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## Easter 'egg'citement

TRIBUNE PHOTO BY NATASHA TERSIGNI

The Easter bunny made an early appearance at the Green Acres Park in Teulon last Saturday at the inaugural Easter Egg Hunt hosted by the Teulon-Rockwood Rec Commission. Piper Tataryn, along with approximately 170 children, came out to the community event to scour the park for eggs hidden in the snow.

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# Teulon students celebrate Olympics with winter fun



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Teulon Elementary School (TES) students received a crash course in a few of Canada's winter sports on March 18 during the school's annual Winter Olympics Day. During the daylong event held throughout the town, students strapped on their skates, threw a few curling rocks, tried their hand at orienteering and took a stroll through the park on a guided nature walk. The event was made possible by TES staff, high school and parent volunteers and the school's parent advisory council, which provided lunch for the budding athletes.

## St. Laurent out of Kraft Hockeyville race

### Staff

The votes are in and St. Laurent didn't make the cut in Kraft Hockeyville 2016.

Saint-Isidore, Que., will represent the East and Lumby, B.C., the West in the final round of voting.

One of the two will claim the Hockeyville title, host an NHL pre-season game and get a \$100,000 upgrade to their arena. The other will get \$100,000.

Voting to pick a winner for the contest begins Sunday, March 20 on the Kraft Hockeyville 2016 website.

St. Laurent made the Top 10, beating more than 3,100 other communities across Canada, and receives \$25,000 for arena upgrades.

According to Carl Bruce, who was one of the first people to nominate St. Laurent, the arena will benefit greatly from the prize money.

The priorities for renovations include the washrooms, showers, updating the three dressing rooms and possibly adding a fourth dressing room if the budget allows.

## Golden egg opportunities



TRIBUNE PHOTOS BY NATASHA TERSIGNI

One hundred and seventy hoppy hunters searched for eggs at Teulon's Green Acres Park Easter Egg Hunt last Saturday. Left photo, brothers Max and Chase Kowalchuk had fun egg hunting in the park while Alyvia Da Silva found one of the special golden eggs.



**Tracey Malone**

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# Stonewall Centennial students dive deep into space study

By Jennifer McFee

A group of Stonewall Centennial students are making waves by plunging into the depths of space science.

The school's Grade 8 Space Sciences Robotic Club took a trip to the pool at Cindy Klassen Recreation Complex in Winnipeg last week to explore how it might feel to walk in space.

With help from experts from Diver City Scuba, the students donned scuba gear and descended under water to perform astronaut space station simulations.

Space club co-ordinator Maria Nickel explained that the activity simulates astronaut training at the Neutral Buoyancy Lab at NASA's Johnson Space Center in Houston, Texas.

"When they're at the Neutral Buoyancy Lab, they take the astronauts in the pool. They put them in the same suits that they're going to do their space walk in. It's about 300 pounds, so they have a crane that actually lifts them into the pool. Then they have four to five divers assigned to each astronaut to help guide the astronaut down to a mock-up of the International Space Station at the bottom of the pool," she said.

"For any repairs that have to be done, they learn how to do the procedures under water. That's what we're going to expose the kids to — that feeling and sensation of being weightless. Then they're going to actually do some repair simulations underneath the water."

For Nickel, it's a way to teach the students to reach for the stars in their future aspirations.

"I did astronaut training in the Advanced Space Academy for Educators. We had done our simulations, much more complex than what the kids are going to be doing, but I thought I could get these kids to experience a little bit of what I did," she said.

"I can't take the kids there, so I thought why don't I try to do some kind of simulation here and maybe get them interested in maybe being a diver that works at Neutral Buoyancy Lab in Houston as a job. Or maybe they want to be an astronaut and this is part of the training. There are so many different career options and career paths, and this is just one way to get them thinking about what could they do with their life."

The underwater environment is familiar territory for Jacqui Dufault, owner of Diver City Scuba. Although she's never offered training specifically for a space camp, she has worked with many school groups over the years.

"We always compare going in the weightless environment of the water to going in the weightless environment of outer space. It is very similar," Dufault said.

"There are a couple of cubes made out of PVC pipe that they're going to work together as a team to build under water because that's what astronauts do — they have to go out in the Zero-G and build things."

With a focus on safety, the students participated in



TRIBUNE PHOTOS BY JENNIFER MCFEE

Stonewall Centennial's Space Sciences Robotic Club donned scuba gear at Cindy Klassen pool.



a classroom component before entering the shallow end of the pool to get used to the water. After they were comfortable, they moved down to the deep end to fathom the depths of the space-like atmosphere.

"I always love to be with the kids when they breathe for the first time under water. I wish I had the chance to have tried it when I was their age," said Dufault, who began diving a decade ago.

"But it's all about safety and practise. We're in an alien environment, just like outer space. We can't survive under water, just like we couldn't survive in outer space without the equipment."

Many of the students were surprised at the weight of the equipment, which made it tricky to move at times.

At the same time, their excitement rippled throughout the experience, summed up by Grade 8 student Brendan Roberts.

"This is going to be fantabulous," he exclaimed as the group embarked on their underwater adventure.



Surprised by the weight of the equipment, students learned how astronauts might feel in a weightless environment.



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# Local wildlife association hands out awards

By Jo-Anne Procter

It was referred to as the year of bears and bulls for the Woodlands & District Wildlife Association's 2015 season, with the majority of entries harvested being bear and moose.

The association hosted their annual dinner and awards banquet March 19 in Woodlands.

Junior awards went to Austin DeLaroque for Archery Bear 15; Rifle Bear to Lucas Procter 16 and Brady DeLaroque 14 9/16; Rifle Moose Riley Blowers 137 1/8 and Brendon Burnett 121 5/8 (both Manitoba Junior Record Book); first buck awards went to Reid Weatherburn and Lucas Procter; Rifle Typical Deer Everett Fairlie 140 4/8 (Manitoba Junior Record Book); and Reid Weatherburn 32.

In the adult category, awards went to Cyril Lillies/Gary Sutherland for Rifle Moose 84 8/16; Rifle Bear Scott Fisher 18 3/16; Rifle Non-typical Deer Bob Procter 164 5/8; Rifle Typical Deer Scott Fisher 107 4/8; Ray Blowers 104 5/8; Muzzle Typical Deer, the No. 1 buck taken for the year, Kyle Buors 165 (Manitoba Record Book).

The Dale Gallant Memorial Award is presented annually to a junior hunter for his or her outstanding achievements in the field and for their commitment to the club. Gallant was a long-time member of the club who enjoyed working with the juniors. The 2015 award was presented to Riley Blowers for his impressive bull moose measuring 137 1/8 that made



Gary Sutherland (right) presents Kyle Buors his award for harvesting the No. 1 buck within the club in 2015. Buors' typical 165 buck was taken with a muzzle loader and made the Manitoba Record Book.

the Manitoba Junior Record Book.

Travis Beauchamp was the 2015 recipient of the club bursary and will be graduating from the welding program at Red River Community College in April.

The second annual youth waterfowl event held last fall for hunters 12 to 17 years remained popular as ever. Eight teams competed with the *Harvesters* from St. Laurent, winning with 150 points scored. Second place went to the *Heavenly Honkers* from Eriksdale/



Riley Blowers (second from the right) received the Dale Gallant Memorial Award at the annual Woodlands & District Wildlife Association awards on March 19 in Woodlands. Presenters were Cyril Lillies (left), Bruce Gallant (second from left) and Gary Sutherland.

Lundar with a score of 139 points. A tiebreaker was required for two teams that tied for third place with 94 points. The *Soggy Bottom Boys* from Warren/Woodlands were awarded third place and the *Heavy Metal* team of first-year shooters from Warren/Woodlands finished fourth. The third annual event is scheduled for Sept. 10 and 11, 2016, and is full with a waiting list.

The association is always looking for new members and prides itself on youth involvement. To involve even more youth, the club has added a fish

category to the list of awards.

"You can't start hunting until you are 12, but you can start fishing as soon as you can handle a fishing rod," club president Cyril Lillies announced. "If you catch, you take a photo with a ruler and it will be entered for the awards next year."

The category will be open to all members, and the club hopes it will attract more membership.

For more information on the Woodlands & District Wildlife Association, contact Lillies at 204-383-5997.

# Family fun in Balmoral at annual winter carnival



The Balmoral Rec Centre held their annual winter carnival, just before the official start of spring this past weekend. Friday included a family skate and a St. Patrick's Day themed social. Saturday kicked off with a pancake breakfast and family fun bonspiel followed by several activities, both indoors and outdoors, including horse-drawn wagon rides. Pictured left to right: Horse-pulled wagon rides were an afternoon hit at the carnival; Adree Williams chooses a treat from the Leprechaun that stuck around a few days after St. Patrick's Day; and on Saturday, the curling rink was bustling with all ages taking part in the family bonspiel. Elle Dodd and Kade Williams were ready to sweep Jason Dodd's rock.

TRIBUNE PHOTOS BY NATASHA TERSIGNI

# 'Toonies for Two' a successful battle on ice

By Jo-Anne Procter

In support of Warren's five-year-old Kaylee Heaps and Woodlands' six-year-old Natalie Smith, both battling illnesses, the local high school hockey team challenged the RCMP Horsemen to a battle on the ice at Warren Sunova Arena on March 16.

Although the Wildcats fell 7-2 to the Horsemen in the Toonies for Two fundraising match, the organizing committee scored the biggest goal, raising \$2,634 to be split between the two girls.

Wildcat coach Ryan Margetts thanked the community, both teams, parents of the hockey team, WCI staff and student council for their generous contributions. Kelly and Paige Kenny from Marquette Cafe donated cookies for sale, the Sunova Arena canteen donated 50 per cent of their



Referee Reid Bruce, middle, dropped the puck to start the fundraising hockey game. Const. Blaise Novakowski of the Horsemen, left, faced off against Wildcats' captain Brendon Burnett.

proceeds, Megan Tully and the U of M Bisons women's hockey team do-



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The Wildcats high school hockey team and the RCMP Horsemen with guest players Kerigan Dowhy, goaltender for the Shafetsbury Titans prep team, Fiona Smith-Bell of the Canadian Olympic hockey team, Chuck Lefley and Daryl Stanley with the NHL Alumni played a fundraising hockey game in Warren March 16.

nated a signed hockey stick while the Horsemen donated a framed series of

prints and and RCMP hockey stick.

## letters

### PAS IMPRESSIONNÉ

As a member of Canadian Parent's for French and as a parent of children in Interlake School Division's French immersion program, I have been asked to respond to the decision made by the Interlake School Division (ISD) Board regarding the grade 7 and 8 trip to Québec (February 2017).

In celebration of the continuance of French immersion through to grade 12 in Stonewall schools, it was felt that our Grade 7 and 8 students should have the opportunity to experience Canada's French culture at one of Canada's largest French festivals: Carnaval au Québec. Following the precedent set for travel by other middle schools in this province, a trip was to be organized and a proposal was put forth to the ISD Board for approval.

Opportunity is a word that repeatedly comes to mind when I reflect on the nature of the proposed trip to Québec. Our French immersion students were extremely excited for the opportunity to explore the largest French community in Canada, to expand their knowledge of French

Canadian heritage and to learn in an immersive cultural experience. It is educational opportunities such as this that fuel and ignite a student's passion for learning and growth, and the development of French cultural identity.

As a result of the ISD Boards hasty decision, our CPF community and the community of Stonewall were denied the opportunity to show support for our small group of French Immersion students. The short sightedness of the Interlake School Board's Decision is disappointing and discouraging for future educational endeavors, and sets a precarious tone about how we engage with cultural education opportunities for students.

The Thursday March 17th, 2016 edition of the Stonewall - Teulon Tribune published a story "French Immersion Trip Voted Down" providing the public with some details regarding the Interlake School Division (ISD) Board's decision. Trustees Sharon Baker, Sandra Wiebe, Cindy Brad and Fran Fredrickson all stated that the age of the students, financial concerns and timing of the trip were reasons for the denial. Granted, it is true that this would be the first trip out of province for students in grades 7 and 8 (normally

reserved for students who are in high school) therefore a letter was written from Canadian Parents for French (CPF) Stonewall Chapter requesting that special consideration be given for this trip. To ensure that parental concerns and ISD policies were followed, the teachers organizing this event considered the requirements for student supervision and safety, ensuring appropriate student to teacher chaperone ratio.

Fundraising was also cited as a concern however students, parents and Canadian Parents for French (CPF)

Stonewall Chapter were not given the opportunity to fundraise. If the Board would have approved the trip, we would have had nine months to fundraise, reducing the cost for families. In addition, CPF Stonewall informed the Board that they were prepared to assist those families who may require support sending their child on this trip.

Trustee Cindy Brad, stated in the Tribune article that she would have considered the trip if it was sched-

Continued on page 8

# Happy Easter

**Upcoming Easter Hours**  
**Fri, March 25 - Restaurant & Bar Closed**  
**Sun, March 27 - Open regular hours in the restaurant and bar**



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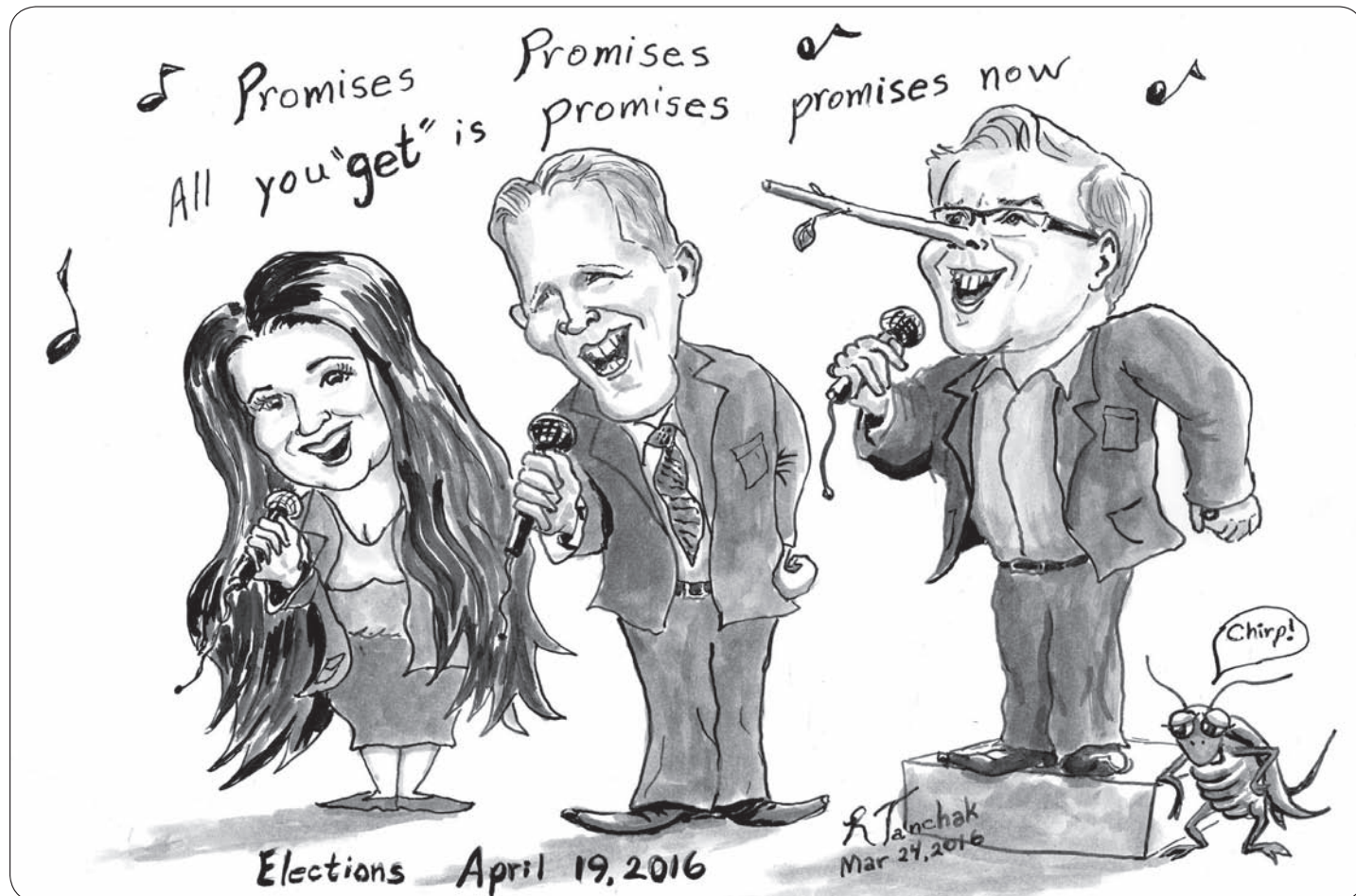


**ADMINISTRATION**  
Jo-Anne Procter



# get heard

EDITORIAL > VIEWPOINTS > LETTERS



## Stonewall residents to save on curbside collection

By Jennifer McFee

It's not very often that ratepayers can rejoice in the good news that they will be saving money.

