

TRIBUNE PHOTO BY NATASHA TERSIGNI

Teulon Collegiate's drama program took to the stage last week for three showings of their version of Fractured Fairy Tales. The play was a modern adaptation of three classic tales: Rapunzel, Sleeping Beauty and Cinderella. Despite 21st-century twists, the play stayed true to the originals, including when Princess Aurora, left, played by Grace Riley, was awoken from a 100-year slumber spell by a kiss from Prince Dorkish, played by Skylar Botham in Sleeping Beauty. See pg. 20.

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



## **Woodlands Wildlife Association hosts annual banquet**

#### **By Jo-Anne Procter**

Trophy heads and antlers lined the walls of the Woodlands Community Hall last Saturday for the annual Woodlands Wildlife & District Association's annual awards banquet. The Lake Francis ladies catered a delicious roast beef dinner with all the trimmings and served approximately 160 guests before awards were presented to local hunters for animals they harvested in 2016.

The club prides itself in the success of their youth hunters program. In the 2016 season, six juniors were awarded for their first buck: Corbin Fairlie 91 7/8, Ashton Fisher 60 3/8, Ciarra deLaroque 60 2/8, Brett Tataryn 59 7/8, Lane Bond 50 1/8, and Brady deLaroque 41 7/8.

Other junior awards went to David Beauchamp for his rifle bear 18 12/16 (Manitoba Junior Record book); Whitetail Typical muzzle loader Austin deLaroque 51 1/8 and Brady de-Laroque 41 7/8; Non-typical muzzle loader Jesse Lestrat 142 5/8 (Manitoba Record Book) and Austin deLaroque 109 2/8; Typical rifle Austin deLaroque 109 2/8 (Manitoba Record Book) and Corbin Fairlie 91 7/8.

Presentations were made to the firstand second-place teams that took part in the third annual Youth Waterfowl Shoot that was held in September. Eight teams of four shooters aged 12-17 received points for all types of geese and ducks.

The first-place team, the Quacker Whackers from Lundar — made up of Kenady Christensen, Hannah Lussier, Randall Johannson and Zachary Halldorson — scored 160 points. For the second year in a row, the second place team was the Heavenly Honkers from Eriksdale — made up of Morgan Granberg, Jaxon Pilon, Jesse LeStrat and Austin Hanslip - who scored 137 points.

The Dale Gallant Memorial Award is presented annually to a junior hunter for his or her outstanding achievements in the field and commitment to the club. Gallant, who passed away 10 years ago, was a long-time member



The 2016 recipient of the Dale Gallant Award was David Hailey MacDonald received the club's first Ladies Beauchamp. Pictured from left: Beauchamp, David Whitetail award from deLaroque for her 128 3/8 Palechaty and Ed deLaroque.



Woodlands Wildlife Association executive The presented Alan Sund, left, Cyril Lillies, centre, and Gary Sutherland, right, with certificates of appreciation and a Colton Green, left, received the club's first fishing commemorative coin to thank them for their 25 years of competition prize from Ernie Welburn. dedication to the club.

of the club who enjoyed working with the juniors. The 2016 award was presented to David Beauchamp for his Manitoba Record book bear and for always helping to set up for the banquet.

In the adult section, a new category was incorporated. The first Ladies Whitetail awards were presented to Hailey MacDonald for her buck that measured 128 3/8 and Laura Beauchamp for her 116 5/8 buck.

Moose rifle adult Ed deLaroque

104 5/8; Typical muzzle loader Adam Sawatzky 125 2/8 and Ethan Fairlie 118 5/8; Non-typical muzzle loader Darryl Hueging 169 2/8; Typical rifle (100-115 7/8) Ed deLaroque 111 5/8; Typical rifle (116-130 7/8) Jerry Zukewich 122 3/8 and Scott LeStrat 118 3/8; Typical (131 and up) Jim Beauchamp 145 5/8 and Scott Fisher 133 7/8.

Colton Green was the first recipient of the fishing competition trophy, new to the club for his 31-inch pickerel and 14-inch perch.



buck.



To wrap up the evening, new executive members Ed deLaroque, president, Scott Fisher, vice-president, and Mike Tataryn, secretary treasurer, made a presentation to the former executive. Gary Sutherland, Allan Sund and Cyril Lillies ran the club for a quarter-century. The trio was recognized for keeping the club alive.

Follow the club on Facebook and Instagram, and for more information or to purchase a membership, contact Ed deLaroque at 204-461-0294.



# Aboriginal musician shares music and culture

#### By Natasha Tersigni

Peguis First Nations folksingersongwriter William Prince performed for Balmoral and Argyle students last Friday, playing music that is true to his Aboriginal roots.

