in an increase in the special levy," Campbell said. "We appreciate everyone who came out, and it's no secret that we have a variety of opinions around the table in terms of taxation. This process with the board starts in December and goes right through to March, and we still encourage a lot of feedback from the public."

The 2017-18 draft budget package is posted on the Interlake School Division's website at www.isd21.mb.ca, and it includes contact information for trustees. As chair of the school board, Campbell also welcomes feedback and invites people to contact him by email at acampbell@isd21.mb.ca or by phone at 204-886-7121.

"We strongly encourage taxpayers who maybe did not get out to the meeting to contact us and talk to us," he said. "We'd love to hear from them."

> GET FISHING, FROM PG. 6

smirking, kept looking straight ahead, trying not to laugh saying, "Al, we've been on one lake ice pack after another for an hour."

It wasn't until Al caught his first fish that afternoon that he quit shaking.

When visiting anglers on the southeast side of Lake Winnipeg, I cannot get past the South Beach Casino. The food is so great and, invariably, I meet folks with wonderful fishing stories. One such couple last Friday was Tim and

Angeline McIntyre of Lac du Bonnet. Both had the look of weathered outdoor strength about them, so I asked if they had a story for us. Angeline was quick to tell when they were fishing at Point du Bois a few years ago in a calm late fall afternoon and she caught a giant jack. She got so excited, she started screaming and cursing. Neighboring boats with friends and family became so embarrassed they left.

Well, you have a fun week fishing. Bye now.

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Learning opportunity for palliative care and age-friendly members

By Lisa Beirnes

Members of South West District Palliative Care, Inc. and Age Friendly Manitoba (Stonewall/Rockwood) visited Jocelyn House and Brummitt-Feasby ALS House on Feb. 9 to learn about hospice and support homes in Winnipeg.

Jocelyn House provides care for people living the end of their lives in a home-like environment on a beautiful naturally wooded riverside property in Winnipeg.

Brummitt-Feasby House is a place where people living with ALS realize their full potential in an environment that respects their rights and dignity.

Visiting the homes was an excellent learning opportunity for the SWDPC and Age Friendly delegates to see how a house setting with appropriate care and support can improve the quality of life for the residents. Interestingly, both homes were donated by caring community members, who saw benefit and potential in specialized care. Members of SWDPC and Age Friendly Manitoba continue to gather information and will be initiating the formation of a committee to spearhead the dream of building a hospice for the South West Interlake catchment area.

Any questions about the project can be directed to s.w.d.p.c@hotmail.com.



TRIBUNE PHOTO SUBMITTED

Pictured left to right: Jo-Ann Duggan (Manager, Spiritual Care & Volunteer Services, Jocelyn House), Maureen Reckseidler (Age Friendly Manitoba Stonewall/Rockwood), Rose Marie Reimer (Jocelyn House), Doris Hunter (SWDPC), Joie Van Dongen (Age Friendly Manitoba Stonewall/Rockwood), Jackie Stephen (Jocelyn House) and Jennifer Beirnes (SWDPC).

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Never stop. Bible.

A few years ago a commercial aired on TV showing a person drinking milk while doing various activities. The final frame of the commercial ended with the slogan "Never Stop. Milk." It was a clever commercial aimed at keeping people drinking milk at all stages of life. From the advertiser's perspective, milk is what keeps one healthy and strong.

As I reflected on this slogan about milk, I thought this would make a great slogan for faith and God's Word — "Never Stop. Bible." Through the regular intake of God's Word into your life, you will become spiritually healthy and strong. In the writings of the apostles and prophets, God has advertised this slogan for all generations and for all people:

- "Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful." (Joshua 1:8)

- "Your word is a lamp for my feet, a light on my path." (Psalm 119:105)

- "Man shall not live on bread alone, but on every word that comes from the mouth of God." (Matthew 4:4)

- "Like newborn babies, crave pure spiritual

milk, so that by it you may grow up in your salvation." (1 Peter 2:2)

- "Make every effort to add to your faith ... knowledge." (2 Peter 1:5)

- "But grow in the grace and knowledge of our Lord and Savior Jesus Christ." (2 Peter 3:18)

No matter your age, continue to grow, continue to learn, continue to understand God's Word and apply it to your life. Read it and reap. Like the commercial, there are some things that you should never stop, no matter what your age: "Never Stop. Compassion." ... "Never Stop. Love." ... "Never Stop. Forgive." ... "Never Stop. Kindness." These are the things you learn in the Bible and so "Never Stop. Bible."



Rev. John Harrison
Pastor of Spiritual Development
New Life Church, Stonewall
johnharrison@mymts.net

Geese set record for early return

By Jennifer McFee

A record-breaking goose sighting early in the season might be enough to give people goosebumps about changing climate patterns.

On Feb. 21 at 1:45 p.m., seven geese were spotted flying over Oak Hammock Marsh, breaking a previous record for the earliest sighting set on Feb. 28, 2000.

Jacques Bourgeois of the Oak Hammock Marsh Interpretive Centre said the geese have been arriving around mid-March for the past 20 years — and even as late as April 6 in 1996.

However, for the past three years, the geese have returned earlier than usual with return dates on Feb. 21 in 2017, March 6 in 2016 and March 10 in 2015.

"It seems like it's getting progressively earlier," said Bourgeois, noting that climate change could be a factor if the pattern stays the same for several years.

"A lot of people are excited that spring is early, but then they realize that spring is earlier every year. However, I don't think winter is quite over yet. Manitoba Merv said it would be another six weeks of winter, so we'll see which one is right."

Each spring, the geese are eager to return to Manitoba to scout out their best nesting spot, he said.

"Lately, we've been hearing a lot about refugees. If you think about it,

the geese are like refugees in the winter. They're basically weather refugees because they go south hoping to come back to their home when all that winter stuff is done," Bourgeois said.

"They want to be the first one back here so they can claim the best spot and the best territory. They don't want other geese to come and take over their spot."

Yet if the geese come back too soon, they could face problems due to a lack of food.

"If we get another couple of snowstorms and everything gets covered in snow, then they have a hard time finding food. The cold doesn't affect them at all. They're very well equipped. As a matter of fact, the warmest thing you can put on is a goose-down jacket, so the cold is no problem," Bourgeois said.

"So usually when they come back, that's when things are starting to warm up and the water starts dripping. They can easily access the leftover food from last year like the old grains left in the field and so on. But if it gets covered in snow, then it's more challenging."

Since last week's sighting, even more geese have been spotted flying over the marsh and beyond.

"In the fall, that's when we have hundreds of thousands of geese all over the place. They're gathering together and coming from as far away as



TRIBUNE PHOTO SUBMITTED

Seven geese flying over Oak Hammock Marsh on Feb. 21 broke a previous record for the earliest sighting set on Feb. 28, 2000.

Churchill or even the Arctic. They're spending a couple days in the marsh, sometimes a couple weeks, so they can fatten up and get enough energy to fly back south. They usually congregate in big numbers," Bourgeois said.

"In the spring, it's a very different story. They usually come in smaller groups, and more often than not, they'll be chasing each other because they want to get those best spots so that no other geese will start nesting in their territory. They're a little bit

more territorial."

As spring approaches, Oak Hammock Marsh Interpretive Centre will offer plenty of opportunities to enjoy the season. A Maple Syrup Workshop is scheduled for March 18, and spring break will be jam-packed with Wild, Weird and Wonderful activities to learn about the creatures of the marsh.

For more information, visit www.oakhammockmarsh.ca or call 204-467-3300.



Teacher appreciation

TRIBUNE PHOTO BY JO-ANNE PROCTER

Warm, sensational, inspirational and engaging were just a few of the words students at Ecole RW Bobby Bend School used to describe how they feel about their teachers. The staff were honoured during Teacher/Staff Appreciation Week, and in keeping with Canada's 150th birthday theme, students came up with 150 descriptive words. On Feb. 21, staff received baking; on Feb. 22, the Parent Advisory Council delivered new dishes and cutlery for the staff room; on Feb. 23, lunch was delivered; and on Feb. 24, students handed out Canada flags they coloured and wrote messages to their favourite staff member about why they are proud to be students at ERWBB to their favourite staff member. Pictured from left to right: Susan Young, Wendy Carriere, Heather Tucker, Randi Paton, Heather Sanche and Heather Pollok.

People warned to stay off ice as levels rise and ice weakens

Submitted

Manitoba Infrastructure's Hydrologic Forecast Centre is advising people to stay off the Red River in the Winnipeg area as high water from the United States makes its way north starting today, raising river levels between eight and 10 feet, possibly weakening and breaking the ice.

The level is expected to peak within four to six days. The rising Red River will influence the level of Assiniboine River in the area where the two rivers meet and possibly upstream.