But that's exactly what's happening in Stonewall, where homeowners can expect to pay less for waste and recyclable curbside collection.

Previously, rates had been set at \$150 per residential parcel. Now the rates are coming down to \$106.10 in 2016 per property with one to 80 dwellings. In 2017, the rate will be \$113.08, followed by a 2018 rate of \$121.01.

For people who live in properties

with more than 80 dwellings, they will pay 60 per cent of the per-dwellling rate.

Although the annual budgeted amounts for the service won't be going down, the per-property costs are now lower than in the past. To calculate the total, the municipality takes all of its costs — such as tipping fees, BFI fees and contractor collection fees — and then takes off recycling rebates and revenue from garbage stickers. The net cost is then allocated among all the users of the service.

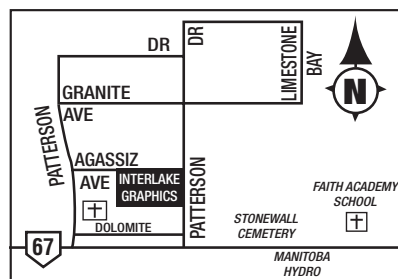
CAO Doreen Steg said the reduced

cost is likely due to increased revenue from recycling. Further, additional homes in the area could bolster the savings since costs will be distributed among more ratepayers.

Ratepayers will have a chance to voice their opinions on the special service proposal for the waste and recyclable curbside collection at a public hearing on Wednesday, March 30. The hearing begins at 7 p.m. in the council chambers at 293 Main St.

More information is available on the Town of Stonewall website at [www.stonewall.ca](http://www.stonewall.ca).

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



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# Heritage project focuses on preserving Stonewall Cemetery history

By Natasha Tersigni

A series of projects launched by the Stonewall Municipal Heritage Advisory Committee is focused on preserving the past by remembering those who are laid to rest at the Stonewall Cemetery.

To help relatives track loved ones who are buried at the cemetery, committee members have spent many hours photographing and logging grave stone information into a database that will eventually be accessible to the public so family and friends can search the information online.

"Over the last several years, the committee has been photographing the graves and creating a database of the graves. We have gotten a lot of requests from people who are researching families and learned they have relatives in Stonewall and they are looking for their grave. We are trying to make a searchable database

to streamline that process," said committee member Catherine Precourt, who added that the database will be released soon.

From the work related to the database project, the committee noticed that many of the graves stones and sites are in need of cleanup and minor repairs. Together with community volunteers and Larsen's Memorials in Winnipeg, the heritage committee is planning a weekend cleanup at the cemetery at the end of May, said Precourt.

Also planned is a Remembrance Day project for this November when a memorial will be placed on each of the gravestones of Canadian Armed Forces Veterans.

To volunteer for any of the projects with the Stonewall Municipal Heritage Advisory Committee, contact Precourt at 204-467-7980.



TRIBUNE PHOTO BY NATASHA TERSIGNI

Thanks to work by the Stonewall Municipal Heritage Advisory Committee, soon the entire Stonewall Cemetery will be accessible through an online database. The committee is also planning a spring cleanup of the cemetery at the end of May to help clean and restore grave sites.

# Stonewall prepares to lose another doctor

Staff

Easy access to primary health care might be just what the doctor ordered in the quest for personal wellness.

But unfortunately in Stonewall, it's about to get even more difficult to find a family doctor.

Dr. Ruth Peters is set to retire on March 31 after serving nearly 1,200 patients for the last four years. She had arranged for a doctor from the Lac du Bonnet area to take over her practice. However, she recently discovered that this transition will not proceed as planned.

Dr. Myron Thiessen, vice-president of primary health care and chief medical officer for the Interlake-Eastern Regional Health Authority, said the doctor from Lac du Bonnet has a conditional licence with the College of Physicians and Surgeons of Manitoba, which only allows her to work in under-serviced areas. With input from the regional health authority, Manitoba Health determines which areas are considered under-serviced — and Stonewall is not one of them.

"On a regular basis, we reassess where our sites are that are under-serviced. To this point, the various factors that we look at have been relatively good compared to other parts of the region. In conjunction with Manitoba Health, we create a list of under-serviced areas," he said.

"There aren't any set criteria by which we determine that, but within

the RHA, we look at our most needy sites and create a list accordingly."

However, many patients in the area are already scrambling to find a doctor since Stonewall-based physician Dr. Pooventhran Pillay was recently suspended due to an investigation by the College of Physicians and Surgeons of Manitoba.

"We are recognizing that with changes that are just very recent in physician practices in Stonewall, the situation is rapidly changing and we may have to reconsider where things are at," Thiessen said.

"In the meantime, there are physicians across the region that are taking some new patients. If they can't find a physician on their own, we have the Doctor Finder employed by the region who works to get patients attached to physicians or other primary-care providers that are taking patients. We certainly are happy to work in that fashion."

Thiessen said that area residents can

also seek medical attention at Quick Care clinics, at walk-in clinics or by calling 911 in the case of an emergency. As well, he noted that the IERHA is continuing its efforts to recruit physicians to the region.

But for Peters and her patients, those solutions might not be sufficient.

"I have a large number of elderly patients that I'm very concerned about in this situation," Peters said.

"I find my hands tied after feeling that I'd done a good job providing continuity of care by arranging for and finding a suitable physician and having reasonable evidence that this individual would be allowed to come to Stonewall. To have that rug pulled out from under us is very difficult. It is very last minute."

She also expressed concern about the notion of under-serviced areas.



"It isn't unreasonable that the Interlake Regional Health Authority thinks that under-serviced areas should have physicians. My concern is that

they're not recognizing that we are servicing under-serviced areas in the Stonewall catchment. And Stonewall has become fairly acutely under-serviced because of Dr. Pillay not being in practice anymore and my retirement," she said.

"The fact is that I've been seeing people from all sorts of under-serviced areas because they haven't got doctors in their communities. I have people from as far north as Eriksdale, Arborg, Gimli, Lunder and St. Laurent — plus a variety of smaller communities around Stonewall and, of course, the Teulon area, which is under-serviced."

The other physician in her practice, Dr. Fariba Forouzandeh, will continue to practise medicine in Stonewall but is no longer taking new patients.

"When Dr. Pillay's practice ceased to exist, she filled very quickly taking Dr. Pillay's patients," Peters said. "So she, too, is full now and there's just no options available."

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# As Manitoba politicians gear up for election, so does Disability Matters

By Lana Meier

As the writ officially drops for the Manitoba General Election, Disability Matters: Vote 2016 is organized, mobilized and ready to influence the polls on April 19.

The Disability Matters 2016 campaign is promoting awareness of Manitobans' disabilities and the importance of making an informed decision when voting this spring.

On behalf of the Association for Community Living (ACL) Interlake branch, day program manager Annette Reyerse helped organize a rally to promote the campaign last Friday at the corner of Centre Avenue and Main Street.

ACL staff and those with intellectual disabilities took the opportunity to educate anyone that would stop and listen about the importance of Disability Matters: Vote 2016.

Reyerse stressed the importance of Vote 2016 and explained that funding for almost all disability services is provincial.

"If 15 per cent of voters — along with all of their families, friends and neighbours — votes with disability issues in mind ... it could change the outcome of the election," she said.

"Most people will experience a disability at some point in their life. That means you or a close family member is sure to need services. It's just a matter of when."

Disability Matters: Vote 2016 has

three key goals: to promote attention to five priority disability issues in the election; to support Manitobans with disabilities in making informed voting decisions; and to ensure that all Manitobans with a disability can participate fully in election activities and that those who are eligible to vote are able to do so.

The five priorities to bring to the attention of politicians are a fully accessible Manitoba, fair wages, timely access, employment potential and dignified income.

Reyerse said that Manitobans with disabilities have the basic human right to participate in all aspects of public life such as work, study, shopping and recreation.

They deserve well-trained, qualified staff who are paid a fair living wage to provide consistent, high standards of care.

"Fair wages for qualified staff are important. Right now, front-line staff turnover is 25 to 66 per cent. To even take an average of 40 per cent over 10 years, one individual goes through 165 workers, which is not good," said Reyerse.

Manitobans with disabilities and their families spend months, even years, in crisis while they wait for services that can help significantly improve their quality of life. They need timely access, said Reyerse.

Of the 87,120 Manitobans with disabilities between the ages of 15 and 64, there 35,000 that are



TRIBUNE PHOTO BY LANA MEIER

Association for Community Living Interlake branch staff and clients rallied for support at the corner of Centre Avenue and Main Street in Stonewall last Friday, encouraging everyone to support Disability Matters: Vote 2016.

either unemployed or are not actively seeking paid employment. Thousands of others are under-employed.


"This is a tremendous waste of human and economic potential," stressed Reyerse.

Many Manitobans who have severe and prolonged or permanent disabilities cannot work full time or enjoy economic independence. They

face profound barriers to success in the labour market and must rely on the government's Employment and Income Assistance (EIA) program to meet their basic needs.

Disability does matter, and Reyerse is encouraging everyone to become informed in the upcoming election and vote accordingly.

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**REMINDER NOTICE TO ALL DOG & CAT OWNERS WITHIN THE TOWN OF STONEWALL**

Dog and Cat Licenses are available for purchase on the 1<sup>st</sup> day of January each year. All owners of dogs and cats must obtain a license for **each** dog and/or cat over the age of **6 months**.


**Licenses are available at:**

- The Town Office, 293 Main Street (Mon-Fri between 8:30AM-4:30PM)
- Quarry Pets, 317 Main Street
- Stonewall Veterinary Clinic, 4 Dolomite Ave (Industrial Park)

Evidence of valid rabies MUST be presented at the time of licensing (current within 3 years of licensing).

**Failure to obtain a license by March 31<sup>st</sup> will result in a minimum \$25.00 fine.**

If your dog or cat was licensed in 2015 but no longer lives within the Town of Stonewall, or is now deceased, PLEASE CONTACT the Town Office by phone 204-467-7979 or email [marilisa@stonewall.ca](mailto:marilisa@stonewall.ca) to update your pet's record.



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## > LETTER TO THE EDITOR, FROM PG. 5

uled during spring break. The timing of the trip was scheduled to coincide with Carnaval au Québec (<https://carnaval.qc.ca/home>). This trip was presented as an educational experience with emphasis on learning in a French environment. The value of French immersion students (who may not speak French outside the classroom) having the opportunity to use their language skills in a French speaking community for a culturally relevant event only increases their engagement and confidence in French.

We hope that the ISD Board will revisit the proposal for this trip and allow time for preparations such as fundraising. This tour of Québec has the potential to be a rewarding discovery of French culture for our students... if only we are given the opportunity.

Respectfully,  
Lesley McGuirk



# Eichler hitting campaign trail and looking for his fourth term as MLA

By Natasha Tersigni

Candidates from all parties across the province hit the pavement last week and are now hard at work campaigning for a seat in the Manitoba Legislative Assembly.

Although this is his fourth time running, Lakeside Progressive Conservative (PC) candidate and incumbent MLA Ralph Eichler is pulling no punches and is on the campaign trail ensuring that Lakeside residents know that he is serious about being their MLA for a fourth consecutive term.

"The worst thing any candidate can do, especially an incumbent MLA, is to get complacent and not go out and work. You have to work hard every single day and people need to know that their vote matters," said Eichler.

Issues that he has already heard from local constituents include the need for an outlet on Lake Manitoba and the need for health-care reform.

"We need an outlet on Lake Manitoba, and that is something that has to be done. There has been nothing except for announcements that studies are taking place. The flood was in 2011, and here we are in 2016 and people are sick and tired of living on the edge. People want security and to invest back in their properties, and they

just haven't got that," said Eichler.

Another key local issue is health care, he said, including emergency rooms closures, doctor shortages and lack of hospital beds.

"Our hospitals are full of people waiting for personal care homes, and we need to build more care homes in our area and all of Manitoba."

Eichler told the *Tribune* that an issue that is still on many Manitoban's minds is the PST increase that the NDP government passed in 2013.

"I have heard from constituents that they are really disturbed that the NDP promised in the last election that they were not going to raise taxes and then they went ahead and did just that. They did it without any consultation. They just rammed it through," said Eichler, who added that his party has promised to lower the PST back down to seven per cent if they form government.

Along with his local campaign, Eichler has been working with the party for the last two and half years to ensure that there are PC candidates running in all 57 provincial ridings.

"We have been able to fill all the seats in the province and we have 20 fabulous women that are running for us. I am extremely proud that they are part of the team and this is the largest



TRIBUNE PHOTO BY NATASHA TERSIGNI

Lakeside incumbent MLA Ralph Eichler is taking no chances when the province heads to the polls on April 19 to vote for a new government. Eichler and his team of volunteers, including his wife Gail, are already on the campaign trail promoting the Progressive Conservative Party message.

number of women that are running for the PC Manitoba party in history. I am extremely pleased that a number of women have stepped up because they bring such a balance to political

census and that is really important to me and the party," added Eichler.

"This is a big election for us and we have to stay focused on what matters to Manitobans and to make Manitoba a better place."

# Steeltown Ford and local community to raise money for TCI

Staff

Steeltown Ford is bringing Ford Motor Company of Canada Limited's innovative Drive One 4 UR School program to the Teulon community in an effort to raise up to \$6,000 for Teulon Collegiate.

For every person who test-drives a Ford vehicle at Teulon Collegiate on March 24, Steeltown Ford and Ford of Canada will donate \$20 to the group's upcoming Volunteer Service Learning Trip to the Dominican Republic. During this trip, students work side by side with locals on sustainable development projects that are community-driven. The tour has partnered with Me to We in support of the award-winning charity Free the Children.

"We're excited to partner with Teulon Collegiate to help raise funds for their educational humanitarian trip," said Jason Sargent, dealer principal at Steeltown Ford.

"Not only is the Drive program a chance to support extracurricular activities and give back to the community, but it allows us the opportunity to showcase Ford of Canada's high-quality lineup and innovative safety

technologies to parents, teenagers and other drivers."

The event, which will be held from noon to 7:30 p.m., will feature the Ford Escape, Fusion, F-150 and other available models.

Steeltown Ford participated in Ford's Drive One 4 UR School program last year and raised more than \$5,700 for Edward Schreyer School and Interlake-Eastern Regional Health Authority.

In addition to raising much-needed revenue for worthwhile causes, the program gives participants the chance to experience firsthand Ford's exciting new vehicles and leading safety technologies, including SYNC® 3 Technology.

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conversation is easily heard through your vehicle's speakers. You can also respond to a text message or make a dinner reservation while keeping your eyes on the road. Hands-free calling is paired through other smartphones as well.

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use your voice to shuffle through more than 120 SiriusXM Satellite Radio stations.

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tour if you need to stop at an ATM, store or gas station along the way.

To participate, please visit Teulon Collegiate, 51 1st St. N.E. in Teulon, between noon and 7:30 p.m. on March 24.

Participants must be 18 or older and have a valid driver's licence. There is a limit of one test-drive per household.



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RFOTA PROGRAM BOOKS will be delivered to ISD schools, the South Interlake Library-Stonewall and Kozy's 92 Main Street - Teulon on **Thursday, March 24, 2016** "Don't Forget to Pick Up your Program Book"



# Stroke survivor support group offered in Stonewall

By Natasha Tersigni

The Stonewall chapter of the Stroke Recovery Association of Manitoba (SAM) has re-launched their monthly support meetings to provide support to stroke survivors and their families.

