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VOLUME 8 EDITION 10

Stonewall Teulon Tribune

THURSDAY, MARCH 9, 2017

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Golden opportunity



TRIBUNE PHOTO BY NATASHA TERSIGNI

Olympic champion Kaitlyn Lawes ran last Friday's practice for Stonewall's Junior Curling program. The guest coach demonstrated the proper release of the rock for the curlers. See story pg. 4.

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

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Fishing adventure proved to be a 'reel' success

By Jennifer McFee

A group of Warren teens were in their element when they embarked on an overnight outdoor adventure, proving that they certainly weren't fish out of water.

On March 2 and 3, the Warren Collegiate Institute students enjoyed a fishing trip at Grand Rapids organized by phys-ed teacher Rene Comeault. The group travelled in rented vehicles and spent the night in work camp lodging.

"It was great. We had 19 students take part in it and they were all very appreciative of the opportunity to go. This group we have in our school is perfect for a trip like this because they're crazy about fishing," Comeault said.

"I'd say that for 15 of the 19 students that we brought, this wasn't their first fishing trip. Some of them are out almost every weekend. They just absolutely love it."

Even for the seasoned fishers, last



TRIBUNE PHOTOS SUBMITTED
A group of Warren Collegiate Institute students enjoyed an overnight fishing trip on March 2 and 3.

week's trip was one to remember. "We caught probably 700 fish as a group. It was just non-stop action. I don't think too many of the kids had experienced anything quite like that

— and neither had the teachers that went. It was unbelievable," Comeault said.

"We caught five or six different species of fish. It was extremely interesting for everyone. They even made some connections up there by speaking to some of the local fishermen who catch fish for their occupation. It was interesting to find out their perspectives."

The initiative began last year with a day trip to Shoal Lake with a group of Grade 10 students.

"Those kids approached me to see if we could do something a

little bigger and better — so we went bigger and we went better, that's for sure," Comeault said.

For global issues teacher Lee Stewart, who also took part in the adventure, this year's fishing trip proved to be a great learning experience for all.

"The fishing trip was an amazing success and exceeded my expectations. The students were up at 5:30 a.m. each day ready to go. We fished on the river at Grand Rapids for wall-eye and then moved to Footprint the next day to fish for trout. There were so many teachable moments about responsible angling, ecology, biology and outdoor education," she said.

"In addition, the students worked as a team to cook, fillet and share the work. I also really enjoyed the way students from grades 9 to 12 bonded over the two days and shared a common passion with people outside their normal peer groups. Those experiences help build a healthy school climate that carries on long after the trip is over."

Comeault agrees that it was an amazing experience for the students, who benefited from the expertise of a WCI graduate who helped out by bringing equipment and drilling holes.

"We talked to them about limits. Most of them kept their six fish to bring back. It's so tempting when you're catching like that just to keep



Reed shows off a fish he caught.

everything you catch. But they're the leaders of tomorrow, so we talked a lot about the conservation aspect and how we need to protect our fisheries and our tourism," he said.

"We've had some students who actually worked in the science community on Lake Winnipeg doing the testing, so we're hoping that some of these kids might branch out and do the same. They're young and they want it there when they're parents too, so they're the ones who can do something about it."

While they're still reeling in the memories of their adventure, WCI students can likely look forward to more fishing trips in the future.

"Before we were even packing up to go home, they were asking if we could do it again," Comeault said.

"My thinking is that maybe we should explore other parts of Manitoba. We're looking at maybe branching out and trying different places and seeing where we go from here."

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Rosser council news briefs

By Jennifer McFee

A large crowd gathered at the Grosse Isle Community Hall last Monday to gather information and share opinions about a proposed farm conversion in Rosser.

On Monday, Feb. 27, the RM of Rosser hosted a public hearing about a conditional use application to allow Abas Girls Ranch Ltd. to convert its existing cattle feedlot to a ewe-breeding facility for 21,153 animals.

Canada Sheep and Lamb Farms has made an offer to purchase the property conditional on getting approval to convert it to a sheep feedlot.

Rosser Reeve Frances Smee said about 50 people turned

up for the meeting.

"It was a well-attended public hearing, which is always good," she said.

"We haven't made a decision yet so I can't really discuss it, but we're hoping to make a decision at the next full-day meeting. If we're not at a point then to make a decision, then it will be at

our following meeting."

In other Rosser news, chief administrative officer Bev Wells will be retiring at the end of June.

"We're going to do a CAO search, and along with that, we're going to do an organizational

Continued on page 7

The Importance of a Mortgage Pre-approval in Today's World

A fully underwritten mortgage pre-approval is more important than ever since the Government of Canada's latest round of mortgage rule changes took place in October, 2016.

For prospective homebuyers with less than a 20% down payment, your mortgage will need be insured. Due to the government's stress test, the average purchaser may now qualify for up to a 20% reduction in purchase price. If you qualified for a \$300,000 purchase price before the rule changes, in many cases your maximum purchase price may now be \$240,000. There are big benefits to having multiple lender options when looking to maximum your purchase price.

If you have a 20% down payment or more, it's still in your best interest to get a fully underwritten mortgage pre-approval with multiple lender options. Things like cost of funds, flexible terms & amortizations, pre-payment and penalty policies all vary greatly between lenders and are key to getting your best, lowest cost mortgage with comfortable cash flow.

Here's some tips if you're considering purchasing a home this year:

- 1) Meet with a mortgage professional you trust to begin the pre-approval process as early as possible.
 - 2) Confirm what you qualify for now and if needed, get help to put a plan in place to get you where you want to be.
 - 3) Your income should be confirmed with all documents requested upfront to ensure your maximum purchase price and lowest cost mortgage options.
 - 4) Your credit should be checked and you should be advised if there's anything you can do before you buy to increase your credit score.
 - 5) Your current debt should be reviewed and strategies implemented to restructure or reduce debt, if required.
 - 6) Your source of down payment and closing costs should be reviewed and advice given on options to reduce mortgage costs and increase cash flow.
 - 7) All mortgage pre-approvals are not created equal. If you're not getting the answers you want and need, get a second opinion.
- For a free, no obligation consultation to discuss your mortgage pre-approval options, please contact me by phone @ 204-479-6064 or email @ shelleys@onelinkmortgage.com.

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Olympian mentors Stonewall junior curlers

By Natasha Tersigni

To encourage young curlers to continue in the sport of curling, Olympic gold medallist Kaitlyn Lawes was at the Stonewall club last Friday to mentor curlers in the junior program.

Lawes, who plays third for Team Jennifer Jones, came to the club as part of the Manitoba Liquor and Lotteries IMPACT Team program.

To give junior curlers a taste of what skills are needed to play on the world stage, Lawes ran the athletes through an Olympic-style practice including a warm-up and then on-ice skills session.

Lawes focused the practice on coming out of the hack and the releasing of the rock. Following the demonstrations, Lawes had the curlers practise several drills that her own team uses in training.

The curlers then went inside to hear about Lawes' career and the opportunities and doors that curling has opened for her.

"Curling has done so much for my life. I have been able to travel the world and meet people from all over the place and I have friends from many different countries. I have had the best experience being involved in sport. I learned a lot about myself, how to work as a team and how to overcome challenges in my life," said Lawes, who added that her team now has their sights set on representing Canada in the 2018 Winter Olympics in PyeongChang, South Korea.

"We have qualified for the Olympic trials and we feel really confident in where we are at right now. We did not win provincials this year and we are taking the time off to train and practise for the trials. We are excited for the Olympics and the opportunity to defend our Olympic medal."

No visit from an Olympian is complete without viewing the hardware. Before finishing for the evening, Lawes brought out the gold medal that she and her team won at the



TRIBUNE PHOTO BY NATASHA TERSIGNI
Stonewall junior curler Hayden Turner, left, checks out the Olympic gold medal that Kaitlyn Lawes won with her Team Jennifer Jones in 2014 in Sochi, Russia.

2014 Olympics. The junior curlers Olympian and her medal. had a chance to take pictures with the

McLeod House Newsletter

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Female fishers to be honoured in video at Festival Manipogo

Annual St. Laurent festival
March 9-12

By Jeff Ward

The female fishers of St. Laurent will be honoured this weekend during Festival Manipogo for their contributions to the commercial fishing industry.

Festival Manipogo, which runs March 9 to 12, is setting aside time during its gala dinner on Saturday night to pay respect to the hard-working and often unknown women in the fishing industry with a special documentary style video that showcases interviews with female fishers.

Festival volunteer Jay Lambert said that for years the event has celebrated the male fishers and now is the time to turn the attention towards the many women who do the same. Lambert said there are almost as many women fishers as there are men. Lambert spent time with a few of the women who spent their time either on the lake or helping their husbands behind the scenes. These women clean and arrange nets, wash mitts and boots, and do all of this while still raising a family at home.

"It's about the women who are behind the fishermen, behind them raising the family and waiting for them to come home," said Lambert.

"There's an awful lot of stress that comes with that job for them. It's a dangerous job and sometimes they don't come home. It's about respecting those who've gone through tragedies. These are strong women that have to carry on."

One of the women being honoured is Sandra St. Goddard, who spent the better part of a decade on the lake with her husband. She said that it brought them closer together and that it was always peaceful



TRIBUNE PHOTO SUBMITTED

Sandra St. Goddard will be featured in a video with other women from St. Laurent who will be honoured for their contributions to the commercial fishing industry this Saturday during Festival Manipogo.

being close to her husband and close to nature. The work is of course very hard, but St. Goddard said that she enjoyed it because it's such a rewarding job. Using their knowledge of the lake, spawning locations and previous years' catches, they pulled up thousands of nets in that time and turned those fish into money to provide for the family.

"Before I started going out with him, I didn't know much about fishing because I was a city girl," joked

St. Goddard.

"But I learned quickly what the job was all about. The sense of being out there on the ice and the beauty of it, being side by side with my husband working along with him — what more could you ask for?"

St. Goddard said that it wasn't always a picturesque vision of serenity on the lake because sometimes it can be extremely dangerous. St. Goddard said she remembered a time when she and her husband were checking nets and the sky was clear and then out of nowhere a storm showed up. Her husband had to walk in front of the truck, guiding them home in the storm because the visibility was nothing on the ice.

St. Goddard said that in December 2009, she almost lost her husband and nephew after their side-by-side fell through some thin ice. The pair managed to escape, but St. Goddard remembers the harrowing tale like it was yesterday.

"He said he had maybe two inches of space to breathe while he was trapped underwater. He was finally able to get out and get on top of the ice, but he and my nephew were soaking wet, and by the time they reached the shore, their clothes were frozen solid. They both nearly died that day," said St. Goddard.

Lambert said that those experiences are all too common among the women in the area and stories like that and others will be shared during the video tribute on Saturday.

"Something like this has never been done before for the women, and frankly, we need to do this more often," said Lambert.

Tickets for the gala dinner are \$25 each. For more info on seating availability, please call 204-227-9810.