Recent warm weather extended into the northern U.S., melting surface snow and raising water levels in the Red River Basin.

Due to changing weather patterns, ice conditions on southern rivers and lakes may be hazardous. It is strongly advised that people be careful if venturing out onto what appears to be frozen rivers and lakes due to thin ice conditions.

Rivers can be especially hazardous as ice thickness can vary in the same area of a river. Ice tends to be weaker toward the middle of the river, although there may be exceptions. Areas of fast-flowing water tend to have thin ice, which may not be visible.



TRIBUNE PHOTOS SUBMITTED

The province is encouraging people to stay off the Red River as the ice weakens with spring temperatures.

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Art by Mother Nature

TRIBUNE PHOTO SUBMITTED

During a recent stay at Lakeview Hecla Resort, Barry Konzelman discovered these spectacular ice formations while exploring along the lakeshore on Feb. 14. Compared to his ski poke in the front middle, he estimates that the ice formations were about nine feet high along the northwest tip of Hecla Harbour.

Crafting for a good cause

By Jennifer McFee

A group of local volunteers has lovingly crafted a gift designed to stimulate the senses of Rosewood Lodge residents.

For Alzheimer's Awareness Month in January, Kirsty Morrison created a dozen "twiddle muffs" with help from a couple friends. These soft cuffs create a sensory experience through yarns and fabrics of different textures, which can engage the mind and keep hands busy.

Morrison learned about twiddle muffs from her mother, who read a *Reader's Digest* article about these cozy creations while waiting at the doctor's office.

"This woman from Scotland had made them for her grandmother who was suffering from dementia, and they found that they had some success with Alzheimer's patients. The sensory part of it triggers their brain and gives them something to concentrate on. It gives their brain something to think about other than nothing, which makes people agitated and irritated," explained Morrison, a Stonewall resident.

"So I thought it was a neat thing and I noticed that January was Alzheimer's Awareness Month. Well, I'm addicted to yarn and I have enough for a yarn sale — anybody who knits or crochets will know exactly what I'm talking about. I love yarn and I love textures, so I thought 'Why not take the yarn that I've got and turn it into a project for January?'"

Morrison spent the month making twiddle muffs, which are long tubes that she compares to the muffs that little girls used to wear to warm their hands in the winter.

"I make mine with one within the other so there's textures on both the inside and the outside. I used different kinds of yarn and different stitches so everything feels different. We included things like elastic bands covered in yarn that they could stretch. I tried to use bright colours so it's not just the sense of feel but also the sense of looking at them," she said.

"There's buttons on them that they can open and close. There's beads that they can roll between their fingers. There's



TRIBUNE PHOTOS SUBMITTED

Recreation co-ordinator Carrie Munro, left, volunteer Kirsty Morrison, middle, and adult day program co-ordinator Sheryl Steinthorson-Taylor show off some of the "twiddle-muffs" that were knitted and crocheted to assist with brain stimulation for people with Alzheimer's.

soft yarn and scratchy yarn. I even used yarn that they use to make pot scratchers. It's all different things meant to trigger your brain and use your senses."

Family friend Arlene Farebrother jumped on board to help out, along with her husband Gil.

"It's been fun. I crocheted mine and Arlene knit hers. She got her husband going on a loom and he knit a couple as well," Morrison said.

"When I was making them, I spent a whole lot of time touching them as well to see how they felt and thinking about who might get them. I was hoping that they were going to bring joy to somebody."

The crafty trio donated their creations to the residents of Rosewood Lodge personal care home and to the Stonewall Good Timers adult day program.

Carrie Munro, recreation co-ordinator for the Interlake-Eastern Regional Health, has already seen positive results.

"They're absolutely wonderful. We have a few people who get quite agitated, so we give them a twiddle muff and it keeps their hands busy and calms them down. It just takes their mind off of whatever's disturbing them at the moment

and making them feel not so well. Everything helps out, and it's a nice donation that people get something out of," Munro said.

"There are other things like touch quilts, but these twiddle muffs are small enough that they stay on their lap. There's all sorts of little buttons and beads and little trinkets that they've sewn onto it. Everything's brightly coloured. I was so impressed because they did such a beautiful job on them."

For Morrison, the experience proved to be creatively satisfying. At the same time, it was rewarding to know that she might be helping others.

"It was a very worthwhile project. I love it. It definitely came from the heart, that's for sure," she said. "It's a nice feeling. I hope that the people in Rosewood really like them."

Morrison plans to make a couple more twiddle muffs for her granddaughters to hold during car rides, and she said they are also known to help children with autism.

She welcomes people to contact her at kirsty63@gmail.com if they would like guidance on how to create their own twiddle muffs. She is also willing to make more if a community member needs one.

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SCI musical to hit the QPHAC stage March 8

By Jo-Anne Procter

Months of rehearsals and preparation are coming to end as the 2017 Stonewall Collegiate musical is almost ready to hit the stage at Quarry Park Heritage Arts Centre.

From March 8 to 10, the SCI cast of Gable and Stein's production will take their audience back to a 1928 Broadway theatre and into *The Drowsy Chaperone*, a play-within-a-play crammed full of every cliché, gag and gimmick from the golden age of musicals.

A die-hard middle-aged theatre fan, played by Grade 12 student Brett Lawrence, plays his favourite record album on stage. Once the needle hits the vinyl, the characters come to life in this hilarious musical farce.

The cast and crew of the show, including former SCI band members, spent many lunch hours and Thursday evenings preparing for the show under the direction of Kendra Obach and Lindsey Sturgeon.

It is a light-hearted story — which

involves two lovers on the morning of their wedding, a bumbling best man, a desperate theatre producer, a not-so-bright hostess, two gangsters posing as pastry chefs, a misguided Don Juan and an intoxicated chaperone — that poses to be the ingredients for continuous mix-ups and mayhem.

Grade 12 students Sydney Lockhart will play Janet Vandergraff, the big Broadway star about to be married, and Jensen Budd will play Beatrice Stockwell, a diva playing the Drowsy

Chaperone.

Of the 12 Grade 12 students most have been in all four musicals and are sad this is their final musical at SCI.

The *Tribune* has been told this is a show you do not want to miss. Tickets for *The Drowsy Chaperone* are \$12 and can be purchased at the SCI office or at the door on the night of the show.



TRIBUNE PHOTOS BY JO-ANNE PROCTER

SCI Grade 12 student Brett Lawrence will narrate this year's musical *The Drowsy Chaperone*, at the QPHAC March 8-10.



SCI students have been rehearsing for months to put on another entertaining musical for their audience.

Monster Truck Buck a smash at Teulon Elementary

By Jo-Anne Procter

The classroom was filled with laughter as Teulon Elementary students listened to Dan O'Dell read his published children's book *Monster Truck Buck*.

O'Dell read the story to his audience with great enthusiasm and showed the illustrated pages on a large screen.

In *Monster Truck Buck*, Buck and Gus learn how rambunctious play in the imaginary world can turn into a very real-world adventure. It's a heart-warming journey that's active, messy, purposeful and productive for Gus, Buck and their young audience.

O'Dell was a long-time advertising creative director, writer and producer before he retired. When his first grandson was born seven years ago, he decided to write a book for him. Along with illustrator friend Jason

Doll, he took a children's book-writing course and the rest is history. With the help of Doll and other people on his team, O'Dell brought his words to life on the pages of his first book, *Monster Truck Buck*.

After reading the story to students, O'Dell interacted with them and answered all sorts of questions about his book.

"It is fun to be an author. You get to play with your own words," he told them. "It is a good hobby and it makes your brain grow."

He now has a six-year-old granddaughter and is planning a follow-up book about a girl who works for Santa Claus and she will make all kinds of technical savvy stuff for him. He is thinking of calling it Mech the Tech and will tie it in with his first character, Gus.



TRIBUNE PHOTO BY JO-ANNE PROCTER

Children's author Dan O'Dell left a copy of *Monster Truck Buck* for each classroom at Teulon Elementary.

Tickets still available for the Montreal Canadiens Alumni game

Come out and support the Kinsmen splash pad and water park

By Jennifer McFee

It's only one week until the puck drops between the Montreal Canadiens alumni and the Kinsmen Krushers for a much-anticipated fundraising match.

Tickets are still available in advance, and a limited number will be sold at the door.

On March 9, the two teams will face off at Veteran's Memorial Sports Complex, with doors opening at 6 p.m. and puck drop at 7 p.m.

The goal is to kick off fundraising efforts towards a new splash pad and water park to be built at Kinsmen Lake by the Stonewall Kinsmen Club at a cost of about \$160,000.