The meetings will be held on the third Wednesday of every month at the Stonewall Legion from 1 to 3 p.m. and will provide support for stroke survivors, their caregivers, family members and friends to learn on their journey through stroke recovery.

The local chapter of SAM has been operating in Stonewall for decades, but their peer support group has not run since 2007. Seeing a need for the group, board members Barb Kaminski and Bev Lewicki decided to begin hosting the meetings again. With the venue donated by the legion and help from student volunteers from Stonewall Collegiate Institute, the board hopes that the monthly meetings will be a place where stroke survivors from across the Interlake can come to find support and socialize with other survivors.

"Not every stroke is the same and not every survivor is going to have the same side effects. It takes tremendous amounts of work for someone who has had a stroke re-learn all the skills they had before their stroke: walking,

talking, just basic daily skills. Part of the rehab process is building the person's confidence through support," said Lewicki, who is a retired nurse that worked with stroke patients during their rehabilitation period.

"We are hoping to have different guest speakers at the meetings including physiotherapists, speech pathologists, doctors, pharmacists and dietitians. The real point of the group is to have a good time and not just focus on the hard times. A stroke can be very debilitating and depressing to some people, especially if they don't get out much. This will be an opportunity for stroke survivors to get out and socialize."

For Kaminski, whose partner had a stroke eight years ago, she knows firsthand the difficulty of finding a support group close to home, and that was one of the reasons she worked to re-start the monthly meetings in Stonewall.

"When he had a stroke, I was told by everybody that the only groups available were in Winnipeg. It was very hard to fit in meetings in the city at night around all his doctor appointments. This community is big and we need something here," said Kaminski.

Those who come to the monthly meetings can also learn about other



TRIBUNE PHOTO BY NATASHA TERSIGNI

The Stroke Recovery Association of Manitoba (SAM) Stonewall chapter held their first monthly support group meeting in nearly nine years last week at the Royal Canadian Legion in Stonewall. The group will continue to meet on the third Wednesday of the month from 1 to 3 p.m. Pictured, left to right: SAM administrator Mara Manzato, Stonewall chapter SAM members Bev Lewicki and Barb Kaminski, Stonewall Collegiate student volunteers Mike Scott, Brielle Cara and Lily Reder, and founder of the Stonewall SAM chapter Jack Thiessen.

programs and resources that are offered through SAM.

For more information on the Stonewall meetings or any programs of-

ferred by the Stroke Recovery Association of Manitoba, go to [www.strokerecovery.ca](http://www.strokerecovery.ca).

# Fire destroys mobile home in St. Laurent

By Natasha Tersigni

It was a chaotic scene Thursday afternoon with crews from the St. Laurent and Woodlands fire departments, Lundar RCMP and family members all working to contain and extinguish a mobile home fire located next to MTT (Petro Canada) south of St. Laurent.

The fire started at approximately 4:30 p.m. and emergency responders worked quickly to ensure that the fire

did not spread to other nearby homes and vehicles.

Firefighters contained the fire to one mobile unit and no one was injured in the incident.

The home is a total loss and, as of press time, there were no estimated damages.

The cause of the fire is not suspicious and the Office of the Fire Commissioner is not investigating.



TRIBUNE PHOTO BY NATASHA TERSIGNI

Crews from the St. Laurent and Woodlands fire departments responded to a mobile home fire Thursday afternoon south of St. Laurent just off of Highway 6. No one was injured in the blaze and the fire completely destroyed the home.

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# Inwood author discusses her latest novel, *Romance by the Slice*

By Natasha Tersigni

It was an evening of firsts for the South Interlake Regional Library Teulon branch's book club.

Not only was this month's selection, *Romance by the Slice*, set in Winnipeg, but the author of the novel, Genevieve Montcombroux of Inwood, came to the book club to discuss her 21st novel — one she describes as a story of hope and not your typical love story.

The novel revolves around the two main characters, Peirs and Nicole, when desperation on both their parts finds unlikely pairing together. While it is definitely not love at first sight — Nicole initially cannot stand being around Peirs — the plot unfolds to tell the story of how together the two can repair tragedies from their pasts and move forward.

Choosing to have two protagonists helped Montcombroux to develop her novel from being more than just a typical Harlequin romance.

"This is not just your typical mainstream romance novel. I wanted to write more romantic fiction and appeal more to women but thinking a sensitive man would also enjoy the book. Despite the title, I didn't want it to be a pure romance like Harlequin romance because in those types of books, you cannot build the characters and give them depth," said Mont-

combroux, whose inspiration for the novel came from an unlikely source.

"Years ago, I had witnessed a road accident where people were killed. That was in the back of my mind festering. Then one day, I said, 'What if my hero had just had a car accident and killed some innocent people?' I worked with that theme and that was my inspiration behind the novel: how does a person who kills other people by making a bad decision feel afterward and live with themselves?"

Book club members enjoyed the novel as well as the opportunity to discuss the story in detail and ask Montcombroux specific questions surrounding her plot choices and character motivations.

"With this novel, I wanted people to read something that has not wasted their time when they get to the end. I hope that when someone borrows or buys the book, they will not stop after the second page or first chapter; they will want to read it to the end," said Montcombroux.

"I don't purposely put a lesson in the book. I just want people to come away with a certain satisfaction and maybe learn something from it."

*Romance by the Slice* is available at the South Interlake Regional Library branches and available for purchase on amazon.ca.



TRIBUNE PHOTO BY NATASHA TERSIGNI

Inwood author Genevieve Montcombroux was a guest at the Teulon Library's book club last week where she discussed her 21st novel, *Romance by the Slice*.

The book club has been running at the Teulon branch for over a year with 20 members participating each month. The book selections range in genre, and all selections are available at the library to borrow. During the meetings, which are held on the third

Wednesday of the month at 7 p.m., the group discusses the book in detail, often accompanied by activities such as movie showings or even an author-led discussion.

For the month's book selection, contact June Makowski at 204-886-3648.

## ISD approves 2016-17 budget with 5% tax increase

Staff

It's official.

The Interlake School Division has approved its 2016-17 budget with a 5.03 per cent average residential property tax increase.

The division's 2016 education mill rate will be set at 13.15 mills. The 5.03 per cent increase means that homeowners with properties assessed at \$250,000 will pay about \$82 more this year.

The total public education investment is set at \$37,331,000, which is a 3.09 per cent (\$1,119,000) increase over last year. However, for the fifth consecutive year, the school division has received no increase in operating revenue through the Funding of Schools Program from the provincial government. Aside from that program, the school division will receive \$159,928 towards the Smaller Classes Initiative (K-3), up \$60,000 from last year.

In total, the budget includes 236.5 full-time equivalent professional staff positions, an increase of 3.61 FTE from the 2015-16 year.

At the March 14 board meeting, the

school board voted 7-2 in favour of the 2016-17 budget, with trustees Dave Harcus and Sharon Baker voting in opposition.

For Harcus, the budget is well-intentioned but the 5.03 increase is too high.

"It is way above the cost of living and it is not reflective of the public's ability to pay on a regular basis," he said. "People are making two per cent increases and living on fixed incomes, so I don't support based on that."

In addition, he is also concerned about debt reduction for fibre.

"I know we put \$300,000 in, which is nice, but when we pay that fibre off as well, we free up monies that can possibly be used in our operating budget down the road without affecting the mill rate on a per cent basis," he said.

As well, he questioned the addition of four new staff positions with little increase in student enrolment.

"We have one of the highest expenditures per pupil in school administration and guidance and counselling, and the highest PTR expenditure per pupil in the province," Harcus said.

"And so we keep adding resources that are beyond people's ability to pay."

Harcus also expressed concerns about the school division's low surplus, which could affect its ability to operate in emergency situations or to adapt to changing classroom needs.

In contrast, trustee John Hueging expressed support for the budget due to the low reserve.

"We have no wiggle room whatsoever," Hueging said. "If we have a major problem, we don't have no spare money."

For trustee Fran Frederickson, she feels the budget offers a good balance of give and take. However, she, too, is keeping an eye on the surplus.

"I think that we probably will see some surplus this year, given that we have had a mild winter,"

Frederickson said.

Meanwhile, trustee Sally Cook summed up her sentiments in a simple yet succinct manner.

"I had a tough time with this budget too," Cook said, "but I think I will support because there really isn't a whole lot out there that we can change."

Highlights of the 2016-17 budget include the addition of a behaviour specialist for student services, as well as adding two more school buses to the fleet. The budget also accounts for a decrease in pupil-teacher ratios to 18.43 from 18.69, as well as a wage increase.

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# The **real** estate market

## Three advantages to buying your home through a real estate agent

Buying a home is a major transaction; it may even be the most important one of your life. Are you wondering what advantage there is to doing business with a real estate agent? Read on to learn why it's a wise choice.

### 1. EXPERTISE

Real estate agents or brokers can help their clients successfully conclude a home purchase. How? They accompany them through every step of the process, including negotiating the price, avoiding any risks and op-

timizing the transaction. When new properties appear on the market, they contact their clients to tell them which ones may be of interest. During home visits, their knowledge and objective analyses are invaluable.

### 2. PROTECTION

Real estate brokerage is a regulated activity; brokers are obliged to verify any information before giving it to clients. In fact, all the responsibilities of a real estate agent are designed to minimize any risks to you during a property transaction. It's also worth knowing that all personal information

you share with an agent is considered confidential.

### 3. NETWORK

Real estate agents are also a great source of information regarding all types of experts in your region. They have access to a network of experienced professionals and can direct their clients towards trustworthy financial advisors, building inspectors, lawyers and tradespeople.

There's no doubt about it: to save time and avoid worries, it's worth using the services of a real estate agent.

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 482 9th Ave South, Stonewall - 1496 sq ft 2 br 2 baths, double detached garage, mature trees. \$269,900. Call Tracey	 <b>SOLD</b> 21 Lions Way Stonewall - 1367 sq ft 3 br 3 baths, hardwood floors, finished basement, fenced yard, quiet street. \$349,900. Call Richard	 45 Oak Bay Stonewall - 1627 sq ft 6 br 3 baths, finished basement, main floor laundry, treed lot. \$409,900. Call Tracey
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 59 Dykstra Rd. Balmoral - 1668 sq ft 3 br 2 1/2 baths, large rec room, stone exterior, 28' x 24' attached garage. \$399,900 Call Liam	 <b>SOLD</b> 45 Seventh Ave Teulon - 1145 sq ft 3 br 1 1/2 baths, new interior paint and flooring, 80' x 120' lot, paved drive. Call Tracey	 Woodlands A Place for Your Dream Home
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# The real estate market

## Buying a home: how much can you afford?



You'd like to set a budget in order to purchase a condominium, house or any other type of home, but you don't know where to start? The maximum purchase price you can pay depends on several factors. Here are some guidelines to help you.

First, calculate all your monthly household expenses, including housing, communications, entertainment,

savings, insurance, healthcare and transportation. The more realistically you record your expenses, the better your idea of what you can pay towards a house.

Next, you need to determine the exact amount of all your debts. Mortgage lenders will ask you for this information, so be prepared. Now note all the costs of buying and owning a

property, such as a home inspection, transfer tax and a notary or lawyer's fees. Calculate how much of a down payment can you come up with.

Keep in mind the federal guideline that says you shouldn't let your monthly housing costs (mortgage, interest, taxes and heating) exceed 28 per cent of your average gross monthly income. Generally, your debt-to-income ratio (the total amount you spend each month to repay all your debts, including housing) shouldn't exceed 36 per cent of your average gross monthly income.

If you would like to have more information about your mortgage eligibility or about your ability to pay, visit the website of the Canada Mortgage and Housing Corporation.



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# Balmoral's project of Paralympic proportions



By Jennifer McFee

In a project of Paralympic proportions, a Balmoral resident is offering an in-depth education on a sector of sports that is often overlooked.

Janis Ollson, an education student at the University of Winnipeg, has developed a six-week Paralympic unit for students at Balmoral Elementary School.

The topic is close to her heart, since Ollson herself is a sledge hockey athlete. Nine years ago, Ollson was diagnosed with borderline terminal cancer. Experts invented a radical surgery specifically for Ollson at the Mayo Clinic, where they removed her leg, half of her pelvis and her lower spine.

Now, as an education student, she is well attuned the importance of emphasizing diversity in the classroom.

"We're trying to always incorporate diversity in whatever we do — everything from images in textbooks to interactions within the school themselves. We're trying to make sure that children meet new people and different people, and that helps society in general. It breaks down stereotypes and discrimination," said Ollson, a mother of two Balmoral School students.

"In my opinion, this was a great way



Balmoral resident Janis Ollson developed a six-week Paralympic unit for local students.

to incorporate multiculturalism and diversity in education in a really fun way and to expose the kids to something new."

Ollson devised hands-on lessons that focus on both summer and winter Paralympic sports. To launch the initiative, Bill Mulion of the Society of Manitobans with Disabilities ran a Sledge Hockey Clinic last week for about 60 students at the Balmoral Recreation Centre. Ollson's husband Daryl is a local coach who also took time to volunteer at the event.

Upcoming sessions will feature visits from different guest experts with



TRIBUNE PHOTOS SUBMITTED

Janis and Daryl Ollson take a break with Grade 7 students Alexander and Johnathan.

a focus on wheelchair curling, wheelchair basketball, wheelchair tennis, goal ball for visually impaired athletes and sit volleyball.

"Not only will they gain an appreciation for what the sport is really like but also how different it is and how adapted it is. I'm hoping what they'll discover is that it's not easier. A lot of people think that parasport has these adaptations that make it easier and it's really quite the contrary. Most of the sports are more difficult and the athletes have to be that much more determined," Ollson said.

"My husband can attest to that because he's able-bodied and he plays stand-up hockey. He also plays sledge

hockey with me, and the first time he came out on the ice, he couldn't believe it. It's just so different and it's using completely different muscles. I'm hoping that they'll gain an appreciation for that and also learn that parasports aren't just for people that have impairments."

To bring the lessons beyond gym classes, Ollson is also encouraging teachers to tie in the topic to other subject areas.

"I'm hoping that it gets incorporated into other parts of the curriculum. I gave the teachers a whole bunch of example lessons because you can apply it to anything. In math, you can talk about the statistics of the Paralympics. In English, you can write poems on the qualities of these athletes. In one class they have a hero of the month every month, and this month it's a wheelchair athlete," she said.

"I'm hoping that it's a success. Maybe other schools in our division or even outside of our division will be interested and want to continue that torch somewhere else."

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**SUMMER PROGRAMS**

**Junior Academy of Skeet Shooting  
Clay Targets Safely for Youth  
Boys & Girls ages 12 - 17 years**

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**Junior Skeet Academy Introduction  
8 Weeks of Instruction starting  
Monday, May 9<sup>th</sup>, 5:30 - 8:30 pm  
With a Wind-Up Date of June 27<sup>th</sup>**

For more information contact:  
bgkonrad@shaw.ca or  
Brian Konrad, Unit #100 - 1345 Waverley St.,  
Wpg., MB R3T 5Y6  
204-489-4640 ext 246 • 204-981-6353

Spring 2016



Interlake School Division

CONTINUING EDUCATION PROGRAM



Learning Never Stops

TO REGISTER:

Complete the registration form or provide the necessary information on a piece of paper and mail with payment to: (please issue a separate cheque/payment for each course excluding fitness classes)

Interlake School Division  
Continuing Education Department  
192 - 2nd Avenue North  
STONEWALL MB ROC 2Z0

Jocelyn Derksen  
Program Coordinator  
Office Hours :  
Monday: 11:00-6:00 p.m. (during peak registration time)  
Tuesday: 8:30-4:30  
Wednesday - Friday: 8:30-4:30

School Locations:

École R. W. (Bobby) Bend - 377 - 2nd Avenue North, Stonewall  
École Stonewall Centennial - 573 - 2nd Avenue North, Stonewall  
Stonewall Collegiate - 297 - 5th Street West, Stonewall  
Stony Mountain School - 139 School Road, Stony Mountain  
Teulon Collegiate - 59 1st Street NE, Teulon  
Warren Collegiate - 119 MacDonald Ave., Warren  
Warren Elementary - 300 Hanlan St., Warren  
Balmoral Elementary - Gov't Rd. Allowance - Balmoral  
Parochial Hall - 453-1st. Ave. N



Gifts are received from Welcome Wagon for:  
-new to Stonewall & area -a new baby  
-brides planning a wedding  
to request a visit... contact Norma  
Phone: 204-951-1925  
email: mocha3@mymts.net

CONTINUING ED HOURS MARCH 28-APRIL 1, 2016  
8:00 am-3:30 pm

Regular office hours resume April 4th, 2016

We accept Debit, Visa and Mastercard

REGISTRATION FORM - Spring 2016 -

Course Number: \_\_\_\_\_ Course Number: \_\_\_\_\_  
Course Title: \_\_\_\_\_ Course Title: \_\_\_\_\_  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_ or \_\_\_\_\_  
Email: \_\_\_\_\_  
Fee: \$ \_\_\_\_\_  CHEQUE  CASH  DEBIT  VISA  MASTERCARD

Make cheques payable to: Interlake School Division  
192 - 2nd Avenue North, Stonewall, Manitoba ROC 2Z0

CLASS CONFIRMATION

Confirmations will not be phoned or mailed.  
Attend the first session of a course as scheduled unless you are otherwise informed. Please feel free to call 204-467-2956 to confirm your registration.