The performance was brought to fruition thanks to former Balmoral School principal Cindy Cameron and retired teacher Brenda Margetts. For the last number of years, the school has focused Aboriginal studies on the Seven Teachings, and Prince's song, "7" was used in a number of classes this year.

"Our students in all grades have been studying Aboriginal culture and this seems to be a natural fit. It is so great to have William Prince here and for him to share his music and culture with us," said principal Dawn Fenske.

"Brenda introduced us to William's song '7' and then did one better and got in touch with him and invited him to perform. It is really great to have him here and just shows how much her students mean to her, even in retirement."

Prince has a busy few weeks ahead



William Prince

of him, including attending the Juno Awards in Ottawa on April 2 since he is nominated for Indigenous Music Album of the Year and Contemporary Roots Album of the Year. Both nominations are for his debut record *Earthly Days*.



**TRIBUNE PHOTO BY NATASHA TERSIGNI** Two-time Juno-nominated folksinger-songwriter William Prince performed for Balmoral and Argyle students last Friday.



### Local author celebrates children's book Cats Everywhere

#### By Jennifer McFee

A local children's book is proving to be the cat's meow with youngsters.

Heather Hueging self-published her book *Cats Everywhere* in the fall and has been pleased with the positive response.

Geared for children up to about age seven, the book is inspired by the antics of Hueging's cats, Meeka and Puss, as well as the memory of another feline friend named Boots.

"It's about our cats and the funny things that they do," said the Warrenbased writer. "I was sitting here one day and the cats were bugging me. I was thinking, 'Cats over here. Cats over there. Cats everywhere.' And

Continued on page 11



TRIBUNE PHOTOS SUBMITTED

*Cats Everywhere,* written by Heather Hueging of Warren, is a fun read for young book lovers.



www.mazergroup.ca



Author Heather Hueging



Illustrator Amanda Nachbauer



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# Sunshine, the foster dog, gives birth to 11 pups

### Puppies will be ready for adoption in four or five weeks

#### By Jennifer McFee

A now-famous Stonewall pooch is adapting well to her new role as a mom to nearly a dozen pups.

Sunshine made headlines several weeks ago for running away in wintery weather while she was pregnant. She returned home on March 8 after travelling as far as Selkirk and Petersfield during a week on the run.

Now spring has sprung — and so have Sunshine's 11 puppies, who were born in the early morning on Friday, March 17.

The good news is tinged with a little sadness since the runt of the litter died on March 22 at about half the size of her five brothers and five sisters.

In spite of the loss, Sunshine is thriv-

ing in her new role.

"Sunshine is doing great. She's a really good mom. It's amazing that she came home," said John Savage, who is fostering Sunshine. "I'm going to guess that most of the puppies wouldn't have made it if she hadn't come home."

The pups will likely be ready for adoption in about four or five weeks through Manitoba Underdogs Rescue, Savage added.

"I know that several of the puppies will probably be adopted in the area," he said. "We'll probably take one."

For more information about Manitoba Underdogs Rescue, visit www. manitobaunderdogs.org or follow the group on Facebook and Twitter.

# **Co-op cheques are in**



TRIBUNE PHOTO SUBMITTED

Marquette Co-op president Paul Heller, left, and general manager Calvin Janke hold a box of 2016 equity cheques valued at \$1.1 million. The cheques will be available for pick up at the company barbeque on April 7 between 11 a.m. and 1 p.m. as well at their annual meeting April 12 at Meadow Lea Hall. Marquette Co-op is proud to give back to its members.





TRIBUNE PHOTO SUBMITTED

Sunshine's pups will be available for adoption through Manitoba Underdogs Rescue.



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#### Manitoba Ice Fishing Association announces raffle winners > ARNIE WEIDL

#### Welcome, good friends.

I was well out on the ice on Lake Winnipeg's south end a couple of weeks ago when I came across an upscale ice shack with white shutters and an expensive door.

A truck was beside it, but both it and the shack were empty. My mind began to sift through various explanations and possible trouble when an approaching truck filled my rearview mirror. Its driver circled around me, his door to mine. We rolled down our windows and a fellow with white stubble, short grey hair, heavy dark eyebrows and set lips that didn't smile said almost quietly,"We're trying to find a spot where we can get our shack across the ice break."

His friendly, engaging tone was in sharp contrast to his serious nature.

"I'm Dennis Sveinson and this is my brother, Glen," he motioned with his thumb at the chap sitting in the passenger seat. Glen, who appeared a bit younger, had longer, darker hair trimmed and swept back. His face was more relaxed, calmer. I asked the guys if they could jump into my truck and maybe come up with a fishing story for us, which they did.