Clocks spring forward this Sunday for daylight savings

Staff

Most Canadians will adjust their clocks ahead by an hour on Sunday, March 12 for the switch from local standard time to daylight saving time.

Daylight saving time officially starts at 2 a.m.

Clocks are pushed ahead one hour in spring to what's commonly called "daylight saving time," an idea first

used in Germany during the First World War with the goal of saving energy. It aims to take advantage of daylight hours in the spring so that people don't sleep through the first few hours of sunshine.

When the daylight period gets shorter in the fall, the clocks are readjusted to the proper "local standard time."

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> ARNIE WEIDL **A fisherman's luck**

Welcome, friends.

I'm always impressed with folks who, when faced with challenges, stay calm, take things as they come and end up in pretty good shape. Such a man is Bill Dakota of Petersfield.

I met him some time ago in his ice shack off White Tail Trail when I was visiting anglers there. He was playing cards with a buddy on a small homemade wooden table in one end of his shack. A pleasant aroma and warmth came from a small wood stove on the other side. Music from a radio filled the air and the walls were covered with years of accumulated fishing novelties and pictures.

Bill's optimistic ready smile complemented his tousled snow white hair and round goatee as he laid down his cards to talk to me. Sturdy glasses covered his kind eyes. Then in an upbeat manner, he shared a fishing experience beginning with, "I once caught a nice fish but had to go to the store twice to land it."

He explained he was fishing off a friend's houseboat on Asessippi Lake south of Duck Mountain and caught a pickerel. As he tried to bring it over the guardrail, it slipped the hook. He realized that if he caught another one, he would need a net to get it over the rail. So he dropped his rod on the deck, not realizing the lure had fallen into the water, and went for a walk to a nearby store to get one. Returning to the boat, he was astonished to see his rod gone.

Bill, without getting upset, simply turned around and retraced his steps to the store for a new rod. Later, back on the boat, on the first cast with his new rod, he snagged his original gear. On the hook this time was another pickerel. Using his new net, this time he got it over the rail and finally settled back for some fishing.

Unflappable persistence will make you a winner every time.

The spring cracks and ice piles on our lakes are starting to show up just off the shorelines. This was very evident to commercial fishers Reney Thomes and Carmen Clatt from Belair. I met them lifting their nets as they straddled a crack a few days ago. When I asked them if they had an unusual story for us (as if working across a crack wasn't enough), they started laughing.

Carmen said, "Yeah, when we fish by Hillside in late May,



TRIBUNE PHOTO BY ARNIE WEIDL

Local commercial fishermen Reney Thomes and Carmen of Belair lift their nets while dealing with a developing crack in the ice of Lake Winnipeg.

we have a hard time handling the big carp that get in the nets. They're as big as babies and just as tiring," she joked.

Last week on the Red downstream of Selkirk, I ran into David Prasol of Winnipeg nursing an ice hole. He had a fishing story about himself and his wife Lorna, coincidentally also out of Duck Mountain on Two Mile Lake.

They were angling off a pier some summers ago and Dave caught a rainbow trout. Only then did he realize they had forgotten a stringer, so he took one of his shoelaces and tied the fish to the pier.

With lines back in the water, time wore on until they decided to call it a day. Dave knelt down to retrieve his only catch and saw that the shoelace had come loose and the fish was just laying below the water's surface seemingly in no particular hurry to go anywhere. Slowly, he lay down on his belly and extending his arm as best he could, gingerly grabbing the fish. The slippery fellow squirted forward out of his hand and stopped, just laying there. Dave, not about to give up his quest, edged himself further out from the dock. His back began to feel the strain of his extended body, but yet again, he closed his hand over the fish. Squirt. The slimy little guy slipped forward.

One more time, Dave thought. He wiggled outward just a bit more, and with laboured breath, grasped the fish as

Continued on page 7

Stonewall Teulon
Tribune

The **Selkirk Record**

The **Winkler Morden**
Voice



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Social planned for Teulon man injured in car accident

Staff

The community is rallying to support a young Teulon man who has been in an induced coma for the past month following a serious car accident.

Stephen Beauchemin was on his way to work at Maple Leaf Foods north of Arborg, where he has worked since 2014 and was recently promoted to barn manager.

On the way, he veered into oncoming southbound traffic on icy roads with low visibility. He was ejected from his Cavalier and was taken to the Arborg Hospital by ambulance. From there, STARS airlifted him to the Health Sciences Centre, where he has remained in an induced coma since Feb. 10.

Doctors removed the right side of Stephen's skull due to severe swelling, and he has had several drains to alleviate pressure. Because of refractory seizures, doctors continue to administer anti-seizure medication. They expect that Stephen will remain in a coma for at least another month before they put his skull back together.

"His long-term prognosis is unknown at this time, but doctors indicate that his recovery could take up to two years after Stephen regains consciousness," said his mother, Marla Beauchemin.

Because the left side of his brain was severely damaged, his short-term memory will be impaired and his brain will hopefully be at 80 per cent of what it was before the accident.

Marla Beauchemin describes her son as a compassionate, respectful, openhearted young man who would bend over backwards for anyone.

"There are no words to describe what I felt when I saw him at the hospital," she said.

His friends call him Superman because he is like a superhero, and he often refers to himself as his childhood superhero Superman.

To help with ongoing medical costs, friends and

family are organizing a benefit social for Stephen, who graduated from Teulon Collegiate Institute in 2013.

The social will be held on Saturday, March 25 at the Teulon Rockwood Centennial Centre from 8 p.m. to 1 a.m.

Tickets are available at TTM and Rockwood Lumber in Teulon or by contacting Maria at 204-558-9474.

Donations are also being taken for silent auction prizes and organizers are looking for volunteers to help during the social.

A Go Fund Me page has also been set up at <https://www.gofundme.com/stephen-beauchemin-recovery-fund>.



TRIBUNE PHOTO SUBMITTED
The community is raising funds for Stephen Beauchemin, who was in a serious accident last month.

> ROSSER COUNCIL, FROM PG. 3

scan of our administrative staff to make sure we've got everybody in the right places and the right complement of staff members," Smee said.

"We're growing and changing really quickly these days, so we thought this was a good opportunity to do that."

On a separate note, the topic of harassment has arisen in the municipality.

"There was a resolution to accept the independent third-party investigation that was done with regard to the allegations of harassment by our staff against Coun. Emms, and that was passed," Smee said.

"That report has been accepted. The report hasn't been made public at this point, but council did agree to ask that the recommendations be followed in the report."

Smee said it will be up to council to decide whether the report will be made public.

> GET FISHING, FROM PG. 6

the cool waters of beautiful Two Mile Lake welcomed him in for an unwanted bath. Surfacing, Dave slowly turned and hoisted himself onto the dock. He looked up at Lorna, who uttered with an exasperated expression, "How is it that you always seem to wind up in these predicaments?"


Well, the spring fishing closure of April and part of May is looming ahead, so get out there and get your fill of angling!

Bye for now.



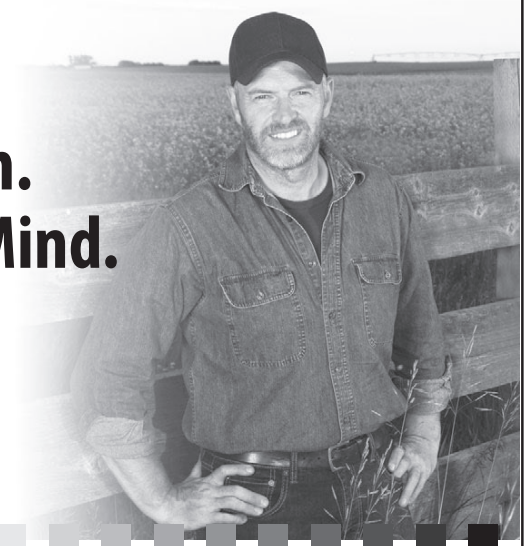
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Woodlands council approves RM-operated gravel quarry

By Natasha Tersigni

The RM of Woodlands is back in the quarry business.

Despite residents opposing the operation at the Feb. 28 meeting, Woodlands council approved the conditional use permit for the RM to operate a quarry on a section of land between Highway 6 and Road 14W.

The RM is leasing the land from Frank Hueging and will be using the aggregate produced at the quarry to maintain municipal roads. Officials are hoping that by mining their own gravel, it will be cheaper than purchasing gravel from an outside source.

At a public hearing on Feb. 14, neighbouring residents spoke to council regarding the concerns they had about the quarry. Their major concerns were the impact to their quality of life the quarry operation could have with the increase in traffic, dust and noise.

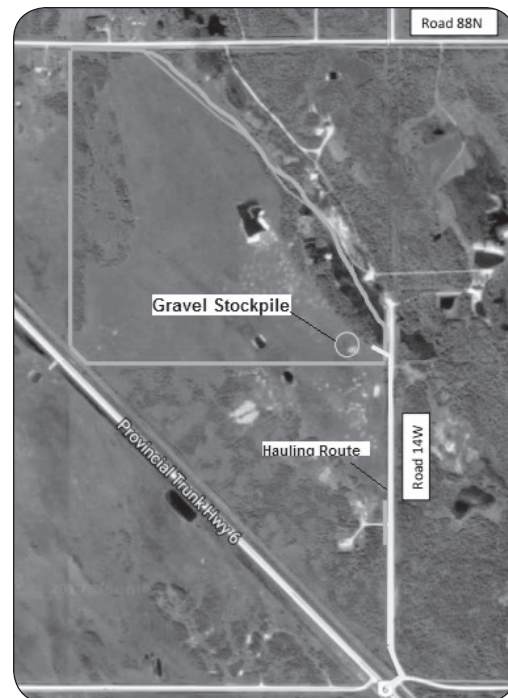
RM of Woodlands Reeve Trevor King told the *Tribune* that the council has taken steps to ensure that the quarry would not be imposing on neighbours.

"I feel we addressed all their concerns to the best of our ability, as far as the ones that we had control over. One of their main concerns was

the dust, and we are certainly going to put dust control measures on the full length of the road and post signs limiting the speed for gravel trucks," said King.

Along with those measures, council is limiting the RM's hours of hauling to Monday to Friday from 7 a.m. to 5 p.m.

One area that council did not add conditions was in regards to gravel crushing. As an outside company, they will be contracted to crush the gravel over a three-week period usually in March. Council did not want to set work hours as it would be cost prohibitive.



TRIBUNE PHOTO SUBMITTED
RM of Woodlands council approved a conditional use agreement to allow the RM to operate a quarry on a section of leased land between Highway 6 and Road 14W.

Donations needed for Annual Casino Fundraiser

By Jennifer McFee

It's a safe bet that the upcoming Annual Casino Fundraiser will be a blast.

And to up the ante, guests can look forward to a Roaring Twenties theme at the anticipated event, which is hosted each year by the Stony Mountain/Stonewall Masonic Lodge #12.

Organizing committee member Rey Laferriere said this year is the first time they've incorporated a theme, so people are encouraged to dress up and have fun with it.

