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# Stonewall Teulon Tribune

VOLUME 7 EDITION 9

THURSDAY,  
MARCH 3, 2016

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## Ready, set, read

TRIBUNE PHOTO BY NATASHA TERSIGNI

Staff and students at Teulon Elementary wore their Bombers blue and gold last Friday to welcome their guest reader, Winnipeg Blue Bomber safety Teague Sherman, to the school. Sherman read to several classes and spoke positively on the upcoming football season, telling students that going into his fourth year with the team, he is hoping to finally play in a CFL playoff game. See story on page 4.

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



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# Chamber paint party, an overwhelming success



TRIBUNE PHOTOS BY STEPHANIE DUNCAN

The Stonewall Chamber Paint Party was a sold-out success with 29 budding artists enjoying a night out with friends, family and co-workers at Pizza Den last Tuesday. Guests didn't have to be artistically savvy. It was "fun art" on a canvas that they took home as a souvenir. Even though everyone painted the picture, a different version was created by each participant with individual artistic flare for making it a one-of-a-kind piece. Bev Galbraith, of the Prairie Oak Regional Arts Council Inc. and Stonewall Art Group, facilitated the evening while sharing her knowledge and skills with paints and brushes. The chamber looks forward to another night of fun this summer.

## Singer-songwriter Kristen Ludwig coming to Teulon

By Natasha Tersigni

On the heels of the release of her second album, musician Kristen Ludwig is bringing her adult contemporary style music to Teulon during her first cross-Canada tour.

The Victoria-based singer and guitar player will be performing an evening house concert at the home of Tracy and Maurice Thibodeau on March 18.

While Ludwig has come to Manitoba before as part of previous Western Canada tours, this will be her first stop in the Interlake region and she excited about the intimate venue for her performance. The concert is limited to 40 guests and will be played in the Thibodeau's living room.

"When I saw that there were these house concert tours being co-ordinated by Madic Records, I was shocked because this is something that I have been looking to do for so long. This style of show makes sense for solo artists. A lot of venues, especially in Canada, don't really make sense for solo artists to play because they are

mostly bars or random venues where people are looking to have a good time and are not necessarily there to listen. House shows have always been my favourite to play because they are so intimate, which is important as a solo artist," said Ludwig, who added the home concert tour also allows her an opportunity to travel to towns and cities she normally wouldn't visit.

"They are couple places I have never been, so that aspect of the tour is super exciting as well. Without this tour, I don't think I would ever have the opportunity to go to these places."

Growing up with music has always been a part of Ludwig's life, but it wasn't until two years ago that she began pursuing her work professionally. After playing shows across Western Canada, she produced her first album in 2014, entitled *Drifting*.

After making the rounds with *Drifting*, Ludwig set to work on her second album, *Honest Tracks*, which is being released on March 15.

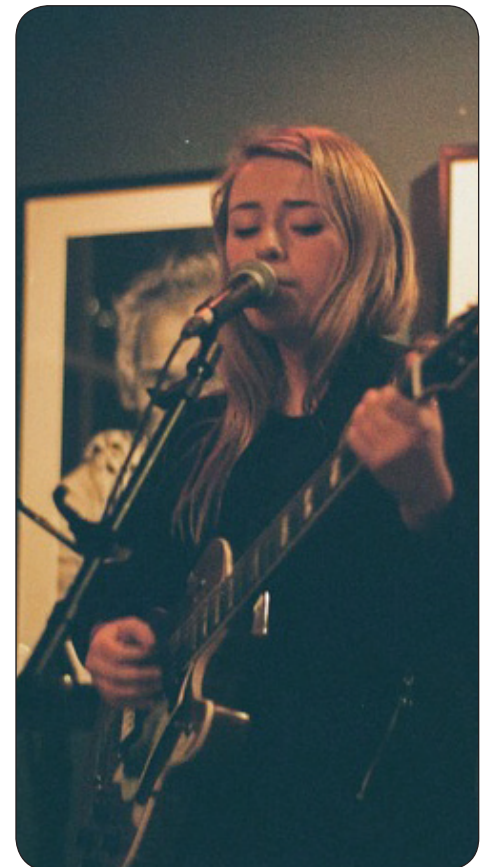
"With *Honest Tracks*, I had originally

intended to create it as an album that directly correlated with my live performances. Once I began creating the songs and was in the studio, I got taken away with the cinematic vision with having an album go on more of a journey," said Ludwig, who wrote and produced all the songs on the album.

"It is definitely on the cinematic side and a little experimental as well, but it is still relatable."

Kristen Ludwig's Teulon house concert at the Thibodeaus' home, located southwest of Teulon on Road 3E, starts at 7 p.m. on March 18. For more information or to purchase tickets, go to [www.eventbrite.ca/e/house-concert-with-kirsten-ludwig-tickets-21304561517?aff=efbevent](http://www.eventbrite.ca/e/house-concert-with-kirsten-ludwig-tickets-21304561517?aff=efbevent).

**TRIBUNE PHOTO SUBMITTED**  
Musician Kristen Ludwig will be performing an acoustic home concert in Teulon on March 18 as part of her first cross-country Canada tour.



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# New pharmacy opens in Stonewall

By Jennifer McFee

Stonewall and area residents now have one more option when they need to make a trip to the pharmacy.

The brand new Quarry Ridge Pharmacy and Medical Clinic opened its doors on Monday, Feb. 29 to offer the expertise of local area pharmacists along with a pharmacy assistant.

As part of the team, pharmacist Teryl Moore said they are pleased to welcome Dr. Graham to Quarry Ridge Pharmacy and Medical Clinic. They look forward to working with him and his patients — as well as other doctors, practitioners and patients in the area.

“We hope to improve the health of people and to look at disease management as well,” Moore said. “We’re really keen on doing a lot of disease monitoring and followup by working with the patient and physician.”

Located at 469 1st St. West, the pharmacy features a blood pressure machine that provides patient accounts. For added convenience, patients are able to access their password-protected accounts at home, at the pharmacy or at their doctor’s office to share results.

Other services include delivery in Stonewall and surrounding commu-

nities. The pharmacy will offer blister packaging and medication crushing, as well as safe disposal of expired or unused medication. Immunizations will be available, plus medication counselling and followup in areas such as diabetes, respiratory conditions, smoking cessation and hypertension. Clients can also increase their knowledge through medication reviews either at the pharmacy or in their own homes.

With a focus on outreach opportunities, Quarry Ridge Pharmacy and Medical Clinic plans to work with community groups to provide presentations on health-related topics.

Moore and the team appreciate the dedication from Advance Exteriors, along with all the contractors and other businesses in the community that contributed to completing the project on a short timeline.

They also extend heartfelt thanks to friends and family members who offered their support during this busy and exciting time.

“Everybody has been top notch. Everybody has worked really well together,” Moore said. “Being local people, it’s important to us to shop local, so we tried as much as possible to do things locally.”



TRIBUNE PHOTO BY JO-ANNE PROCTER

Pharmacist Teryl Moore (left) is pleased to welcome pharmacy assistant Laura Shymko (right) and Dr. Graham to the Quarry Ridge Pharmacy and Medical Clinic.

Everyone is invited to drop by and check out the new locally owned and operated pharmacy, which is open Monday to Friday from 9 a.m. to 8 p.m., Saturdays from 9 a.m. to 5 p.m. and Sundays from 2 to 5 p.m.

## Rosser council news in brief

By Jennifer McFee

- At the Feb. 23 council meeting, Rosser council accepted the 2016 budget of the Stonewall and District Handivan Service, as well as a levy of \$13,756.60.

- Council accepted quotes for the debate and/or discussion of Reeve Frances Smee’s leave of absence. Jennifer Winters and Orvel L. Currie of D’Arcy and

Deacon quoted \$450 per hour plus preparation. As well, parliamentarian Roger Woloshyn quoted \$75 per hour plus travel expense of \$50 per hour. CAO Bev Wells will prepare a special meeting of council.

- The RM of Rosser is requesting approval of a deficit for 2015 of \$156,826.48, as well as permission to recover the deficit

from accumulated surplus.

- The April 12 council meeting has been changed to April 5 at 9 a.m. In addition, the April 26 council meeting has been changed to April 19 at 6 p.m.

- Kelly Kimball, director of the Rosser Woodlands Recreation Board, attended the meeting to

Continued on page 5

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# Winnipeg Blue Bomber reads to Teulon students

By Natasha Tersigni

For their last guest reader of February's 'I Love to Read' month, Teulon Elementary School (TES) stuck with their sports theme and welcomed Winnipeg Blue Bombers safety Teague Sherman to their school on Feb. 26.

Sherman, a three-year veteran with the Bombers and a former University of Manitoba Bisons player, read to several TES classes and spoke about the important role that reading plays in his professional football career.

"At our very first practice with the Bombers, we are given a thick play-book filled with pictures and words and we have to memorize everything that is in there in two weeks. Reading is very important to us. We do it every day, whether it is learning new plays or scouting the other teams and reading those reports," said Sherman.

"Reading is huge and, in a way, it is kind of like school, just our teachers are our coaches. Our principal is our head coach. We study every night during the season with our playbooks and then we have tests [on] game day."



Sherman, pictured right, autographs Grade 5 student Aiden Miller's Bomber jersey.

During question period, Sherman was not shy about speaking about the Blue Bombers' shortcomings over the three years he has played with them, but he told students he is excited and hopeful to see how the team will play in 2016, thanks to a few recent roster



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Winnipeg Blue Bombers safety Teague Sherman, pictured centre, was at Teulon Elementary School last week to read to several classes as part of "I Love to Read" activities. Pictured, left to right: Mark Stott, Emma McGill, Teague Sherman, Abby Skinner and Jaiden Bocek.

additions.

"I think we are going to be a very different team this year. We have gotten big players including (CFL all-star receiver) Weston Dressler from the Saskatchewan Roughriders. We should be absolutely better offensively this

year," said Sherman.

For now, Sherman is staying in shape and preparing for the upcoming season by working out twice a day. The entire Bombers squad will be preparing for the 2016 season as a team when spring training camp begins this May.

# St. Laurent School students get hands-on education in wetlands

By Jeff Ward

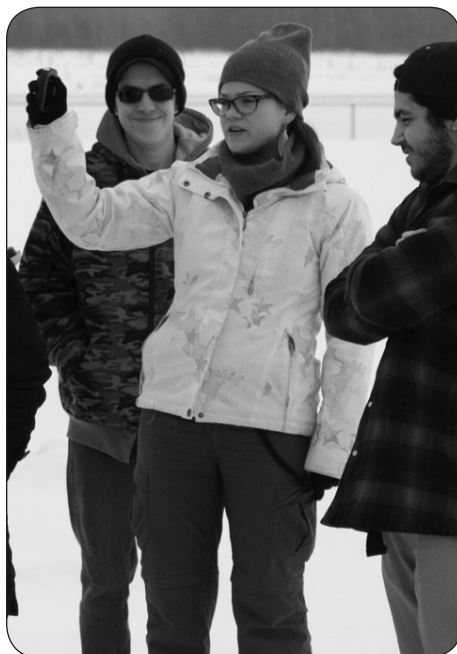
Oak Hammock Marsh's EcoVan paid a visit to St. Laurent School last week and gave students fun hands-on lessons in the wetland environment and its ecosystem.