The local team, called the Kinsmen Krushers, will include Troy Westwood, Chad Willis, Brian Gierl, Dennis Peterson, Kevin Beresford, Doug Pattie, Clayton Tyerman, Caleb Pike, Randy Tesluck, Dale McClintock, Andrew Kirk, Adam Kirk, Richard Tyerman, Dan Jensen, Dale Eisbrenner, Clay McMurren, Mark Holm, Curtis Fines, James Clarke, Jason Murphy, Mark Kinsley and, between the pipes, Scott Myers. Coaching staff will include Wayne Isbister, Chris Luellman and Laurie Langrell.

The lineup for the Montreal Canadiens Alumni will include NHL players Richard Sévigny, Oleg Petrov, Keith Acton, Kelly Buchberger, Norman Dupont, Gilbert Delorme, Ste-



Gilbert Delorme



Stephane Richer



Richard Sévigny



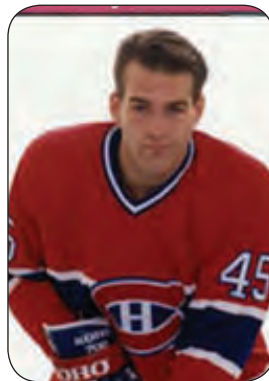
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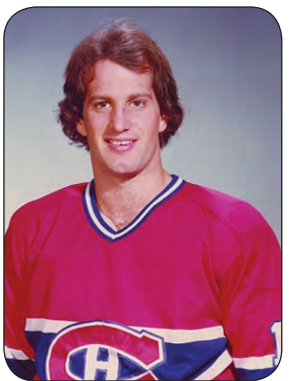
Jocelyn Lemieux



Arron Asham



Kelly Buchberger



Keith Acton

phane Richer, Arron Asham, Jocelyn Lemieux and Patrice Brisebois. Playing with the Canadiens for a thrill of a lifetime is Jim Abram.

Yvon Lambert will be on hand as the Canadiens' coach, along with Chuck Lefley as assistant coach and Brady Holm as stick boy.

Lefley, a longtime NHL player, played with the Montreal Canadiens in the early 1970s.

Adding to the excitement, retired NHL referee Rob Martell will be the referee-in-chief for the game.

Although he now lives in Florida, Martell grew up in Stonewall and his

mom still lives in town at the Lions Manor.

The March 9 events will get underway at 5 p.m. for the VIP reception with players, sponsors and VIP ticket holders at the Sunova Curling Club Lounge.

The VMSC doors will open at 6 p.m. for rush seating, and the pre-game warm-up is at 6:30 p.m. Annaliese Meier will sing the national anthem at 7 p.m., followed by the ceremonial puck-drop with Kinsmen president Chad Sheppard and Montreal Canadiens Alumni captain. Phil Aubry of 97 FM will be in attendance as the

game announcer. A photo and autograph session will be held on the main level for all players and ticket holders at the end of the game.

"We're doing the alumni game to raise funds for the splash pad, but the other side of it is we'd also like to give recognition to those who made the game special," said Chris Luellman, project chair of the splash pad project.

Tickets for rush seats cost \$40 each, while VIP seats are \$75 apiece. Tickets are available for purchase at Stonewall Home Hardware, Stonewall Family Foods and the Stonewall branch of Sunova.

Auction to support reunification of Syrian refugee family

Staff

The Interlake Refugee Support Network is holding a public auction Saturday night to raise funds that will help reunite members of a Syrian refugee family that settled in Arborg last year.

The network had sponsored seven members of the Jarkas family last February and would like to reunite them with 12 members of their extended family, who are currently living in a Lebanese refugee camp.

"This refugee sponsorship has been so positive, we would like to see other members of the family have the ability to leave their refugee camp in

Lebanon and start a better life here in Canada," said the network's co-ordinator Trudy Dueck.

There is no government funding available to help with the new sponsorship, and the network needs to raise about \$95,000 to support the family for one year, as well as cover the cost of their transportation to Canada.

"We have had an amazing amount of support from the Interlake community," said Dueck, "and many items have been donated for the auction — both the live auction and the silent

Continued on page 18

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Collection of colourful quilts on display at Teulon library

By Jennifer McFee

Teulon resident Maureen Medwid has stitched together artistic creations that combine function with visual flair.

As the artist of the month at the Teulon library, Medwid will display a selection of the colourful quilts she creates.

"I've been doing big quilts for about a year. Before that, I did baby quilts. I love it. I've done seven quilts in the past year," said Medwid, who used to sew for her children when they were young.

"I just find it very relaxing. My mom used to quilt on a big frame in the house. I do mine on a hoop, which is hard when you're doing a queen-size quilt because it's a lot of bulk to carry around."

She used to quilt everything by hand, but she is now having trouble with her hands so sends them out to be done on the longarm.

"That's when they put it on a big roller and it's done semi-automatically. I do all the sewing of the patterns together and matching them up. I do the whole quilt and then I send everything — the backing, the batting and

the top — and I get it quilted," she explained.

"Then it comes back and I have to do the binding, and that's all stitched by hand around the quilt."

After she made her first quilt as a gift for her first grandchild, she was hooked on the art form.

"Then I did a whole ton of them and I sold quite a few. I graduated into bigger quilts, and now I've got a whole closet full of them," said Medwid, who also cuddles up in her brightly coloured creations.

"My first queen-size quilt that I did, I gave it to my twin brother for our birthday last year. All my grandchildren and my daughters have queen-size quilts. And I've done a few that I like that I'm just going to keep for myself."

To accommodate her artistic inclination, Medwid converted a spare bedroom into a sewing room.

"I'm always in my sewing room if I've got a project going," she said. "If I'm not doing anything, I'll sew all day."

To catch a glimpse Medwid's quilts, drop by the Teulon library at 19 Beach Rd. during the month of March.



TRIBUNE PHOTO SUBMITTED

Teulon resident Maureen Medwid will have a number of colourful quilts on display at the Teulon library during the month of March.



Thrill of a lifetime



TRIBUNE PHOTO BY ADAM KRAHN

Eight-year-old Bryston Jira led the Manitoba Moose onto the ice by carrying the Moose flag before the start of the game and stood alongside the players on the blue line for the national anthems on Feb. 21. Jira is a member of the Stonewall Blues Novice #3 team and enjoyed talking and skating with the players after winning the Scotiabank Skater contest.

get inspired

> MEAL IDEAS

Winter vegetable pork ragout

THE Marketplace
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Ingredients
4 tbsp (50 ml) canola oil, divided
1 cup (250 mL) chopped onion
2 cloves garlic, minced
1 pork tenderloin or boneless pork (1 1/4 lbs/625 g), cut into 1-inch (2.5-cm) cubes
3 tbsp (45 mL) all-purpose flour
4 cups (1 L) reduced-sodium chicken stock
1/2 cup (125 mL) dry white wine
1 cup (250 mL) peeled and chopped carrots
1 cup (250 mL) peeled and chopped rutabaga (turnip) cubes
1 cup (250 mL) peeled and chopped parsnip
1 large potato, peeled and diced

1 tsp (5 mL) each dried thyme leaves and ground sage
1/2 tsp (2 mL) salt
1/2 tsp (2 mL) freshly ground black pepper
chopped green onions and fresh rosemary for garnish (optional)
Directions

In large stock pot, heat 2 tbsp (25 mL) canola oil over medium heat. Sauté onions and garlic for about 5 minutes. Remove with slotted spoon and set aside. Add remaining 2 tbsp (25 mL) canola oil over medium-high heat. Add cubed pork and brown. Remove pork with slotted spoon and also set aside.

To remaining pan juices, whisk in flour, scraping bottom of pan, until golden. Add stock and wine and whisk well to combine. Return onions, garlic and pork to pan.

Add vegetables, thyme, sage, salt and pepper and bring to a boil. Cover. Reduce heat and simmer for about 30 minutes or until vegetables are tender. Garnish if desired with chopped green onion or fresh rosemary.

Tip: If you have leftover pork or turkey on hand, it can be used in place of fresh pork in this recipe.

Seared Halibut with Lemon Butter Sauce



Serves: 4
Lemon Butter Sauce
1/2 cup white wine
1/4 cup fresh lemon juice
8 tablespoons whipping cream
3/4 teaspoon fresh garlic, chopped
turmeric, to taste
salt, to taste
white pepper, to taste
8 tablespoons unsalted butter, diced
Halibut
4 teaspoons olive oil
4 halibut filets (6-8 ounces each)
salt
pepper
lemon zest
herbs
Vegetables
2 tablespoons olive oil
2 small zucchini, cut into 1/4-inch strips
2 small yellow squash, cut into 1/4-inch strips

2 small red peppers, washed, seeded and sliced into strips

Potatoes
2 cups Idahoan Signature Russets Mashed Potatoes (from 16.23-ounce package)

For lemon butter sauce, add white wine, lemon juice, cream, garlic, turmeric, salt and pepper to saute pan. Heat on high heat and reduce to half its original volume.