"We thought we'd switch it up this year, so it should be very interesting,"

he said. "Everybody that's been to it has absolutely loved it and has really enjoyed themselves with it. That's why we're continuing with the same casino theme, but we've added the Roaring Twenties into it to bump up the fun part as well."

Slated for Saturday, April 29 at the Stonewall legion, the casino night will raise funds for community-oriented causes.

Last year, the event doubled its intake over the previous year by raising approximately \$3,500. The majority of funds went to two main charities: The

Dream Factory and the Firefighters Burn Fund. As well, donations went towards helping Stony Mountain Daycare with its new facility and to Hilltop Manor in Stony Mountain.

Additional funds also went towards bursaries at Stonewall Collegiate Institute and Warren Collegiate Institute.

"With the fundraisers, the more money we make, the more money we can give out for bursaries," Laferriere said.

"With the lodge, it's very important to us that we're supporting the youth

of tomorrow and helping them advance in their school whether that be university or college. That's a program that we've had in place for years."

This year, the aim is to increase donations to the same causes. To reach that goal, organizers are reaching out to community members and local businesses in search of donations towards raffles, door prizes, and silent and cash auctions. The fundraiser will also feature a prize for best costume, as well as a 50-50 draw and a bottle draw.

"We usually get really good support from the community, which is excellent. We realize that a lot of the businesses are really taxed out for prizes, but we usually drop off a letter explaining what we're doing. We tend to get a lot more support that way because it's not going into our pocket—it's going back into the community," Laferriere said.

"Basically, the more that we can grow this event, the more we can give out."


Hands down, the April 29 event will draw a crowd to the Royal Canadian Legion at 459 Main St. in Stonewall. Doors open at 7 p.m. and gaming starts at 8 p.m. Tickets cost \$20 and supporter tickets cost \$10.

Anyone who would like to make a prize donation, buy tickets or get more information can contact Laferriere in Stonewall at 204-781-5170, Bob Cuddy in Stonewall at 204-467-5325 or Trevor Busch in Stony Mountain at 204-918-5231.

Take care of details so they don't have to. *Just ask Ken.*




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Foster owner searches for missing pregnant dog

By Jennifer McFee

There ain't no sunshine for a Stonewall animal lover since the dog he fosters ran away last week.

John Savage has been searching for the missing yellow lab Sunshine, who escaped from his home on 12th Street West in the afternoon on Wednesday, March 1.

Adding to the urgency, Sunshine is pregnant and ready to give birth to her pups any time.

At first, Savage thought the pooch was trying to go back to her original home in Sagkeeng First Nation, but she has been recently spotted in the area near Stonewall's industrial park.

"She's gone as far east as Breezy Point Road north of Selkirk. Then she

was seen as far north as Petersfield as of Sunday. Then she slowly worked her way back here," said Savage, who had been fostering her for just over a week.

"Now she's coming home, but I don't know if that means my house or where she was hunkered down the first few nights in the industrial park. I'm feeling anxious right now. She's completely exhausted."

Savage, who has fostered several other dogs in the past, is trying to corral Sunshine back to his home.

If anyone spots Sunshine, who is not responding to her name, Savage said not to approach her. Instead, he asks anyone with information call him at 204-461-2672.



TRIBUNE PHOTO SUBMITTED

John Savage has been searching for the dog he fosters since she ran away last week. Sunshine is a yellow lab and is ready to give birth to her pups anytime.

The cheques are in the mail

Red River Co-op Announces \$28 Million Payout to its Membership

Submitted

Red River Co-op's board of directors are pleased to announce a \$28 million cash repayment to its members for the 2016 fiscal year.

The board of directors approved an allocation to the members of 7.25 per cent on fuel purchases (average of 6.56 cents per litre — based on an average retail pump price of 90.5¢/litre), five per cent on pharmacy purchases, and two per cent on food purchases.

"The combination of equity and cash back, and full customer service in all commodities and departments, continues to contribute to our success as a Co-op and has assisted in adding value for our members. There is no better investment than a \$5 lifetime membership," stated Gordon Machej, president of the board of directors for Red River Co-op.

A new repayment method will be utilized for the 2017 cheque distribution, and members will receive a minimum of 75 per cent of their current year's allocation in cash. This new method will see new members qualify for a repayment quicker versus the previous method of paying a portion of the total equity a member has with the Co-op and will provide a greater reward to those members supporting the retail.

Members over the age of 65 can apply to have 100 per cent of their equity repaid to them in cash. Once

approved, they will receive their full annual allocation in cash each and every year.

The Winnipeg-based co-operative will be sending out over 250,000 cheques totaling more than \$28 million to its members in Winnipeg and surrounding communities. Members started receiving their cheque in the mail as early as Feb. 27, 2017.

In the past five years, Red River Co-op has returned over \$203 million in cash to its members.

Red River Co-op continued to expand in 2016 with the opening of a new standalone pharmacy located at 1425 Main St., as well as a new cardlock on Dugald Road. During 2017, a new gas bar, twin bay carwash,

and c-store on Ness Avenue will be constructed. Major renovations are planned for the Southdale and Grant Park Food Stores (Southdale renovations began in January), and the complete redevelopment of the Rossmere Gas Bar will start this summer. These projects will be great additions or upgrades for our membership.

Red River Co-op currently has 34 gas bars, five cardlocks, three food stores and a standalone pharmacy in Winnipeg

and the surrounding areas of Selkirk, Stonewall, Teulon, Gimli, Ste. Agathe, Niverville, Oakbank, Headingley, Kenora and Dryden.

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• Tru Hardware (Gimli)	• Petersfield Store	• Sherwood Groceries (Gull Lake/Stead)
	• Clandeboye Store	

For Info Call: 204-641-6110 or 204-641-2210

Stonewall council news in brief

By Jennifer McFee

Stonewall's heritage committee is making history with its ongoing efforts to preserve the town's past while looking ahead to future projects.

Members of the Municipal Heritage Advisory Committee provided an update to Stonewall council at the March 1 meeting, while also asking for a \$3,000 grant to meet its goals for the current year.

In 2017, the group plans to continue with its Main Street Merchants project to collect and preserve local stories, photos and objects from the town's main drag. Eventually, this project could lead to a display at the Quarry Park Heritage Arts Centre.

The committee will also move forward with its cemetery mapping project to provide a searchable permanent record of all the gravesites in the Stonewall cemetery. Going forward, they hope to create bulletin board with a map at the cemetery.

The organization plans to continue with Stonewall Remembers, a project that commemorates the contributions and sacrifices of local residents during Canadian military service.

Community engagement will con-

tinue to be another focus, with the goal of making heritage information more readily available to the public. In addition, the group will continue to maintain an inventory of potential heritage designation sites.

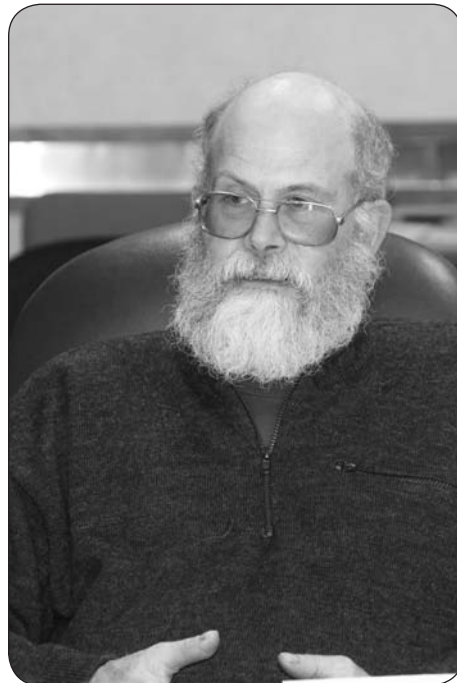
For future projects, Stonewall Mayor Lockie McLean brought up the idea of creating heritage stations along the walking trail, with potential sponsorship opportunities.

In other council news:

- Tami Couch spoke to council on behalf of the volunteer-run Quarry Park Ski Club with a request for funding, which council will consider during its upcoming budget deliberations.

- Council defeated its previous proposed bylaw for water and sewer rates since it contained rates that were insufficient to meet the financial demands of the Town of Stonewall for the water and sewer utilities as well utility deficit recovery. Then council passed first reading of a new bylaw that established new water and sewer rates.

- Council approved a variation request from Kurt and Faye Bychuck, who were asking permission to vary a minimum required site width to 60



Allan Webb and other members of Stonewall's heritage committee spoke to council at the March 1 meeting.

feet from 100 feet.

- The postage meter in the town office has become obsolete, so council passed a resolution to buy a new postage meter.



TRIBUNE PHOTOS BY JENNIFER MCFEE
Tami Couch requested funding from the town for the Quarry Park Ski Club.

- Council agreed to contribute \$1,000 for a gold-level sponsorship for the 2017 Chicken Chef Provincial Mixed Curling Championship to be held at the Stonewall Curling Club.

Mercedes-AMG Mythbusters #4: Skid Control

By Melanie Paterson of AMG Driving Academy

Controlling skids are much easier than we think if we use proper driving techniques.

There are two types of skids: a front and a rear skid. A front-end skid is called "understeer" (or "push" for you NASCAR fans). A rear-end skid is called "oversteer."

Understeer (front-end skid) is the easiest to fix. It's caused by too much speed for the road conditions and the steering angle you're using. If you go

around a snowy corner without slowing down enough, your front tires lose grip and the car plows wide into an understeer.

The fix is simple: lift off the gas pedal. The excess speed for the grip conditions is responsible for the skid, so reducing your speed will fix it. Do not try to fix understeer with more steering angle as it compounds the problem.

Tires are designed to grip pointing straight ahead, so every time we turn the steering wheel, we are compro-

mising traction.

Oversteer (rear-end skid) is more stressful. When you're driving around a snowy curve and the back starts to slide, it's very nerve-wracking. And that's why we teach recovery techniques in our driving courses.

Oversteer is caused either by too much application of the gas pedal in a rear-wheel drive vehicle or by upsetting the balance of the car by turning the wheel too fast in a corner.

The excess gas application is easy to fix by just lifting off the gas pedal.

I'm sure you've been taught to "steer into the skid" as that seems to be a common myth. The problem with that technique is that we don't really know where the skid is, and we almost always over-correct with the steering wheel and make a bad situation much worse.

The simple fix is to look and steer where you want the car to go. Instead of dialing in a whole bunch of steering, simply keep looking down the road and correct the steering wheel only enough to keep the wheels pointed in that direction — usually on the street, no more than a quarter turn on the wheel.

Slowly and gently come off the gas pedal while you're correcting. When done properly, it means a gentle fix to a slide instead of the creation of a larger pendulum movement that could cause a spin.

Keep practising your proper vision skills and remember to simply look and steer where you want to go.

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Past the Perimeter releases new single

By Jennifer McFee

Past the Perimeter's newest single is already earning plenty of positive feedback, which is music to the ears of the band members.

The well-known local band released Shotgun Beauty Queen on Feb. 27. Since then, the YouTube video has garnered more than 2,100 views — and the interest continues to grow.