They said there were nine kids in their family and they grew up in Spearhill north of Ashern. Dennis remembered spring netting suckers in Watchorn Creek by Lake Manitoba. He said he could still remember being up to his hips in the freezing ice-cold water, barefoot, catching and flipping fish up onto the banks. When they had half-dozen bags full, they would take them home and mom would preserve them in jars. Glen said he loved eating that fish in the winter, recalling it tasted just like salmon.

Last week on an overcast, still, warm day even further out on Lake Winnipeg, I found two more brothers standing beside their truck, using it for a wind break while they tended their ice fishing holes. They were Mat and Justin Bohemier from Lorette. Mat, a little slimmer than Justin, said that he had sold his restaurant a few months ago and was now indulging in his favourite pastime, fishing. Justin, somewhat more reserved than Mat, said one of his favourite places to go fishing in the summer was Flin Flon because now that the smelting plant is shut down, the water is much cleaner and the trout fishing is great.

As I left them, Mat observed with a smile that this had been an easy day on minnows because they hadn't had a bite yet. Keep trying, fellas.

Just before they started ice breaking on the Red River, I was driving on the ice by Sugar Island and noticed off to my



TRIBUNE PHOTO BY ARNIE WEIDL Derek Meech, left, Calyn Goodchild with some of their catch by Sugar Island on the Red.

left a young guy racing toward one of his ice fishing holes to claim a possible catch. I turned Old Red toward him, my interest piquing just as he slipped in a patch of water and started sliding on the side of his body to the hole like a baseball player trying to steal home plate. I stopped close to him and got out of the truck as his buddy came up, laughing as he observed his partner lying in the water on the ice holding a landed fish high in the air.

Our athlete was Derek Meech and his friend making fun of him was Calyn Goodchild. When things settled down and we got to talking fish stories, Derek remembered when they were shore fishing by their place on Eagle Lake in Ontario. They heard of another friend who was a pilot with a plane attempting to take off and had a learning experience.

Apparently, he had tied some luggage by the rear rudder on one of the pontoons and one of the lashings got caught in the rudder's workings, causing the plane to commence a great circle instead of going straight. The pilot thought to continue but the plane had other ideas and, with the motor roaring, decided to beach itself.

Lesson learned: if your plane is telling you something, pay attention.

Well, the Manitoba Ice Fishing Association had its raffle draw on Sunday and we're happy to announce Don Marchand of Winnipeg won the flasher, Dianna Kolkata of Beaconia won the portable ice shack, and Perry Annuik of Ontario won the auger.

Congratulations, folks! So-long anglers. See you soon.

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Letters to the Editor: letters@stonewallteulontribune.ca

# Teulon resident denied appointment with nurse practitioner at Teulon Clinic

Re: "Nurse Practitioners provide full family practice services" published in the *Stonewall Teulon Tribune*.

Finally, some clarity was given to readers in this letter written by Cindy Fehr in regards to the autonomous value that nurse practitioners bring to our community, if supported properly.

Having experienced the revolving door of doctors who unfortunately left our community, I was extremely pleased when an ad appeared in our local paper indicating that two nurse practitioners were accepting patients. This seemed a very viable option that would be responsive to the needs of many in our area currently without a family physician.

Thus, when I found myself needing an appointment, I confidently phoned, ad in hand, for an appointment with one of these nurse practitioners. After indicating who I was and my desire to book an appointment I was immediately asked if I had "history with the Teulon Clinic." I was taken aback by this question but did proceed to say that my history was extensive and began to "make a case for myself." I was interrupted and the question then became "No, what I need to know is if you have prior contact and history with Dr. Louden."

By this point, I was utterly confused; however, I stated no, he was not my doctor and reiterated my need for an appointment with a nurse practitioner. At this time, I was told that no, an appointment would not be made; however, my name could go on a waiting list. It just so happened that a family member (who did have the needed history with Dr. Louden) also phoned that morning for a first-time appointment and was seen that day. This would seem to suggest that the strategic plan of "attaching patients to the clinic rather than a specific care provider" is not really accurate.

I then phoned the nurse practitioner's office in Eriksdale (now Lundar) and an appointment was immediately made, with the only request for information being medical facts. This was the responsive patient-based care that I expected in my home community but failed to receive.

The care I received from this nurse practitioner was excellent and certainly she was in no need of redundant or costly oversight.