While lemon sauce is reducing, prepare fish and vegetables.

Once reduced, remove from heat and swirl in diced butter.

For halibut, heat non-stick skillet on medium-high heat with olive oil. Season halibut with salt and pepper. Sear until deep golden brown, approximately 5 minutes each side. Remove from heat and cover with foil.

For vegetables, add olive oil to skillet over medium-high heat. Saute zucchini, squash and pepper until crisp-tender, about 2-3 minutes. Keep warm.

For potatoes, prepare mashed potatoes following package instructions.

To serve, plate mashed potatoes, vegetables and halibut. Drizzle halibut with lemon butter sauce and garnish with lemon zest and fresh herbs.

Note: Haddock or striped bass can be substituted for halibut.

Time Pressure



"Being busy is the latest middle-class status symbol."

Kathryn Kozlowski

We are all becoming increasingly aware of health consciousness. We know how to eat healthy foods, the importance of exercise, and avoiding toxic substances.

There is one factor that compromises our health and is so common that almost all of us are exposed to it every day. The worrisome thing is that it is seen as a normal part of living and is not recognized as a threat to our well-being.

I am talking about time-pressure. We experience this when we have too much to do. It also occurs when we are on a tight schedule, and always have to "hurry."

The negative implications from time-pressure are many. It contributes to stress and anxiety. This affects our physical health, but because it

makes us tense and edgy, it also affects our relationships. This can create additional layers of stress to an already overwhelmed system.

It can also contribute to poor eating habits as there is not time to prepare nutritious meals. Mothers often eat standing up, and workers may eat at their desks. This does not allow one to truly enjoy the meal, or to digest it properly.

Finally, if time-pressure is a factor in our lives, there is little, if any, real relaxation. That yoga class is great, but if you have rushed around all day before you get there, and then rush home to do ten more things before bed, what have you really accomplished?

Our culture currently places a higher value on multi-tasking and getting a lot done, than it does on health and quality of life. In some European countries, everything closes down for a couple of hours in the afternoon so people can go home and rest, or have a leisurely lunch with friends.

Since our culture is not likely to change anytime soon, it is up to each one of us to put the brakes on this "race" to which we subject ourselves and our children. Slow it down. Life goes by fast enough as it is.

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

Hoisin Roasted Pork with Steamed Greens

Serves: 4
2 tablespoons hoisin sauce
2 tablespoons honey
1 tablespoon soy sauce
1 pork tenderloin filet (16 ounces)
8 ounces fresh sugar snap peas
8 ounces green beans
2 cups Idahoan Signature Russets Mashed Potatoes (from 16.23-ounce package)

Heat oven to 350 F.
In bowl, combine hoisin, honey and soy. In non-metallic bowl, pour marinade over pork and set aside for 15 minutes.

Heat medium nonstick frying pan over medium heat. Add marinated

pork and cook each side 1-2 minutes.

Transfer pork to baking tray and cook 15 minutes, or until cooked to desired doneness.

Steam fresh sugar snap peas and green beans together. Set aside.

Prepare mashed potatoes following package instructions.

To serve, plate mashed potatoes, sliced pork and steamed vegetables. Spoon pan juices over pork and enjoy.

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Teulon's ski club wraps up successful season

By Natasha Tersigni

With the help of a dedicated group of volunteers, the Teulon Cross Country Ski Club is continuing to grow into a community staple that attracts members of all ages.

Last weekend, the club held their season wind-up to complete a successful winter season and to celebrate the club's continued growth.

This year, the club boasted a membership of 99 participants with a large contingent of members in their programs aimed at teaching children and youth the basics of cross-country skiing. The jackrabbit program (learn-to-ski class), skiers four to 12 years old, had 33 registered participants, which was an increase of 25 per cent over last year.

"We are mainly a recreational club. We offer a developmental racing program called Racing Rocks for children 12 years old and up. With the Mani-

toba Winter Games coming up in 2018, we are looking forward to having more interest in our racing program," added jackrabbit co-ordinator Marilee Moss.

For the learn-to-ski and competitive programs, dry land training starts in September, with the trails usually opening up in December. With 4.8 kilometers of ski trails, both classic and skate, along Ross Creek, there is certainly something for everyone.

"Everyone as young as babies in sleds to grandparents join our ski club. The jackrabbit program is designed for children four to 12 and our racing rocks program for 12 and older. We offer ski clinics through the year for adults wanting to learn and improve their technique," said Moss.

For more information on the Teulon Cross Country Club or any of their programs, go to their website at skiteulon.ca.



TRIBUNE PHOTOS BY MARILEE MOSS

The Teulon XC Ski Club had their annual cookie race in beautiful unseasonably warm weather on Feb. 18.



The track attack skiers (ages 9-14) and jackrabbits (ages 4-8) participated in individual distance races followed by team sprint relays. Everyone enjoyed a barbecue at the club's new chalet following the races.

Stonewall
Soccer & Baseball

Registration Night

Wednesday, March 8th, 2017
6pm - 8pm
VMSC Lower Lobby

STONEWALL SOCCER registration form is available online at www.stonewallyouthsoccer.com and our Facebook page. 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

> AUCTION, FROM PG. 15

auction."

With the generous financial and social support of the community and members of the network, the Jarkas family has settled into their new life in Arborg.

"Ahmed (dad) and Zainab (mom) Jarkas came one year ago and have quickly endeared themselves to the community," said Dueck. "They have made incredible progress with the

English language, and after one year are self-supporting members of the community. Their children are in school and are making good progress."

The auction will take place at the Arborg Community Hall on Saturday, March 4 at 6 p.m. Joey Abas will be the auctioneer and Chrissy T from 103.1 Virgin Radio will be the MC.



TRIBUNE PHOTO SUBMITTED

The Interlake Refugee Support Network is holding a public auction this Saturday to raise funds to help the Jarkas family reunite with their son and his wife and three children along with her family, who are currently living in a Lebanese refugee camp.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Blanchette brilliant at Milwaukee meet

By Brian Bowman

For most gymnasts, a serious injury would hamper their career.

But Hope Blanchette has a different story.

The talented 14-year-old gymnast from Stony Mountain has bounced back extremely well from injuries that did not allow her to compete a season ago.

She had surgery on her right elbow for cartilage issues and was uncertain if she would ever compete again. But she is back competing — and excelling.

Blanchette recently competed very well at the Hal's Harley Davidson 2017 Midwest Twisters Gymnastics Invite in Milwaukee back on Feb. 10-12.

She was awarded four medals and a trophy for placing fifth all around.

"I think I did really well," said Blanchette, who trains with the Winnipeg Gymnastics Centre, last week. "My beam and floor were definitely really good. I did well on those but my vault was OK — I could have done better.

"And I definitely could have done better on my bars. I need to do more work on the bars, which is probably my weakest event."

Blanchette has been consistently good on the floor and beam and she placed third in those events in Milwaukee. She also finished eighth on the vault and bars and was fifth all around.

"I'm definitely very, very pleased," she enthused. "I went into this (competition) not really thinking I would do very well because it's the (United) States and wasn't sure how (good their gymnasts are). I wasn't really expecting anything but I did really well."

Blanchette competed very well at a meet held at her home gym back in December — finishing second all around — in her first competition after returning from injury.

"I had to take a year off because of a surgery," explained the 5-foot-1, 105-pound dynamo. "So, I was really proud (of my results)."

Blanchette plans to attend two more competitions this season — the Mani-



TRIBUNE PHOTO SUBMITTED

Hope Blanchette was very good recently at a gymnastics meet in Milwaukee.

toba Open and the provincials. She expects to compete in April and May before the season wraps up in June.

"I hope that I can get into, at least,

the top five at provincials," Blanchette said, noting she trains three times a week for four hours each day.

"That's my goal."

Panthers slip past Rams in varsity girls' interzone game

By Brian Bowman

The Stonewall Collegiate Rams were a much different team in the second half of their varsity girls' interzone playoff game against Gordon Bell last Thursday. And it resulted in a loss.

After staying close with the Panthers for most of the first half, Stonewall suddenly slumped after the break in a 57-48 home loss.

"We just couldn't score a basket in the second half if our life depended on it," said Rams' head coach Christy Steeves. "We were (attempting) the right shots and doing the right things but nothing was falling."

Steeves felt the Rams panicked once Gordon Bell started to open a second-half lead. Still, she was very pleased with how the overall game transpired.

"It didn't work out in our favour, for sure, but a lot of it just had to do with the baskets just not going in," she said, noting Gordon Bell has one very elite player on its roster.

"We had a couple of errors defensively where we didn't shut down the weak side as we should have but, again, it comes with the experience of

our team."