For those tempted to take a listen, be forewarned that the catchy song will likely be stuck in their head and they might find themselves humming the tune or singing the refrain.

Local roots run deep for the band, which consists of Stonewall Collegiate Institute alumni Derek Peters on guitar and vocals, Evan Taplin on bass and vocals, Devin Biy on drums and Lachlan McLean on guitar and vocals.

When Peters and Taplin sat down and started writing the song about a gal who is not your average girl, it all came together quickly. The group plans to send the single to radio stations, which will hopefully pick up on the mounting momentum.

"So far, we've had nothing but posi-

tive feedback, which is great to hear," Peters said. "To describe our music, I'd say we have country roots but we add a bit more octane to it."

As for the video, it features scenes shot around town and in Winnipeg under the direction of Gerald Lagarde, who is also the creative force behind the band's previous video for Life Out Here.

"Half of the video was filmed in town. The scenes at The Rock and where they're driving around in the truck are local," said Peters. "But for the shots of us in the band, we are playing at a very dingy basement in the Portage and Langside area. It was kind of sketchy but the shot worked well. It's actually a practice space for four other bands."

Adding to the excitement, Past the Perimeter is currently working on a new EP with producer Murray Pulver, formerly of Doc Walker. The EP, so far untitled, is scheduled to come out in June.

Until then, fans can check out the video for Shotgun Beauty Queen on YouTube. The single is available for



TRIBUNE PHOTO SUBMITTED

Local band Past the Perimeter released their newest single Shotgun Beauty Queen on Feb. 27. Since then, the YouTube video has garnered more than 2,100 views — and the interest continues to grow.

download on iTunes and Google Play.

They can also catch the band live at their next gig, scheduled for Saturday, March 18 at Cowboys Roadhouse in Winnipeg.

For more information about Past the Perimeter, follow them on Facebook or visit their website at www.pasttheperimeter.com.

Family Fun Day to be held in support of SWDPC

Palliative Care fundraiser March 11

By Natasha Tersigni

For Crystal Bergthorson and her relatives, the South West District Palliative Care (SWDPC) has been there when she and her family members needed the organization the most.

Whether it was providing emotional support, organizing end-of-life medical care or utilizing the family room at the Stonewall Hospital, Bergthorson relied on the SWDPC during difficult times.

To pay it forward and help support the organization that supported her family members in their time of need, Bergthorson is hosting a Family Fun Day on March 11 at the Quarry Park Heritage Arts Centre. The children-friendly event is taking place from 1 to 6 p.m. and includes entertainment and food including a bouncy house, face painting, a visit from Spider-Man, cotton candy, popcorn, a silent auction and 50/50 draw. Admission for adults is \$10 and children are free.

Along with raising funds, she is hoping that more people will learn about the SWDPC before their services are needed.

Bergthorson and her family first used SWDPC back in 2009 when her

grandmother was aging. Since her grandmother's passing, the family did not use SWDPC until last year. In a span of just six weeks, Bergthorson lost both her grandfathers, a cousin in a car accident and her aunt to terminal cancer. During that devastating time, it was the SWDPC that Bergthorson relied on.

"End-of-life care is a necessity and it takes a special type of person to be there and care for somebody in their last days and care for their family. Every step of the way when we needed the SWDPC, we had their services and nobody questioned us. We were given nothing but respect and kindness," said Bergthorson.

"The palliative care room was a

home away home for us for those six weeks. SWDPC needs more attentions and I decided to do something for their benefit because I wanted to give back. They are not government funded anymore. We have one palliative care room in the community and our aging population is growing."

Bergthorson decided on the March 11 event in memory of her grandparents.

"This is my way and my extended family's way to help give back. My grandparents loved kids, so that is why we decided

on the Family Fun Day event. It perfectly encompasses them and at the same time raises funds and awareness of an important organization in our community," said Bergthorson.



**Benefit Social for
Stephen Beauchemin**

Saturday, March 25, 2017
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Tickets available for purchase at Rockwood Lumber and Teulon Tractor and Motor Ltd.



Annual Casino Fundraiser

Hosted by: Stony Mountain/Stonewall Masonic Lodge #12

Saturday, April 29, 2017

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Meet Christina Hooper. She's the busy mom who has brought affordable fitness to the Interlake area. When she's not cheering on participants at bootcamp classes, she's helping her husband Joe manage the home front - all 80 acres of it, just north of Warren. Together, they have five children, two dogs, cats, ducks, chickens, seven alpacas, and a pot bellied pig named Penelope.



The busy mom of 5 is no stranger to fitness.

Christina's passion for fitness began many years ago. She was an active child, playing multiple sports throughout her school years.

She has trained and completed over 10 half marathons and multiple 5 & 10 km races. She took home 7th place in her first fitness competition, and is now a Dynamis sponsored athlete. Her more recent accomplishments include an annual memorial Bootcamp fundraiser where she has raised over \$5000 for CancerCare Manitoba.

Backcountry Fitness & Conditioning will be celebrating it's two year anniversary this April! During these two years, Christina has considered it an honour to help over 250 women and men begin moving more and eating better.

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Backcountry Fitness offers not only local bootcamp classes out of Warren MB, but together Christina and her husband Joe have created a free local running club to encourage local runners to train together.

Christina also provides online meal and fitness plans and offers lifestyle coaching. If you're interested in trying out a bootcamp class, join the running club, or start a lifestyle plan, head over to the website,

www.backcountryfitnessandconditioning.com to find out more information and be sure to join Backcountry Fitness & Conditioning on Facebook for all the updates on classes and current programs.



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Enjoy this monthly feature and watch for the next edition in the Tribune on April 13

Interlake author visits Stony Mountain school



Following the reading of a chapter from her novel *Frostbite Hotel*, author Karin Adams shared how she was able to have her work published and talked about the struggles that come with being a professional writer.

By Natasha Tersigni

To end another chapter in February's "I Love to Read" month, special guest author Karin Adams stopped by Stony Mountain School last week to read to students.

Adams, a resident of East St. Paul, visited Stony Mountain School on Feb. 28 and shared her story of becoming a published author with students. Adams, who specializes in novels for young readers, told students how she went from a creative writer to a published author.

"I have been writing all my life, but my first book came out in 2009, so I have only been a published author for eight years," said Adams.

"It takes me about a year to go through the entire writing process. That includes receiving feedback and making changes. When I first started out trying to find a publisher, I sent out my story to 10 to 12 publishers before one accepted it. You need a lot of patience in this business, and sometimes your book doesn't get published. I once sent in a storybook idea that was not published and I was told that they receive 3,000 ideas a year and they only publish two."

Adams told students how she deals with being discouraged after publishers decide not to ac-

cept her work.

"It never feels great to get a rejection letter. On the other hand, you know it is part of the business. If you believe in your work and you feel you made the best effort you can, keep putting it out there. If you think you can make changes based on the feedback, then do so. I try to treat those rejections as learning experiences," explained Adams.

Along with sharing her journey, Adams read the first chapter from *Frostbite Hotel*, one of her four books, and signed copies for the school's library. Her books always centre on young characters and are often set in Manitoba.



TRIBUNE PHOTOS BY NATASHA TERSIGNI

East St. Paul author Karin Adams, right, signs a copy of her book *Frostbite Hotel* for Stony Mountain students. Adams' book was very fitting for the school's "Reading is Snow Much Fun!" theme this year for February's "I Love to Read" month. Several events and activities were planned for students while they tried to surpass their reading goal of 100,000 minutes for the month.

"I always write about characters whom are in grades 4 and 5, I think because that was the best time of my life," said Adams, who adds she tries to write stories youth will enjoy and encourage them to continue to read.

"I try to put humour in all the stories that I write."

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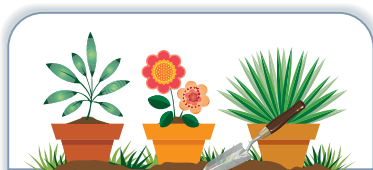
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Your Wedding

When it comes to your wedding dress, white isn't your only option

If, at a time in the past, the boldest move you could make when it came to the colour of your wedding dress was to pick off-white instead of a pristine snowy shade, that's simply no longer the case. Like most rules, the one that dictates the colour of your wedding dress is meant to be broken — and more and more brides are taking the plunge. Read on for some inspiration.

Did you know that the white wedding dress has only been popular in North America since the nineteenth century? Before then, it was customary for the bride to wear — you guessed it — a colourful dress! Today, the brightly coloured dress is making a comeback and designers from around the world are reinventing this vintage trend. While shopping for a non-white wedding dress might have been a tricky task a few decades ago, boutiques are now stocked with gowns in every colour of the rainbow

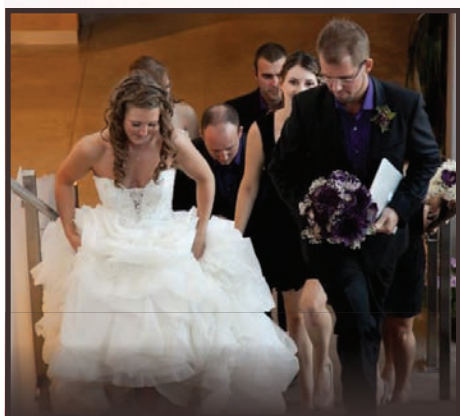
— and then some. Whether you're in the market for an electric pink ball gown or an emerald green A-line, your local bridal boutique is sure to deliver the goods.

On the fence about your colour choice because you fear you'll shock your guests by choosing an unconventional gown? Remember that this is your day and that you have the final say on what you wear. That being said, there are ways to compromise: you could incorporate a



coloured sash or veil in your look or choose an all-white dress with colourful stitching.

So, will you let your true colours shine through with your dream wedding dress?



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Will you get married in a necktie or a bowtie?

You popped the question, got a yes, and now you're planning every detail of your wedding day. Future husband — it's time to think about what you'll be wearing when you exchange your vows! The dilemma is quite real: will you choose a necktie or a bowtie to finish off your look? Here are some thoughts to help you make this important decision.

The bowtie: a classic
You can't go wrong with the traditional bowtie. Match it with your tux-

edo for a sophisticated look, or dare to be different with a velvet, knit or wooden bowtie that matches your wedding's colour scheme. Show stopping looks guaranteed in any case.

The tie: a more relaxed option
Thinking of getting married in a suit and tie? Go for it! The good old necktie has become a popular option for the modern groom. From the distinguished traditional version to more avant-garde options, ties are available

Continued on page 15



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Your Wedding

The right way to wear a boutonniere

Many grooms choose to follow the tradition of wearing a small floral accessory called a boutonniere on their wedding day. If you're about to put a ring on your sweetheart's finger, read on to find out how you should wear your boutonniere.