SCHOOL CANCELLATIONS

All evening classes held in the schools are cancelled in the schools have been closed during the day (holidays, in-service, inclement weather). Classes also may be cancelled due to parent teacher, open houses, school dances or other school related functions. Closures due to weather are announced on CJOB or on our website www.isd21.mb.ca. We will do everything we can to make up any missed classes.

IF YOU CANCEL:

All refunds requested by participants must be done 3 days prior to the course start date and will be deducted \$15.00 for administrative costs. (No refunds following the first class except in exceptional circumstances where a course credit may be issued at the discretion of the Coordinator). No refunds will be issued for 1 or 2 day classes, which have fees of \$30.00 or less.

RECEIPTS

Receipts will be issued on the first night of class for most courses.

REFUNDS IF WE CANCEL:

If a course is cancelled for any reason, you will be notified and a full refund will be mailed to you.

If we don't have the class you're looking for, please contact one of the following Continuing Education offices:

Lord Selkirk - 204-482-6926  
Louis Riel - 204-237-8130  
River East Transcona - 204-667-6193  
St. James Assiniboia - 204-832-9637  
Seven Oaks - 204-586-8061  
Winnipeg #1 - 204-775-0231  
South Winnipeg Technical - 204-989-6566

PERSONAL INTEREST & FITNESS FOR CHILDREN & YOUTH

Canadian Red Cross Babysitting Course (ages 11-15)

Come learn to be a safe, Red Cross certified Babysitter. Be a fun babysitter while keeping babies, toddlers and pre-school and school age children safe. Learn to recognize household hazards. This program teaches safety to be home alone, how to handle emergencies such as choking and injuries, how to contact emergency rescue workers or 911 operators. Class includes textbook and wallet size certificate. Students are to bring a bagged lunch and a doll. Instructor: Kelly Kimball

S16/01 Saturday April 23, 2016  
9:00 - 5:00 p.m. at Stonewall Collegiate  
Fee: \$60

S16/02 Saturday June 4, 2016  
9:00 - 5:00 p.m. at Warren Collegiate  
Fee: \$60

Home Alone - Emergency Preparedness & People Savers 3 (ages 8-13)

This Red Cross program will teach important safety awareness & basic first aid to elementary school aged children. Students will receive a workbook to follow through the class, learning to recognize a variety of everyday situations that could be dangerous. Students will learn to be prepared, check for safety, call for help and care for a person in an emergency situation such as choking or injury with first aid skills. Instructor: Kelly Kimball

Children should not be left alone under the age of 12. Even though they may have taken the Home Alone People Savers Course, parents should make arrangements to have any child under 12 supervised at all times.

S16/03 Wednesday April 6th, 2016  
6:00-8:30 p.m. at Warren Collegiate  
Fee: \$35

S16/04 Wednesday April 20th, 2016  
6:00-8:30 p.m. at Stonewall Collegiate  
Fee: \$35

S16/05 Badminton - Grade 8 and under

This class is for the beginner badminton player as well as for students who want to improve their skills or want to work towards more competitive play. Emphasis is on learning the game of badminton, basic skills, and having fun. Bring your own racquet. Racquets may be purchased from the instructor. Instructors: The Kinleys

10 Sundays starting April 10, 2016  
12:00 - 1:30 p.m. at Stonewall Collegiate  
Fee \$55

S16/06 Chico's School of Soccer Excellence

After school soccer program for boys and girls ages 7 - 11.

10 Mondays starting April 4, 2016  
3:30 - 4:30 p.m. at École R. W. Bend School  
Fee \$135

S16/07A Kids Can Cook - The Healthy Way! (ages 8-12)

This class is a great way for your kids to learn, create and have fun in the kitchen! In this course your kids get to be the chefs! Just imagine the fun of preparing the food, learning while cooking and then eating your creations! All supplies included in the registration fee and the Canada's Food Guide will be followed. Please advise any food allergies on your registration form. Instructor: Meechelle Best

6 Tuesday April 19 - May 24 2016  
4:00 - 5:30 p.m. at Stonewall Collegiate  
Fee: \$70

S16/07B Kids Can Cook - Part 2 Menu Planning (Grades 5-7)

This class will focus on teaching students to prepare meals for breakfast, lunch and supper. Recipes and worksheets will be handed out to be added to the cookbook from the Kids Can Cook beginner class. To register students must be in Grade 5, 6 or 7 and have completed the Kids Can Cook beginner class. Please bring your cook book. Instructor: Meechelle Best No outside food or drinks. Please indicate any food allergies at time of registration

3 Thursdays April 21-May 5th 2016  
4:00 - 6:00 p.m. at Stonewall Collegiate  
Fee: \$45

Kids Art Classes (ages 8-12)

Do you want an opportunity to express your creativity, and have fun? Come create something beautiful in these one day art classes. Choose one, two or all. Classes will be guided but students are also welcome to work on creations of their own imagination. Instructor Nichol Marsch

Fee: \$30.00 for one; two or more \$25 each

S16/08 Painting - One day workshop where students will be able to create a canvas piece, and more!

Saturday April 16th 10:00am - 12:00pm.  
Stonewall Collegiate Institute.

S16/09 Dream catchers - One day workshop where students will be able to create a one of a kind dream catcher.

Saturday April 23rd 10:00am - 12:00pm.  
Stonewall Collegiate Institute.

S16/10 Ceramics/Clay (painting) - Choose from a selection of pre fired ceramics pieces, and paint your heart away. Students will be able to work with 1-3 pieces dependent on size.

Saturday April 30th 10:00am - 12:00pm.  
Stonewall Collegiate Institute.

S16/11 Polymer Clay (Jewelry or other) - work with polymer clay to create your own jewelry or sculpture/figure.

Saturday May 7th 10:00am - 12:00pm.  
Stonewall Collegiate Institute.

S16/12 Painting - One day workshop where students will be able to create a canvas piece, and more.

Saturday May 14th 10:00am - 12:00pm.  
Stonewall Collegiate Institute.

S16/13 Ceramics/Clay (painting) Choose from a selection of pre fired ceramics pieces, and paint your heart away. Students will be able to work with 1-3 pieces dependant on size.

Saturday May 28th 10:00am - 12:00pm.  
Stonewall Collegiate Institute.

S16/14 Beyond the Mirror (girls ages 11-16)

In this class Katherine will talk about body image, self-esteem, self-confidence, influences of the media, building self-esteem and self-confidence and much more. Leave this class feeling great about who YOU are, and make something special just for YOU! Bring a water bottle, snack or lunch. Instructor: Katherine Trotter

Saturday May 7, 2016  
11:00 - 2:30 p.m. at Stonewall Collegiate  
Fee \$20



FOR MORE INFORMATION, CONTACT  
JOCELYN DERKSEN PROGRAM CO-ORDINATOR jderksen@isd21.mb.ca  
204-467-2956 FAX: 204-467-8334 www.isd21.mb.ca/coned

## PERSONAL INTEREST/ LEISURE/HOBBIES

All evening classes held in the schools are cancelled if the schools have been closed during the day for any reason (i.e. storms, holidays, in-services).

### S16/15 Hunter Education

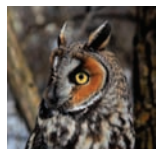
The purpose of this course is to promote responsible and ethical hunter conduct, emphasize the importance of wildlife management, learn laws and regulations, and to encourage the safe handling of hunting equipment. Students will obtain a better understanding of their obligations to the resources, the landowner, other hunters and to themselves. First time hunting license purchasers must successfully complete this course. Bring a bag lunch. Participants must be 12 years of age and older. Textbooks will be made available by the instructor, the day of the class. Instructor: Don Hrehorek.

Saturday May 28, 2016

9:00 a.m. - 5:00 p.m. at Teulon Collegiate  
Fee: \$65

### Owl Presentation

Come out and get up close and personal with a live owl! Learn about Manitoba owls with biologist and world owl expert Jim Duncan. Using a variety of media, personal owl impressions, owl parts and 'puke' (aka pellets), and Rusty (a female Long-eared Owl) Jim will introduce you to the mysterious lives of these nocturnal creatures. Since 2005 Jim and his owl colleagues have given over 230 owl presentations to over 12,500 people, from pre-school kids to retirees. If you have not seen this presentation come out and see why it continues to be a much sought after experience. Bring your camera or video camera and 'capture' Rusty as she flies over your head!



S16/16 Thursday April 21, 2016

7:00-8:30 at Warren Collegiate  
Fee: \$15 (proceeds going to support owl conservation and research in Manitoba)

S16/17 Thursday May 26, 2016

7:00-8:30 at Stonewall Collegiate  
Fee: \$15 (proceeds going to support owl conservation and research in Manitoba)

### S16/18 Good Dog! Dog Training

Basic obedience for your dog, taught by Erica Williams from D'TAILS Dog Grooming/Training. Erica will guide you and your pet through basic commands such as sit, down, stay, come, leave it and more. Positive reinforcement techniques are used to provide a positive learning environment for both you and your pet. Dogs of all ages welcome! Please bring: regular nylon leash (not retractable), appropriate collar for your dog, your dog's favorite toy, soft treats, water for your dog.

6 Wednesdays May 11 - June 15, 2016

6:00 - 7:00 p.m. Stonewall Collegiate - (outside)  
Fee: \$55

### DIGITAL CAMERA FUN with Brent

Smile - Bring your camera!

#### BONUS:

Take \$5 off second class!

### S16/19 TIPS & TRIX

Basic knowledge & procedures to take great photos & saving/printing pictures

2 Thursdays April 7 & 14, 2016

7:00 - 9:00 pm  
Fee: \$35

### S16/20 TAKE IT TO THE NEXT LEVEL

You've mastered the basic settings; now seek its full potential. Explore creative settings, lighting techniques, composition & studio photography. Bring camera, take photos & make prints for a homework assignment.

2 Thursdays April 21 & 28, 2016

7:00 - 9:00 pm  
Fee: \$35

## COMPUTER COURSES

### S16/21 Computers for Beginners

Do you know basically how to use your computer and would now like to take the next step? Your instructor will review Windows, word processing and the internet in a relaxed, easy-going setting. These classes will move at a slower pace so everyone can learn and review the basics together. Instructor: Jim Robertson

6 classes (Tuesdays & Thursdays)

April 19 - May 5, 2016

6:30 - 8:30 p.m. at Stonewall Collegiate  
Fee: \$70



### S16/22 MS Office 2007

This class will be taught at the beginner level, introducing you to Word, Excel and Power Point. Word skills include formatting, spell check, tables, bullets, labels, envelopes, tabs and mail merge. Excel skills include tips for entering data, formulas, functions and charts. Power Point skills include creating presentations with pictures and animation. Participants should have beginner computer knowledge and be familiar with the Windows environment. Instructor: Jim Robertson

6 classes (Tuesdays & Thursdays)

May 10 - May 26, 2016

6:30 - 8:30 p.m. at Stonewall Collegiate  
Fee: \$70

### S16/23 File Management

Learn how to setup and organize your computer files. You will learn to create folders, move, copy, save, and delete files, as well as search for files. The focus will be on Windows 7, but skills may be applied to other versions such as Windows Vista and Windows XP. Instructor: Jim Robertson

Wednesday May 25, 2016

6:30 - 8:30 at Stonewall Collegiate  
Fee: \$30

## LANGUAGE

### S16/24 Spanish - Level 1 (ages 16 and up)

Learn basic Spanish in a fun and friendly environment! These dynamic and interactive lessons will help you prepare for the types of conversations you might encounter. This course is intended for individuals wanting to learn the basics of the Spanish language and about their culture as well. Instructor: Erika Riley

8 Thursdays starting April 14, 2016

6:30-8:30 at Stonewall Collegiate  
Fee: \$115



## PERSONAL & PROFESSIONAL DEVELOPMENT

Confirmations will not be phoned or mailed. Attend the first session of a course as scheduled unless you are otherwise informed. Please feel free to call 467-2956 to confirm your registration.

### S16/25 Food Handlers Certification

This course is recommended for anyone looking for a job in or presently working in the food services industry. Learn the principles of safe food handling and upon successful completion receive a Province of Manitoba Level 1 Food Handling Certificate (valid for 5 years). The student workbook is included in the course fee. Instructor: Lori Zdebiak RD. Please bring a lunch

Saturday April 23, 2016

9:30 a.m. - 4:00 p.m. at Stonewall Collegiate  
Fee: \$110(re-certification only \$65)  
Recertification please arrive at 3:00 p.m.

### S16/26 ECSI- First Aid/CPR

(Emergency Care and Safety Institute) is a 7-8 hour emergency first-aid course with a simplified book and is easy to follow. Included in training: wounds, fractures, bandaging/ splints as well as medical conditions such as: heart attack/ stroke, diabetes, seizures, heat and cold injuries. The CPR is heart saver level, adult, infant, child, AED, and choking. CPR only have to be taken the first night \$45 Instructor: Bob Barsi TAKE CPR ONLY FOR \$45

2 classes April 6 & 11, 2016

6:00 - 10:00 p.m. at Stonewall Collegiate  
Fee \$90

## WELLNESS



### S16/27A Natural Cleaning with Essential Oils

In this informative and hand on workshop you will learn the basics of creating your own non-toxic, environmentally friendly but still very effective household cleaning products. You will go home with lots of recipes and two products that you will make in this class. Instructor: Janice Burbella

Friday April 22, 2016

7:00 - 9:00 pm at Stonewall Collegiate  
Fee: \$45



### S16/27B Intro to Essential Oils

This very informative workshop will explain what essential oils are, their history of use, where they come from, the types of oils, how they can be used to enhance health and well-being, the role of essential oils in modern medicine as well as what 12 oils every person should have in their medicine cabinet. Instructor: Janice Burbella

Friday May 6, 2016

7:00 - 9:00 pm at Stonewall Collegiate  
Fee: \$30

### S16/28A Thriving Mind, Body and Soul Workshop:

Come learn some fundamental techniques and strategies to reduce stress and anxiety and live a life of balance, prosperity and joy. Janice will help you implement lasting changes that you can apply immediately to improve your mental/emotional, physical and spiritual wellbeing. This is a hands-on workshop so come with comfy cloths, a yoga mat, water and a journal. You will go home with notes on everything we learn including a guided visual meditation, easy yoga poses that anyone can do on their own, healthy eating tips and guidelines, recipes and a dream board. A healthy snack and tea will be provided.

Saturday June 4th 2016

9:30-12:30 at Stonewall Collegiate  
Fee: \$60

### S16/28B Make and take: All natural sunscreen:

Come learn the benefits of making your own sunscreen with no toxins or chemicals in this informative and hands on workshop. Everyone goes home with a sample and the recipe.