Alycia Palmer led the Rams in scoring with 12 points while Hunter Lupyrypa had 11.

The Rams season continued this past Monday with a WWAC Tier 2 quarter-final playoff game against, oddly enough, Gordon Bell.

Stonewall won the game 74-49.

Stonewall played Daniel Mac in a semi-final game last night. No score was available at press time.

Steeves noted that the Rams have interest in applying for a wildcard into the MHSAA "AAA" varsity girls' provincials.

Stonewall's junior varsity girls' basketball team, meanwhile, was defeated 55-23 in their interzone qualifier by the John Taylor Collegiate Pipers.

"It's been a developing year for them," Steeves said. "But having the opportunity to play some serious basketball games against the teams that they were up against, it was definitely a building year." The junior varsity Rams also played this past Monday. Stonewall defeated the TecVoc Hornets 31-26 in a WWAC Tier 2 playoff game.



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Rams' Amber Schneider had 30 points in Stonewall's 74-49 quarter-final win against Gordon Bell Monday night. Stonewall played Daniel Mac in a semifinal game last night. No score was available at press time.

Family fun bonspiel



TRIBUNE PHOTO SUBMITTED

The Stonewall Curling Club held their Family Bonspiel last Saturday with nine teams taking part in a fun day of curling for all ages. This year's winning team was Kristin, left, Garth, right, and Alayna McCurdy. Missing from the photo is Melody McCurdy.

Novice Blues win silver



TRIBUNE PHOTO BY TARRAH KIRK

Stonewall Blues Novice #3 team won silver at their home tournament this past weekend. The Blues defeated Portage 8-1 in the quarter-final, Stonewall #1 7-1 in the semifinal and then lost 12-5 to Dauphin in the championship game. Pictured left to right, back row: Stu Schaeffer, Andrew Kirk, Kevin Hawryluk and Nathan Brunel; second row: Kade Maxwell, Aiden Cameron, Ryder Kirk, Dorian Gray, Matthew Hawryluk; front row, Owen Gillespie, Conner Valardo, Bryston Jira, Duncan Thompson, Kale Wait and goaltender Seth Schaeffer.

Stonewall rinks compete at curling provincials

Staff

Landsdown/Arden's Terry Ursel defeated Assiniboine Memorial's Barb Spencer 7-5 Monday in the final of the Senior Women's Provincial Curling Championship at the Deer Lodge Curling Club in Winnipeg.

Trailing 5-2 after six ends, Ursel scored three in the seventh and then added a huge steal of two in the eighth for the wild comeback win.

Ursel's rink included third Gwen Wooley, second Tracy Igonia and lead Brenda Walker.

Stonewall, meanwhile, was well represented at the senior provincials with three teams participating.

Maureen Bonar's rink, which included third Janice Blair, second Allyson Bell, lead Allyson Stewart, and coach Joel Gagnon, finished with a 3-2 record.

Bonar started the provincials with wins over Killarney's Deb Collyer (8-4), Stonewall's Arlene Deprez (10-1) and Ursel (7-6). She then lost 5-4 to

Spencer and 7-3 to Ursel.

Arlene Deprez finished the provincials with a 1-3 record after losses to Ursel (4-3), Bonar, and Spencer (6-2) before beating Collyer 5-4.

Arlene Deprez's rink included third Merna Stewart, second Judy McGuirk and lead Phyllis Klimpke.

Laurie Deprez's Stonewall rink also posted a 1-3 record. She opened play with a 10-3 loss to Fort Garry's Brenda Michel and then was defeated 8-4 by East St. Paul's Kim Link.

Laurie Deprez, whose rink included third Kathie Allardyce, second Laurie Ellwood, lead Jill Proctor, and fifth Tarrie Gabor, then beat Hamiota's Sandra Cowling before losing to Manitou's Bev Atkins 8-3.

On the senior men's side, Brandon's Murray Warren defeated La Salle's Randy Neufeld 6-4 in Monday's final.

Both Warren and Ursel will now represent Manitoba at the Canadian Senior Curling Championship March 18-25 in Fredericton, N.B.

Tournament champs



TRIBUNE PHOTO BY MARGARET ANN BRAD

The Warren Wildcats junior varsity girls basketball team defeated Immanuel Christian 53-35 in the finals of the Teulon Saints tournament last weekend. Warren also defeated Edward Schreyer 56-41 and W.C. Miller 61-23. Jordan Schott and Grace Goodman were named all-stars while Alex Chester was named tournament MVP. The Wildcats were playing in the MHSAA Zone 5 championships in Gimli yesterday. Pictured back row, left to right: Fallon Campbell (coach), Jordan Schott, Madeline Boonstra, Malika Bangle, Laura Brad, Alex Chester, Grace Goodman, Matt Scrutton (assistant coach). Front row: Hailey Friesen, Joy McCutcheon, Hannah Friesen and Lexi Cowan.

Interlake players compete at ringette provincials

Staff
The rings were flying around the MTS Iceplex last weekend as the Manitoba provincials were held.

The U16“AA”Magic settled for silver medals after losing to the Angels in the Gold/Silver series in two games. The Angels won by scores of 5-1 and 6-3.

The Magic will continue into the post season with a berth in the Canadian Ringette Championships in Leduc, Alta.

The team’s roster includes Selkirk coaches Laura Dalman and Samantha Sampano and Interlake players Emily Lazaruk (St. Andrews), Alexis Cowan (Warren) and Rikki Frost-Hunt (Stonewall).

The U19“AA” Magic also lost to the Angels in their Gold/Silver series in two games, settling for silver. The Angels won 5-2 and 4-3 but the Magic will also move on to the nationals in Leduc.

The Interlake players on the U19 “AA” Magic include Olivia McCowan (Grosse Isle) and Shae Mulvihill (Stonewall).

The U14“AA” Magic won the bronze after a 7-1 win over the Wild while the Interlake Ignite U19 “A” also earned a bronze after beating the Glenwood Rush 6-4.

Interlake was 0-3 in the round robin, losing to St. James (3-2), Glenwood (3-1), and East End (5-3).

The Magic (Open Elite) was also victorious in its final game, doubling the Rage 4-2 in the final. During round-robin play, the Magic, whose lineup features Sampano and Dalman, defeated the Storm (2-1) and Rage (6-5) but lost to the Lightning (5-3).

The Magic now have the opportunity to represent Manitoba at the westerns in Winnipeg on March 22-25.

In U16“A” action, the Interlake Ignite was doubled 4-2 by St. James to drop them to the B-side of provincials.

Interlake then defeated South Winnipeg 3-2 before losing to the Glenwood Rush 6-4. The loss to Glenwood eliminated Interlake from the double-knockout format.

Interlake players featured Kya Jackson-Leclair (Riverton), Jessica Buhler (Winnipeg), Cassidy McKenzie (Sel-



TRIBUNE PHOTO BY DEREK FROST-HUNT
U16 ‘AA’ Magic left to right, coach Laura Dalman (Selkirk), Emily Lazaruk (St. Andrews), Alexis Cowan (Warren), Rikki Frost-Hunt (Stonewall), and coach Samantha Sampano (Selkirk)

kirk), Kristina Slobodzian (St. Andrews), Samantha Melsted (Stonewall) and Robyn Partyka (Selkirk).

The coaches were Robin Jackson (Riverton) and Kevin Melsted (Stonewall).

The Ignite U19s won the bronze after a 6-4 win over the Rush. Interlake earlier lost close games to St. James (3-2), Rush (3-1), and East End (5-3).

Interlake players included Reese Chop (Stonewall), Taylor Clegg (St.

Andrews), Jamie Fisher (Selkirk), Rebecca Fox (Stonewall), Randi Frost-Hunt (Stonewall), Fallon Furkalo (Stonewall), Julia Ignagni (Petersfield), Hanna Marshall (Stonewall), Renee Partyka (East Selkirk), Miya Saj (Stonewall), Charlotte Wilmott (Petersfield) and Rebecca Zdrill (Selkirk).

Interlake coaches are Megan Fallis (Warren) and Kinley Graves (Stonewall).