The visit was sponsored by the West Interlake Watershed Conservation District and had two interpreters guide students in wetland wildlife, plant ecology, weather, watersheds, GPS and geocaching. These lessons help students understand the importance of wetlands and are designed to get them interested in the preservation of the ecosystem. The interpreters went through every class in St. Laurent school, leading activities that were appropriate for the grade level.

"In the winter, we bring the wetlands to the students," said Shannon Kraichy, a nature interpreter for Oak Hammock Marsh.

"We have a lot of different programs that we offer. With the Grade 1 and 2 students, we do a program called Bird Feeders, so we teach them that just by looking at birds and their beaks, we can tell what they eat. And by looking at their feet, we can tell where they live. They get to make and bring home pinecone bird feeders at the end of it."

Grade 11 and 12 students got some hands-on lessons in understanding the technology behind GPS. Kraichy took the class out into the field with



Shannon Kraichy (middle), a nature interpreter for Oak Hammock Marsh, teaches Grade 11 and 12 students about geocaching.

GPS units and, after a short lesson, had students travelling a short distance to find a geocached spot. The activity gives students an idea of what wetland scientists use to tag areas of interests, hazards and how they chart their course to get to and from the site.

For younger students, the focus was on wildlife of the wetland ecosystem. Bats were one of the species Grade 1



TRIBUNE PHOTOS BY JEFF WARD

Grade 1 and 2 students of St. Laurent School had a hands-on lessons in the wetland environment and its ecosystem on Feb. 22 sponsored by the West Interlake Watershed Conservation District.

and 2 students learned about during their time with the nature interpreter. Wingspan, diet, location and how they see were all explained to the young students.

"We do cater the lessons to be age and grade appropriate but also because we want the students to absorb as much of the information as possible. We find that younger students

do well with more visual aids and the older students really like the adventure they get when geocaching," said Kraichy.

Anyone looking for more information on the Oak Hammock Marsh EcoVan program is encouraged to visit their website at oakhammock-marsh.ca.







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# getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

## > ARNIE WEIDL Fishing outing ends with hospital visit

Welcome, friends. Last week, I met a young, slim, blond, quick-witted gal, Jessica Werstuik from Beausejour, who had a story of last summer when she, her three-year-old boy Tucker Ball, her mom and auntie went fishing in Rickes Pit north of town.

It was a hot, sunny, windy day as the girls set up and then cast their lines into the water. Jessica turned to her son to help him cast out, but he was off discovering grass and butterflies.

Oh well, she thought, maybe later.

Facing the rippling water with the blinding sun reflecting in her eyes, she fondly remembered learning to swim in this pit. Then she felt a tug on her leg followed by a sharp pain. She looked down to see a fish hook buried deep in her leg. Her astonished gaze followed the line back to a rod held by her shocked son. The frightened boy turned and ran away as fast as his little legs would carry him.

Mom and auntie came to Jessica and, after a quick look at the offending hook, agreed this needed a doctor. So everybody piled into mom's truck and, with Jessica bouncing in the back box with her windswept hair slapping her in the face, they made for the Beausejour Hospital.

Unbelievably, there was no doctor available, so now in auntie's car, they took off for the Selkirk Hospital. When they got there, the nurses took one look and started freezing her leg with needles — lots of needles. In no time, Jessica was feeling no pain and could see a kindly doctor coming her way. Great, she thought, but then the "kindly doctor" turned into an "all-business-type doctor." Kneeling on her leg, he wrested the nasty



**TRIBUNE PHOTO BY ARNIE WEIDL**

Erik Johannson with one of his catch in their ice shack on the Red last weekend.

hook out. After a while, Jess regained her composure and thanked him but wasn't really sure she meant it.

So that's how little Tucker's first catch became his mom.

This last weekend on the Red, I met Selkirk's Mayor Larry Johannson, his boys Erik and Larry Jr. and friend Cory Syrota. These fun-loving guys had built an ice shack on a used trailer, which now had become their little home away from home.

I was invited in, and soon they began telling me of a time in early spring off Chalet Beach last year. After fishing, their trip off the ice became brother-in-law Adam McKonals' most unlucky day. Heading shoreward, they playfully cruised through water patches that made their quads look more like boats

casting wakes. Then, without warning, the equipment sleigh they were towing flipped, tossing everything into the slush. Sopping wet, the guys did their best to find and reload their stuff, but Adam started obsessing about his lost padded pail top. Again and again, he agonized over the lost top.

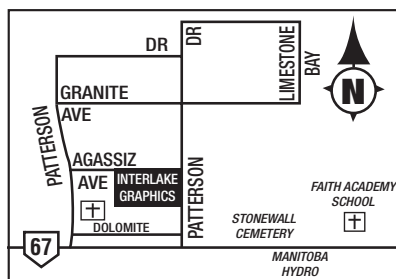
The guys searched for a while but eventually gave up and continued plowing through the soupy snow for shore. Poor Adam was even less happy when unloading his equipment onshore. He found his auger and heater were damaged and his all-weather rain suit was gone. Now all this time I had been visiting, "Mayor Larry" had not been with us. When he showed up, the guys greeted him with "Hey, LF."

I asked what the nickname meant and they laughed, saying they call dad "leather face" because he never wears headgear when out in the wild. The Johannsons and friends sure know how to enjoy life.

I finally got back onto the ice off Riverton's Sandy/Hecla Bars a few days ago. I stopped at a number of shacks and, at one in particular, I met a chap by the name of Ron Marykuca of Winnipeg. We talked for a while, and then he told of an odd happening the day before. An SUV had gotten stuck in heavy snow close by and a chap with a large truck offered to pull it out with the motor off, in neutral and the owner outside.

Then as both vehicles moved forward, the owner's big black Labrador in the SUV was seen in the driver's seat with his paws on the steering wheel. You see the funniest things on the ice sometimes. Till next time. So long.

**Advertising Deadline: Monday 4:00 pm prior to Thursday Publication**



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# Warren and Meadow Lea United churches name new minister

## Patricia Baker to lead Warren and Meadow Lea United churches

By Stefanie Lasuik

After eight months of searching, Warren and Meadow Lea United Churches have found their new minister.

Patricia Baker will take over the position left open by Robert Humble's departure last June. Baker brings with her a desire to help churchgoers and the wider community.

"I don't come in here as your boss. I come in here as working with you, as walking alongside you," Baker said.

For a church that has seen its Sunday school numbers dwindle in the past 10 years, a part of that walk will include letting children and youth know that the church supports them.

"There's great potential just to let people know that they live in a community that has a faith centre and that that faith centre can be there to support them in whatever is going on in their lives," said Baker of Warren and Meadow Lea.

Those seeking help don't need to be a member of the churches, Baker said. They can call on the church to talk about what worries them or what needs they may have, such as going

into the hospital or planning a wedding.

Baker's strong belief in communication helped her stand out amongst other candidates for the position, said congregation member Pat Hogg.

But Baker's ideas for the church go beyond that. She hopes to run a kids' camp during the summer and host an inter-generational dinner over spring break. For sermons, Baker plans to incorporate visuals, such as video clips and local photography.

"We can bring things to life that the spoken word can't do," said Baker.

She has also been thinking about an armchair travel series, where people can bring back pictures from their vacations and share their stories.

Baker's first sermon with Warren Meadow and Lea United Churches will be on March 6, but she has already begun building relationships with the congregation. She said the can-do attitude, warmth and welcome of the communities remind her of her little hometown in Spruce View, Alta.

Baker is also drawn to the interaction between the people of Warren and Meadow Lea and the churches.



TRIBUNE PHOTO BY STEFANIE LASUIK

Patricia Baker is excited to embark on a new journey with the congregations and communities of Warren and Meadow Lea.

"It's really good that the community and church are in good relationship with each other," said Baker.

The churches have planned a meet-

and-greet fellowship with the new minister on March 6 after the 10:30 a.m. worship at Warren United Church.

## Bezan disappointed in Liberals' plan to amend the citizenship act

Submitted

Ottawa-Conservative National Defence critic and Member of Parliament for Selkirk-Interlake-Eastman, James Bezan issued the following statement in response to Liberal Immigration Minister John McCallum tabling of Bill C-6, an Act to Amend the Citizenship Act and make consequential amendments to another Act.

"Our Conservative Party appreciates that we are a country of immigrants whose identities are moulded by the stories of ancestors from hundreds of lands. We understand that Canadian citizenship comes certain rights and responsibilities that must be upheld by those who hold it. That is why I am deeply concerned that the Liberals' first priority, when it comes to immigration and public safety legislation, is to give back the citizenship, and protect the rights of a committed member of the Toronto 18 terrorist group, Zacariah Amara.

"Mr. Amara, a convicted terrorist, is the biggest beneficiary of today's announcement made by the Liberals. It is extremely disappointing that the

Liberals consider the rights of a convicted terrorist to be more important than the safety of Canadians.

"Our expectation is that people who take Canadian citizenship would want to contribute to Canadian society by residing here in Canada. It is also extremely worrying that one's citizenship cannot be revoked for committing a terrorist act but can be for fraud. This is an unacceptable double standard.

"This bill will be studied in great detail, but we remain extremely concerned by the purposed changes and the Liberals' intentions."

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# Rockwood council discusses asphalt plants and more

By Jennifer McFee

Representatives from Conservation and Water Stewardship addressed questions and concerns from Rockwood council about asphalt plants at the committee of the whole meeting on Feb. 24.

These types of plants operate all over the province and are usually required to be set back at least one kilometre from residences. The representatives indicated that sampling is not done unless there is a problem. They're not required to investigate unless they receive five complaints in 90 days; however, they said that they would likely go out to check it out right away.

Companies need to maintain air pollution control devices and ensure that their waste disposal methods meet

stringent criteria.

In general, the provincial representatives don't receive many complaints about asphalt plants operating in Manitoba, they said.

In other Rockwood news, the Stony Mountain Community Association is putting together a grant application for the provincial government's Small Communities Transportation Fund. The fund provides 50 per cent cost-shared funding up to a maximum of \$50,000 per project per year for active transportation and transit projects.

The community association is looking for a \$50,000 contribution from the RM in order to get the funding. Council agreed to give CAO Chris Lullman permission to write a letter of support for the organization.



TRIBUNE PHOTO BY JENNIFER MCFEE

Mike Baert and Donna Smiley, representatives from Conservation and Water Stewardship, discussed asphalt plants with Rockwood council.

# Alzheimer Society offers support to caregivers

By Dave Baxter

The Alzheimer Society wants to lend a helping hand to those Manitobans who are caring for someone with dementia.

"Every day, we hear about challenges faced by caregivers, so we are trying to support those caregivers as they are going through the journey of

dementia," Alzheimer Society Interlake-Eastern co-ordinator Jackie Dokken said.