First off, know that this accessory isn't an essential part of the groom's traditional attire and that many prefer to opt for the subtler handkerchief. So don't worry — you're free to wear whatever you think looks

best. If you do choose to say yes to this floral adornment, here's how to wear it:

- Attach it to the lapel of your suit or jacket
- Always pin it on your left side, above your heart
- Choose a delicate or magnetized fastener to avoid damaging your jacket
- Make it match your bride's bouquet (this is not optional!)
- Match it to your wedding's colour palette



Continued from page 14

in endless patterns, colours and textures. You're sure to find one that fits your personal style to a t.

Have you decided yet? If you're still on the fence, ask a stylist or knowledgeable salesperson for advice.

TYING THE KNOT

Choosing your tie is the easy part; you'll also need to learn how to knot it to perfection. If you aren't comfortable with the idea of doing it yourself, ask your best man or your dad. They may have some tips for you — or they'll simply take care of it for you on the big day.

WHO SHOULD WEAR IT?

If the groom decides to wear a boutonniere, all male members of the wedding procession must follow suit. This means that the important men in the groom's entourage — his father, godfather and groomsmen, for instance — should all sport the boutonniere with pride.

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Daffodil Days for cancer society being held March 13-19

Staff

Stonewall and area volunteers are teaming up once again to sell bouquets of daffodils for a good cause.

Daffodil Days for the Canadian Cancer Society are being held March 13 to 19.

One bunch of fresh daffodils is \$7 or a daffodil pin is \$2. All of the proceeds will go to the Canadian Cancer Society. Last year Daffodil Days volunteers in Manitoba raised \$550,000. In 2015, volunteers in Manitoba raised more than \$230,000.

The Canadian Cancer Society and the Canadian Breast Cancer Foundation have recently joined forces. The society says the merger will help increase operational efficiencies and further their impact on all forms of cancer.

"This unprecedented merger allows the society to accelerate the impact of donor dollars on cancer research and vital support services for people living with and affected by cancer," the Canadian Cancer Society said in a statement on Feb. 6. "Breast cancer has always been a key priority and investments in research by both organizations have contributed significantly to a 44 per cent reduction in breast cancer mortality rates since the mid-1980s."

The daffodil became the Canadian Cancer Society's symbol of hope in 1954.

Those wanting to pre-order their daffodils can do so by stopping in at the Tribune office before March 10 or by calling Shelly Kelly at 204-467-5372 or 204-461-0660 for delivery on March 13.



PHOTO COURTESY OF METRO NEWSPAPER SERVICE

Daffodils and daffodil pins can be ordered by stopping in at the Tribune office or calling Shelly Kelly. One bunch of fresh daffodils is \$7 or a daffodil pin is \$2.

TCI drama club preparing for opening night

By Natasha Tersigni

They may not be exactly like the fairy tales you grew up reading; nonetheless, students of Teulon Collegiate's Fractured Fairy Tales drama production are promising the play will have audience members laughing in their seats.

Since September, drama production students have been hard at work preparing for their March show. As in past years, the students are involved in the entire production process including writing the scripts, props, costumes and lighting. This year, the class was broken into three groups and each group put their own spin on classic Fairy Tales.

"The stories we used were Cinderella, Sleeping Beauty and Rapunzel, which we changed to Bropunzel. The stories are similar to the originals; we just switched up a few details. We wrote the whole script from beginning to end and we re-wrote them in our own way," explained Grade 10 student Tiegan Smith, who worked on the Cinderella story for the play.

"In this Cinderella, the main character is a guy and his name is Der and step-sisters are Cin and Ella. Der goes to the ball to meet the Prince who is



Grade 7 student Nova Nichols adds the finishing touches to a prop.

gay. The Prince falls in love with Der and his step-sisters are very upset and try and run Der over with their car."

Smith added that just like in the original Cinderella there is a happy ending, but she just doesn't want to give too much away. Other changes in the play include in Sleeping Beauty where Prince Charming's brother, nicknamed Prince Dorkus, actually



TRIBUNE PHOTOS BY NATASHA TERSIGNI
Emma McGill, left, and Brady Stott work on costumes for the upcoming drama production.

saves the Princess, and in Bropunzel where the main character is male and is raised to be good instead of evil.

Students have been rehearsing the play for months and will be ready for

their opening date of March 22. The play runs on March 22 at 1:45 and 7 p.m. and March 23 at 7 p.m. All performances are in TCI's gymnasium and admission is free.

Teulon Library Club explores the world of newspapers

By Natasha Tersigni

From writing catchy headlines to understanding what a proper news source is, the children of South Interlake Regional Library Teulon branch's after-school Library Club have spent the month of February learning the ins and outs of newspapers.

In keeping with their theme, on March 1 this reporter was asked to come and talk to students about the newspaper industry, show off some of my equipment and share what life is like as a reporter.

Once the nice flashy Nikon cameras were taken out, the attention was more focused on the gear rather than the reporter. The club members got to try their hand at taking photos, writing their own *Tribune* headlines and be interviewed by a real-life reporter.

I had the opportunity to be an editor while the students worked on their own newspapers and they ran their advertisement and story ideas by me.

One of my favourite questions of the

afternoon was from Teagan Brice, who asked if being a reporter for a community newspaper was boring. The answer, of course, is no — I say "of course" because I have the attention span of a gnat, and if it was boring, I would not have lasted for four years at the same paper.

The library club members enjoyed hearing about my weekly schedule and stories that I cover, (at least that's what they told me), which range from council meetings to Taylor Swift concerts — yes, I had to use that tidbit again.

With their newspaper topic done for the month, the club is now moving on to a Pokémon theme for the next few weeks. The South Interlake Regional Teulon branch's Library Club runs every Wednesday afternoon from 3:30 to 4:30 p.m. The program is aimed at children aged 7 to 12 and the theme changes every few weeks.

For more information, contact librarian June Makowski 204-886-3648.



TRIBUNE PHOTOS BY NATASHA TERSIGNI
South Interlake Regional Library Teulon branch's Library Club members (left to right) Teagan Brice, Brody Hein, Akira Abacan and Sheridan Osnach check out the equipment used by a newspaper reporter.



To learn more about newspapers for their Library Club, Brody Hein and Akira and Ohaira Abacan read the *Tribune*.

Teulon students learn to break it down

By Natasha Tersigni

With a little help from professional breakdancer Ofield Williams, Teulon Elementary School students learned the fundamentals of the modern dance form.

Williams, a former Winnipegger who now lives in New York City, came to the school as part of the Manitoba Arts Council's Artists in the School program. He spent the last week teaching students in Grade 4, 5 and 6 the fundamentals of breakdancing, including moves such as body rocking, footwork, freezes, chairs, popping, locking, moon gliding and windmills.

Williams told the *Tribune* that while breakdancing looks difficult at first, it is a great art form that encourages a wide variety of different movements.

"It does look complicated, but I think it only looks complicated because at first glance you are seeing a number of cultural specific movements in one art form. One thing I teach the stu-



dents right at the beginning is that breakdancing is one of the few art forms that encourages cultures to contribute something from their ethnicity," said Williams.

"I think kids are losing touch with just being kids, rolling around and having fun. The only differences with breakdancing are that you have a goal, a beat pattern and tempo that you are sticking to."

At the end of the week on Friday, each class performed a breakdancing routine in front of the whole school to show what they learned.

TRIBUNE PHOTOS BY NATASHA TERSIGNI
After spending the week learning from professional breakdancer Ofield Williams, Teulon Elementary School students in Grade 4, 5 and 6 showed off their moves for their peers during a Friday afternoon show.

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get inspired

> MEAL IDEAS

Herbed barley bean "risotto"



4 servings / About 1 hr
 Prep 15 min / Cook 45-50 min
 Add savoury vegetables, legumes, herbs and cook the barley in milk and you've got a main course that is oh-so-satisfying and good for you, too.

Ingredients

- 2 cups (500 mL) low-sodium vegetable or chicken broth
- 2 cups (500 mL) 1% milk, divided
- 2 tsp (10 mL) vegetable oil
- 1 onion, chopped
- 3 stalks celery, sliced
- 2 cloves garlic, minced
- 1 tsp (5 mL) dried herbs (thyme, rosemary, herbes de Provence or Italian herb blend)
- 3/4 tsp (3 mL) pepper, divided
- 1 cup (250 mL) pot or pearl barley
- 1 tbsp (15 mL) whole wheat flour
- 1-1/2 cups (375 mL) cooked or drained and rinsed canned unsalted Romano or red kidney beans
- 1-1/2 cups (375 mL) chopped fresh or frozen green beans, thawed



Phone 467-5553

- 2 tbsp (25 mL) white or red wine vinegar
 - 1/4 cup (50 mL) fresh basil or parsley, chopped
 - 2 tbsp (25 mL) grated Parmesan
- Directions

In a saucepan or in a large microwave-safe measuring cup, combine broth and half of the milk (1 cup or 250 mL). Heat over medium heat on the stove top, or on medium-high (70%) power in the microwave, for about 5 minutes or until steaming. Cover and keep hot.

Meanwhile, in a large, deep pot, heat oil over medium heat. Add onion, celery, garlic, dried herbs, and 1/2 tsp (2 mL) pepper and sauté for about 5 minutes or until onions are softened. Add barley and flour; stir to coat well.

Stir in hot broth mixture. Cover, reduce heat to low and simmer, stirring occasionally, for 25 minutes or until barley is almost tender. Add a little more of the milk if necessary to keep barley moist.

Meanwhile, heat remaining milk until steaming.

Stir Romano beans, green beans and remaining hot milk into barley. Cover and simmer, stirring often, for 10 to 15 minutes or until barley is tender and green beans are tender-crisp. Adjust the heat as necessary to keep the pot at a steady simmer without boiling. Remove from heat and let stand for 5 to 10 minutes to thicken slightly. Drizzle in vinegar, stirring to combine. Stir in half of the basil or parsley. Season to taste with up to 1/4 tsp (1 mL) more pepper. Serve sprinkled with remaining basil or parsley and Parmesan.

Tropical Rum Raisin Dessert



Total time: 30 minutes
 Servings: 4

- 1 jar (23.5 ounces) Dole Tropical Fruit, drained, juice reserved
- 1/2 cup Dole Seedless Raisins

- 1/4 cup spiced or coconut rum
- 2 cups vanilla ice cream or frozen yogurt, divided
- 4 teaspoons toasted shredded coconut, divided

Place fruit in medium bowl and set aside. In small bowl, combine raisins, rum and 1/4 cup reserved juice. Allow raisins to soak at least 20 minutes until plump. Drain off liquid.

Combine fruit and rum raisins; spoon into serving bowls. Top each bowl with 1/2 cup scoop of ice cream and top each with 1 teaspoon toasted coconut.

Tip: 1/2 teaspoon rum extract and 1/2 cup reserved juice may be used instead of rum.

You gave me your cold



HEALTH NUTS ARE GOING TO FEEL STUPID SOMEDAY, LYING IN HOSPITALS DYING OF NOTHING.

REDD FOX

Have you ever blamed someone for giving you a cold? If so, you may be blaming them unfairly. Of course people who are sick should stay home from work, and use a handkerchief to avoid broadcasting germs everywhere. However, even if an infected person does bring a virus into your environment, it still does not mean it is their fault you caught a cold.