Manitoba Hockey Standings

MANITOBA JUNIOR HOCKEY LEAGUE								
	GP	W	L	OTL	PTS	GF	GA	
Steinbach Pistons	57	47	9	1	95	240	117	
Winkler Flyers	57	39	15	3	81	211	143	
OCN Blizzard	58	38	17	3	79	195	148	
Selkirk Steelers	58	38	17	3	79	208	170	
Portage Terriers	57	35	18	4	74	245	186	
Winnipeg Blues	58	27	26	5	59	191	196	
Virden Oil Capitals	59	25	26	8	58	162	195	
Swan Valley Stampede	57	19	33	5	43	150	223	
Neepawa Natives	56	18	32	6	42	158	219	
Dauphin Kings	58	16	35	7	39	138	213	
Waywayseecappo Wolverines	57	14	39	4	32	166	254	
MANITOBA MAJOR JUNIOR HOCKEY LEAGUE								
	GP	W	L	OTL	PTS	GF	GA	
Stonewall Jets	43	30	12	1	61	207	132	
Charleswood Hawks	43	28	10	5	61	145	100	
Pembina Valley Twisters	42	24	14	4	52	170	139	
St. James Canucks	43	25	16	2	52	169	153	
Ft.Garry/Ft.Rouge Twins	43	22	17	4	48	171	166	
St. Vital Victorias	43	21	16	6	48	171	181	
Raiders Jr. Hockey Club	42	21	16	5	47	172	128	
St. Boniface Riels	43	20	18	5	45	161	169	
Transcona Railer Express	43	17	25	1	35	144	180	
River East Royal Knights	43	6	37	0	12	110	272	
KEYSTONE JUNIOR HOCKEY LEAGUE								
Central Division	GP	W	L	OTL	PTS	GF	GA	
Arborg Ice Dawgs	3	3	0	0	6	10	4	
Peguis Juniors	2	1	1	0	2	8	7	
Fisher River Hawks	0	0	0	0	0	0	0	
South Division	GP	W	L	OTL	PTS	GF	GA	
St. Malo Warriors	2	2	0	0	4	12	5	
Selkirk Fishermen	2	1	1	0	2	7	8	
Lundar Falcons	2	0	1	1	1	5	12	
North Winnipeg Satellites	3	0	2	1	1	4	10	
North Division	GP	W	L	OTL	PTS	GF	GA	
OCN Storm	2	2	0	0	4	19	7	
Cross Lake Islanders	2	0	2	0	0	7	19	
Norway House North Stars	0	0	0	0	0	0	0	
SOUTH EASTERN MANITOBA HOCKEY LEAGUE								
	GP	W	L	OTL	PTS	GF	GA	
PLAYOFFS - Semi Final A - Carman Beavers vs Portage Islanders (best of 7 series)								
GAME 1 - Carman Beavers 4 vs Portage Islanders 3								
GAME 2 - Carman Beavers 5 vs Portage Islanders 1								
GAME 3 - Carman Beavers 2 vs Portage Islanders 7								
GAME 4 - Mar. 2 - no score at press time								
GAME 5 - Mar. 4 - no score at press time								
PLAYOFFS - Semi Final B- Notre Dame Hawks vs Warren Mercs (best of 7 series)								
GAME 1 - Notre Dame Hawks 6 vs Warren Mercs 5								
GAME 2 - Feb. 28 - no score at press time								
GAME 3 - Mar. 2 - no score at press time								
GAME 4 - Mar. 4 - no score at press time								
GAME 5 - Mar. 7 - no score at press time								
AAA MIDGET HOCKEY LEAGUE								
	GP	W	L	OTL	PTS	GF	GA	
Stonewall Jets	43	30	12	1	61	207	132	
Charleswood Hawks	43	28	10	5	61	145	100	
Pembina Valley Twisters	42	24	14	4	52	170	139	
St. James Canucks	43	25	16	2	52	169	153	
Ft.Garry/Ft.Rouge Twins	43	22	17	4	48	171	166	
St. Vital Victorias	43	21	16	6	48	171	181	
Raiders Jr. Hockey Club	42	21	16	5	47	172	128	
St. Boniface Riels	43	20	18	5	45	161	169	
Transcona Railer Express	43	17	25	1	35	144	180	
River East Royal Knights	43	6	37	0	12	110	272	
AAA CITY MIDGET HOCKEY LEAGUE								
	GP	W	L	OTL	PTS	GF	GA	
Winnipeg Warriors	1	1	0	0	2	7	2	
Winnipeg Hawks	1	1	0	0	2	4	2	
Winnipeg Monarchs	0	0	0	0	0	0	0	
Winnipeg Sharks	0	0	0	0	0	0	0	
Eastman Selects	1	0	1	0	0	2	4	
Interlake Lightning	1	0	1	0	0	2	7	
STATS AS OF TUESDAY, FEBRUARY 28								

Einarson named player of the week

Staff
The Interlake Lightning’s season may be over but their captain was in the news recently.

The Manitoba AAA Midget Hockey League announced Feb. 21 that Jack Einarson was the CCM Hockey Player of the Week.

In three games during the final week of the season, the Gimli product netted two goals and added five assists. Against the Eastman Selects, Einarson had one assist and scored the game-winning goal in the shootout.

Later in the week, Einarson assisted on three of the Lightning’s five goals



Jack Einarson

in their 6-5 shootout loss to Kenora. Einarson then had two goals and an assist in a 3-3 draw against the Thistles in the Lightning’s final game of the season.

The Lightning captain had 23 goals and 34 assists this past season to finish tied for sixth in league scoring.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Jets' offence awakes against River East

By Brian Bowman

After scoring goals in bunches a couple of weeks ago, the Stonewall Jets' offence was suddenly AWOL last week in a pair of games.

But the Jets' found that offensive touch once again against the last-place River East Royal Knights on Sunday afternoon in Winnipeg.

After getting shut out in consecutive games, Stonewall erupted to score 10 goals in a 10-2 drubbing of the Knights.

Kyle Doak, Robert Smith and Chase

Faulkner each scored twice for Stonewall. Devin Muir, Clay Tait, Braden Paulic and Stephen MacKenzie added singles.

Robert McCaughan and Tristan Ezako were the only River East players to beat Jets' goalie Hunter Ploszay.

Last Friday, the Jets were blanked 3-0 at home by the Raiders Junior Hockey Club.

Kyle Jur and Carson Rybuck, on the

power play, scored first-period goals and then Rybuck, a former Selkirk Steeler, netted his 19th goal of the season midway in the third.

The Raiders outshot the Jets 43-25 as Ryan Brown posted the shutout.

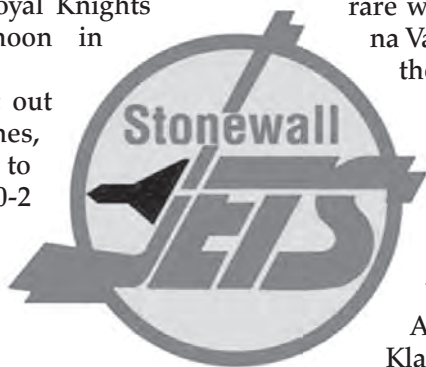
On Feb. 22, the Jets suffered a rare whipping as the Pembina Valley Twisters pounded the visitors 6-0.

Pembina Valley, which held period leads of 2-0 and 4-0, received goals from Jeremie Goderis, Bryce Dusik, Michael Wirth, Wyatt Sabourin, Alex Tetrault and Mark Klassen.

Pembina Valley outshot Stonewall 58-25 as Matt Kohlman earned the shutout.

The Jets, currently tied for first place with a 30-12-1 record and 61 points, will wrap up their regular season with a pair of games this week. Stonewall will host the Ft. Garry/Ft. Rouge Twins tonight and then the Twisters will come to town on Sunday.

Both games start at 7:30 p.m.



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Jets' Chase Faulkner is leading Stonewall in regular-season scoring with 35 goals and 36 assists for 71 points in 43 games.

Wolverines sweep Rams in hockey playoff series

By Brian Bowman

The Stonewall Collegiate Rams had their season end after a 2-0 sweep by the West Kildonan Wolverines in their Winnipeg High School Hockey League best-of-three playoff series.

West Kildonan defeated Stonewall 7-3 on Feb. 21 and then beat the Rams 3-1 the next day in Stonewall.

In the two-goal loss, West Kildonan's

Ryan Fox scored the lone goal in the first period and then the two clubs traded special team goals in the second.

Austen Ewanek scored a power-play goal to tie the score at 1-1 and then the Wolverines' Brendon Chatyrbok netted a shorthanded marker just over six minutes later.

Ryan Drombowski then added an in-

surance marker midway in the third.

In Game 1 of the series, West Kildonan's Max Mendro and Jordan Lynam each scored twice while Ryan Fox, Aidan Dexter and Tyler Jones added singles.

Carson Ouellette had a good game for Stonewall, scoring twice in the third period and assisting on Ryan Feeleus' second-period power-play

goal.

The Rams' Brendan Labossiere and Brett Munroe each had two assists in the game.

Tanner Greenwood was in goal for Stonewall in both playoff games.

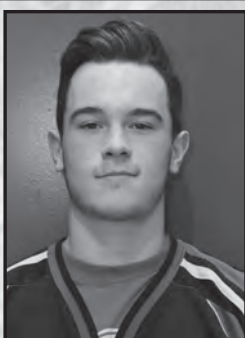
West Kildonan advanced to play the Lorette Scorpions in the next round of the series.