The Alzheimer Society is currently putting on monthly telehealth family education seminars in a number of communities, including Selkirk.

Dokken said a medical professional in Winnipeg is "Skyped" into the sem-

inars being held across Manitoba and that professionals can talk directly to whoever attends the sessions and is able to answer questions.

"It's very interactive and if you came to Selkirk, the presenter would be onscreen, but you can ask questions back to the presenter and they do leave time for questions," Dokken said.

A wide range of challenges come along with being caregiver for a loved one with dementia, Dokken said.

"It can get extremely challenging and coping with those changes for some can become so stressful that it affects their minds and bodies, and they can end up needing medical help."

It's also very hard on a person to watch their spouse go through the stages of dementia, Dokken said.

When caring for those with dementia, caregivers often don't realize how many issues can come along with it, she added.

"We offer some pretty specific education and techniques but also stress things like getting things power of attorney done and looking into care-

giver tax credits," she said. "Our role is to educate and support, so we go over checklists with people."

She said the sessions are also important because they get caregivers dealing with the same issues into the same room.

"I've been told it helps because they don't feel so isolated after the come once. And what happens is there are different stages of the disease, so different caregivers at different stages can help each other."

The most recent seminar was held on March 1. The next one entitled "Becoming a Resilient Caregiver" will take place on Friday, April 1 at 6:30 p.m. and will be specifically geared towards helping caregivers understand how to take care of themselves while caring for someone else.

The Alzheimer Society Telehealth Family Education Seminars take place at the Selkirk and District General Hospital and are free and open to the public.

To register for a seat, or for more information contact the Alzheimer Society at 1-800-378-6699.

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# Interlake students focus on sustainability

By Jennifer McFee

With a focus on the future, a group of Interlake School Division students gathered in Stonewall last week for an annual sustainability summit.

The conference, entitled Generating Momentum for Our World: The Sustainable Development Goals, brought together a total of 45 students and eight teachers from seven schools: École Selkirk Junior High, Arborg Early Middle School, École Stonewall Centennial, Teulon Collegiate, East Selkirk Middle School, Warren Elementary and St. Andrews School.

The event took place at the Heritage Arts Centre on Feb. 25, hosted by the non-profit Manitoba Council for International Cooperation, a coalition of 39 organizations involved in international development.

As executive director of the organization, Janice Hamilton said the event was a great success in a beautiful venue.

Students learned about the 17 sustainable development goals passed by the United Nations in September 2015. These goals went into effect on Jan. 1, 2016, in an attempt to transform the world.

The UN previously had development-oriented millennium goals that started in 2000 and ended in 2015. The new goals are much more universal in nature, Hamilton said.

"It really is a connection between economic, social and environmental issues," she said. "Climate change is part of it, but so is life under water and having no hunger and no poverty and gender equity. It's a little bit more extensive, and Canada has agreed to meet these."

The participants engaged in group work to emphasize peer empowerment and co-operation. They also had the chance to attend circuit sessions and workshops focused on public speaking, planning and promoting, and creative expression.

The day-long event offered many opportunities for the students to explore the five P's of the sustainable development goals: people, planet, prosperity, peace and partnership.

"They were knowledgeable and eager to learn more and participate," Hamilton said. "They were a really great group of kids. These were really strong students."

Youth engagement co-ordinator Renée Simcoe, a former Teulon resident who currently lives near Warren, said the kids learned that anybody can make a difference.

"It was a big success," said Simcoe, whose mom is one of the local teach-



Warren Elementary students Paige Wright and Brady deLaroque shared their ideas with other students regarding health issues at the conference.



Students from Ecole Stonewall Centennial School took part in brainstorming sessions at the Generating Momentum for Our World: The Sustainable Goals conference hosted by Manitoba Council for International Cooperation at the Quarry Park Heritage Arts Centre in Stonewall last Thursday.

TRIBUNE PHOTOS BY JO-ANNE PROCTER

ers who attended with a group of students. "The kids at this one were very positive. A lot of their ideas were very innovative."

Simcoe also noted that the Heritage Arts Centre provided an ideal venue for the gathering.

"It was gorgeous. It was so nice to be

able to have all those windows. It was just perfect," she said.

"One of the things that I'm a firm believer in is that if kids can see nature, their ideas flow a little bit easier and they can be a little bit more creative. It seems that it helps to open up their minds."

The Stonewall conference marked the fifth in a series of five events that were held throughout the province this year. The conferences are funded through financial support from the federal government through Global Affairs Canada.

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**Sat. March 12 at 8 pm**  
**Band: Double Shot**

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Well, we wanted to have a little fun this month, so we're offering you a surprise with every complete eyewear purchase in March.

Here's how it works ... come on into Doctors Vision Centres, pick out a great frame and select some fantastic lenses ... then, pick an Easter Egg out of our in-store basket, and find out what you've won ... here's a hint: It'll be a minimum of 20% off, but it could be 100% off!

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**Mark Wafer**  
**is coming to**  
**Selkirk**  
**Thursday, March 10<sup>th</sup>**  
**11:45am @ Canalta Hotel, Selkirk**

RSVP by March 8<sup>th</sup> to Sheri Skalesky at Selkirk Biz  
 Phone: 204-482-7176 or Email: info@selkirkbiz.ca - Admission \$15

Mark Wafer is the owner of six Tim Hortons restaurants in Toronto. Over the past 20 years Mark and his wife Valarie have hired 127 people with disabilities to fill meaningful and competitively-paid positions in all areas of the operations, from entry-level to logistics, production, and management. They currently employ 46 people with disabilities in a workforce of 250.

Mark believes there is a clear business case for inclusive employment.

Mark is a member of the federal government's Panel on Labour Market Opportunities for Persons with Disabilities; co-founder of Canadian Business SenseAbility, Canada's national corporate strategy for hiring people with disabilities; a member of Ontario's Economic Development Partnership Council; and an inaugural member of Ontario's Champions League. He was recently inducted into the Canadian Disability Hall of Fame.

Mark is also a motorsports enthusiast, race car driver and amateur sports car champion

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# South Interlake Seniors Resource - Stonewall

## SUPPORT SERVICES FOR SENIORS

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

Check out our website! - [www.sisrc.ca](http://www.sisrc.ca)

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Tuesday, March 15th, 2016 @ 5:00

Church of the Ascension Parish Hall

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



Cancer Society

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## BUY A BUNCH OF IT!

When you buy daffodils, you're supporting people living with cancer and helping to fund research to fight all cancers for all Canadians in all communities

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We are taking orders now until March 10th.

Bunches are \$7.00 each and will arrive between March 14th - 20th.

*This month we honor Margaret Slater as our Volunteer of the Month! Margaret has been a volunteer driver for us since 2000 and continues to be available to our seniors to get them to appointments as well as Cancer Care.*

Thank you Margaret for being there for our seniors!

## Margaret will enjoy lunch at

Join us for homemade lunches & desserts

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



For more information call **204-467-2719**

## March Calendar of Events!

SOUTH INTERLAKE 55 PLUS, 5 KEITH COSENS DRIVE

Clip & Save



Mar 8 Shamrock Luncheon @ Noon  
Advance Tickets Required

Mar 10 Shopping Trip - Polo Park departing @ 9:15 am

Mar 11 William Kurelek Presentation @ 1:30 pm

Mar 17 McPhillips Casino - departing @ 10:00 am

Mar 18 Harmony Jam @ 1:30 pm

Mar 20 Manitoba Orchid Society Show & Sale Bus Trip

Mar 21 One Stroke Painting @ 12:30 pm

Mar 25 Good Friday - OFFICE IS CLOSED

Apr 5 Hop, Drop & Shop Bus @ 12:30 pm

Apr 9 & 10 - Carving Class @ 9:00 am



## Shamrock Luncheon

Special 50/50 Draw

March 8th @ Noon Entertainment by: *The Irish Cowboy*

ADVANCE TICKETS ONLY! \$15 Each

Call the 55-Plus Office to reserve tickets, 204-467-2582

MENU: Roast Beef  
Mashed Potatoes  
Hot Veggies  
Dessert

## COMMUNITY VOLUNTEER INCOME TAX PROGRAM

South Interlake 55-Plus will begin accepting tax returns **March 1 - April 28, 2016.**

Eligibility criteria to be met:

**SINGLE: \$30 000 COUPLE: \$40 000**

**SINGLE PARENT AND CHILD: \$35 000 PLUS**

**\$2500 for each additional dependent.**

**This is a DROP-OFF service.**

You will be notified by phone when your return has been completed.

CALL for more info: 204-467-2582



## BUS TRIPS:

Shopping Trip - Polo Park:

Thursday, March 10th

Casino Trip - McPhillips Street Station:

Thursday, March 17th

The Orchid Show & Sale:

Sunday, March 20th

The Hop Drop & Shop Bus

Tuesday, April 5th

For Details and to Register

Call the 55 Plus: 204-467-2582



## ACTIVE WELLNESS CLUB

CLASSES INCLUDE: FUNFIT, DANCEFIT, DANCEFIT GOLD, YOGA & PILATES, GENTLE YOGA, YOGA-DANCE

New Class

NEW SESSION: Feb 15 - Mar 24, 2016

Drop In's Welcome!



For more information & to register call 204-467-2582

## CRIBBAGE TOURNAMENT

Monday, March 28th

1:00 pm

\$4 @ Door

Door Prize - 50/50 Draw

EVERYONE WELCOME



## William Kurelek's Easter Story

Presentation by Merle Tomyk  
FRI., MARCH 11 • 1:30 PM



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5 KEITH COSENS DRIVE,  
STONEWALL

For More Info. Call 55 Plus  
EVERYONE WELCOME

## ACCUMULATIVE CRIBBAGE TOURNAMENT

4 weeks - Weekly Prizes To Be Won!

Prizes

Tuesday Evenings: April 5, 12, 26 & May 3

50/50 Draw  
Each Evening

7:00pm - 9:00pm Lions Community Centre

Entry Fee: \$20 Pre-registration required: Call the 55-Plus to register @ 204-467-2582

REGISTRATION DEADLINE: April 4th

For more information call **204-467-2582**

*Providing a Helping Hand*

## Teulon & District Seniors Resource Council Inc.

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ALSO JUST A NOTE THAT THE TEULON SENIOR RESOURCE CENTER WILL BE STARTING INCOME TAXES ON MARCH 8TH!

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



# St. Laurent Firefighter's Ball raises \$3,500

By Jeff Ward

It was a strong showing of support from the community with an estimated 250 people attending the 5th annual St. Laurent Firefighter's Ball, which raised approximately \$3,500.

Live music, good food and good company were the three main components to the fundraiser held

on Feb. 20 at the St. Laurent Recreation Centre. Local band Sacred Stone kept attendees dancing through the night, as did the band Pop Vegas from Winnipeg.

Deputy Fire Chief Jean-Louis Carrier took time during the dinner to honour and promote three department members. Katie Byron, Matthew Rid-

ing and Susan Gareau were all promoted to captain during the dinner.