Consider that one-half of an office or classroom may come down with a cold or flu, but the other half are unaffected. Why is this? It has to do with the status of the immune systems of those exposed to the virus. If the immune system is strong, there is a good

chance it can fight off the illness.

The immune system is strengthened by good nutrition, exercise, sufficient rest and positive relationships. It is weakened when we do not eat properly, do not take care of ourselves, are sleep deprived and stressed. In fact, a stressful incident can weaken the immune system for six to eight hours.

It is inevitable that we will all catch something at some time or another. Colds and flus are a fact of life. We take the best care of ourselves that we can, wash our hands and hope for the best. To blame another for causing our illness is an attack and a judgment. That will weaken the immune system of both the blamer and the blamed!

If someone tells me they hope they do not give me their cold, I respond by telling them that I take full responsibility for the state of my immune system, so they are not to worry. We both feel better, and I rarely get sick.

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

Pineapple Parfait



Total time: 10 minutes

Servings: 1

- 1 jar (23.5 ounces) Dole Pineapple Chunks

2 tablespoons Greek yogurt

2 vanilla wafers, crushed

Measure 1/2 cup drained fruit.

Spoon pineapple chunks into dessert glass. Spoon yogurt over pineapple. Sprinkle crushed wafers on top.

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Small business optimism remains strong: CFIB

Submitted

Small business optimism in Manitoba remained very strong in February at an index of 66.9, compared to 67.1 in January, according to the Canadian Federation of Independent Business (CFIB).

This index level is again above the national index of 62.9 and now ranks as the highest in the country.

"It's great to see that Manitoba small business owners are now the most optimistic in the country," said Jonathan Alward, CFIB's director of provincial affairs for Manitoba. "It seems that the business-friendly policies recently introduced by the provincial government are being noticed by Manitoba's entrepreneurs. However, with short-term hiring plans remaining weak, with equal shares of business owners looking to hire as to lay off (nine per cent), it will be important for the upcoming provincial budget to continue addressing Manitoba's outstanding

fiscal and competitive challenges."

Nationally, Canada's small businesses are quite a bit more upbeat in February. CFIB's monthly Business Barometer index rose 2.7 points to 62.9 this month — its best reading since January 2015.

"The destabilizing effects of the oil price crunch on business confidence now appear mostly behind us," said Ted Mallett, chief economist at CFIB.

"This new, more optimistic outlook in the resource sector is reflecting a more balanced effect across the country, though this has yet to translate into a higher expectation of new full-time positions becoming available in the coming months."

Although not quite back to normal mid-cycle levels, the index has been helped by improving perspectives in previously hard-hit Alberta (49.8) and Saskatchewan (57.7), which continue to close the gap with the rest of the country. Businesses are most upbeat

in Manitoba and Quebec, with index levels at 66.9 and 66.6 respectively, however, optimism in the Maritimes, Ontario and BC are nearly as high — which suggests overall robustness returning to the economy. Businesses in Newfoundland & Labrador, however, remain pessimistic. Results and the full report are available at www.cfib-fcei.ca/english/barometer.

Highlights of the Manitoba Business Barometer for February:

- 38% of small businesses in Manitoba say their overall state of business is good (40% nationally); 11% say it is bad (17% nationally).
- 9% of Manitoba small businesses plan to increase full-time employment in the next 3-4 months (18% nationally), and 9% plan to decrease employment (12% nationally).
- Insufficient domestic demand remains the main operating challenge

(37%), followed by management skills/time constraints (34%), and shortage of skilled labour (26%).

· Major cost pressures for small business include: tax/regulatory costs (65%), wage costs (48%), insurance costs (46%), and fuel, energy costs (46%).

Measured on a scale of 0 and 100, an index level above 50 means owners expecting their businesses' performance to be stronger in the next year outnumber those expecting weaker performance. According to past results, index levels normally range between 65 and 70 when the economy is growing at its potential. February 2017 findings are based on 943 responses, collected from a stratified random sample of CFIB members, to a controlled-access web survey. Data reflect responses received through February 12. Findings are statistically accurate to +/- 3.2 per cent 19 times in 20.

Swan's Defenceman of the Year



TRIBUNE PHOTO SUBMITTED

Stonewall's Braden Groot was recently named the Swan Valley Stampeders' Defenceman of the Year at the team's annual awards banquet. Groot scored three goals and had 16 points in 58 regular-season games this past season.

worship *with us*

> FAITH

Lent

Pancakes on Shrove Tuesday, an Ash Wednesday service, and coffee wars between two large franchise chains remind me we are in the season of "Lent." Lenten is an old English word for spring. It is a season that lasts for 40 days based on Jesus' wilderness journey before his ministry began in earnest.

What connection does the wilderness journey of Jesus have in our lives today?

Wilderness comes in two ways: the first you do not choose; the second is entered by deliberate choice. We may be thrust into the wilderness by events of loss and suffering in our lives, or the wilderness may be chosen as a way of preparing.

Lent is a special time set a part in which we may choose to spend a little time thinking about the great sacrifice God has made for us, God sending his Son into the world, and Jesus choosing to die on a cross. We reflect on God's mercy and grace that are extended to us. We spend a little more effort in our relationship with God by praying and reading the Bible. We spend a little more time thinking about how we can live lives being graceful and merciful in our earthly relationships.

As a person of faith, do you have to follow Lent. Do you have to choose the wilderness? I believe if you expect to grow in your relationship with God, the answer is yes. Lent is a time where we do not take God for granted but seek God. Lent is not simply a period of five Sundays and Holy Week on a church calendar, or a set of rubrics in a prayer book, or giving up something we like, or saying an extra prayer before bed. Lent is a wilderness journey where we become vulnerable to God's touch and voice. If we enter the wilderness and seek, we will be so much more prepared for those periods where wilderness is thrust upon us.

This Lent, even if we should find ourselves low on faith and wanting to give up, let's open our hearts to the one that did not give up on us.

Submitted by Reverend James Bardsley

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Jets vs. Vics in MMJHL quarter-final series

By Brian Bowman

The Stonewall Jets had a very successful regular season with just 13 losses in 45 games.

And they will hope to continue that success in the playoffs.

Stonewall began its best-of-seven quarter-final series with the St. Vital Victorias on Tuesday (no score was available by press time).

The Jets won four out of five regular-season meetings between the two clubs.

"In two games we really spanked them and two others were a little closer," said Jets' co-coach Brock Couch.

Couch feels the Jets will have to play physical against the Vics in their playoff series.

"We have to use our toughness," he said. "We're both rather offensive and I think both teams are going to score quite a few goals. I think we have to pound down their defencemen shift in and shift out. That wears on a team with young, smaller defencemen, which they have."

While the Jets are the favourites in this series, Stonewall will have to pay special attention to St. Vital forwards Riley Beauchemin and Justin Tremblay.

Beauchemin led the MMJHL in goals scored (38) and points (85) this past season while Tremblay added 23 goals and 65 points.

"They are really dangerous," Couch cautioned. "They can score on you at any time in a game, so you always have to watch those two guys. They have some other really good forwards and their goalie (Nolan Bray) is someone we also have to watch out for."

Last Sunday evening, the Jets wrapped up their regular season with a solid 4-2 home win over the Pembina Valley Twisters.

"The boys knew they had to have one of their best games of the year because you want to have a good feeling going into the playoffs," Couch said. "We probably played one of our best defensive games of the year and we scored when it mattered."

Stonewall snapped a 2-2 third-period tie with goals from Stephen MacKenzie and Aiken Chop.

Eric Swanson and Robert Smith scored Stonewall's other goals while Karl Conrad and Fraser Mirless, on the power play, replied for Pembina Valley.

Hunter Ploszay made 32 saves for the win. He finished the regular season with a league-leading 22 victories.

Last Thursday, the Jets were defeated 3-1 by the Ft. Garry/Ft. Rouge Twins 3-1 in Stonewall.

Tied at 1-1 in the third, the Twins broke the game open with goals from David MacDonald and Kaelin Baydock.



TRIBUNE PHOTO BY LANA MEIER

The Jets' Stephen MacKenzie scored in the third period to give Stonewall the go-ahead goal in a 4-2 win over Pembina Valley.

Nolan Jackson gave the visitors a 1-0 first-period lead before the Jets' Kyle Doak potted his 19th goal of the season midway in the second on the power play.

Ploszay made 27 saves in the loss.

Game 2 of the Jets/Vics' series, meanwhile, will be played Friday at St. Vital Arena while Game 3 returns

to Stonewall on Sunday.

Game 4 will be played Tuesday in Winnipeg and, if necessary, Game 5 is set for Stonewall March 17.

If needed, Game 6 will be played in Winnipeg March 19, followed by a series-deciding seventh game March 21 in Stonewall. All games in the series begin at 7:30 p.m.

Table Tennis workshop to hit Stonewall March 18

By Brian Bowman

Raul Bernales wants to introduce the game of table tennis to Stonewall.

The Warren resident will be offering a free workshop March 18 from 10 a.m. to 1 p.m. at Stonewall Collegiate.

"Basically, we're going to let the people try ping pong," said Bernales last Friday.

Bernales said it is hard to predict how many people will come out for the one-day event. But he noted that

they will have six tables for players to use.

"We're hoping to get at least 20 people," he said.

Bernales wants to increase the number of Interlake players. He often

found it difficult for himself to travel from Warren to Winnipeg to play an hour or two of ping pong.

"So, I had an idea," he said. "Why not

Continued on page 23



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QUARTER FINALS

GAME 2 Friday, Mar. 10 - Stonewall Jets vs St. Vital Victorias 7:30pm @ St. Vital Centennial Arena
GAME 3 Sunday, Mar. 12 - Stonewall Jets vs St. Vital Victorias 7:30pm @ VMSC
GAME 4 Tuesday, Mar. 14 - Stonewall Jets vs St. Vital Victorias 7:30pm @ St. Vital Centennial Arena

IF NEEDED Friday, Mar. 17 - 7:30pm @ VMSC
Sunday, Mar. 19 - 7:30pm @ St. Vital Centennial Arena
Tuesday, Mar. 21 - 7:30pm @ VMSC



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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Wildcats No. 1 heading into 'A/AA' junior varsity girls' provincials

By Brian Bowman

The Warren Collegiate Wildcats are going into the MHSAA "A/AA" junior varsity girls' provincials as the top seed.

But they know that is no guarantee to winning a gold medal.

The talented Wildcats expect to face some tough competition at the provincials, which will take place Friday and Saturday at Immanuel Christian School in Winnipeg.

"(The girls) are excited for the opportunity and challenge," said Matt Scrutton, who coaches Warren along with Fallon Campbell. "Last year, they did quite well and they're hoping to have the same success.

"It's a different team but some of the girls remain from last year – so they're optimistic."

Warren punched its ticket to the provincials after defeating Teulon 47-22 in the Zone 5 final last week in Gimli.

Teulon earlier defeated Gimli to reach the zone final.