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Weight: 170 lbs.
Shoots: left
Hometown: Thompson

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Stonewall Jets vs Pembina Valley Twisters
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Tuesday, Mar. 14 - 7:30pm @ TBD
1ST PLAYS 8TH 2ND PLAYS 7TH 3RD PLAYS 6TH 4TH PLAYS 5TH



www.stonewalljets.net

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Hawks fly past Mercs in Game 1 of semifinal series

By Brian Bowman

The Warren Mercs lost a tough one to the Notre Dame Hawks on Saturday in Game 1 of their best-of-seven South Eastern Manitoba Hockey League semifinal series.

Notre Dame's Kyle Rous scored the game winner with just 12 seconds left in the third period to lift the Hawks to a 6-5 comeback win.

The Hawks' Brody Chabbert had tied the score at 5-5 earlier in the period.

Warren, which held period leads of 3-2 and 5-4, received goals from Kyle Luschinski (two), Chad Deprez, Brock Genyk, and Reid McLeod.

Kyle Luschinski also chipped in with three assists for a five-point game while Bryn Lindsay had two assists.

Rous, Chabbert, Brian Michiels and Steve Clark scored Notre Dame's other goals.

The Mercs hosted the Hawks this past Tuesday in Game 2 of the series but no score was available at press time. Game 3 is set for tonight at 8 p.m. in Notre Dame while Game 4 will return to Warren on Saturday (8 p.m.).

Warren advanced to the semifinals after defeating the Redskins 5-2 in Morden on Feb. 21. With that victory, the Mercs won the best-of-five series in four games.

Trent Genyk scored the only goal of the first period and then Matt Jacobucci and Wes Pawluk made it 3-0 by the 11:29 mark of the second.

Cole Penner and Tyler Penner scored to pull Morden to within a goal but Pawluk and Kyle Luschinski answered with late goals.



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Mercs' Kyle Luschinski had a five-point game during Warren's 6-5 loss to the Notre Dame Hawks on Saturday in Game 1 of their best-of-seven SEMHL semifinal series.

Bosch earned the win.

The Stonewall Flyers, meanwhile, had their SEMHL season end with a 7-0 home loss to the Hawks on Feb. 21.

Notre Dame scored twice in each of the first two

periods and then added three more in the third.

Michiels scored two of those goals while Cale Jeffries, Jean Prejet, Paul Chanel, Nico Chanel, and Jason Yuel added singles.

Notre Dame won the best-of-five quarter-final series 3-1.

Bantam Lightning improving heading into provincials

By Brian Bowman

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

And the Interlake Lightning Bantam "AAA" hockey team is finishing rather well.

Interlake capped off its regular season with a solid 7-4 win over the Brandon Wheat Kings on Saturday in Stonewall.

Interlake, which held period leads of 2-0 and 3-1, received goals from Cody McMillan (three), Rhett Woods, Colby Bear, Carter Bateman and Lyle Murdock.

McMillan and Bear also had two assists in the game while Woods chipped in with three helpers.

Nolan Ritchie, Brayden Michalchuk, Daemon Hunt and Calder Anderson replied for Brandon.

Chris Fines made 33 saves for the win.

The Lightning closed out its regular season with four wins in its final six games. That's real impressive for a team that posted a 5-30-0-1 mark this season.

son.

"Our goal all season was to get the kids ready for the provincials," said Lightning head coach Chad Balmer. "The gap was quite considerable at the start of the season but the kids worked really hard. They all bought into the system and we stuck to the game plan."

The key for the Lightning, like it is for most clubs, is that they became a much better defensive team.

"A lot of these kids didn't know how to play defence, not just the defencemen but the forwards," Balmer explained. "But now we're playing great in our own end and we're taking advantage of opportunities."

With the exception of an 8-0 loss to the Monarchs on Feb. 18, the Lightning gave up just 16 goals in five games the past few weeks.

And while the defence was been much improved, the Lightning's offence has been pretty good, too. Interlake scored 26 goals in those five games.

"We had games against the Hawks and Eastman where we lost 8-5," Balmer recalled, noting the Lightning won the second and third periods in both of those games.

"And, in those games, we were in the game 97 per cent of the game. There was just a couple-minutes lapse where they scored a couple of goals."

The Lightning will hope to continue their improved play when they host the Bantam Rural "AAA" Provincials in Stonewall and Warren from March 10-12.

"We have a lot of confidence going in that if we play the way that we can, we can definitely compete and you never know what could happen," Balmer said.

The winner of the rural provincials will then play the city winners in a best-of-three series. That winner will then advance to play in the westerns in Saskatoon.

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer

X CROSSWORD

CLUES ACROSS

1. "ER" actress Leslie
5. Hebrew name for Babylon
10. Newts
14. Leaf angle
15. Dravidian language
16. Ridge on nematodes
17. Monetary unit
18. Determined the tare
19. Unfreeze
20. Merits
22. World's oldest broadcasting organization
23. Vacation spot
24. December 25
27. Ottoman military command
30. Resin-like substance secreted by insects
31. A.C. Comics female supervillain
32. Insect linked to honey
35. Opinion
37. In the middle of
38. Basketballer Yao
39. Remove lid
40. Pressure wound therapy
41. Fabric
42. Witnessed
43. Defunct European economic organization
44. "Hotel California" rockers
45. When you expect to arrive
46. "Sleepless in Seattle" actress Ryan
47. Danish airline
48. Insecticide
49. Scientific instrument
52. Type of seal
55. Israeli city ___ Aviv
56. Cavalry sword
60. Ottoman title
61. Gurus
63. Cold wind
64. Predatory reptile (abbr.)
65. New Jersey is one
66. Divulge a secret
67. Finely chopped mixture
68. Actress Zellweger
69. Romanian city

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21		22				23				
			24		25				26					
27	28	29		30				31				32	33	34
35			36				37				38			
39						40				41				
42					43				44					
45					46				47			48		
			49					50			51			
52	53	54				55				56		57	58	59
60					61				62		63			
64					65						66			
67					68						69			

CLUES DOWN

1. "Dark Knight" actor
2. S. African plants
3. Castle in County Offaly, Ireland
4. White (French)
5. Morsel
6. Semitic language
7. Areas outside cities
8. Crackling
9. Cub
10. Landmark house in Los Angeles
11. Red Hot Chili Peppers bassist
12. Mineral
13. Late night host Myers
21. Pull along
23. Not good
25. British Air Aces
26. Upset
27. Maltreatment
28. Nocturnal, cat-like animal
29. Hollyhocks
32. Shelter
33. Finished
34. Discharge
36. "X-Men" actor McKellen
37. Beloved dish ___ and cheese
38. Holds coffee
40. Languish
41. Quenches
43. Electric fish
44. Consume
46. Type of school
47. Erase
49. Educate
50. "Transformers" actress Fox
51. Spiritual leader
52. Every one
53. Site of the Taj Mahal
54. Welsh village
57. Weapon
58. Geological times
59. S. Asian crops
61. Soviet Socialist Republic
62. Witness

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Attention: Doug Grantham

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Public notice is hereby given that Rockwood-Rosser Weed District intends to conduct the following pesticide control program during the 2017 season within the Rural Municipalities of Rockwood, Rosser, and the Towns of Stonewall and Teulon.

1. To control noxious weeds and brush on public right-of-ways and public or private owned property within the above noted towns and municipalities. The projected dates of application will be from May 1, 2017 to December 31, 2017. The herbicides to be used include:
-----2,4-D Amine-----2,4-D Choline-----Dicamba
-----Picloram-----Triclopyr-----Glyphosate-----Aminopyralid
-----Metsulfuron methyl-----Mecoprop
-----Aminocyclopyrachlor-----Chlorsulfuron
-----Diflufenzopyr-----Acetic Acid-----Iron HEDTA (FeHEDTA)
-----Paraffinic Oil-----Alkoxylated alcohol non-ionic surfactant
-----Methyl and ethyl oleate-----LI 700
2. To control the following insect pests including grasshoppers, forest tent caterpillars, cankerworms, and elm bark beetles. To control mosquitoes if necessary. The proposed dates of application if and when needed will be from May 1, 2017 to December 31, 2017. The insecticides to be used include:
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-----Decis
-----Malathion
-----Bacillus thuringiensis israelensis
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4. Any resident of the Rural Municipalities of Rockwood, Rosser, or the Towns of Stonewall, Teulon likely to be affected by these programs and opposed to the issuance of a Provincial Use Permit, must submit annually their written comments within 15 days of this publication to:

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Red & Black Angus coming 2 year old bulls. Semen tested, guaranteed breeders. Delivered when you want them. Call 204-278-3372 or 204-861-0600, Inwood.