The money raised from the event will be used to purchase a new projector that will be used for training sessions along with a few upgrades for the fire hall such as new shelving and garage door openers.



TRIBUNE PHOTOS SUPPLIED BY J.L. CARRIER

Jean-Louis Carrier presented arm badges to Katie Byron (left), Matthew Riding (middle) and Susan Gareau who were all promoted to captain during the 5th Annual St. Laurent Firefighter's Ball.

**Marquette Co-op  
66<sup>th</sup> Annual Meeting  
April 14, 2016**

**Meadow Lea Hall  
Supper at 7:00 p.m.  
Meeting at 8:00 p.m.**

Purpose of the meeting is to review 2015 financial report, election of directors to the Co-op board, review activities of the board of directors of the Marquette Co-op and other business.

Nomination forms for the position of director are available at the Marquette Co-op stores located in Marquette and Starbuck. Nomination forms must be returned to store locations or submitted to the nominating committee before 4:00 p.m., April 1, 2016.

Please order meeting/supper tickets from Co-op stores by April 1, 2016.

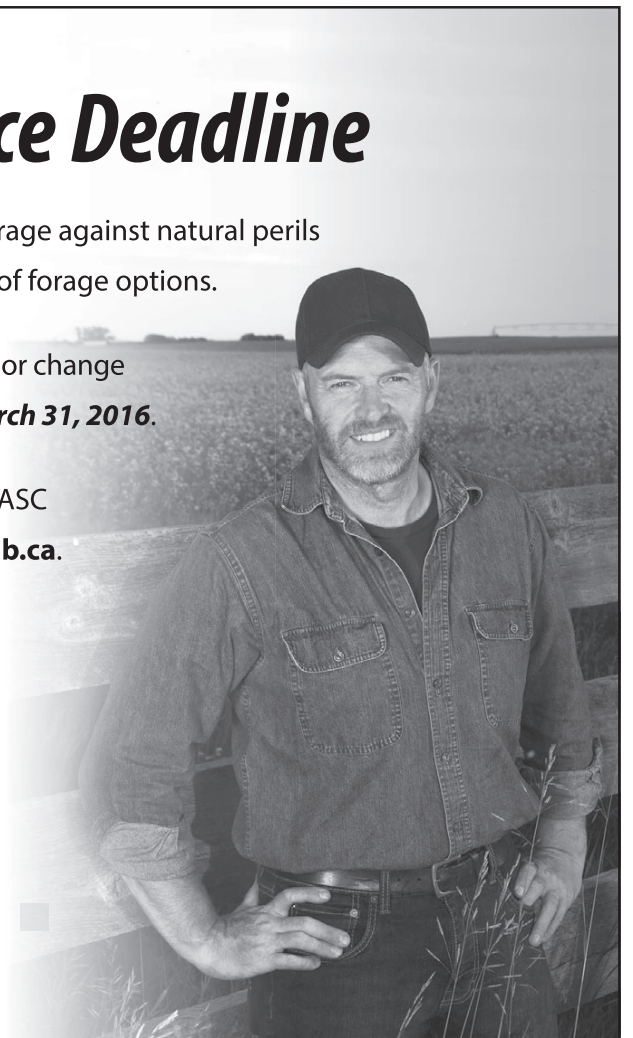
Tickets are \$10.00 in advance or \$15.00 after April 1.

## MASC Insurance Deadline

AgriInsurance offers customized coverage against natural perils for over 70 crops including a number of forage options.

The last day to apply for *AgriInsurance* or change your coverage or crop selections is **March 31, 2016**.

For more information, contact your MASC insurance office today or visit [masc.mb.ca](http://masc.mb.ca).







# We've Moved!

After nearly four decades in the welding and millwright industry, Albert and Claudia Kratzer never forgot their farming roots.

The hard-working couple launched K-Indu Ltd. in 1977 after they spent many years farming hogs while Albert worked nights at CPR as blacksmith tradesman. At the time, Albert purchased hog feed from a company that was expanding and looking for help to install new equipment for processing livestock feed. Never one to turn down an opportunity, Albert started working there and then started K-Indu Ltd. By day, he installed equipment and by night, he continued to work for CPR — all the while still farming hogs. After a few years, the hogs and CPR work were gone, allowing him to focus entirely on the new company.

In June 1977, Bernie joined the company. Over the years, he achieved his welding certification and also pursued



business programs.

Then in 1982, Gunnar joined the team, bringing his diesel mechanic certification, which proved to be a great asset to the company.

Over the years, the company has expanded from a small welding and machine shop to the bustling new facility they have today. Their coverage area has also grown throughout Manitoba, as well as Saskatchewan, Alberta and Ontario — and even as far as Cairo, Egypt. They have many loyal customers who appreciate K-Indu's expertise in sales, service and installation of equipment

for seed cleaning, grain handling, food processing, aggregate and material handling. They also offer top-notch millwright service in addition to shop and field welding.

The 10 knowledgeable staff members, ranging from apprentices to journeyman level, have also contributed to the company's impressive growth. Before his well deserved retirement, Ron Jaromowich had made valuable contributions during his 22 years with the company. He was the first long-term employee and has truly become part of the family. Other long-term employee, Keith Linklater has been with us for 20 years.

Going into its 39th year, the company serves a large customer base of national



and international clients, yet they always remember they got their start in farming. "We never forgot our farming roots. We still do farm equipment repairs throughout the year and never plan on changing that," Bernie says. "Farmers are the backbone of the country. They're good people and fun to be around. It's been a wonderful first 38 years, and we thank our loyal customers for their ongoing support."

As of March 1, K-Indu Ltd. will no longer be at their original shop of 38 years since they will be opening the doors to their spacious new facility at #78 10th St. E in the Rockwood Industrial Park in Stony Mountain. The K-Indu team looks forward to working with clients at their new location, and they welcome everyone to visit them there.

A huge thank you to our loyal customers over the past 38 years. We look forward to your continued support.



Visit us at  
**78 10th St. E. Stony Mountain**  
 (Rockwood Industrial Park)  
**204-467-2406**

# Creative sanctuary to open to the public this summer



TRIBUNE PHOTO SUBMITTED

Thanks to a successful Kickstarter campaign, Tracy and Maurice Thibodeau will be erecting a 24-foot authentic teepee on their 80 acres, southwest of Teulon, which will be used as a sanctuary for artists.

By **Natasha Tersigni**

For the last four years, Tracy and Maurice Thibodeau have been living in the heart of the Interlake on their scenic 80 acres, southwest of Teulon.

Knowing the passion and creativity that can be ignited by being on their property, the couple took to Kick-

starter to raise funds that would go towards building a teepee where artists can come to their property and get away from the hustle and bustle of daily life.

Kickstarter is an online funding

Continued on page 14

*South Interlake*  
**business expo**  
**2016**

**April 22 & 23**  
*at the Sunova Curling Rink. 2016*

*You've Got to be there.*

Be sure to join us for this impressive showcase of local businesses & services. Lots of new exciting vendors have joined the show this year.

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For more information contact Stephanie Duncan  
 204-467-5836 ads@stonewallteulontribune.ca





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**\$15,800**

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**\$3,000** FURNACE

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 If you're installing an electric heating system for the first time, there may be extra charges to upgrade your electrical service and panel to handle the extra load.

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Cost to buy & install  
**\$1,700** POWER-VENTED  
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**\$1,900** NATURAL GAS  
 WATER HEATER

10-YEAR  
 COST TO RUN  
**\$1,150**

Cost to buy & install  
**\$800** 60 GALLON  
 TO  
**\$1,200** ELECTRIC  
 WATER HEATER

**PLAN TODAY AND AVOID UNEXPECTED COSTS:**  
 An emergency furnace or hot water tank replacement may end up costing you hundreds of dollars more than a planned installation. Explore your heating options now so you have time to get quotes and advice from multiple contractors.

10-YEAR  
 COST TO RUN  
**\$2,900**

TOTAL INVESTMENT:  
**\$25,000**  
 OR LESS

TOTAL INVESTMENT:  
**\$37,500**  
 OR MORE

For more details, or to use our online heating calculator visit [hydro.mb.ca/heating](http://hydro.mb.ca/heating)



The cost to buy, install and operate indicated above is an average and will vary depending on your home, specific heating needs, and other conditions. Cost to run is based on a February 1, 2016 natural gas rate of \$0.2660/m<sup>3</sup> and an electricity rate of \$0.07672/kWh.



# Cartooning around teaches students problem-solving skills

By Natasha Tersigni

Internationally known musician and artist Gérald Laroche spent last week at Teulon Elementary School teaching students in grades 4 to 6 the fundamentals of cartooning.

Through the Artists in the Schools program, hosted by the Manitoba Arts Council, Laroche worked with individual classes teaching students a variety of techniques on how to create and draw cartoons.

While much of Laroche's time was spent teaching specific drawing techniques — including how to draw people and animals and how to make the characters move through the cartoon frames — the core skills that the stu-



TRIBUNE PHOTO BY NATASHA TERSIGNI

With over 30 years of experience both as an artist and working with students, Gérald Laroche spent last week teaching Teulon students in grades 4 to 6 how to draw cartoons. Pictured, left to right: Laroche, Emily Garand and Annika Kowalchuk.

dents learned will transfer to other subjects.

"Each day, the students were taught and then work through different techniques. We start from the stick figure and build up to body, draw front and side profiles and then work on how to move characters. Through the entire process, students are learning essential skills such as math, using lines

and angles to achieve the drawing they want and problem-solving skills, how to think through situations to get characters to look the way they want it to," said Laroche.

"Cartooning has also become part of the curriculum in schools to help teach language skills. It takes a lot for students to write a story, and then with cartooning, they have to transfer

that written story into a visual story. It is a different medium and it forces students to look at their story differently — how do they properly illustrate background, change of time and incorporate dialogue."

By the end of the week, the students were able to create a multi-frame cartoon story with the techniques that they learned from Laroche.



**PET** of the Month  
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## > CREATIVE SANCTUARY, FROM PG. 12

platform for creative projects including everything from films, games and music to art, design and technology. It is used to find interested investors to help back a project, and the site is full of ambitious, innovative and imaginative ideas that are brought to life through the direct support of others. The Thibodeaus thought that artists would jump at the chance of experiencing their breath-taking property to create artwork.

Through their Kickstarter campaign that ended this week, the Thibodeaus raised enough money to purchase a teepee. The teepee will be a place for the public to create and host a variety of workshops from art retreats to yoga

gatherings, meditation seminars and sweat lodges.

"We moved here just over four years ago because we had this vision to get out into open space where there is an area for people to have unique experiences, which ties into our business. We have hosted house concerts and couple retreats and festivals. With having all these people out here having such positive experiences, we wanted to make it accessible to more people," said Tracy, who came up with the idea of have having a teepee on their land from a family friend.

"He thought a teepee would be great out here, and it just got me thinking of all the possibilities we could have if

we had this structure that could host people and we could create this really great experience."

The campaign was only online for five days before it reached the goal of \$5,300, enough money to purchase a 24-foot teepee that could hold 11 to 13 adults. In total, the campaign raised \$5,725, and the extra money will go towards providing more comforts inside the teepee including flooring and rugs.