"Both teams played quite well defensively," Scrutton said, noting the Wildcats led the Zone 5 final 18-12 at the half. "It was back and forth for

a while...and then we had sustained pressure and made our shots."

Warren adjusted its press at half-time, said Scrutton, which created several turnovers and shut down Teulon's offensive attack.

"We caught them by surprise a few times," Scrutton noted.

The Wildcats also rebounded much better as the game went on and benefitted from a well-balanced scoring attack.

During the season, Warren played just four zone games. The Wildcats were 2-0 against the Lakers and 1-1 against the No. 2-ranked Saints.

But it was tournaments where Warren really shined. The Wildcats won four tournament titles, posting a perfect 12-0 record.

"We've been fortunate to beat some very good teams," Scrutton said. "And, hopefully, it continues (at provincials)."

The Teulon Collegiate Saints, meanwhile, have also advanced to the provincials after a 33-29 victory Monday over the Steinbach Christian School Flames in a provincial wildcard game.



TRIBUNE PHOTO BY MARGARET ANN BRAD

The Warren Wildcats defeated the Teulon Saints 47-22 to claim the MHSAA Zone 5 junior girls banner in Gimli March 1. Pictured back row, left to right: Fallon Campbell (coach), Jordan Schott, Alex Chester, Laura Brad, Malika Bangle, Grace Goodman, Madeline Boonstra, Matt Scrutton (assistant coach). Front row: Joy McCutcheon, Shay-Lee Jackson, Lexi Cowan, Hannah Friesen and Hailey Friesen.

Warren advances to provincials

By Brian Bowman

It took some extra time in the Zone 5 junior varsity boys' basketball final, but Warren Collegiate is now headed to the MHSAA "A/AA" provincials.

Warren outlasted the Arborg Collegiate Athletics 70-64 in overtime to punch its ticket to the provincials.

"It was a really, really tough game," said Wildcats' coach Dofonso Fernando. "It was a great game and I'm really proud of my guys that they were able to pull (the win) off."

Asa France hit a pair of key back-to-back three pointers for Warren in OT.

"That was incredible," Fernando enthused of Warren's young sharpshooter. "I had never seen that in a game and it was a difference maker."

Another difference maker, said Fernando, was the Wildcats' ability to hit free throws. Both teams found themselves in the bonus early, he noted.

Warren had advanced to the zone

final after beating Teulon Collegiate 51-23 in a semifinal game. Arborg, meanwhile, defeated the Gimli Lakers 48-44 in the other semifinal.

The Wildcats will begin the eight-team provincials ranked fifth. Warren will battle No. 4 Treherne on Friday at 10:45 a.m. The winner stays on the A-side of the provincials while the loser drops down to the consolation bracket.

"If we win all three games, that's the championship," Fernando noted. "I believe we will be able to hold our own. I think we'll have to hone in on what we're good at. We're not a big team in terms of height but we do have some players that know the game of basketball and can shoot."

The other teams that will be competing at the provincials include Carman, Oscar Lathlin, Pinawa, The King's School, William Morton and Virden.



TRIBUNE PHOTO SUBMITTED

The Warren Wildcats captured the MHSAA Zone 5 junior boys banner after defeating Arborg 70-64 in overtime in Gimli on March 1. Pictured back row, left to right: Dofonso Fernando (coach), Nic Peixoto, Bryce Allary, Ryan Peltz, Mac Blanchard, Connor Henry, Noah Park; front row: Armand Blanchard, Myles Fernando, Harley Petersen, Johnny Holtman, Asa France, Hunter Scholdice, Lucas Procter, Michaela Fernando, Katherine Fernando (manager).

Scott Corbett named SEMHL Man of the Year

By Jo-Anne Procter

Being an all-around great guy has earned Warren Mercs' captain Scott Corbett the South Eastern Manitoba Hockey League's inaugural Dale Rempel Memorial Man of the Year Award.

Rempel, who played in the SEMHL for 13 seasons with the Morris Stampedes, Altona Maroons and Morden Redskins, was instrumental in bringing the Pembina Valley Twisters' Manitoba Major Junior Hockey Club to Morris.

He played 326 games, recording 297 goals, 317 assists and 614 points in the SEMHL.

SEMHL commissioner Wayne Deschouwer described Rempel's career as a tremendous one.

Corbett, one of six nominees for the award, is a second generation Corbett playing senior hockey in Warren and has played for the Mercs since 2000.

Corbett is well respected by his teammates for his leadership on and off the ice. He acts as the Mercs' general manager, organizing ice times and practices, pays the refs and makes sure that all the details are looked after on game day.

He also maintains, stores, and drives the team bus, all of which is out of his own pocket.

Off the ice, Corbett gives back to his community. He is president of Warren Minor Hockey, acts as a director for Interlake Minor Hockey, and coaches his son Ethan at the Atom level.

He is a councillor in the RM of Rossier, volunteers at his children's school and the local United Church, and is considered to be a great neighbour.

The SEMHL was pleased to present the award that honours and pays tribute to Rempel for his honest accomplishments and, more importantly, what he did off the ice.

"We wanted to recognize an individual that possesses many of Dale's qualities," Deschouwer said. "His passion and his involvement he shared with his communities."

On behalf of the SEMHL, Deschouwer thanked Dale's wife Lynn Rempel, the Rempel family, and Rempel Insurance for their wonderful contribution in helping maintain the status of the SEMHL as being one of the premier leagues in the country.

Lynn and Dale spent many years in hockey rinks all over Manitoba.



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Warren Mercs' Scott Corbett received the first-ever Dale Rempel Memorial Man of the Year Award at the Sunova Arena in Warren last Saturday. Lynn Rempel of Rempel Insurance Brokers in Morris and sales associate Brendan Heppner presented Corbett with the award.

"(Dale) loved hockey and he loved community so we are very proud to support this award and I noted the nominees that were put forward are probably like Dale," Lynn Rempel said. "He just wanted to do it, he want-

ed to give back. He loved community, he loved hockey, and he just wanted to give back to the communities and the hockey that gave him and his family so much."

Mercs trail Hawks in SEMHL semifinal series

By Brian Bowman

The Warren Mercs were in some serious trouble with the Notre Dame Hawks in their best-of-seven SEMHL semifinal series.

Warren trailed 3-1 in the series heading into this past Tuesday's road game (no score was available by press time).

The Hawks took a two-game series lead after a 4-3 comeback win over the Mercs last Saturday evening in Warren.

Brody Chabbert scored the game-winning goal at 14:21 of the third period. Notre Dame trailed 3-1 in the second before Colin Grenier and Matt Gingera, on the power play, tallied to tie the score.

Warren's Cliff Ketchen and Chabbert traded goals early in the first period and then the Mercs' Reid McLeod struck on the power play at 13:51 of the opening period.

The home side then went up a pair of goals at 4:09 of the middle frame as McLeod once again scored with the man advantage.

Last Thursday, the Mercs scored four third-period goals to defeat the Hawks 5-4 in Notre Dame. After the two teams were tied at 1-1 after 40 minutes, they combined for seven third-period goals.

Trent Genyk scored twice for Warren



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The Mercs' Cliff Ketchen opened the scoring in Warren's 4-3 loss to the Notre Dame Hawks on Saturday in Game 4 of their best-of-seven SEMHL semifinal series.

while McLeod and Ketchen each had a goal and two assists. Brenden Luschinski had the Mercs' other goal.

Chabbert (two), Colin Grenier and Jeff Clark replied for Notre Dame. Travis Bosch made 33 saves for the win.

On Feb. 28, Notre Dame shut out the Mercs 3-0 in Warren to take a 2-0 series lead.



SEMHL commissioner Wayne Deschouwer, left, congratulates Mercs' defenceman Dylan Hykaway for being named a league second team all-star. Hykaway recorded six goals and 22 points in 18 regular-season games.

Brian Michiels gave Notre Dame a 1-0 first-period lead and then Jason Yuel made it 2-0 early in the second.

Colin Fay then closed out the game's scoring with a power-play goal midway in the third.

Notre Dame outshot Warren 39-37 as Brett Timmerman earned the shutout. Meanwhile, the Mercs' Scott Corbett

was honoured before Game 4 as the winner of the Dale Rempel Man of the Year Award. Rempel was an outstanding hockey player in the SEMHL for many seasons before succumbing to cancer a few years ago.

All nine SEMHL teams made player submissions for the award and Corbett was named the award's winner.

> TABLE TENNIS, FROM PG. 20

bring it to Stonewall? I want everyone to realize it's a good time with your friends and family. You get a good workout and you can play at any level that you want."

Table Tennis, meanwhile, will be offered this spring season under the Interlake School Division Continuing Education program.

All ages are welcome to register and there is no need to have any experience in the sport. The course will teach everyone the basic skills of forehand counter, backhand counter, forehand push, backhand push, and different kinds of serves. It will also teach players how to read different spins like topspin, backspin, sidespin, and others so players can expect a lot of drills learning these basic strokes.

As well, there will be time to play

friendly matches amongst participants. Players are expected to bring their own paddles and training sessions will be held at Stonewall Collegiate every Saturday from 1-4 p.m. starting April 8.

Bernales will be the instructor for the course. He is currently a registered member of the Manitoba Table Tennis Association and plays at the Active4Life club at Dufferin School in Winnipeg and sometimes with the Winnipeg Filipino Ping Pong Group.

Bernales had his first coaching course completed last Louis Riel long weekend in Fort Qu'Appelle, Sask.

Anyone interested in the workshop can contact Continuing Education coordinator Jocelyn Derksen (derksen@isd21.mb.ca) or Bernales (raulbernales@yahoo.com).

Junior curling champions



TRIBUNE PHOTO BY JUDY BRONSON

Warren junior curling league 2017 champions, left to right: Donovan Atchinson (lead), Devlin Lillies-Poitras (second), Kaiden Kollman (third) and Abby Cassidy (skip).

Eighteen teams hit the ice for annual bonspiel



TRIBUNE PHOTOS BY BRAD MYSKIW

The Marquette Curling Club held their mixed bonspiel last weekend with 18 teams taking part. Far left photo: the 'A'-side champs Bev Schick and Darren MacMillan, the 'B'-side winners Ray Sherrin and Don Adamk, the 'C'-side champions Keren and Jim Rouse, and the 'D'-side winners Merv Hird and Gary Wilkenson.

Lawrence's rink wins Balmoral 'A' side event



TRIBUNE PHOTOS BY HENRY VROOM

The annual Balmoral Men's Bonspiel was held March 2-5 with 20 teams participating. Spirits were high, competition was fierce and a great time was had by all. Left photo, the overall champs winning the 'A' side were Travis Lawrence (skip), Jim Geard (third), Ernie Kars (second) and Mathew Guilbeault (lead). Middle photo, John Good (skip), Walt Stewart (third), Blake Good (second) and Carter Ives (lead) won the 'B' side while Gerry Arnal's rink won the 'C' side. Right photo, Marc VanHussen (lead), Nathan Arnal (third), Marc Arnal (skip) and Gary Fontaine (second). Gerry Arnal could not attend Sunday's game and is missing from the photo.