Charolais yearling bulls for sale. Good prices. Good birth weights. Call John at 204-383-0308.

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Round hard core bales of alfalfa, brome & timothy. Horse & cattle hay avail. Ph 204-467-5078 or 204-461-0722.

Wanted to rent hay land. Call John 204-383-0308.

NOTICE TO CREDITORS

IN THE MATTER OF:
The Estate of Marvin Dennis Mathews, 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 10th day of April, 2017.

DATED at Stonewall, Manitoba this 23rd day of February, 2017.

GRANTHAM LAW OFFICES
Solicitor for the Executrix

**REMEMBER YOUR
LOVED ONES
WITH A MESSAGE IN
THE TRIBUNE**

ANNOUNCEMENT

CARDS OF THANKS

Vic and Linda Chartrand and family would like to say "Thank You" for all the support we have received since the loss of our family business, Vic's Autobody on January 8, 2017. After 35 years in business, it has been a huge loss. We would like to say thank you to the Teulon firefighters for their hard effort in fighting the fire. We were thankful no one was hurt. We would also like to thank Interlake Towing and Interlake Excavating for their help that night. Since the fire, we would like to thank Interlake Salvage, Interlake Excavating, Nathan Morin, Kirt Ansell, Dave Channels, Trailwood Enterprises and Trevor Hancox, for all their help in clean up. Thank you to Albert and Judy Schultz for letting Vic and the boys use the shop. Thank you to Teulon Collegiate for holding a fundraiser with the proceeds going to our family. Then we would like to say a huge thank you to Lynn Harnstock and her committee for organizing a support social for our family. To everyone who sold tickets, bought tickets, donated food, bartended, set up and clean up. Thank you to Trevor Ewankiw for the music. To everyone who supplied all the amazing silent auction prizes, thank you. This is a night we will not forget. We would like to thank Ian Paulson and Teulon Bigway for the care package sent to our home. We would also like to thank all our customers who have supported us. Lastly a huge thank you to our family, friends and our community. Your support has been amazing. Like I said at the social, we are proud to call Teulon home.

ANNOUNCEMENT

BIRTHDAY



Patricia Nagy

18 with 42 years experience!
Happy 60th Birthday
on March 7th
to a great Wife, Mother and Baba!

-Love: David, Aimee, Curtis,
Michael and Ole

HAPPY BIRTHDAY

*Don't forget to send your
special wishes or words of
remembrance to your friends
and family.*

Stonewall Teulon
Tribune

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ANNOUNCEMENT

CARDS OF THANKS

The Gunton Greenwood Memorial Hall wishes to announce that we have met our financial goal to allow us to purchase an AED (Automated External Defibrillator) as a result of our recent Spaghetti Dinner Fundraiser. We thank everyone who supported our event and attended the dinner, purchased tickets in lieu of attending, or made a direct donation to our cause. We would like to thank R & M Meats of Inwood for their generous donation of hamburger for our spaghetti and meatball dinner. We thank the following for their cash donations: Charison's Turkey Hatchery, Teulon Game and Fish Association, Teulon Rockwood Firefighters, Pat and Glen Jeffery, Bert and Rose Farmer, and Taras and Kim Derbowka. As well, we received numerous cash donations toward our cause. Thank you also for the donations for our "silent auction" which generated nearly \$900 toward our goal. Thank you to Rick and Barb Hunt for the idea and for chairing a very successful fundraising event.

-Gunton Greenwood Memorial Hall Board

ANNOUNCEMENT

IN MEMORIAM



Maxine Leach - Mom
July 11, 1943 - Feb 29, 2016

One year has passed and memories unfold as we think of her,
Always welcoming with a wave and a warm and gentle smile.

We remember her kind heart and all those loving years, and find it hard to hold back all our loving tears.

She lives on in the hearts of those she touched, as she was loved so much. She truly was the greatest friend, someone to confide in, laugh with or share a tear or two, A real mom, through and through.

Blessed for all she taught us, and all the love she shared, And all the laughter that filled a room and keeps her memory strong within.

She is remembered for her home cooked meals and hosting happy gatherings. She's the smell of bleach in freshly laundered sheets, and in the scent of fresh cut flowers, She's the whisper of the wind going past, and in the sparkle of the snow like crystallized tears.

She brought happiness to all who were close to her heart, and we miss her dearly. Although she had to leave this earth too soon, she is with us each morning, noon, and night...

For no one loved as much as she will ever be forgotten.

-In Loving Memory Mom,
our hearts broke in two;
Brad, Kim (Lance), Jordan, Carla (Bruce),
Destiny, and Tiana

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ANNOUNCEMENT

IN MEMORIAM

Lyle Richard Stasiuk
March 6, 2015

It's two years since you've been gone,
Our cherished memories live on.
You're no longer by my side,
But live forever in my heart.

-Love and miss you,
Gail

ANNOUNCEMENT

IN MEMORIAM



Susan Gregg

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

OBITUARY

Mona Joyce Riley (nee Webb)
September 19, 1926

Peacefully on February 24, 2017 at
Rosewood Lodge.

Mona was born and raised in Stonewall.
After going to Business College and working
at Western Savings and Loan in Winnipeg, she
married Howard Riley in 1959. They moved to a
farm North of Stonewall where they raised their
two children Regina and Neil.

She was predeceased by her husband
Howard, her parents John and Ruby Webb
(nee Whiteman), stepfather Al Lundgren,
sisters Lorraine Webb, Jean Essex, Marjorie
Cieslar, and brother Ernie Webb.

She is survived by her children Regina (Wade)
Kropelin, and Neil (Erika) Riley, grandchildren
Jordan, Dawson, McHale, Ellis, Karling, and
step grandchild Wesley. Also survived by
brother Jack (Gwen) Webb and sister Marlene
(Jim) Taylor, as well as numerous nieces and
nephews on both sides.

Mona was a very active member of the
Stonewall Presbyterian Church, and generously
donated her time to various charities, one being
Manitoba Interfaith Immigration Council, where
she taught English. She was also involved in
the Quarry Toastmasters Club and sang with
the Quarry Chorists for many years.

In lieu of flowers, donations may be made to
a charity of your choice.

Funeral service will be held March 2, 2017 at
the MacKenzie Funeral Chapel in Stonewall at
11:00 a.m.

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Remember Your Loved Ones
with an Announcement in the **Tribune**

- BIRTHDAYS
- NOTICES
- BIRTHS
- OBITUARIES
- IN MEMORIAMS
- THANK YOUS
- ENGAGEMENTS
- ANNIVERSARIES
- MARRIAGES

OBITUARY

Elizabeth (Bette) Morin

Peacefully on Sunday, February 19, 2017 Bette Morin of Teulon
and formerly of Inwood, MB. Predeceased by her husband, Albert;
her sister Irene Gibson (Don).

Survived by her daughters Nancy (Phil) Yakielashek, Karen
Ellison and Leslee Morin. Grandchildren Todd (Sherry) Yakielashek
and their children Hanna and Henry; Brett (Terri-Lynn) Yakielashek
and their children Madison and Oscar; Lauren Ellison (Ryan
Green); Evan Ellison; Ainslee Willis; Ben Willis; her sister-in-law
Joyce Morin and many nieces and nephews.

Service was held on Friday, February 24 at 2:00 p.m. at Teulon -
Rockwood Centennial Centre, 14 Main Street, Teulon, Manitoba.
Flowers gratefully declined.



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OBITUARY

Donald Austin Williams
1937 – 2017

Don peacefully passed away at the Stonewall Hospital with
his family at his side. He was a loving husband, father, Poppa
and great Poppa. He leaves behind his wife Joan of 60 years;
their three girls, Joy (Jack), Nancy, Karen, son-in-law Randy; 10
grandchildren, Pam (Daryl), Ryan (Candy), Jennifer (Carel), Beth
(Danny), Lori (OG) Darren, Becky (Craig), Bryon, Blair, Kyle (Mel)
and numerous great-grandchildren.

Predeceased by his parents Margaret and Austin, daughter
Lynda, grandson Chris and great granddaughter Emma.

Don was born and raised on the family farm in the Stonewall
area. The loves of his life were his family, driving truck and his
horses. Grandma says horses came first.

The family would like to thank the doctor and nurses of the
Stonewall Hospital for the care given to Don during his stay.



A celebration of Don's life will be held on Saturday, March 4, 2017 at 2:00 p.m. at the Stonewall
Legion Auditorium. A private family interment will take place prior to the celebration of life.

In lieu of flowers, donations may be made to the Manitoba Heart and Stroke Foundation, 6
Donald Street, Winnipeg, MB., R3L 0K6 or Diabetes Canada, 401 – 1 Wesley Ave., Winnipeg, MB.,
R3C 4C6.

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