"I am just so humbled and excited about the support we got and what we can now do out here," added Tracy.

The plan is to have the teepee erected in June and then open it to the public as a space for creativity.

For more information on the teepee project, go to [www.igniteretreats.com](http://www.igniteretreats.com).



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see us first for travel  
and car rental insurance.



[oneinsurancegroup.ca](http://oneinsurancegroup.ca)



# Family fun at Quarry Park

TRIBUNE PHOTO BY JO-ANNE PROCTER

Pictured from left to right, Noah Long, Georgia O'Neill, birthday boy Orrin O'Neill and Faith Scheffer took time out of the many activities at the Family Fun Day at Quarry Park Heritage Arts Centre last Saturday to cook some bannock over the bonfire.



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

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

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

### To qualify homeowners/tenants must:

- live in single detached homes, semi-detached homes (includes houses, townhouses, row houses, multiple houses), or mobile homes on permanent foundations;

- live there on a year round basis;

- have a total household income (before deductions) that falls within household size in the chart below:

1 person	\$30,410
2 persons	\$37,858
3 persons	\$46,543
4 persons	\$56,508
5 persons	\$64,090
6 persons	\$72,283
7 or more persons	\$80,476

<sup>†</sup>This offer subject to change at any time.

### Once you qualify here is what you can expect:

An energy advisor will come to your home or rental property to review the energy efficiency of the home and explain how the program works.

During the review, the advisor will provide you with free basic energy efficient items, such as low-flow showerheads, window weatherization kits and LED bulbs.

Based on the results of this review, we will help qualifying homeowners and landlords select a contractor and then you may receive the following upgrades:

**Free insulation for attics, walls, basements, and crawlspaces (both material and installation costs are covered for all heating source types);**

**High efficiency natural gas furnace for \$9.50 per month for 5 years<sup>†</sup> (\$570 total cost including installation) or a \$3,000 rebate if you upgrade to a high-efficiency natural gas boiler.**

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

Lower income tenants who live in apartment buildings may also be eligible to participate. Please have your landlord or property manager contact us.

**Don't qualify?** You may still be eligible for the Power Smart<sup>™</sup> Home Insulation Program or the Water and Energy Saver Program.

## Improve the comfort of your home today!

Tenants and Landlords qualify



Visit [hydro.mb.ca/affordableenergy](http://hydro.mb.ca/affordableenergy) or call **1-855-360-3643** to have an application mailed to you.



<sup>\*</sup>Manitoba Hydro is a licensee of the Trademark and Official Mark.



# 4-H clubs come together for skills, thrills event



TRIBUNE PHOTO SUBMITTED

More than 30 4-H club members from across the Interlake came together for a Skills and Thrills event on Feb. 20 at East Selkirk Middle School. The event included workshops and games for young members from clubs across the South Interlake.

## Staff

Various 4-H clubs from across the Interlake came together for a special event late last month.

On Feb. 20, more than 30 4-H members from seven South Interlake clubs — including Balmoral, East Selkirk, Minerya, St. Andrews, Stonewall, Argle and Teulon — got together at East Selkirk Middle School for the first ever Skills and Thrills event.

The skills portion of the event touched on some 4-H basics including public speaking, science and judging.

Amber Dyrda, a senior 4-H member from Teulon, said after watching last year's public speaking competitions, she thought that her fellow club members could use a refresher.

"Last year, I saw some younger members show up to the speech competitions not as prepared and organized as they could have been," Dyrda said.

Dyrda put her leadership skills to the test during last month's event as she delivered a public speaking workshop which included tips on how not to be nervous and what type of clothing is best to wear.

Following the workshop, 4-H members were treated to lunch and then broke up into groups to take on a workshop about science and judging skills which was delivered by Sheila Stark-Perreault of the South Interlake Council.

Club members then headed into the gym for a game of laser tag and bumper ball.

4-H is an international youth and volunteer orga-

nization that started in Roland, Man., in 1913, according to the province's website.

Today, 4-H clubs have been started across Manitoba by thousands of members and volunteers.

More than half of the members live on farms and about a third live in rural non-farm areas.

Members can choose from more than 60 hands-on projects including beef, photography, outdoor cooking, machines and crafts.

Communication activities help members establish strong speaking and interpersonal skills, while fun events aim to help them build friendships.

The whole experience is meant to help young people throughout their professional and personal lives.

## worship *with us*

> FAITH

# Praying in the "fast" lane

On a double highway the left lane is designed for traffic going faster to pass slower moving vehicles. It's called being in the fast lane. Well today I want to talk about being in another fast lane. If you want to go farther with God, know him deeper, and see greater rewards to prayer then this is the lane to be in. It is the spiritual lane of fasting—a subject we talk little about and practice even less in our culture.

Richard Foster in his book *Celebration of Discipline* says "in a culture where the landscape is dotted with shrines to the Golden Arches and an assortment of Pizza Temples, fasting seems out of place, out of step with the times." Yet is fasting

outdated?

Jesus said in Matthew 6:18 "when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you." Fasting is not something of the past, but is meant for today. Jesus does not say if you fast, but when you fast. Jesus expected his followers to fast. The question today is not "should I fast," but "will I fast?"

Fasting is setting aside something done on a regular basis to give you extended times with God in prayer. Often fasting is associated with

going without food, but it does not always need to be food. It could be giving up a certain TV program or time on social media to pray instead.

I encourage you that if you have never fasted, this season of Lent is a great time to start. Take one or two meals a week and pray in the "fast" lane to go farther with God and experience his rewards in your life.

John Harrison  
Pastor of Spiritual Development  
New Life Church, Stonewall  
<http://johnharrison1.blogspot.com>





# Local illustrator mixes passion for art with love of books

By Natasha Tersigni

With February being celebrated across Manitoba libraries and schools as “I Love to Read” month, it is fitting that South Interlake Regional Library Stonewall branch’s artist of the month is Interlake book illustrator Sheldon Dawson.

Last week, Dawson, a resident of Warren, spoke at the library to École RW Bobby Bend School students about being a book illustrator. Dawson has done plenty of artwork for books on Métis culture, and with the school’s theme for the month being voyageurs; it was a great opportunity for students to further learn about Métis history from the books Dawson has illustrated.

Along with reading a few books and speaking about the specifically about his artwork, Dawson explained the work that goes into being a book illustrator, including how he started out and the process he goes through to create illustrations for a story.

When Dawson first began working as a professional illustrator, he drew and designed ads for advertising firms for various campaigns. As work began to switch to graphic design on computers, he soon found that after a 25-year career in the advertising industry, jobs were few and far between.

Instead of giving up on illustrating, he began working with publishing houses to draw for a wide genre of books, a switch he enjoys thoroughly.

“I got downsized from the advertising industry and I either had to branch out in advertising or try illustrating for books. I gave it a try and I found that it is much more fun and creative,” said Dawson.

As a book illustrator, Dawson receives a complete manuscript written by the author from the publishing company he is working for. It is his job to read the entire manuscript, understand the author’s vision and then create artwork that will fit with the tone of the story.

“I read the story and I try to imagine what pictures would go along with the story. I then draw an outline on a small scale on how I think the pictures should fit with the story. The publisher then signs off on those sketches and then I draw bigger sketches with a bit more detail. The author

and publishers both look at those sketches and then, if they both like it, I will get to work on the paintings — the final product that will be used in the book,” said Dawson, who added that the whole process usually takes two months to illustrate a book from start to finish.

The part of book illustration that Dawson enjoys the most is the fact that every story is

unique and, through his artwork, he has to work to capture the story’s spirit while staying true to the author’s vision.

“With every book, I have to adapt the style of illustrations to the story. Some of them have to be more cartoonish and some have to be a little more realistic depending on the story. That is the challenge and fun.”

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TRIBUNE PHOTO BY NATASHA TERSIGNI

Warren book illustrator Sheldon Dawson shared his work with École RW Bobby Bend School students last week at the Stonewall library.

CALL:  
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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Jets win four in a row

By Brian Bowman

The Stonewall Jets are nearing the Manitoba Major Junior Hockey League's playoffs as the league's hottest team.

Stonewall won its fourth straight game after an impressive 5-0 home victory over the St. Vital Victorias on Sunday.

Adam Blight scored his 20th goal of the season on the power play at 17:09 of the first period and then Branden Meier made it 2-0 just 34 seconds later.

After a scoreless second period, Scott Miskiewicz, Chase Faulkner and Blight scored third-period goals. Chase Faulkner's goal was his team-leading 23rd of the season and 44th point.

Stuart Fleury made 25 saves for the shutout.

Last Friday, the Jets blasted the last-place Ft. Garry/Ft. Rouge Twins 5-0 in Winnipeg.

Chase Faulkner led Stonewall with two goals and an assist. Sam Mandryk and Ryan Miskiewicz scored first-period goals for the Jets and then Blight tallied in the third.

Stonewall outshot Ft. Garry/Ft. Rouge 63-38 as Hunter Ploszay posted

the shutout.

On Feb. 23, the Jets pulled out a 4-3 overtime win over the St. James Canucks in Winnipeg.

Chase Faulkner scored the game winner on the power play at 2:28 of overtime.

Blight had tied the score at 3-3 at 19:17 of the second period.

St. James' Devan Lobb opened the game's scoring 4:44 into the contest but Robert Smith and Faulkner, on the power play, scored late in the period to give Stonewall a 2-1 advantage.

St. James regained its lead, however, as Austin Hill and Mitchell Lockhart tallied. Lockhart's goal was a short-handed effort at 15:58 of the middle frame.

Fleury made 29 saves for the win.

The Jets, now 24-17-2, have 50 points. That ties them for fourth place with St. Vital (23-16-4) heading into this week's games.

Stonewall played at the third-place Pembina Valley Twisters last night (no score was available) and then the Jets will wrap up their regular season when they host the eighth-place Transcona Railer Express on Friday.

Game time is 8 p.m.



TRIBUNE PHOTO BY LANA MEIER

The Jets' Adam Blight scored twice in Stonewall's impressive 5-0 home victory over the St. Vital Victorias on Sunday.

## Souris to host Skate Manitoba STARSkate Championships this weekend

Submitted

The Souris Skating Club and Skate Canada Manitoba will be hosting the 2016 Skate Manitoba STARSkate Championships this Saturday and Sunday at the Souris Glenwood Memorial Arena.

Kim Eissner, the event chairperson, said she is looking forward to watching Manitoba's young and talented figure skaters over the weekend.

Hundreds of young figure skaters competed in January at six regional competitions across the province. These skaters will congregate in Souris to challenge themselves against other Manitoba skaters in their level.

This competition will provide skaters the opportunity to test the skills they have been learning throughout the year. Each skater is judged on skill and content based on the stage

they are learning. Each stage of this national program emphasizes key skills such as turns, stroking, jumps, spins, and different aspects of performance that have been designated by figure skating experts as necessary for development and progression in the sport.