Saturday June 18th 2016

10:00-11:30 at Stonewall Collegiate  
Fee: \$35

## PERSONAL INTEREST...

Happiness, Mindful Brain, Stress Reduction, Conspiracy Theories, Near Death Experiences  
Presenters: Al and Ashley Kircher, psychologist and mental health worker respectively

### S16/29 Happiness

We will look at experts from 50 different countries addressing what they have learned about happiness. Subjects will tackle time, health, success, genetics, free will, family and friends. We will look at: Are the rich happier than the poor? Can happiness be learned? Which countries report being the happiest? Presenters: Al and Ashley Kircher, psychologist and mental health worker respectively

Wednesday April 20th, 2016

6:30 - 8:30 pm at Stonewall Collegiate  
Fee: \$30



### S16/30 The Mindful Brain

Mindfulness is by no means a new fad. Ancient cultures and religions have long drawn on various methods, from meditation and prayer to yoga, to help individuals move toward well-being by focusing their attention and attuning to the present. We will explore how mindful awareness has been scientifically proven to enhance our physical, mental, and social well-being. Presenters: Al and Ashley Kircher, psychologist and mental health worker respectively, with a 15 year background of meditation and teaching mindfulness based stress reduction.

Wednesday April 27th, 2016

6:30 - 8:30 pm at Stonewall Collegiate  
Fee: \$30

### S16/31 Mindfulness Based Stress Reduction

MBSR is an approach to self-care that can assist in managing stress, pain and illness. It was first introduced to the medical community by Dr. Jon Kabat-Zinn, who ran a pain clinic at the University of Boston Hospital. The practise of mindfulness is used to help people learn to focus awareness on body sensations, thoughts and emotions in a non-judgemental way. MBSR is being used in prisons, hospitals, schools, and by the Canadian Mental Health Association. In the course, we will practise skills to improve our ability to let go of the past, worry less about the future and live more fully in the present. Instructors: Al and Ashley Kircher, psychologist and mental health worker respectively. They have taught MBSR and are experienced meditators for the last 15 years.

4 Mondays April 18 - May 9th, 2016

(no class April 25)  
6:30 - 8:30 pm at Stonewall Collegiate  
Fee: \$80

### S16/32A Conspiracy Theories

A conspiracy theory explains an event as being the result of an alleged plot by a covert group, the idea that important political, social or economic events are the products of secret plots that are largely unknown to the public. We will look at some of the most popular theories such as Area 51, the Illuminati, subliminal media, and weather manipulation. Ashley Kircher has been working with Chris Rutkowski, as a research assistant for UFO sightings in Canada for the last 3 years. Fact or fiction? You decide. Presenters: Al and Ashley Kircher, psychologist and mental health worker respectively, with a 15 year background of meditation and teaching mindfulness based stress reduction.

Thursday May 12th, 2016

6:30 - 8:30 pm at Stonewall Collegiate  
Fee: \$30

### S16/32B Near Death Experiences

What is death? In North America we tend to think of death as an instantaneous event as the stopping of the heartbeat - but is that accurate? We will look at Elisabeth Kubler-Ross, death and life after death pioneer. The role of the brain in near death experiences, and what does science say about it? Doctors who claim that clinically dead patients observed what was being done in the operating room. We will also look at how different cultures view death and the afterlife. Presenters: Al and Ashley Kircher, psychologist and mental health worker respectively, with a 15 year background of meditation and teaching mindfulness based stress reduction.

Thursday May 19th, 2016

6:30 - 8:30 pm at Stonewall Collegiate  
Fee: \$30

## YOGA

### BALMORAL - ARGYLE - STONEWALL

Relax the Mind; Renew the Body; Revive the Soul



Experience the benefits and power of simple and gentle Yoga stretches to help you relax and improve your physical strength, flexibility and balance. This class offers a reflective and spiritual approach to Yoga that integrates body, mind and spirit, leaving you feeling calmer, more stable and peaceful. Please bring a yoga mat and blanket.  
Instructor: Carla Kummer

S16/33A 8 Mondays April 11 - June 13, 2016

6:00 - 7:00 p.m.  
at École R.W. Bobby Bend - Music Room  
Fee: \$60

S16/33B 8 Tuesdays April 12 - May 31, 2016

6:00 - 7:00 p.m. at Balmoral School  
Fee: \$60

S16/33C 8 Wednesdays April 13 - June 1, 2016

6:00 - 7:00 p.m. at Brant Argyle School  
Fee: \$60



## FITNESS/ MIXED MARTIAL ARTS/BADMINTON/ BASKETBALL / SOCCER

Anyone taking a class that requires physical exercise should have a check-up by their physician. Our fitness programs are designed to provide exercise sessions that are both physically challenging and fun for a variety of different fitness levels.

### Circuit Bootcamp

With CanFitPro Certified Fitness Instructor Brooke Rutledge

Have you reached a training plateau or maybe you are new to working out?

Circuit training is a fast-paced, full body workout, which is the best form of body conditioning. It uses high-intensity aerobics/intervals and targets strength building, muscular and cardiovascular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program. Traditionally, the time between exercises in circuit training is short, often with rapid movement to the next exercise. With this type of training, you get what you put into your training. For all fitness levels, options will be given for each circuit for more or less intensity. Each week is different, no exercise program will be the same. Co-Ed Classes suitable for ages 16 and up. YOGA MAT and HAND WEIGHTS (5-10 lbs) required.

S16/34 8 Mondays starting April 11th 2016 (no class April 25 / May 23)  
6:00 – 7:00 p.m. at École R.W. Bobby Bend  
Fee: \$65

### STONEWALL BOOT CAMP

With Sarah Todd, FIS, HWL CANFITPRO Certified  
www.SparkFitnessandNutrition.ca

Come get fit in this challenging 8 week Boot camp session!

- Do you want more energy? Do you need to increase your fitness level?
- Do you want to trim and tone your body? Do you need 'Me time'?
- Do you need motivation from a certified trainer?

Come be a part of this amazing, instructor lead, circuit style boot camp that is a **total body workout** in under an hour! It uses a combination of cardiovascular endurance, flexibility, balance and strength training to push participants hard and BURN calories. Participants will be introduced to moves progressively so it **appropriate for all fitness levels**. This is by far the best way to create an amazingly strong physique, and build endurance. Achieve your best results and be a stronger, fitter, healthier you! Please bring a water bottle, yoga mat, indoor runners & hand weights (4-10 lbs.)

S16/35 8 Wednesdays starting April 6th , 2016  
6:30 – 7:30 pm at École Stonewall Centennial  
Fee: \$55

5 class punch card \$45

### Mixed Martial Arts

Mixed Martial Arts, or MMA, is a combination of Kickboxing, Boxing, Judo, Brazilian Jiu-Jitsu and Wrestling. In this program, you will become a well-rounded MMA participant by taking part in both Kickboxing and Jiu Jitsu classes. Participants can choose to join in one, or both of these classes. This program puts emphasis on all components, and will improve your endurance and overall strength. Each class will include warm up, drills, technical works and conditioning for a full body workout.

Participants will be required to purchase their own gloves and hand wraps, however the instructor does have a few pairs of each to accommodate those who wish to come out and try their first class for free, prior to signing up.  
Instructor Curt McKinnon

S16/36 Tuesdays & Thursdays starting April 5th, 2016 (no class April 7th)  
6:30 - 8:45 p.m. at École R.W. Bend School  
(6:30-7:30 Kickboxing 7:30 – 8:45 Jiu Jitsu)

Fee: \$120 / \$60 for kickboxing only or \$60 for just once a week

S16/37 Tuesdays, Thursdays & Saturdays starting , 2016 (no class April 7th)  
(Saturday 9:00 am – 11:00 am Jiu Jitsu only)  
Fee: \$175

### S16/38 Badminton Students Grades 9 – 12 & adults of all ages

This class is for the competitive badminton player (emphasis will be on footwork, shots and improving skills) and developing players (emphasis on improving basic skills and developing their game) The instructor will place each student into the appropriate groups at class. Bring your own racquet. Racquets may be purchased from the instructor.

Instructor: Dale Kinley

Sundays starting April 10, 2016  
1:30-3:00 p.m. at Stonewall Collegiate  
Fee \$55



## STONY MOUNTAIN BOOT CAMP FITNESS CLASSES



With Rhonda Steffan,  
FIS Canfitpro Certified  
**CLASS DISCOUNTS -**  
**One for \$45; Two for \$80**  
**Three for \$105**  
**All Classes are Co-ed**  
**and for ages 16 and up**

### Tabata Interval Boot Camp Back by Popular Demand

Tabata is a High Intensity Interval Training (HIIT) fitness class that challenges your Cardiovascular and Muscular Systems, and is known as an incredibly intense fat burning workout. Your metabolism will stay at an 'increased level' not only during the workout, but also for hours after the workout is complete, continuing the 'fat burning' process. Tabata training is excellent for any fitness enthusiast and for athletes who need to increase your speed and endurance. This is ideal if you are training for a marathon or triathlon, for increasing your endurance, and any sport that requires frequent short bursts of maximum physical output, for example- hockey. **THIS CLASS IS SUITABLE FOR ALL FITNESS LEVELS**. You decide your own personal level of intensity that you will put into the class. **YOU MUST BE AWARE OF YOUR OWN MAXIMUM LIMITS**. Please bring: indoor runners, a water bottle, towel, yoga mat, resistance band and hand weights.

S16/42 6 Mondays starting April 4th, 2016  
(no class April 25)  
6:00-7:00 p.m. at Stony Mountain School

S16/43 6 Thursdays starting April 7th, 2016  
6:00-7:00 p.m. at Stony Mountain School

### S16/44 Circuit Interval Boot Camp

Suitable for ALL FITNESS LEVELS, circuit boot-camp training will alternate strength training exercises with aerobic activities to provide you with the ultimate circuit workout. This is one of the most FUN ways to get fit no matter what your level. Expect a full body workout with lots of variety which will improve your cardiovascular and muscular strength and endurance. Please bring: hand weights, a water bottle, yoga mat, & indoor runners.

6 Wednesday starting April 13th, 2016  
6:00-7:00 p.m. at Stony Mountain School

## ZUMBA - WARREN, MEADOWS, STONEWALL



COURSE #	TIME/DATE	LOCATION	INSTRUCTOR	Fee
<b>Tuesday</b>				
S16/39	6:00-7:00 April 5 10 classes	Warren Elementary	<b>Samara Robertson</b> <i>Zumba Fitness® Licensed Instructor - Basics 1 Trained in First Aid / CPR</i>	\$60 Two for \$110 Three for \$150
<b>Wednesday</b>				
S16/40A	6:00-7:00 April 6 10 classes	Ecole R.W. Bobby Bend - Stonewall	<b>Samara Robertson</b> <i>Zumba Fitness® Licensed Instructor - Basics 1 Trained in First Aid / CPR</i>	\$60 Two for \$110 Three for \$150
<b>Thursday</b>				
S16/40B	6:00-7:00 April 7 10 classes	Warren Elementary	<b>Samara Robertson</b> <i>Zumba Fitness® Licensed Instructor - Basics 1 Trained in First Aid / CPR</i>	\$60 Two for \$110 Three for \$150

### S16/41 Zumba / Boot Camp in Meadows

Start the class off with a Zumba workout. The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body. It is a mixture of body sculpting movements and easy to follow dance steps, although you do not have to know how to dance to do Zumba! The second part of the class will consist of cardio exercises that mix calisthenics and body weight exercises with interval and strength training. You work, you sweat and best of all you burn calories like crazy! **Instructor: April Calderon, Certified in Group Fitness through Manitoba Fitness Council ; Zumba Fitness Licensed Instructor – Basics 1 - Trained in First Aid / CPR**

10 Thursdays starting April 14th  
6:15-7:15 p.m. at Meadows Community Club  
Fee: \$65

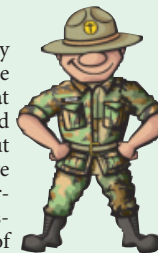


## BALMORAL FITNESS

With Myles Taylor, FIS Canfitpro Certified  
**CLASS DISCOUNTS**  
- One for \$60; Two for \$110  
All Classes are Co-ed and for ages 16 and up

### S16/45 HARDCORE HIIT

This HIIT class (high intensity interval training) is a 45 minute series of specialized intervals that focus on muscular endurance, and will have your body exhausted, but feeling energized by the time we are done. This involves short intervals of maximum intensity exercises separated by longer intervals of low to moderate intensity exercise.



Because it involves briefly pushing yourself beyond the upper end of your aerobic exercise zone, it offers you several advantages that traditional steady-state exercise (where you keep your heart makes it different from other forms of training is that the high intensity intervals involve MAXIMUM effort, not simply a higher heart rate. Designed to accommodate most fitness levels by using a variety of difficulty variations, this is an exceptional program for athletes, and those looking for a hard-core, push it to the limits workout. Equipment required: 2 water bottles, 3 – 5 lb hand weights, hand towel, a yoga mat, and a warrior spirit.

10 Mondays starting April 4, 2016  
(no class April 25, May 23 )  
6:15 – 7:00 p.m. at Balmoral School

### S16/46 The Punisher Circuit

The Punisher is a 60 minute circuit incorporating strength & cardio. This circuit is designed to challenge your entire body. You will work your way through various exercises timed on specific intervals. This class is a reverse pyramid setup starting with the Endurance (aerobic) round, transitioning into the Power round, and wrapping up with the Sprint (anaerobic) round. We will finish each class with an ab shredding series. All levels of fitness will enjoy this program, as you push yourself to your personal limits. Equipment required: water bottle, hand towel and yoga mat

10 Wednesdays starting April 6 , 2016  
6:00 – 7:00 p.m. at Balmoral School

### S16/47 Co-ed Basketball (13 – adult)

Come out for a fun night of basketball! This is suitable for any player, whether you are looking to get together with friends or meet new ones, try something new or play something you already love ! Join this friendly fun league where you can play even if you are relatively new to the sport. Please bring indoor shoes with non-marking soles. League Coordinator – Darrell Vesa.

Sundays April 10 – May 15th , 2016  
8:00-9:00 pm  
at École Stonewall Centennial School  
Fee \$ 25

(for new registrations only – if you registered for Winter you are also registered for this session)



### S16/48 Soccer Fit for Women

Play and learn a few moves all while getting in shape. This program is developed by national coach Chico Andrade for women of all ages to come out play like you did when you were young. Use it as an exercise routine or as a way to stay fit in the off-season. If you are tired of aerobics, yoga or just running for the sake of exercise, give Soccer-Fit a try. See you on the court!

10 Sundays starting April 10th 2016  
1:00-2:00 p.m. at École Stonewall Centennial School  
Fee: \$90



**PAINTING / STAINED GLASS / JEWELLERY / CROCHET / SEWING**

**One-Day Oil Painting Seminar for the Absolute Beginner**

Join popular instructor Julie Lamoureux in learning how to create this stunning painting you will be proud to display. (www.artworkshops.ca) *Please note: Class end time is approximate. No refunds for cancellations made up to seven days prior to the class date, unless we can fill your spot from our waiting list. Please bring a bag lunch*

**\$16/58 May Blossoms © 12 x 16**

Different layers of color will be built up to achieve the soft-looking spring foliage that makes this painting so lovely. After a quick drawing in acrylics we'll be spending the rest of the day painting in oils, on a 12x16 canvas. All materials needed for this class will be loaned by the instructor. Please bring a bag lunch.



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**\$16/62 Jewelry - Double strand necklace and earrings (ages 13 - adult)**

Just in time for 'Mother's Day' - perfect for a mother daughter / grandma/granddaughter evening! All supplies included. Please bring needle nose pliers and crimp pliers. Instructor: Jaime McFarland



2 classes May 11 and 12, 2016  
6:00 - 9:00 p.m.  
at Stonewall Collegiate  
Fee: \$70

**\$16/63 Crochet - Beach/market bag (ages 13 - adult)**

Come out for 2 nights of fun and leave with a beach/market bag! Must have some knowledge on how to crochet. All supplies included. Instructor: Jaime McFarland



2 classes May 10 and 17, 2016  
6:00 - 9:00 p.m. at Stonewall Collegiate  
Fee: \$60

**\$16/64 Quilting/Sewing - Bali tote bag (ages 13 - adult)**

Come out for a day of quilting and sewing fun, even if you have never sewn! By the end of the day you will have made a beautiful Bali Tote Bag. All supplies included to make one bag. Extra kits will be available to purchase. Instructor: Jaime McFarland



Saturday June 11, 2016  
9:00 - 5:00  
at Stonewall Collegiate  
Fee: \$67

**\$16/61 Stained Glass**

Have fun while learning the basics of stained glass using the copper and foil method. You'll be making a fabulous 10x12 panel to hang in your window. You will be able to choose from 3 or 4 designs. You will be required to purchase your own glass cutter (b/w \$10 and \$60) and glass pieces (b/w \$50 and \$90) which can be purchased directly from the instructor Heather Dawson. Appropriate for ages 15 and up. Please bring a lunch



2 Saturdays  
April 23 & 30 2016  
10:00 - 3:00 p.m.  
at Stonewall Collegiate  
Fee: \$65



**Paint Party with Toni!**

Join Toni for an evening of laughing and creativity. Everyone leave with their very own 16 x 20 painting!