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

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Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer

X CROSSWORD

CLUES ACROSS

- Fall down
- Walmart founder Walton
- Los Angeles time zone
- Gallantry
- Early Supreme Court justice Bartlett
- One-time governor of Maryland
- Act of imitating
- Popular basketballer Jeremy
- Round Dutch cheese
- S. American rodents
- Comic opera "Princess _"
- Commodities buyers and sellers (slang)
- Hovers
- Having had one's head cut off
- One-time monetary unit of Greece
- Not no
- Beloved Cubs third baseman Ron
- Shapes
- Giants signal caller Manning
- Moves all the way around
- Babe Ruth retired as one
- Relinquishing
- Native religion in China
- Not well
- Fill with high spirits
- In bed
- Type of pet
- Somewhere to go
- Smaller quantity
- Ingested
- Singer and Jacobs are two
- Anger
- British rockers _ Zeppelin
- Like

CLUES DOWN

- Polyvinyl acetate
- Canadian folk musician
- Evergreen trees and shrubs
- Meat from a pig (French)
- Secretion
- Quality of yielding nothing of value
- Aquatic mammal
- Father
- Protective crusts
- Caps
- Handwoven rug
- Soil-like material
- Not wide
- When you aim to get there
- Hold molecules
- Tooth caregiver
- Amount of time
- Beverage container
- Perform
- Appollo's grandmother
- Obsolete home entertainment device
- Serbian mythological demon
- Bulgarian currency

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

- Midway between south and southeast
- Makes sense
- A way to single out
- Criminal (slang)
- Former Tigers third baseman Brandon
- Wobbled
- Singapore's second highest peak
- Grossly overweight
- Radioactivity units
- Famed Spanish painter
- Internet router algorithm
- Expression of sorrow or pity
- Druidic mother goddess
- Electronic counter-countermeasures
- Midway between east and southeast

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Applications are to include a complete resume and three references. Closing date for receipt of applications is March 15, 2017, 12:00 noon.

Meeting Notice:

RM of Woodlands Community Development Corporation

Annual General Meeting

7:00 PM Thursday, March 16, 2017

Lake Francis Community Hall

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1. Road 10E between Memorial Boulevard and Road 75N.

THAT 2017 Spring Weight Restrictions on the following municipal road:

1. Road 10E between Memorial Boulevard and Road 75N

shall be restricted to **65% of normal allowable weights** and shall follow Manitoba Infrastructure dates tentatively set for Friday, March 10, 2017 to May 31, 2017. Updates will be posted on the RM of Rockwood website at www.rockwood.ca

The Council of the Rural Municipality of Rockwood requests the co-operation of its citizens and the Trucking Industry.

Reeve & Council
The Rural Municipality of Rockwood

PUBLIC NOTICE

Public Notice is hereby given that the Rural Municipality of Woodlands inclusive of the L.U.D. of Warren intends to conduct the following Pesticide Control Programs during 2017:

1. To control noxious weeds and brush on public right-of-ways and on publicly owned property within the Municipality. The projected dates of application will be from May 1, 2017 to December 31, 2017. The herbicides to be used include:
 - 2,4-D Amine 600 - 2,4-D Choline - Dicamba - Glyphosate - Picloram - Triclopy - Aminopyralid - Aminocyclopyrachlor - Metsulfuron Methyl - Chlorsulfuron - Mecoprop P - Acetic Acid - Diflufenopyr - Iron HEDTA (FeHEDTA) - Paraffinic Oil Alkoxylated alcohol non-ionic surfactant - Methyl and ethyl oleate
2. To control rodents at the waste disposal grounds, waste water lagoons and any municipal owned property at various times during the year using the rodenticide:
 - Bromadiolone - Difethialone
3. To control the following insects pests including grasshoppers, mosquitoes, cankerworms etc., if and when necessary. The proposed dates of application will be from May 1, 2017 to December 31, 2017. The insecticides to be used include:
 - Decis - Malathion - Bacillus thuringiensis israelensis

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

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

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Join the ISD Team of Bus Drivers Today!!

The School Bus Driver Training will be offered at the ISD Transportation Maintenance Technology Building in Stonewall, MB.

Job Requirements:

- Must be willing & able to successfully complete our training program
- Applicants must possess a valid class 2 Manitoba drivers licence or the willingness to obtain one,
- Must enjoy driving and working with children.
- A clean drivers abstract must be provided
- Must undergo criminal record search and Child Abuse Registry Check with satisfactory results.
- Must be safety-minded, courteous, and able to demonstrate an appreciation for the importance of customer service.
- If you enjoy driving & working with children, this could be the perfect, secure, part-time job for you. This is a chance to make a difference in a child's life, and maybe your own as well.

School Bus Driver Duties:

- Safely drive students to and from school, following a prescribed route, on a daily basis during the school year.
- Perform daily vehicle circle check safety inspections, documenting & reporting according to company, school & government regulations.
- Comply with all division & government regulations, laws & policies.
- School Bus Drivers must Communicate clearly and interact with parents, school employees, passengers, co-workers & the general public in a courteous, professional manner as required.
- Hours of work vary and may be split shift, depending on need.
- Wages as per the current collective agreement.

For information and application procedures, please refer to our website www.isd21.mb.ca



UPCOMING EVENTS

ROCKIN' RICHARD'S RECORD & CD SALE. Victoria Inn, 1808 Wellington Ave. Wpg. Sunday, March 19/17, 10 a.m. - 4 p.m., 80 plus tables. Records, CD's, DVD's music collectibles. Admission \$5. Info 204-338-3655.

UPCOMING EVENTS

The 21st Annual Manitoba Baseball Hall of Fame & Museum Induction Dinner will be held in Morden on June 3, 2017. Tickets may be obtained by contacting David Taylor at 204-476-3843, 204-841-3242 or taylor@brandonu.ca, Jack Hrehirchuk at 204-639-6923/204-648-6395 or jhrehirchuk@wcgwave.ca, David Olsen at 204-284-8728m 204-223-1929 or dholen@mymts.net, or Joe Wiwchar at 204-822-4636 or mabbhof@mymts.net Deadline for ticket sales is May 19, 2017.

UPCOMING EVENTS

St. Patrick's Day Supper at Lilyfield Church Hall on Thursday, March 16, 5-7 p.m. Beef or Chicken Stew with extras. Adults \$10; 6 - 10 years \$5; under 5 free. Hosted by Lilyfield Church Women. Info 204-633-2238 or 204-633-2067.

HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewall Elk Products Ltd., 204-467-8428 or e-mail stonewoodelk@hotmail.com

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Small square bales. Alfalfa, Courtney grass. Leave message 204-482-5101.

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NOTICES

The winner for the Woodlands School Ski Trip 50/50 fundraiser is Kim Beauchamp of Woodlands. The total prize amount is \$426.

HEALTH

Canada Benefit Group - Attention Manitoba residents: do you or someone you know suffer from a disability? Get up to \$40,000 from the Canadian Government. Toll-free 1-888-511-2250 or www.canadabenefit.ca/ free-assessment

Disability? ADHD? - Do you have a disability? We can help you get up to \$50,000 back from the Canadian Government. For details call us today toll-free 1-888-875-4787 or visit us at: disabilitygroup-canada.com

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Seasonal Employment Opportunities

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

- Gate Attendants
- Concession workers
- Groundskeepers
- Lifeguards
- Swim Instructors
- Janitorial workers
- Bartenders/Banquet Servers



Send resumes to:
Stonewall Quarry Park
166 Main Street
Stonewall, MB

Email: stoneqp@stonewall.ca
Fax: 204 467-7985
Attention: C. Precourt

Deadline for applications: March 24, 2017
We thank all those who apply, however only those granted an interview will be acknowledged.

- SUPPORT LOCAL BUSINESS -
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TOWN OF STONEWALL

FULL TIME PARKS & ARENA EMPLOYEE

EMPLOYMENT OPPORTUNITY

The Town of Stonewall invites qualified individuals to apply for the full time position of Parks & Arena Employee. This position is covered by the Collective Agreement between the Town of Stonewall and the International Union of Operating Engineers Local Union 987.

Under the supervision and direction of the Parks & Arena Supervisor, the Parks & Arena Employee will perform varied duties requiring diverse skills and abilities in the area of arena and parks maintenance and operation.

Wage will be commensurate with qualifications and experience. Hourly wage of \$18.82 based on IUOE Local 987. This is a unionized position that includes an employee benefits package.

The preferred applicant will have experience in the operation of equipment (mowers, ice resurfacers) and experience/background with education and certification in ice refrigeration systems and facility/grounds maintenance. A detailed job description is available from the Parks & Arena Supervisor.

PROCEDURE FOR APPLYING:

Qualified Applicants are invited to submit a cover letter summarizing relevant experience, a resume, plus three (3) references to:

Town of Stonewall Attention: **Brett Chatfield**
293 Main Street, Box 250, Stonewall, Manitoba

Deadline for applications: 4:00 PM on March 17, 2017

Start date: as soon as possible

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

Book Your Announcement or Classified Ad Today -
Call 204-467-5836 or Email igrphic@mts.net

Announcements

Stonewall Teulon
Tribune

ANNOUNCEMENT

IN MEMORIAM



Denis Nolin
1937 - 2016

After suffering a massive stroke, 18 years ago, we watched him struggle and suffer in pain. On March 11th he peacefully passed away free from pain and suffering. It broke our hearts to say goodbye but to see him sleeping so peacefully, we couldn't wish him back to suffer no more.

-Always loved and missed your wife, Shirley, sons Bob (Larellie), Larry, Brian; daughters Carol (Randy), Debbie (Glenn); grandsons Treavor (Kim), Jason (Candice), Brad (Becky), Ryan, Matt (Alexis), Brody; granddaughters Nicole (Shayn), Hayley, Breanne; great-grandsons Ricky, Charlie, Hunter, Jackson, Johnny, Neil, Maverick, Will; great-granddaughters Emily, Hannah, Violet and Eleanna
Your memory will live on in our hearts forever. I love you and miss you more every day.
Your loving wife Shirley, and all your family

ANNOUNCEMENT

BIRTHDAY



Bob Johnson is Turning 80!!!!
Liz and Diane would like to invite you to a Come & Go at Diane's house for lunch and a game of pool on **Sunday, March 12th**
2:00 - 7:00
Happy Birthday Dad!

-Love from
Dorothy and your 3 generations

OBITUARY

Rosie Dudek (nee Biluk)
June 9, 1934 - March 3, 2017

With her family at her side, it is with great sadness that we announce the peaceful passing of our beloved mother, grandmother, great-grandmother, sister, aunt and friend Rosie Dudek on Friday, March 3, 2017 at the age of 82 years.

Funeral Service will be held on Thursday, March 9, 2017 at 11:00 a.m. at Fraserwood Community Hall.

Interment will take place at Precious Blood Cemetery, Fraserwood.
In lieu of flowers, donations may be made to the charity of your choice.

kl
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