All skaters began Skate Canada's CanSkate, Learn-to-Skate program and have moved into the STAR 1-5 program. STAR is where figure skat-

ing begins. Skaters will also skate in the higher levels including: Senior Bronze, Junior and Senior Silver, Gold and Pre-Juvenile and Juvenile.

The Manitoba Men's and Ladies provincial champions will be crowned in the following events:

- Pre-Juvenile Under 11
- Pre-Juvenile Under 13
- Juvenile Under 12, and
- Juvenile Under 14.

**Friday, March 4**  
**Stonewall Jets vs**  
**Transcona Railer Express**  
**8:00 pm @ VMSC**



[www.stonewalljets.net](http://www.stonewalljets.net)

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



# Flyers beat Beavers twice to open MSHL playoffs

By Brian Bowman

The Stonewall Flyers saved their best period for the third in Game 2 of their MSHL semifinal series against the Beausejour Beavers Sunday evening.

Stonewall scored three goals in the final period — two of them by Brett Harvie — to skate past Beausejour 6-5.

Harvie scored the game winner at the 15-minute mark of the final frame.

“The second period was kind of scattered and we were running around and kind of got off of our game a little bit,” said Flyers’ forward Adam Kirk. “But we went back to the room between periods, took a deep breathe, and went out and played our game in the third.”

Cody Danylchuk, Cale McBride, Connor Appleyard and Dan Stewart also scored for the Flyers. Matt Varnes chipped in with three assists.

Stonewall won the game despite having a tough time handling Beavers’ star forward Chris Stelmack. Stelmack, a former Selkirk Steeler, scored four goals, including Beausejour’s first three of the game.

“(Sunday) night, we fired (60 shots) at their goalie and couldn’t score,” Kirk said. “But a guy like (Chris), you have to keep him contained and hit him every chance that you get. You have to be aware when he’s out on the ice and pay attention

to him.”

Steve Crampton scored the Beavers’ other goal. Justin Harris made 17 saves as Stonewall outshot Beausejour 60-22.

The Flyers opened the series with an 8-4 victory on Feb. 23 in Stonewall. Stonewall used its speed to its advantage en route to scoring eight goals.

Stonewall, which held period leads of 2-1 and 5-2, received two goals each from Damian Wallack and Dale McClintock.

Matt Varnes, the MSHL’s leading scorer during the regular season, had a goal and two assists while Harvie, Blair Hawes and Ryan Elliot added singles. Steve Crampton (two), Dustin St. Godard and Nick Stelmack replied for Beausejour.

Harris made 34 saves for the win.

Game 3 of the series was played last night at the Sun Gro Centre but no score was available. Game 4 will be played in Garson on Saturday.

“It would be nice to (win) that first one,” Kirk said. “At least get one of them. I think that with the way that we’ve been playing, if we control our turnovers and get pucks in and out at each blueline, then we shouldn’t have many problems.”

Game 5, if necessary, will be played in Stonewall on Sunday.

Games 4 and 5 have 7:30 p.m. start times.



TRIBUNE PHOTO BY LANA MEIER

The Flyers’ Brett Harvie scored the game winner at the 15-minute mark of the third period of Game 2 during the MSHL semifinal series against the Beausejour Beavers. Stonewall won the game 6-5.

# Lightning Bantams play solid hockey against Parkland

By Brian Bowman

The Interlake Lightning Bantams are playing their best hockey at the most important time of the season.

Interlake, the eighth-place team in the regular season, played the fifth-place Parkland Rangers tough in their best-of-three series.

The Lightning lost 3-2 in Game 1 in Grandview on Saturday, defeated the Rangers 4-2 in Teulon on Sunday (coming back from a 2-0 third-period deficit), before losing 7-4 in Grandview on Monday evening.

“We played really well,” said Lightning head coach Todd Studler. “When we lost 3-2, we played really well.”

Interlake led 3-0 in Game 3 before Parkland scored

three consecutive goals. The third goal came with just 12 seconds remaining in the second period.

“We had them but just ran out of legs,” Studler said. “We just didn’t have anything left in the third period.”

The Lightning will now play the Southwest Cougars this weekend on the consolation side of the Rural Bantam B pool. Despite losing the series to Parkland, this is a much improved Lightning squad compared to the beginning of the season.

“We’re at a ‘AAA’ level now,” Studler said proudly. “We’re peaking at the right time. We have a couple of injuries and we had a couple of our guys go up and play City Midget. Some of our guys played seven games in nine days, so we’re a little bit on the tired side.”

Interlake will play Southwest in Wawanesa on Saturday. The rest of the schedule was not posted on the league website at press time.

“We’re looking forward to playing them and seeing where we’re at and how we measure up against them,” Studler said. “(To win), we have to be disciplined on the ice...and disciplined positionally – we can’t lose our checks.”

After this weekend, Interlake will then compete in the provincial tournament March 11-13 in Steinbach. The Lightning will play Central Plains on March 11 at 9 a.m. and then Yellowhead later that day at 2:30 p.m. “We have a tough pool and two games in one day, which is kind of unheard of at this level,” Studler said. “But somebody had to get that draw and, unfortunately, it was us.”

# Wildcats, RCMP to play in ‘Toonie for Two’ exhibition hockey game

By Brian Bowman

Sunova Arena in Warren will be the place to be on March 16.

The Warren Collegiate Wildcats’ hockey team and the local RCMP are joining forces to raise funds for two special little girls in our community.

Both will be playing an exhibition hockey game that night dubbed “Toonie for Two” from 7-9 p.m. to raise funds for two brave little girls – Warren’s Kaylee Heaps, five, and Woodlands’ Natalie Smith, six — as they battle illness.

“Whatever is raised from the game will be split up between the two families,” said Ryan Margetts, the Wildcats hockey

coach and teacher at WCI.

Margetts said the Wildcats have played the RCMP in the past. He said his guys are eager to get out on the ice to showcase their skills for such a great cause.

“A lot of the RCMP are former hockey players and guys that still play hockey,” Margetts explained. “So they always have a good squad and it’s fun to play them.”

Hopefully, the community will come out and support this event to help raise as much money as possible for the two families. Admission is \$2 per person. There will also be a 50/50 draw held at the event.



Kaylee Heaps



Natalie Smith



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Stonewall mixed open bonspiel event winners



TRIBUNE PHOTOS SUBMITTED

The Stonewall Curling Club hosted 12 teams this past weekend at their annual mixed open bonspiel. The A-event winners (far left photo) were Stu and Jane Brown and Walt and Dana Stewart, who defeated (second from left photo) Sydney, Philip and Kim Arnal and Barry McLeod. The B-event winners (second from right photo) were Al Sullivan, Liz Wilson, Grant Jonuk, Michelle Hykawy and Bruce Jaspersen, who defeated (far right photo) Susan Shaw, John Kooning, Shelley and Warren Erickson. Missing from the photo is Colin Kawalski.

## Rams compete well at curling provincials

By Brian Bowman

Stonewall Collegiate's Thomas Dunlop had a nice run at the MH-SAA provincial boys' curling championships last week in Gladstone.

The Rams won their first two games – 9-7 over William Morton and 10-6 against Kelvin – before losing 6-5 to Rivers Collegiate in the A-side semifinal.

On the B-side, Stonewall defeated Lundar Falcons vs St. Malo Warriors - best of 5 series tied at 1 at press time

Swan Valley went on to win the gold medal after an 8-2 win over Rivers. Dunlop's rink included third Emerson Klimpke, second Carson Argan, lead Matt Dunlop, and coach Darrell Argan.

## Novice 'B' banner champs



TRIBUNE PHOTO BY PHIL IVANY

The Warren Junior Merces major team won the 2015-2016 Interlake Minor Hockey Novice "B" banner on Saturday in Stonewall. Warren defeated Stonewall White 9-1 and St. Laurent 13-4 during the first weekend series of playoffs and then defeated St. Laurent 10-2 and Teulon 7-5 in the final. Pictured back row, left to right: Phil Bruce (coach), Talon Hogg, Ethan Corbett, Quinn McKnight, Tyson Kroeker, Donovan Atchison, Logan Rayner, Dylan Riddell, Colton Bruce; middle row: Dallas Shaver, Owen Shymko, Ethan Shymko, goalie Liam Ivany. Missing from the photo are coaches Phil Ivany, Scott Corbett and Scott Atchison.

### Manitoba Hockey Standings

MANITOBA JUNIOR HOCKEY LEAGUE							
GP	W	L	OTL	PTS	GF	GA	
Portage Terriers	59	51	6	2	104	272	120
Steinbach Pistons	58	44	10	4	92	244	133
Winkler Flyers	58	41	13	4	86	249	146
Virtden Oil Capitals	59	36	21	2	74	192	139
Winnipeg Blues	59	31	18	10	72	209	172
OCN Blizzard	57	26	28	3	55	176	202
Swan Valley Stampede	59	22	28	9	53	173	205
Selkirk Steelers	57	22	29	6	50	187	238
Dauphin Kings	58	20	33	5	45	174	241
Waywayseacappo Wolverines	58	15	39	4	34	145	245
Neepawa Natives	58	12	44	2	26	125	305

MANITOBA MAJOR JUNIOR HOCKEY LEAGUE							
GP	W	L	OTL	PTS	GF	GA	
Raiders Jr. Hockey Club	43	30	9	4	64	171	119
Charleswood Hawks	42	27	9	6	60	158	114
Pembina Valley Twisters	43	26	12	5	57	172	134
Stonewall Jets	43	24	17	2	50	163	137
St. Vital Victorias	43	23	16	4	50	156	144
St. James Canucks	43	23	18	2	48	160	150
St. Boniface Riels	43	18	20	5	41	142	164
Transcona Railer Express	43	19	22	2	40	157	183
River East Royal Knights	43	17	22	4	38	127	150
Ft. Garry/Ft. Rouge Twins	44	8	34	2	18	104	215

KEYSTONE JUNIOR HOCKEY LEAGUE							
South Division							
GP	W	L	OTL	PTS	GF	GA	
Selkirk Fishermen	win series against Arborg Ice Dawgs 3 games straight						

Lundar Falcons vs St. Malo Warriors	- best of 5 series tied at 1 at press time						
<b>North Division</b>							
Peguis Juniors vs Norway House North Stars	- best of 5 series Peguis up 2 games to 0 at press time						
OCN Storm vs Cross Lake Islanders	- best of 5 series OCN up 2 games to 0 at press time						
<b>MANITOBA SENIOR HOCKEY LEAGUE</b>							
Semi Final A (Best of 7)							
Stonewall Flyers vs Carman Beavers	- series Stonewall up 2 games at press time						
Lac du Bonnet Blues vs Gimii Wolves	- series Lac du Bonnet up 2 games at press time						
<b>AAA CITY MIDGET HOCKEY LEAGUE</b>							
GP	W	L	OTL	PTS	GF	GA	
Winnipeg Warriors	3	3	0	0	6	16	7
Eastman Selects	4	2	2	0	4	15	10
Winnipeg Sharks	4	2	2	0	4	10	15
Winnipeg Monarchs	0	0	0	0	0	0	0
Winnipeg Hawks	0	0	0	0	0	0	0
Interlake Lightning	3	0	3	0	0	7	16
<b>AAA BANTAM HOCKEY LEAGUE</b>							
GP	W	L	OTL	PTS	GF	GA	
Pembina Valley PV Hawks	3	2	1	0	4	9	9
Interlake Lightning	2	1	1	0	2	6	5
Parkland Rangers	2	1	1	0	2	5	6
Southwest Cougars	3	1	2	0	2	9	9

STATS AS OF TUESDAY, Mar. 1



# sports & recreation

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## College basketball champs

TRIBUNE PHOTO BY RUSS FINNBOGASON

Stony Mountain's Lacey Finnbogason, left, and teammate Lindsay Young were both named to the Manitoba Colleges Athletic Conference Women's Basketball All-Conference Team. Their Red River College Rebels team defeated the Canadian Mennonite University Blazers 64-55 to claim the school's fifth-straight MCAC championship Feb. 21.