**\$16/59 'Petals' Wednesday**

May 11, 2016  
6:00-9:00 at Stonewall Collegiate  
Fee: \$40



Images are copyrighted

**\$16/60 Standing out Red!**

Wednesday June 1, 2016  
6:00-9:00 at Warren Collegiate  
Fee: \$40



**ROSSER WOODLANDS RECREATION COMMISSION**

PROGRAMS IN WARREN, WOODLANDS, MEADOWS AND GROSSE ISLE  
Please see course information throughout the flyer for these classes

**Contact Info:**

Kelly Kimball  
Phone - 1-204-461-4040  
Email - rosserwoodlandsrec@mymts.net  
Twitter - @RWRecComm  
Facebook - "Like" Rosser Woodlands Recreation Commission  
Monthly E-news - Message any of the above to sign up for the R&R Newsletter

- Zumba in Warren with Sam Robertson
- Red Cross Babysitting and Home Alone in Warren with Kelly Kimball
- Paint Party in Warren with Toni
- Zumba in Meadows with April Calderon
- Yoga in Argyle with Carla Kummern

**Teulon Rockwood RECREATION COMMISSION**



PROGRAMS IN TEULON  
Please see course information throughout the flyer

**Contact Info:**

Alex Baptista  
Phone - 1-204-861-0366  
Email - teulonrockwoodrec@gmail.com  
Twitter - @teulonrockwood  
Facebook - https://www.facebook.com/teulonrockwoodred

**FITNESS/YOGA**



Shelley Schaeffer, BA, B Ed - Certified in Group Fitness, Resistance Training, Active Older Adults. Zumba®, Zumbatomic®, Zumba Gold®, Bellyfit® and Drums Alive, Fit Flow Yoga and in Maureen Rae's Yoga Training (Level 1 & 2)

- Personal Training Specialist
- Nutrition and Wellness Specialist
- Member of the Manitoba Fitness Council
- Fitness Leader of the Year "Runner Up" - Manitoba Fitness Council 2010

Monday night circuit taught by Celine Doll B Ed, CanFit Pro Fitness Instructor Specialist.

**Early Bird Mix**

Get up bright and early for this combination workout! This class is the perfect combination of cardio and strength training aimed at keeping you lean, strong and functionally fit. Join us for all 3 days to achieve optimal results. Yoga mat and weights required.

**Sunrise Yoga**

This class is a vinyasa flow that will awaken, energize and clear the body and mind of toxins that build up. A combination of yoga and Pilates will be included aimed at toning and lengthening to create balance and alignment in the body as well as mindful state of peace and clarity. Yoga mat required.

**6 WEEK SESSION STARTING APRIL 11<sup>th</sup>**

Time	Monday starting April 11	Tuesday Starting April 12	Wednesday starting April 13	Thursday starting April 14	Friday starting April 15	Saturday Starting April 16
5:40-6:25 A.M. Centennial	S16/49 Early Bird Mix		S16/50 Early Bird Mix		S16/51 Early Bird Mix	
9:00-9:45 A.M. Parochial Hall Centennial			S16/52 Sunrise Yoga	S16/ 53 Super Sculpt		S16/54 Drum's Alive
6:00 PM Centennial	S16/55 Complete Circuit with Celine	S16/56 Ball Buffer				

**Special Discount for Shelley's Classes**

One for \$45 - Two for \$85 Three for \$115 - Four for \$135  
- Unlimited \$145  
(if Drum's Alive is one of your choices please indicate that on your registration)

**Fit Club Benefits**

- attend any class that fits your schedule
- make up classes during ANY TIME SLOT
- fitness and nutrition tips

**Super Sculpt**

You've heard that you should be doing resistance training over and over again. This is the class to incorporate some weight training into your workout regime. All body parts will be hit in this class. Yoga mat, hand weights (5-10lb) and a resistance band in required.

**Complete Circuit with Celine**

This class will be a combination of timed cardio and resistance training intervals. Participants will be challenged on all planes of movement and levels of training. Yoga mat, weights ( 5-10lbs ) and resistance band required.

**Drum's Alive®**

Discover the drummer in you! Drum's Alive combines movement with the powerful beat and rhythms of drumming for an amazing brain and body workout! Have a ball and relieve stress with a great cardio workout to music you'll love. Tone and tighten with an exercise ball and get a great abdominal workout. This is a very popular class and space is limited. Yoga mat and anti-burst exercise ball required.

**Ball Buffer**

A weight training class aimed at toning and tightening all areas of your body. A fitness ball and hand weights (5-10l pounds) will be used in this class. Yoga mat and anti-burst exercise ball required.

**Our classes are 45 minutes in length. We keep you moving and burning fat from the first minute to the very end!**

# Blue Bombers tackle bullying at St. Laurent School

By Jeff Ward

Members of the Winnipeg Blue Bombers stopped in at the St. Laurent School last week to talk to students about bullying while empowering them to make a difference and develop respectful relationships.

Defensive back Matt Bucknor and centre Matthias Goossen made two separate presentations last Wednesday for kindergarten to Grade 8 students. The presentation included information about forming respectful relationships, how to deal with bullying and how to prevent bullying. The program, Rural Community Caravan, is a joint initiative between the Blue Bombers and the Canadian Red Cross in support of its Beyond the Hurt program. The athletes also attended Arborg school the same day as well as four other schools in rural Manitoba. Both Bucknor and Goossen related their own bullying experiences in school that seemed to resonate with the students.

"I don't remember much from my early days of school, but I still remember vividly the exact time and place when I was bullied," said Goossen.

"Even 15 years later as a grown man, I remember those times and carry

them with me. And that's the kind of lifelong power your actions can have on someone."

These visits mark the beginning of the Blue Bombers new initiative, Bombers Tackle Bullying.

Bucknor said that he's been involved in community outreach before and loves the opportunity to speak with the students. He believes his high-energy personality makes it easy for students to connect with his message.

"I really love talking with the students and helping them understand how important this message is. But I also like to listen to them as well, and sometimes that's really what they need is someone to listen to them," said Bucknor.

The message is one of empowerment, designed to make students envision their idea of a perfect school. Bucknor had students close their eyes and picture the sights and sounds of what a perfect school would be. Students said they heard laughter and compliments and saw smiles on the faces of their classmates. Bucknor explained that this feeling is how he felt when he walked through the front door of St. Laurent School.

Goossen said he felt the same way



Ian Buors, Deric Ducharme and Kaydin McKay had their photo taken with Winnipeg Blue Bomber Matt Bucknor after a bullying prevention presentation.

but also cautioned students that they have the power to take away from that feeling as well.

"When I was in school, every time I would participate in bullying, I was taking away from that perfect school idea. We need to be adding to that

dream, not taking away from it," said Goossen.

Both athletes said that they take the role model persona very seriously and that having the chance to effect change in youth is a powerful feeling.

# Armstrong reeve remembers friend and colleague Don Rybachuk

By Jeff Ward

The untimely and tragic passing of former Armstrong CAO Don Rybachuk has brought with it a flood of memories for Armstrong Reeve Jack Cruise.

Rybachuk was his colleague and friend of nearly 30 years. Cruise said he remembers meeting Rybachuk for the first time in 1985 shortly after winning his second term as councillor. The pair worked together for 20 years on council. Cruise said that Rybachuk came from Teulon, where he worked as secretary-treasurer, and was very easy to work with. He knew the job well and could communicate so that everyone understood what was being discussed. Cruise said that he also had the perfect personality for the CAO position.

Rybachuk passed away on Feb. 14 after a brief illness at the age of 68.

"He wasn't overly aggressive but he was strong enough to deal with problems or issues when they came up," said Cruise.

"Whether it was dealing with other levels of government or the council or the public, Don knew how to handle it properly. It's not an easy job and it takes a special kind of person to be good at it, and Don was great at it."

Personality wasn't the only positive Rybachuk brought to the position. Cruise said that his knowledge of the Municipal Act was a huge asset to the council as was his strong accounting

skills when it came time to roll out the budget.

Cruise recalls times when ideas around the council table would need to be tethered to the ground by Rybachuk. He said Rybachuk was never afraid to let councillors or the reeve know that things needed to be done a certain way.

"Don had a very good working knowledge of the Municipal Act and it wasn't about shooting down ideas but more so keeping them realistic. There are rules and processes you have to follow. I think Don made every councillor and reeve he worked with better," said Cruise.

It wasn't all business for Rybachuk, and for every moment of office professionalism, Cruise remembers an equal amount of extra-curricular passion as well. Rybachuk enjoyed many sports including, baseball, hockey, golf and curling and was passionate about being active in community events, according to Cruise.

"Don was a good guy to be around, a fun guy," remembers Cruise.

In 2006, Cruise retired from council and admits that he lost touch with Rybachuk in the years following. He said they would bump into each other on the street, but the daily interactions were a thing of the past. When Cruise was elected reeve in 2014, Rybachuk had been retired for a number of years. The former CAO officially retired in 2010.

"It was a shock when I got the call that said he was gone. It's just one of those things that's

hard to believe. Don was someone that had been a fairly important and steady part of my life for so long. It's quite a loss," said Cruise.

## SOUTH INTERLAKE ACTIVITY CENTRE ACTIVE WELLNESS CLUB SPRING SCHEDULE



**April 4th - June 27th**

Session #1: April 4 - May 20

Session #2: May 24 - June 27

**Get Fit - Stay Healthy!**

<b>Mon:</b>	Funfit		5:30 pm
<b>Tues:</b>	Yoga & Pilates		4:15 pm
	Zumba		5:30 pm
<b>Wed:</b>	Interval Training		5:30 pm
<b>Thurs:</b>	Funfit		5:30 pm
<b>Fri:</b>	Gentle Yoga		8:30 am
	Dancefit Gold		9:30 am

**Instructors:**

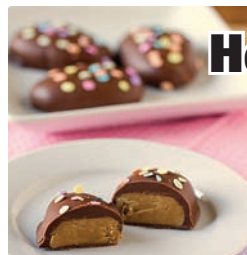
Gail Spencer-Lamm, Cheryl Kooning,  
Arlene Patterson & Patsy Duncan

**All classes will be held at 5 Keith Cosens, Stonewall  
Register @ 204-467-2582 for More Information  
Drop In's Welcome!**

# get inspired

> MEAL IDEAS

THE *Marketplace*  
AT STONEWALL 467-8469



## Homemade Peanut Butter Eggs

### INGREDIENTS:

- 1 cup creamy peanut butter
- ¼ cup unsalted butter
- ¼ cup light brown sugar
- 1¼ cups powdered sugar
- 2 cups milk chocolate chips (or 12 ounces milk chocolate, chopped)
- 2 tablespoons vegetable shortening

### DIRECTIONS:

1. Line a baking sheet with wax paper or parchment paper; set aside.
2. In a medium saucepan, combine the peanut butter, butter, and brown sugar over medium heat. Heat until completely melted and starting to bubble a little, stirring constantly. Remove from the heat. Add the powdered sugar a ¼ cup at a time, stirring until completely combined with the peanut butter mixture after each addition. Set aside and let cool

to room temperature.

3. Using a medium cookie scoop or a heaping tablespoon, scoop out peanut butter mixture and shape into eggs. I found it easiest to roll the scoop into a ball, and then roll it into a short cylinder. I placed it on the baking sheet, and then used my fingers to shape the ends into an egg-like oval. Refrigerate to allow the peanut butter eggs to set, about 30 minutes.

4. Once the peanut butter eggs are set, melt the chocolate chips and shortening together in the microwave on 50% power in 30-second increments, stirring after each, until completely melted. One at a time, dip a peanut butter egg into the chocolate and, using a fork, flip it over so it is completely covered. Remove it from the bowl, letting any excess chocolate drip off. Return it to the baking sheet, and repeat with all of the peanut butter eggs. Sprinkle with decorations, if desired. Return the chocolate-covered peanut butter eggs to the refrigerator to allow the chocolate to set, about 30 minutes. Store in the refrigerator in an airtight container until ready to serve.

## A peanut butter worth waiting for



For more than a century, Canadian households have welcomed Planters Mr. Peanut into their homes, his distinctive cane, top hat and monocle gracing the packages of their favourite peanuts and assorted nuts.

It only makes sense that one of the world's most recognizable product icons — renowned for the quality of peanuts and nut products under the Planters brand — is now adorning the label of Planters new Peanut Butter. Planters built its solid reputation on nuts; in keeping with that, it is only natural that— what else? — peanuts are the top ingredient in Planters Peanut Butter.

"Quite simply, Planters Peanut Butter is the better tasting peanut butter," says Don Lock from Planters. "Our approach is simple. We put more peanuts in our Peanut Butter to create a premium spread that will take your sandwiches, snacks and baking to a new level. In fact, our peanut butter is so good, you'll be tempted to forego the bread or crackers and simply grab a spoon and eat it straight from the jar!"

Peanut butter has been a staple in the diet of many Canadians for generations. Available in smooth or crunchy, Planters is

the best tasting peanut butter on Canadian grocery store shelves.

Suave and dapper, it has been rumoured Mr. Peanut has turned to the popular dating app Tinder to find his perfect match. Do you prefer him smooth or crunchy? Check Mr. Peanut out and let him know! You can also follow along with his adventures on Instagram and Twitter @planterscanada and Like him on Facebook.

For more information about Planters Peanuts new peanut butter please visit [www.planterspeanuts.ca](http://www.planterspeanuts.ca).

Grab a spoon — or two if you want to share with a special someone! — and dig in! About Planters Peanuts:

Planters began as a vision in the mind of a young Italian Immigrant named Amedeo Obici. Little did he know that the small business he began in 1906 would grow into the world's grandest nut company. For more than 100 years we have built our reputation and a powerful brand by offering superior quality and product innovation.

## Five ways to Improve Your Well-Being

The key to happiness may be difficult to find, but taking advantage of a few simple strategies can do a great deal to improve your everyday feelings of well-being.

1. Connect with the people around you. Having a minimum of three people with whom you're close may be enough to protect you from a psychological disorder. The best social relationships in terms of well-being are ones that in which other people are supportive and encouraging, and that you find to be important to your own sense of meaning in life.

2. Be active. We know that there are many benefits to an active lifestyle, not the least of which includes fewer chronic health problems. In terms of mental health, additionally, high levels of physical activity has a wide range of positive effects. Researchers believe that physical activity can help fight feelings of depression and anxiety to individuals of any age.

3. Be curious. As a key to well-being, curiosity seems like a natural factor to include. The best type of curiosity to promote well-being goes beyond being interested and engaged in your environment. Mindfulness, in which you deliberately pay attention to what you're sensing, feeling, and thinking, pays off in a heightened sense of self-determination over your behavior. The more in control you feel about what you do, the better you'll feel about yourself and your experiences. Even when you can't completely control the forces that impact on your life, thinking about your reactions and gaining greater self-understanding can help offset their negative impact. The best thing about mindfulness as a key to well-being is that it takes no special skills. Mindfulness doesn't even take up any time. All it takes to be mindful is the willingness to reflect on your inner state and experiences.

4. Keep learning. We've already seen that your well-being can be enhanced by curiosity, or mindfulness, and physical activity. Men-

tal stimulation through continued education, formal or otherwise, adds several important components to the mix. First, by exposing yourself to new educational experiences, you might also become more socially active. Taking adult education courses, whether for work or leisure purposes, puts you in situations with others who you would not otherwise have met but who have similar interests. Learning new skills can also boost your sense of self-efficacy. If you've always felt that you lacked musical or artistic ability, but now find that you can sing or paint, you'll feel that much better about yourself in general. Through adult learning, people also start to engage in goal-setting which, in turn, can promote feelings of well-being. When you choose your own goals that you feel are consistent with your values, you'll be more likely to feel engaged in your life even outside the sphere of the particular skill you're learning.