## Stewart commits to Oswego State University



Eryn Stewart

Courtesy of the MFMHL

The MFMHL announced recently that Central Plains Capitals' forward Eryn Stewart has committed to attend school and play hockey for Oswego State University (State University of New York - SUNY) commencing this fall.

Oswego State, located in Oswego, N.Y. on the shores of Lake Ontario, plays in the East Coast Athletic Hockey Conference.

Stewart, a Stonewall native, is in her third year with the Capitals and is one of their alternate captains. She was an important component to their 2014-15 MFMHL championship season and their trip to the Esso Cup National Championship.

During her Midget career with the Capitals, Stewart has played 159 games, scoring 28 goals while adding 34 assists. She has also earned two academic achievement awards.

Stewart, known for her tenacious style of play, speed and skill, is one of the Capitals' top players on both the power play and penalty kill.

## Lobb says farewell to competition

TRIBUNE PHOTO SUBMITTED

Ryenn Lobb competed in her final gymnastics competition earlier this month, bringing home two medals. Lobb, who is retiring, and her teammates from the Winnipeg Gymnastics Centre, travelled to Orlando for the "Magical Classic."

Lobb placed second on vault and third on bars with an eighth overall finish.



## Stonewall, Stony Mountain to host hockey provincials

By Brian Bowman

A pair of hockey provincial championships will take place in the area this month.

The Male Atom Rural "AA" provincials will take place in Stonewall this weekend, attracting nine teams.

Stonewall will have a team competing in Pool Black along with Portage and Brandon while Springfield, Morden, and Flin Flon will make up Pool White.

Pool Red will consist of Steinbach,

MacDonald, and Thompson.

Stonewall will play Portage on Friday at 9 a.m. and then will battle Brandon that evening at 6:15 p.m.

Playoffs begin Saturday afternoon with the bronze-medal game to be played Sunday at 3 p.m. The gold-medal game will be played at 5 p.m.

Meanwhile, Stony Mountain will host the Male PeeWee Rural "D" provincials from March 11-13.

Eight teams will compete in two pools. In Pool White, Stony Mountain,

Lake Manitoba, Sandy Bay, and Carman will battle while Pool Black will consist of Brandon, Shoal Lake, Deloraine, and the Southern Steelers.

Stony Mountain will play Lake Manitoba Friday at 9:30 a.m. and then Sandy Bay at 4:30 p.m.

Stony Mountain will then battle Carman on Saturday at 2:15 p.m.

The playoffs will begin Sunday morning with the bronze- and gold-medal games to be played at 3 p.m. and 5 p.m.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Stonewall rinks reach semis at senior women's provincials

### Staff

A pair of Stonewall Curling Club rinks reached the semifinals of the Tim Hortons Senior Women's Provincial Championship at the Fort Rouge Curling Club.

Stonewall's Maureen Bonar was doubled 6-3 by Neepawa's Terry Ursel in one semifinal matchup while Stonewall's Laurie Deprez was defeated 9-4 by Hamiota's San-

dra Cowling in the other semifinal.

Cowling proceeded to edge Ursel 5-4 in the final.

Bonar earlier picked up wins over Fort Rouge's Brenda Michel (8-2) and Laurie Deprez (9-2).

Laurie Deprez, meanwhile, posted wins over Stonewall's Arlene Deprez (5-4), Ursel (8-6), Manitou's Bev Atkins (5-4), and Lorette's Deb McCreanor (9-6).

## Junior curling champions



TRIBUNE PHOTO SUBMITTED

The Warren Curling Club Junior League Champions, pictured left to right, skip Gunnar Arksey, third Keon Joynt, second Logan Monforton, and lead Ethan Hird. The five junior teams of Grade 4-8 students from Warren, Marquette, Woodlands and Argyle curled Mondays after school.

## Basketball champs



TRIBUNE PHOTO BY JO-ANNE PROCTER

The WCI varsity boys' basketball team claimed the Zone 5 'AA' championship after defeating Gimli 67-37 on Feb. 24. The Wildcats, currently ranked fifth in the province, will compete in the provincial qualifier Saturday in Warren. Pictured back row, left to right; Cathy Pleskach (coach), Owen Darrach, Martin Knutson, Rowan Simundson, Evan Brad, Koby Carriere, Adam Minaker, Bailey Baldwin, front row Jacob McCutcheon, Jason Peltz, Ethan Garrett, Colton Gibson, Mitchell Allen, Kevin Magura (coach).



TRIBUNE PHOTO BY JO-ANNE PROCTER

The WCI varsity girls clinched the Zone 5 'AA' championship after defeating the Gimli Lakers 47-32 in Warren Feb. 24. The Wildcats, currently ranked third in the province, will host the provincial qualifier Saturday. Pictured back row, left to right; Kevin Braun (coach), Becca Schott, Kaitlyn Holod, Chelsea Witt, Kelsey Manchulenko, Steven Olson (coach), Halle Chester, Rachel Slagerman, Ashley Brad, Kirby Hearn (coach), front row Christie Crow (manager), Cathy Pleskach (coach), Julie Sprague, Kristin Olson, Sydney Hildebrandt, Taylor Commberback, Selena Peixoto.



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**COMMUNITY EVENTS**

World Day of Prayer at New Life Church on Friday, March 4th at 7 p.m. All welcome.

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**RURAL MUNICIPALITY OF ST. LAURENT  
JOB OPPORTUNITY  
ECONOMIC DEVELOPMENT OFFICER (EDO)**

The RM of St. Laurent invites written application for a full-time (5 days a week) Economic Development Officer (EDO), to coordinate and promote the development of business and non-profit organizations events/activities of the RM of St. Laurent.

The EDO will serve as a resource person to whom prospective business people, elected leaders, non-profit organizations can go to for advice and guidance. They will research economic development opportunities in various sectors and refer appropriate funding programs for projects to the RM of St. Laurent which would benefit and provide positive economic impacts.

The successful candidate will possess the following skills:

- Organizational and preparation skills to ensure he/she has the necessary materials, information and tools to complete tasks while working from a community perspective.
- A professional and flexible approach to time management is essential.
- Works well alone and as part of a team.
- Bilingualism will be considered an asset.

Responsibilities include but are not limited to:

- Become familiar with background materials and information relating to community and political processes.
- Use a variety of qualitative and quantitative methods to perform continuous assessment of economic development needs, including maintaining an inventory of existing businesses, sector activities and current human resources (labour force) in the RM of St. Laurent.
- Attend regular and special meetings related to economic development with key representatives.

Wages negotiable with experience and qualifications. For a full job description please contact the RM office. The successful candidate must be willing to relocate and reside in the Municipality of St. Laurent.

Resumes, references, and salary expectations addressed to the undersigned will be received by mail, fax, e-mail or in person until March 11, 2016.

We thank all applicants for their interest in this position, however, only those selected for an interview will be contacted.

Hilda Zotter, Acting Chief Administrative Officer  
Rural Municipality of St. Laurent  
Box 220, St. Laurent, MB R0C 2S0  
Ph: 204-646-2259 Fx: 204-646-2705  
Email: [cao.rmstlaur@mymts.net](mailto:cao.rmstlaur@mymts.net)



**THE RURAL MUNICIPALITY  
OF ROCKWOOD**

**ADMINISTRATIVE ASSISTANT - LEGISLATION**

The Rural Municipality of Rockwood is seeking applications from qualified individuals for a permanent full-time position of Administrative Assistant - Legislation.

Wage will commensurate with qualification and experience. Excellent Employee Benefits package.

The preferred Applicant will have strong administrative skills and the ability to positively interact with the public, staff and Council. Applicants must be familiar with computer - Word and Excel programs.

Applicants must also be enrolled in or completed the Manitoba Municipal Administrators' Certificate program.

Desired education, knowledge and experience:

- Grade 12 Diploma
- Enrollment or successful completion of The Manitoba Municipal Administrators' Certificate program.
- Experience with the Muniware Accounting Software Program and All-Net would be an asset.

A complete job description (currently under review) may be obtained at the R.M. of Rockwood Administrative Office or by email at [info@rockwood.ca](mailto:info@rockwood.ca).

Applications should be marked "Application for Administrative Assistant - Legislation Employment" and should contain a full resume with three references.

Forward applications, no later than 4:00 p.m. on Thursday, March 10, 2016, to:

Attention: Chris Luellman, CAO  
The Rural Municipality of Rockwood  
285 Main Street, Box 902, Stonewall MB R0C 2Z0  
Telephone No. 204-467-2272  
Fax No. 204-467-5329  
E-mail Address: [info@rockwood.ca](mailto:info@rockwood.ca)

Thank you to all Applicants for your interest, however, only candidates selected for interviews will be contacted.

Chris Luellman, CAO  
The Rural Municipality of Rockwood

**Stonewall Quarry Park**

**Seasonal Employment Opportunities**

Stonewall Quarry Park is currently accepting resumes for the following seasonal employment opportunities:

- Concession Workers
- Maintenance/Groundskeepers
- Gate Attendants
- Aquatics Coordinator
- Lifeguards
- Swim Instructors
- Janitorial Workers
- Bartenders/Banquet Servers

Deadline for resumes:  
**March 18, 2016**

For further information call  
Stonewall Quarry Park  
Phone: 204-467-7980  
Email: [stoneqp@stonewall.ca](mailto:stoneqp@stonewall.ca)  
Fax: 204-467-7985

We thank all those who apply, however, only those granted an interview will be acknowledged.

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FOR SALE**

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

**FARM PRODUCE**

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**LIVESTOCK**

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

**HAY & FEED**

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

**HAY & FEED**

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

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

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**THE TOWN OF STONEWALL  
PUBLIC NOTICE**

Public Notice is hereby given that the 2014 Audited Financial Statements are available at the Town Office for public viewing during regular office hours, 8:30 AM - 4:30 PM Monday to Friday.