5. Give. Going beyond your own personal desires or self-interests is one of the best ways to enhance your feelings of well-being. It does feel good to obtain reinforcement in the form of personal rewards, but your overall well-being is more enhanced when you do something for someone else. Luckily, helping others is about one of the easiest behaviors to enact. You don't have to make a huge sacrifice to reap the benefits of a little altruism. Letting someone who seems frail or tired take your seat on a crowded bus or train is a pretty simple way to practice that small amount of kindness.

There are many keys to well-being that are outside of your control, but these five are well within your range of abilities, no matter what your situation is in life. The great news is also that you can ease your way into each of them through small steps. Once you do, those small steps will build on each other and your sense of fulfillment will continue to grow.

*Information taken from an article written by Susan Krauss Whitbourne, Ph.D.*

**Yogawith Heather**  
**NEW LOCATION!**  
Classes now held at Stonewall United Church  
**RESTORATIVE YOGA**  
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**PRENATAL WORKSHOP**  
Saturday April 9th 9:30am-11:30am  
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## New director named for Teulon-Rockwood Recreation Commission



**PHOTO BY NATASHA TERSIGNI**  
Laine (Studler) Wilson has begun her new role as the director of the Teulon-Rockwood Recreation Commission. Studler replaces Chris Hornby, who left the commission in February for a similar position in Gimli.

**By Natasha Tersigni**

With a Recreation Management and Community Development degree from the University of Manitoba and experience working in the field, including most recently as the parks and recreation manager in Carberry, Laine (Studler) Wilson is ready and excited to begin her new role as the director of the Teulon-Rockwood Recreation Commission.

The former Grosse Isle resident has a passion for community recreation. Paired with her background in facility and program management, she is looking forward to her work in Teulon and the surrounding community.

"Right now, my role will be seeing where the need for recreation lies in the community and working to fill that need," said Studler.

With the commission being newly formed, she said there is still work to be done to find out what role it has in the community and what projects and initiatives need to be implemented.

"It is nice to be involved with a new project, so I am looking forward to that and see how it can continue to build the community."

# Spring on the Road

## Car maintenance: what to check in the spring

With winter almost over, it's time to check a few things on your car. The following five components will help you optimize its performance and avoid some expensive repair work.

### 1. OIL

Whether you use standard or synthetic oil, it should be changed at least twice a year, in spring and fall. For best results, use an oil quality and viscosity recommended by your vehicle's manufacturer. The oil filter should also be replaced at this time.

### 2. COOLANT

Coolant loses its effectiveness and oxidizes from one season to the next. Because it protects your engine during hot weather, make sure there's enough and that it's of good quality.

### 3. BELTS

Your engine's belts should be in good condition at the start of the summer. Why? Because if one gives way while you're driving, your car could break down. If that happens, several other parts, including the camshaft, crankshaft, valves and pistons, could be affected as well.

### 4. PARTS UNDER THE CAR

Winter driving can sometimes damage the parts underneath your car. During your spring maintenance check, have the underside of your vehicle inspected, including the suspension, brakes and muffler.

### 5. SPARK PLUGS

Even if your car is new, you should have your spark plugs checked every time you bring it in for a routine tune-up. A bit of prevention could save you a lot of trouble.



A spring maintenance check of your vehicle is a must, so make an appointment at your service garage as soon as you can.



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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Tretiak wins CIS bronze in hockey

By Brian Bowman

Haylee Tretiak's decision to head east to attend school and play hockey for the Saint Mary's University Huskies four years ago turned out to be a real good one.

Tretiak and Saint Mary's made Huskies' history by claiming its first-ever bronze medal after defeating the No. 1-ranked Guelph Gryphons 3-1 in the bronze-medal game of the CIS Women's Hockey Championships on Sunday.

"It's pretty cool," said Tretiak from Halifax Tuesday afternoon. "We've been working so hard for this for so long. This is my fourth year here and we finally got to nationals."

The Huskies were relegated to the bronze-medal game after losing 3-2 to the Montreal Carabins in a semi-final matchup on Saturday. Montreal went on to win the gold with an 8-0 win over UBC.

This was Saint Mary's first medal in its women's hockey program's history and first national championship appearance since its program was reinstated five years ago. The Huskies' last appearance at the national tournament was in 2010 when they finished fourth – losing in the bronze-medal game to Laurier 4-0.

"Before my first year, their record was something like 1-20," Tretiak ex-

plained.

But the Huskies have certainly improved on that record during Tretiak's time with the program. Saint Mary's won the AUS championship earlier this month after defeating the St. Thomas Tommies 5-1 in the third and deciding game of their championship series.

Tretiak, a Teulon product, had a goal and four assists this past season. She plays on a self-described "grind line" which works hard on every shift.

Tretiak said her decision to leave home and head east to Halifax was a good one.

"I love it our here," she enthused. "It's been a great four years and it's been great to know what we could accomplish."

Tretiak played Midget hockey for River East in Winnipeg before making the transition to the university game. She said there are quite a few differences between the styles – and quality – of play.

"It was a big jump from what I was playing," she admitted. "I trained a lot before I came here, but there are some really talented girls."

Tretiak, who is doing a double major in biology and psychology when she's not on the ice, has one more year of university eligibility. She expects the Huskies to be very competitive again



Teulon's Haylee Tretiak, middle, led the St. Mary's Huskies to a bronze medal at the CIS women's hockey championship last Sunday in Calgary.

next season.

"We're losing three girls," she said. "But our team has a lot of depth..."

and we're bringing in a couple of new players. We'll still be pretty solid next year."

## Flyers stave off elimination in MSHL final



TRIBUNE PHOTO BY LANA MEIER

The Flyers' Matt Varnes put on a one-man show Saturday, scoring three times to lead Stonewall to a 7-5 road win.

By Brian Bowman

The Stonewall Flyers have extended their best-of-seven Manitoba Senior Hockey League series with the Lac du Bonnet Blues.

Trailing 3-0 in the series, Stonewall staved off elimination with a 7-5 road win last Saturday evening.

The Flyers trailed 5-4 late in the second period before Matt Varnes put on a one-man show.

Varnes, an offensively-gifted forward, tied the score at 15:19 of the second period and then scored twice in the third.

The Blues took a 2-0 first-period lead on goals from Cole Murdock and

Mark Lahaie but the Flyers tied the score early in the second on goals by Damian Wallack and Ryan Elliot.

After Lac du Bonnet's Brad Bruchanski tallied, Stonewall took its first lead of the game as Kael Peterson and Elliot scored.

The Blues came right back, however, with goals from Lahaie and Jay Usackis.

Lac du Bonnet took a 3-0 series lead after a 6-4 home win March 16.

Stonewall led 3-2 midway in the second period but Lac du Bonnet scored the game's next four goals before the Flyers' Adam Kirk tallied with just two seconds left in the third period.

Varnes scored for the Flyers in the first period and then Varnes and Cale McBride tallied in the second. Varnes also had an assist for a three-point game.

Corey Courchene led Lac du Bonnet with two goals and two assists while Steve Later, Tim Rollins, Ryan Kindret, and Myles Stevens also tallied.

Game 5 of the series was played Tuesday in Stonewall but no score was available at press time. If necessary, Game 6 will be played Friday in Lac du Bonnet at 8 p.m.

A date for a series-deciding Game 7 was not posted on the league website at press time.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Jets down Vics in Game 5 of MMJHL playoff series

By Brian Bowman

The Stonewall Jets aren't going down without a fight.

The Jets kept their season alive after a 4-1 win Sunday in Stonewall. Stonewall trailed their best-of-seven Manitoba Major Junior Hockey League playoff series 3-2 to St. Vital heading into this past Tuesday's Game 6 in Winnipeg (no score was available at press time).

In Game 5, the Vics' Alex Naske opened the game's scoring at 3:23 of the second period. But it was all Jets after that.

Chase Faulkner tied the score at 1-1 soon after Naske's marker and then Brett Meilleur and Eric Swanson tallied before the second period ended.

Chase Faulkner then closed out the scoring with an empty-net goal with 58 seconds remaining in the third.

Hunter Ploszay made 31 saves for

the win.

Last Thursday, St. Vital went up 3-1 in the series after a 4-2 home win.

Scott Rowsell scored a goal in each period while teammate Danick Levesque tallied early in the middle frame.

Robert Smith and Eric Swanson scored for the Jets in the second period.

### • Road Warriors

On March 16, the Vics took a 2-1 series lead after a 3-1 road win.

Levesque and Robert Smith traded first-period goals and then East Selkirk's Mac Playford scored the eventual game winner at 12:53 of the second.

Levesque then closed out the scoring at 17:45 of the third.

If necessary, Game 7 will be played tonight (7:30 p.m.) in Stonewall.



TRIBUNE PHOTO BY LANA MEIER

Jets' goaltender Hunter Ploszay made 31 saves last Sunday for the 4-1 home win.



## Atom city champs

TRIBUNE PHOTO BY SANDI SWANSON

The Stonewall Blue Atom A3 female hockey team won the 2015-2016 City Championship after sweeping the North East Eagles Blue in their best-of-three series.

Stonewall Blue defeated North East 2-1 and 3-2. Game 2 needed to be replayed as the score was 0-0 after regulation time and an overtime period.

In the playoffs, Stonewall Blue lost to Stonewall Yellow 4-0 and defeated WJHA (2-0), North East Eagles Gold (4-1) and Stonewall Yellow (2-1).

Pictured back row, left to right: Rylee Cool, Kaitlyn Hawryluk, Cassidy Crosby, Ali Charison, Reghan Kirk, Hayley Emberly, Torrie Mackenzie, Rowyn Cool, Ava Farthing; front row: Maddy Fidler, Kaity Swanson, Ella Holm and Emma Murphy.



## PLAY-OFF HOCKEY

**Game 7 if necessary Thurs. March 24**  
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**Check the website**  
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**www.stonewalljets.net**

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# PeeWee Jr. Mercs enjoy special season

By Brian Bowman

The Warren Jr. Mercs PeeWee hockey team had one of those special seasons.

Warren's long list of accomplishments is an impressive one.

The Jr. Mercs were silver medalists in the "B" division at the Veteran's Cup tournament and were undefeated in five games to win the Provincial "C" Championship in Foxwarren.

Warren was also undefeated in its league playoffs to win the PeeWee "A" League Regional banner.

All told, the Jr. Mercs were 34-1-3, which included a 16-1-1 record in league play. In the 18 regular-season games, Warren outscored its opponents 178-20.

Warren head coach Ed deLaroque said the entire team contributed to their immense success this past season.

"In our last run of seven games, five in provincials and two in the final series, we had a few different kids in every game step up and lead the team," he said in an email. "We never had to rely on one or two individuals. All our wins were always a team effort."

DeLaroque said the Jr. Mercs were a special group of kids.

"I do not know if I ever have been a part of team that has had such a great feel for the whole atmosphere of team spirit," said deLaroque, noting the other coaches on the Jr. Mercs were Scott Fisher and Mark Grindle.

"As with most rural teams, your team usually consists of kids from several different towns with younger guys and older guys. One of the biggest thrills for me was to stick my head into the room 45 minutes before game time because you never knew who would be laughing or joking with who.

"There aren't two (or) three cliques in the room — only one big one."

DeLaroque said his players were quick to praise their teammates and the vast contributions that they gave to the Jr. Mercs.

"I saw, on two occasions, that the player who won the game star turn around and try to give it to another person who he has felt was more deserving," deLaroque remembered. "I know for a fact that this was done without prompting, or to get atten-



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Warren Jr. Mercs PeeWee "A" champs, pictured back row, left to right: Hyde Smith, Ashton Fisher, Brett Tataryn, Kaden Stewart, Karson King, Lane Bond, Nash McLeod; front row: Dawson Cowan, Cody Procter, Andrew Henry, Aiden Prystupa, Kaydyn McMahon, Brady deLaroque, Magnum Grindle and Hayden Myskiw. Missing from the photo are Matthew Gilmore and Aidan Shymko, Mark Grindle (coach), Ed deLaroque (coach), Scott Fisher (coach) and Mike Tataryn (manager).

tion, because both times it was away from people in the parking lot and I just happened to walk around the corner at the right time to see it.

"This wasn't something done by the same people, but different members each time.

# Stonewall Novice teams are tournament champs



TRIBUNE PHOTO BY SCOTT MCMURTRY

The Stonewall Blues Novice "A" team won gold at the Steinbach Miller's Tournament earlier this month. The Blues were undefeated in their four games, defeating Steinbach in the finals 5-2.

Pictured, front row, left to right: Noah Chartrand, Matthew Hawryluk, Zander Bassett, Zavery Wahoski, Blake Farthing, Logan Meier, Mason Bernier; middle row: Brody Slatcher, Gavin Holod, Evan McMurtry, Luke Bullivant, Ryder Kirk, Jake Lamy, Gavin Rukhra; back row: Coaches Kevin Hawryluk, Andrew Kirk and Scott McMurtry.



TRIBUNE PHOTO BY LISA SLATCHER

Stonewall "Blue" won their home tournament March 12-13 defeating the Stonewall 'Gold' team 8-7 in the championship game.

The Blues were undefeated in the tournament, beating Riverton 5-4, Dauphin 16-1 and Beausejour 10-8. Pictured back row, left to right: Coaches Mike Meier, Shawn Slatcher, Wes Killbery; middle row: Easton Killbery, Brody Slatcher, Gavin Holod, Zander Bassett, Kaiden Morrison, Aiden Peterson, Carson Learmond; front row: Nolan Kozyra, Logan Meier, Evan Shore, Lucas Abraham, Foxx Domansky, Jamie Dandeneau and Reis Meier (goalie).



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Wildcats win bronze at basketball provincials

By Brian Bowman

The Warren Collegiate Wildcats brought home bronze medals from the MHSAA "AA" varsity girls' basketball provincials in Souris last weekend.

Warren defeated the Gimli Lakers 59-43 in the bronze-medal game. The Wildcats trailed by one after the first quarter but then took a commanding 42-29 lead into the fourth.

"After the first quarter, our running game really started to kick in," said Wildcats' co-coach Kevin Braun. "It took us a while to settle in, but after that, we started running the floor and getting pretty easy baskets in transition."

Warren loves to play a run-n-gun style and it was effective against Gimli. As the Lakers tried to even the score, it led to some nice scoring opportunities for the Wildcats.

"It was close right to the end and we gave a push that gave them some breakaways," said Lakers' head coach Madi Biluk. "(Warren) is very solid as a team. They don't have any weak players or any superstars. They have a very solid team and they all have similar athletic ability."

Warren also did a real good job defensively against Gimli.

The Wildcats reached the bronze-medal game after a tough 49-32 semi-final loss to the Souris Sabres. Warren trailed by just three points at halftime.

"We had a solid first half," Braun noted. "But Souris hadn't lost to any 'AA' school this year, so they definitely were the favourites to win."

Warren began provincial play with a solid 46-41 win over the Boissevain Broncos.



Kristen Olson was named to the provincial tournament all-star team. Other Warren players that received game star awards were Halle Chester, Kelsey Manchulenko, and Sydney Hildebrandt.

"They're a very good team," Braun complimented. "They're a young team and they are very aggressive. But we had the height advantage on them and we used that to our advantage."

"Also, our Grade 12s were very experienced and that experience definitely helped pave the way to a victory. They were calm when it was close and they knew to trust the process - good things were going to come."

On an individual level, the Wildcats' had three players - Halle Chester, Kelsey Manchulenko and Sydney Hildebrandt - named as game stars.

Warren's Kristen Olson, a senior,



TRIBUNE PHOTOS BY CHRISTIE CROW

The Wildcats varsity girls' basketball team brought home bronze medals from the Manitoba High Schools Athletic Associations "AA" provincial championship. Pictured back row from left to right: Kevin Braun (coach) Sarah Holtman, Kelsey Manchulenko, Chelsea Witt, Sydney Hildebrandt, Rachel Slagerman, Halle Chester, Julie Sprague, Taylor Comberbach, Ashley Brad, Steven Olsen (assistant coach); front row: Kaitlyn Holod, Kristen Olson, Selena Peixoto, Becca Schott, Kirby Hearn (coach).

was very deservedly named to the provincial all-star team.