Doreen Steg, CAO  
Town of Stonewall

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**THE RURAL MUNICIPALITY OF  
ROCKWOOD**

**UTILITY OPERATOR**

**2 POSITIONS AVAILABLE (1 - FULL TIME 1 - CASUAL (WEEKENDS))**

The Rural Municipality of Rockwood is located 26km North of Winnipeg and is adjacent to the Towns of Stonewall and Teulon. Included in the RM's jurisdiction are Stony Mountain, Argyle, Balmoral, Gunton and a portion of Grosse Isle and Komarno. Under direction of the Utility Manager, the Utility Operator will assist in the operation of modern Class II Reverse Osmosis treatment system, Class II Water Distribution Systems, and Class II Wastewater Collection. The Utility Operator is expected to conduct necessary daily water analysis to ensure Canadian drinking water quality guidelines are met, and to participate in the work schedule in effect including on-call and response to call-outs as required as well as on-call evenings and weekends on a rotating basis.

The successful candidate must possess the following:

- Directly related experience in operation of a Reverse Osmosis process would be an asset
- Demonstrated ability to apply knowledge of the principles and concepts of water treatment
- Excellent computer skills and familiarity with SCADA control, Microsoft Word and Excel are a definite asset
- Ability to work with a minimum of supervision or alone
- Ability to work with the public, employees and external stakeholders
- Class II in Water Treatment, or willing to obtain
- Class II in Water Distribution, or willing to obtain
- Class II in Wastewater Collection, or willing to obtain
- Class I in Wastewater Treatment

Duties to commence April 1, 2016 or as may be arranged. Applicants who do not meet the above qualifications will be welcomed, providing they are willing to obtain certification in the future. The Rural Municipality of Rockwood provides a comprehensive benefits program. Salary shall commensurate with experience. Interested candidates should submit a cover letter and a complete resume outlining education, experience, and three references, and should be submitted in a sealed envelope marked: **"Application Utility Operator"** on the outside and mailed or delivered to the Attention of Alan Schick, Utility Manager, The Rural Municipality of Rockwood, Box 902, 285 Main Street, Stonewall MB R0C 2Z0. Please indicate what position (full time or casual) you are applying for. Email address: info@rockwood.ca

The deadline for application submissions is March 11, 2016 at 4:00 p.m. local time. For further information on this position, please contact Alan Schick, Utility Manager 204-467-2272. *The Rural Municipality of Rockwood would like to thank all the applicants for their interest, however, only those selected for an interview will be contacted.*

**RURAL MUNICIPALITY OF ST. LAURENT  
JOB OPPORTUNITY  
MUNICIPAL EMERGENCY COORDINATOR**

The Rural Municipality of St. Laurent is seeking a Municipal Emergency Coordinator to provide emergency management services.

The Emergency Coordinator will be responsible for:

- Preparation, maintenance and testing of the Emergency Plan;
- Coordinating the response to emergencies in the municipality;
- Attracting, managing, training and motivating volunteers;

The job will require a time commitment of 15 hours per week. During emergencies the Emergency Coordinator must be available for full workdays, including overtime, for as long as may be required.

The Emergency Coordinator will hold a contract position reporting to Council. There will be an initial probationary period following the successful completion of which a three year contract may be offered.

The successful applicant must have good knowledge of the Manitoba community emergency preparedness program. He or she must have a demonstrated ability to manage volunteers; to provide training to volunteers, staff and members of council; to maintain the Emergency Plan; and to coordinate emergency response within the municipality. Training in emergency response management is an asset. A basic level of ability with Microsoft office is essential. A valid driver's licence and access to a vehicle is essential. Bilingualism would be considered an asset.

Resumes, references, and salary expectations addressed to the undersigned will be received by mail, fax, e-mail or in person until March 11, 2016. The successful candidate must be willing to relocate and reside in the Municipality of St. Laurent.

We thank all applicants for their interest in this position, however, only those selected for an interview will be contacted.

Hilda Zotter, Acting Chief Administrative Officer  
Rural Municipality of St. Laurent  
Box 220, St. Laurent, MB R0C 2S0  
Ph: 204-646-2259 Fx: 204-646-2705  
Email: cao.rmstlaur@mymts.net

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> MEAL IDEAS

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## Strawberry and pomegranate pannacotta



Makes 6 servings  
Pannacotta is a traditional Italian dessert usually made with heavy cream. This lighter version is sure to impress your guests. Make it a day ahead for best results.

**Ingredients**  
1 cup (250 mL) 2% milk

½ cup (125 mL) 1% buttermilk  
½ cup (125 mL) fresh pomegranate juice  
¼ cup (50 mL) sugar-free, seedless strawberry jam  
1 envelope plain gelatin (enough to set 2 cups / 500 mL)  
3 cups (750 mL) fresh strawberries, sliced  
Fresh pomegranate seeds (optional)  
**Directions**

In a medium bowl, combine milk, buttermilk, juice and jam.

Make gelatin according to package instructions. Whisk into the milk mixture.

Pour into six ramekins and let set in the fridge for at least 3 hours or overnight.

To remove the pannacotta from the ramekins, place the ramekin into very hot water for 1 minute. Run a sharp knife along the inside edge of the ramekin and invert onto the individual serving plate.

Garnish with fresh strawberries and pomegranate seeds (if using).

## Thin Crust Pepperoni Pizza

1 Flatout Flatbread Artisan Thin Pizza Crust  
1/4 cup chunky red sauce  
3 slices provolone cheese  
1/4 cup mozzarella, shredded  
30 pepperoni mini slices  
Heat oven or grill to 375 F.  
Place flatbread on cookie sheet. Bake 2 minutes. Remove from oven. Spread sauce on flatbread. Lay provolone on top of sauce. Top with mozzarella and pepperoni. Return to oven and bake 4 more minutes, or until cheese melts.  
Grilling method: Heat grill to 375 F. Pre-bake flatbread on grill for 2 minutes. Remove from grill. Spread sauce on flatbread. Lay provolone on top of sauce. Top with mozzarella and pepperoni. Return flatbread to grill. Close lid. Grill for 4 minutes, or until cheese melts.



## The Skill: Sidestepping Sabotage or Turning It into Support



Even among close friends or family members, you may encounter sabotage or social undermining, as it's called in the research literature. It can go something like this: You're trying to slim down, but maybe your friends push you to have another slice of pizza or your significant other brings you a box of chocolates to cheer you up-the very stuff you're trying to avoid! Sometimes the sabotage is well meaning-people who care about you may see you struggling and just want you to feel better-and sometimes it isn't.

Often it's more about the saboteur than it is about you. The person may feel threatened by your efforts to lose weight or feel worried that a change in your health, vitality, or appearance will change the dynamic in the relationship (in which case, a little reassurance about how much you care for him or her may be in order). The person may envy your ability to take charge of your health and may feel inferior by comparison. Sometimes people just resist change - even if it's you who's making the change-because they're comfortable with the status quo. And sometimes sabotage reflects outdated ways of showing love-by providing bountiful food, instead of verbal (or other) expressions of love and affection.

Ultimately, it doesn't matter if the sabotage is conscious or unconscious, well intentioned or malicious. In the end, it's up to you to handle it. Let's start with the ugly kind, because that's simpler to dispose of. If sabotage is coming from someone who genuinely seems to want you to fail in achieving your goals, avoid, ignore, or chastise that person as you see fit.

On the other hand, if the sabotage is unconscious and/or well intentioned, and it's coming from a friend or loved one, calmly talk to the person about it and explain that you need his help and what form of help would be most welcome. You might say something like "As you know, I'm trying to lose weight (or eat more healthfully), and I know your intentions are good when you offer me dessert (or whatever it is), but I'd actually appreciate it if

you didn't, because it's hard to resist temptation! What I'd really appreciate is your help and support to keep me on track. Can I count on you for that?" Sabotage works only in the shadows, so once you point it out, it's likely to wither and die.

Even better, you'll be replacing a problem with a new solution: social contracting. Entering into an agreement with someone you care about is a highly effective way to modify your behavior. For one thing, when you ask someone to help you, you're making your goals public, which helps you stay accountable. For another, you now have another form of social support because you're engaging that person in the process of changing your lifestyle. Just be sure to be as specific as possible in telling that person how she can best help you, whether it's with a well-timed pep talk, helping to monitor your behavior, or joining you in your quest for healthier eating. Take the guesswork out of the picture.

There's no need to choose between spending time with others and eating healthfully. With some effort, you can turn dangerous liaisons into valuable sources of support that will help you reach your goals for improving your diet and your health. Think of it as a way to turn the tables from potentially negative influences on your eating habits to positive, health-promoting ones.

*Disease-Proof: "The Remarkable Truth About What Makes Us Well" by David L. Katz, MD, MPH, FACPM, FACP*

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## ANNOUNCEMENT

### BIRTHDAY



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Help us in wishing this fabulous gal 'Vicky Hopgood' a Happy 50th Birthday!  
Love: Your Wonderful Family! xoxo

## ANNOUNCEMENT

### IN MEMORIAM



James Troyan  
In Loving Memory  
March 3, 2015

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

-Remembered always,  
Diane and family

## OBITUARY

### Joseph Walter Lamb

Peacefully, surrounded by family on Tuesday, February 23, 2016, Joseph Walter Lamb passed away at the Stonewall Hospital. Memorial service was held on Friday, February 26, 2016 at 2:00 p.m. at the MacKenzie Funeral Chapel, Stonewall. In lieu of flowers, donations may be made to Rosewood Personal Care Home, Stonewall or a charity of your choice.

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



## OBITUARY

### Mark MacMillan



February 14, 1959 – February 21, 2016  
Peacefully after a 5-year courageous battle with Ewing Sarcoma, Mark MacMillan passed away with his loved ones by his side at the age of 57 on February 21st 2016 at Portage Hospital.

Beloved spouse of Murielle, loving father of Brent and Alyssa. Mark is survived by his mother Rita; siblings Leonie (Jean Senecal), Ron (Midge), Gerald (Diane), Lynne (Ken Smith), Laurie (Ron Olver), Michael. Brothers-in-law Andre Girard, Raymond (Bev Girard); sisters-in-law Claudette Foster and Suzanne (Russell White) along with numerous nieces and nephews. Mark was predeceased by his father Roland and nephew Ryan.

Mark retired from CP rail in March 2014. His passion was his cattle herd that he devoted much of his life to culminating in him achieving recognition of commercial black angus herd of the year for 2015.

A funeral was held in his honour on February 27th 2016 in St. Eustache, Manitoba at the St. Eustache Roman Catholic Church, rosary took place at 12:30 p.m. followed by the service at 1:00 p.m.

The family would like to send a special thank you to the wonderful team of doctors from Toronto along with Dr. Ralph Wong, Dr. Brett Finney and Dr. Woelk, his palliative care team of nurses especially Shelly Brown and the home care professionals.

In lieu of flowers donations can be made in Marks honour to the Ewing Cancer Foundation of Canada (www.ewingcancer.ca).

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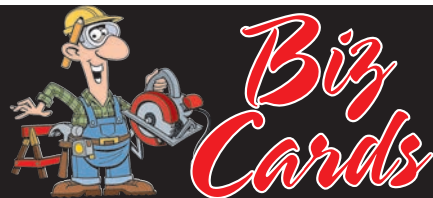
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