"She turned herself into a provincial all star and (we) have never had a point guard see the floor like she does," Braun said. "She knows where people are going to go...and she was part of a co-captaincy. (Kristen) and two other girls led us all season long."

Olson was one of seven seniors on this year's team (that posted an impressive 17-6 record) and each provided great leadership for the younger players, said Braun. The Wildcats expect to be good, once again, next

year with six players eligible to return to the varsity team.

Warren will also have a very talented group of players coming up from the junior varsity team that won a provincial gold medal recently.

"We're always going to have a good team," Braun said confidently. "That's just the way I am and (Kirby Hearn) is) that helps coach. We're always going to be competitive. We're going to have to work a little harder (next year) to be a top three or five team but we have some pretty solid Grade 10s coming up."

## Wildcats place fourth at varsity boys' bball provincials

Staff

The Warren Collegiate Wildcats finished fourth overall at the MHSAA "AA" varsity boys' basketball provincials in Boissevain last weekend.

Warren lost 68-58 to the Killarney

Raiders in the bronze-medal game.

The Wildcats opened play with an exciting 71-65 overtime victory over the Carman Collegiate Cougars but then were defeated 72-47 by the Steinbach Christian Flames.

Steinbach Christian went on to

capture provincial gold after crushing Niverville 77-47 in the final.

The Flames' Wellington Driedger was named the tournament's most valuable player and also was selected as the recipient of the Players Choice Award.

The provincial all stars were BJ Manzano (Killarney Raiders), Owen Loyola (Niverville Panthers), Chris Giesbrecht (Niverville) Seung-Gu Kang (Steinbach Christian) and Josiah Rogalsky (Steinbach Christian).

# WCI, SCI indoor track and field medalists



TRIBUNE PHOTO BY LEE STEWART

In the left picture, Stonewall Collegiate's Amber Schneider, far left, is on the podium after placing second in the junior varsity women's 400-metre dash at the 2016 High School Series Championship. The Warren Collegiate Wildcats also had several outstanding performances at the indoor meet. Pictured left to right, Grace Goodman, Alex Chester, Josh Granberg, Olivia McCowan and Hannah France proudly show off their medals. Granberg placed first in triple jump and second in long jump while the girls relay placed third in the 4x200.

## Atom 'Blue' wins gold



TRIBUNE PHOTO SUBMITTED

The Stonewall Blues "Blue" team are the Interlake Atom "A" champs for both the South Division and region.

The Blues won the South Division banner after defeating Stonewall "White" in two very exciting games. Both games finished with a 2-1 score, with Game 1 going into overtime.

Stonewall then hosted Peguis in a best-of-three series. Stonewall lost Game 1 by a 4-3 score but rallied back to win 10-1 and 11-3 to capture the Interlake Minor Hockey Regional banner in Stonewall Sunday afternoon.

Pictured, back row, left to right: Dexter Sigurdson, Russell Watts, Alex Evans, Nic Leclair, Matthew Meyers, Hayden Faragher, Dylan Holod, Hayden Wheddon, Ryder Bassett; front row: Evan Grandmont, Bryce Meyers, Nathan Willey, Dylan Leclair, Brody Kopyts and Landon Godin.

## Skating with precision



TRIBUNE PHOTO BY KELLY KIMBALL

The Stonewall Beginner team attended the Crocus Invitational Synchro Competition in Portage la Prairie on Saturday and finished with the bronze in their first competition. Skaters included Sage Cameron, Embla Helgadottir, Haylee Kimball, Lucy Hoff, Kennedy Kimball, Cameron Nesbitt, Lexi Glowacki, absent Madison Shepell. Coach - Jessica Watson.

# Stony Mountain open cash spiel winners



TRIBUNE PHOTOS BY JASON DEPRez

Twenty-two teams participated in the Stony Mountain Open Cash Curling Bonspiel last weekend. Walt Stewart and his rink — including Derek Dowsett, James Morton and his son Duncan — defeated Harold Langrell to win the first event while the Craig Nichol rink defeated Lena Sochaski to win the second event. The third event was won by the Arlene Deprez rink, also known as “Tully’s Angels,” who beat Amber Blue.

# Warren mixed bonspiel event winners



TRIBUNE PHOTOS BY VERN MANKEWICH

The Warren Curling Club hosted 16 teams March 10-13 at their annual mixed open spiel. The first event winners, pictured left to right, were Cory Naharnie (skip), Quinn Jones, Justin Reischek and Jan Reischek. The second event winners, pictured middle, were Tara-Lee Koss, Terry Proctor, Andrew Koss (skip) and Jim Rouse. The third event winners were Shawna Gibson, Mel Gibson, Colton Gibson and Wanda Tully (skip).

# Local badminton players receive provincial awards

## Staff

Three Interlake Badminton Club members received awards recently at the Manitoba Badminton Association windup banquet.

Emalia Sinclair, Christopher Wiebe and Mark Shinnie each received an Ambassador award for their respective age groupings.

The Ambassador Awards are given to a junior girl or boy for their good sportsmanship and the positive way in which they represent the sport of badminton.

Meanwhile, at a final junior badmin-

ton tournament, local players won the following:

Sinclair won U15Girls Singles (A) and U17 Mixed Doubles (D) with her partner Kiren Derag from the Winnipeg Winter Club.

Wiebe won U17 Boys Doubles (A) with his partner Nicholas Lengsaveth from the Little Dragons Badminton Club Winnipeg and U17 mixed doubles (A) with his partner Sarah Miller from the IPP program.

Shinnie won U19 boys doubles (B) while Ethan Good and Dante Laurenco won U17 boys doubles (D).



TRIBUNE PHOTO SUBMITTED

Pictured, left to right: Mark Shinnie, Christopher Wiebe, Dale Kinley and Emalia Sinclair.

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Dylan Bodnar is looking to hire an energetic, community-minded individual to join his team as a Job Coach. This individual would work Mondays, Tuesdays, and Fridays with the possibility of additional casual shifts when available. Those interested are asked to send their cover letter and resume to Box 898, Teulon, MB. R0C 3B0.

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The successful applicant will be working under the direction of the Teulon Senior Resource Board and will be responsible for ensuring that seniors are provided access to support services and activities.

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- A job description is available at the Senior Resource Office.

We thank all who apply but only those selected for further consideration will be contacted.

Resumes can be dropped off, Mailed or emailed to...

Teulon & District Seniors Resource  
54 Main St. P.O. Box 418  
Teulon Manitoba R0C 3B0  
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## OBITUARY



**Mary Pazdzierski (nee Maksymyk)**

It is with heavy hearts that we announce the peaceful passing of Mary Pazdzierski, nee Maksymyk on March 21 at Teulon Hunter Memorial Hospital. Mary was predeceased by her husband, Joseph; brother Michael Maksymyk; sisters Nettie Biluk and Annie Dola; her sister-in-law Katie Samborski, and brothers-in-law, Walter, Marion, and Stanley Pazdzierski. She leaves to mourn her passing her son Gerald (Anna) and daughter Sandra (Niel Bolen); grandchildren Mona (Bruce Simcoe) and Daryl, grandchildren Joshua (Selena), Emily, Sarah, Gavin and great-granddaughter Amelia.

Mary and Joe were known for their amazing garden. Mom's diary kept track of what she planted based on the moon's cycle and how it all grew. There was not a weed to be found and Mom and Dad were so proud of their straight rows. The potatoes went

into perogies, enjoyed by many of the locals and all of her family. There were always jars of canning and pickles and the grandchildren got to go in the "basement" to pick out what they wanted and of course bags of food to go home with. Along with her gardening, she was the Food Services Supervisor for many years at the Teulon Hospital, "back in the day" when meals were cooked from scratch. She took great pride in her work and was well respected for it.

Special thanks to the nurses and Dr. Loudon at the Teulon Hospital for making her last days as comfortable as possible.

She was a wonderful Great-great Baba, Great Baba, Baba, Mom, Wife, Sister and friend. We will miss her enormously.

Funeral service will be Monday, March 28 at 11:00 am at MacKenzie Funeral Chapel in Teulon with interment to follow at Pleasant Home Cemetery.

In lieu of flowers donations in Mary's memory can be made to Teulon Hunter Memorial Hospital Foundation.

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## OBITUARY



**Joan Muriel Sinclair**

Suddenly on March 19, 2016, Joan Muriel Sinclair passed away with her family by her side.

Mom was predeceased by the love of her life, soul-mate and best friend, Jim, thirty years ago; her parents, Earl and Myrtle Campbell; brothers, Stan Campbell and Russell Campbell; parents-in-law, Peter and Alma Sinclair; sister-in-law Pat Pull and husband John; brother-in-law Alex Sinclair.

She will be deeply and forever cherished by her children: Donna (Brad) Mann, Doug (Leanne) Sinclair, Wendy (Curtis) Maxwell and Dave (Trish) Sinclair; grandchildren: Jason (Nicole) Mann, Laura (Ian) Billingham, Kaitlyn (Scott) Yurick; Jennifer (Tounde) Osseni, Jacqueline (Paul) Fardoe, Charlene (Michael) Stetch; Richard Maxwell (Gill), Kristen (Lindal) Erickson; Brianna Sinclair, John and Jordan Hardwick; great-grandchildren: JJ and Austen

Mann; James and Connor Billingham; Easton and Ava Yurick; Najlae and Zakariah Osseni, Landon Fardoe, Hailey Stetch; Kaylee and Kendra Erickson.

Also surviving is sister, Laverne (Maurice) Roy; brothers, Ron (Beth) Campbell, Ken (Della) Campbell; sisters-in-law: Joyce Campbell, Marie (Bob) Peters, Marguerite Sinclair and many nieces and nephews.

Mom grew up in Stony Mountain and met the love her life, Jim and they were married in 1957. They settled in St. James-Assiniboia and provided a loving and caring home for their four children. Mom and Dad worked tirelessly together, always having a project and always working side by side as they were inseparable. They moved back to Stony Mountain in 1974 and built their home that Mom resided in until her passing.

Foremost in our Mom's journey, she was a loving, concerning and caring Mom, Grandma and Great-Grandma. She followed her family with pride, attending dance recitals, festivals, hockey games, baseball games, music lessons, graduations and weddings. In recent years, Mom was always so excited to await the news of her great-grandchildren and the thrill of loving and watching them grow. They all had a special place in Mom's heart and we will all miss her many visits and shopping trips to Winnipeg.

Mom cared for her home, garden and a yard full of beautiful flowers with pride. She was an amazing cook and she was known for always having an abundance of spectacular food and desserts. We will miss our family Sunday dinners and especially Christmas morning at "Grammies house".

Mom enjoyed curling, dancing, country music, Jets games and socializing with all her friends throughout the Interlake and Winnipeg. She travelled to many U.S. destinations, Mexico and always enjoyed her visits to Revelstoke, B.C.

Our hearts are broken and we ache for our Mom, Grandma and Great-Grammies Joan, we miss you, just wishing that we could have had more time together. We hope and pray that you and Dad are reunited together once again, maybe with a dance!

Funeral Service will be held on Thursday, March 24, 2016 at 11:00 am at the MacKenzie Funeral Chapel, Stonewall.

Flowers gratefully declined. Donations may be made to the Heart & Stroke Foundation or The Canadian Cancer Society.

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## OBITUARY



**Zylpha Eugenia (Cook) Swan**  
1924 - 2016

Born in Winnipeg at her Grandmother's house on Strathcona St. in 1924. Cook passed away at the Pine Falls Hospital, March 17, 2016 after an age related illness.

She was predeceased by her husband James William Swan, her parents and four siblings, plus all of her sisters-in-law and brothers-in-law. Survived by her son Bill, daughter Pat (Gord), son Chris Goertzen, niece Darlene Hoffman, Shirley Slack, Glen Lamoureux.

She will be fondly remembered by many great relatives, friends, neighbors, nieces and nephews, cousins etc. across Canada.

Cook was a member of the Royal Canadian Legion Branch 248, a member of the Ladies Auxiliary, a proud supporter of the Woodlands Museum, and an active member of the Woodlands

Gospel Church.

Funeral Service will be held on Thursday, March 24 at 2:00 p.m. at the MacKenzie Funeral Chapel, Stonewall.

Interment will take place at Warren Cemetery.

In lieu of flowers donations may be made to a charity of one's choice.

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## OBITUARY



**Allan Joseph Richkun**

Peacefully on Sunday, March 20, 2016, at the Rosewood Lodge Personal Care Home in Stonewall, Manitoba, Allan Richkun of Stony Mountain, Manitoba, beloved husband of Kathleen passed away at the age of 75 years.

A private family committal service will be held at Komarno Cemetery at a later date.

Predeceased by his parents, one sister, one brother, he is survived by his wife Kathleen, eight children, nine grandchildren, six great-grandchildren, one brother and one sister, many nieces and nephews and friends.

In lieu of flowers, donations may be made to the Rosewood Lodge Memorial Fund.

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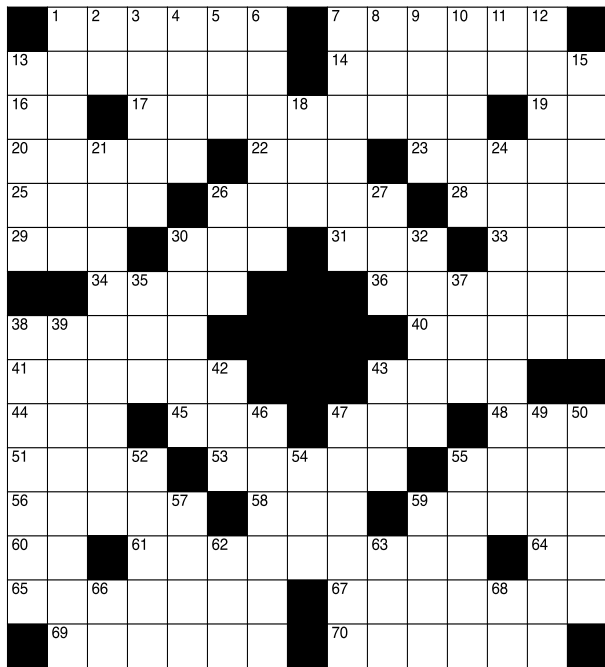
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# X CROSSWORD

**CLUES ACROSS**

1. Listen again
  7. Expressed sentiments
  13. Membrane
  14. Pelvic areas
  16. Blood type
  17. Vacated
  19. Fullback
  20. Nissan's tiny car
  22. Be able to
  23. Outcast
  25. Day laborer
  26. Greek prophetess
  28. Soluble ribonucleic acid
  29. Sirius Satellite Radio
  30. Actor Josh
  31. A way to clean
  33. Left
  34. Compensated
  36. Member of U.S. Navy
  38. Reject
  40. Group of notes sounded together
  41. Christian holiday
  43. European river
  44. Female hip hop group
  45. Score
  47. Moved fast
  48. Chronicles (abbr. Biblical)
  51. Type of tie
  53. Indicates silence
  55. Asian people
  56. Pearl Jam bassist Jeff
  58. Western U.S. time zone
  59. "Signs" rockers
  60. Confidential informant
  61. Lawyer
  64. Overdose
  65. Football equipment
  67. Governments
  69. Branch of physics
  70. Makes happy
- CLUES DOWN**
1. Animal disease
  2. Typographical space
  3. Sportscaster Chick
  4. Italian Island
  5. Cooked in a specific style
  6. Smelling or tasting unpleasant
  7. Name
  8. Adult male humans
  9. Pitcher Hershiser
  10. Pat Conroy novel "The Prince of \_"
  11. \_\_\_ route
  12. Protects the goal
  13. Furnishings
  15. Scraped
  18. Apply with quick strokes
  21. Blood cell
  24. Nose
  26. Doleful
  27. \_\_\_ Angeles
  30. Fruit tree
  32. Smooth brown oval nut
  35. Works produced by skill and imagination



37. Satisfaction
38. Reversal
39. Tan-colored horse
42. Tell on
43. Pitcher Latos
46. Fast-flowing part of river
47. Hang 'em up
49. Rings
50. Lead from one place to another
52. Beginning
54. Reciprocal of a sine
55. Worth
57. Indian hat
59. Cloak
62. Resinous secretion of insects
63. \_\_\_ Aviv, Israel
66. European Parliament
68. Of I

See answers page 29

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