Interlake-Eastern RHA keeps reiterating that they are "building a model of care that supports healthcare providers in a collaborative environment." If that is truly the case, why then are so many dedicated and gifted health-care professionals not willing to remain here? Perhaps that is the hard question that needs to be answered so that we are successful in recruiting quality providers who will help us move forward"in order to provide timely and quality health care for community and area residents."

> Respectfully, Arlene Bodnar

### Why does Teulon have a revolving door at their medical clinic?

Why and what are the issues in our local medical care system that lead to "the revolving door"?

Like many communities we lack adequate medical care, but not because we can't offer medical staff a busy fulfilling practice, but because of the desire of a few for the control of that practice. We have gone from a facility with a busy critical care unit with surgery and obstetrics, a full complement of well qualified nurses and four doctors who saw patients from a huge area. The hospital was busy, highly accredited and well thought of. It has not taken long for us to be a facility that, according to our only doctor, is just for patients waiting on a personal care bed, with no emergency and minimal walk-in, which will end with the loss of the practitioners.

Our family has intimate knowledge of this. Our mother fell and broke her hip, was taken to Stonewall Hospital where it took five days to diagnose the broken hip, spent the next two months at Seven Oaks Hospital, two weeks at Arborg Hospital and finally was able to be transferred to Teulon Hospital following the personal pleading of family and nurses that knew her and the knowledge that she was there to die.

Mom lived in Teulon her whole life, worked at the hospital and retired from that hospital, but "our" doctor would not accept her as a patient when her doctor left and finally would only accept her because there was little effort involved in her few remaining days. When we spoke to others in charge, we were told to be careful; if we complained, it might be worse for our mother and she might not get to come home to die. Be careful — really. Yes, we do seem to be unique.

I have watched caring, qualified medical staff leave. Many of us have followed them; we travel to Winnipeg, Portage, Stonewall, Lundar, all over to see doctors who were originally in Teulon. They left not because of a lack of patients or a lack of facility. The Regional Health Authority's response was to have two nurse practitioners in our community, both well liked and very capable. They were not busy. The clinic was not busy. But it could have been if they had been able to see those who needed or wanted to see them. If we were not patients of our local doctor, we were not able to see them. Recently, I was told that oh yes, I could see the practitioners, but I needed to fill out an application to be seen, which would be reviewed by "someone" and then I would be advised if the practitioners would be able to see me.

My medical needs are easily met by a nurse practitioner. We have two underused practitioners in Teulon and yet I travel to Selkirk because I have no choice. There is no need for nurse practitioners to be supervised, to be limited to only seeing the patients of their supposed "supervisor" — does this mean every patient is billed for twice: once by them and again by the supervisor?

When I tried to talk to our local board representative, I was told he did not have time to talk to me, and that was a year ago. Yes, we have a unique situation. We have little to no health care, and we have a hospital that apparently makes money because the paramedics spend their time driving to other hospitals, which earns them more money from health care than if the hospital cared for patients themselves. And once patients are panelled for personal care, they pay those same rates in the hospital as they would pay in a personal care home. We are unique, a hospital that

makes money for the Regional Health Authority so they have little incentive to make sure that the community of Teulon gets what they need, what they always had and lost — seemingly about the time that the Regional Health Authorities took control from our local heath boards and individual doctors took control of what services we should be happy to have.

Anna Pazdzierski

#### Woodlands Community Hall 1- 4pm Saturday April 1st 2017 A Community Discussion **Of our values...** and what we want to protect

We plan to invest our best ideas, and our highest energy into initiatives that address the important components of life for the "Interlake".... individually, as a community and for our environment. Bring your thoughts and ideas. Collaborative participation creates the best and most positive outcome.

If you can't make it and would care to share please call Angela Enright, 204.679.0729.

Lake Ranch Ecological Preserve and Development



### **Opportunities abound for winter tourism in the Interlake**

#### By Natasha Tersigni

The Interlake Tourism Association (ITA) held their annual general meeting in Argyle last Thursday to ensure members are prepared for the influx of summer visitors to the region.

The non-profit organization is made up of Interlake business and municipal officials working together to promote the Interlake as a tourism destination with the hope of stimulating the local economy by attracting visitors to the area.

Travel Manitoba CEO Colin Ferguson was the evening's guest speaker and spoke on 2017 travel trends and areas where the Interlake region can capture more tourists.

Ferguson sees the most potential in the Interlake with both the winter activities and in the fishing and hunting markets.

"For fishing and hunting, Manitoba is as good as it gets and every year we are seeing huge increases. For those of you who have been around the lake this year, there is a lot of ice fishermen. This is the fastest growing tourism activity in the province of Manitoba right now and the best part is that it is popular among Millennials," said Ferguson

"We know the incredible attractions that exist in the Interlake, the events and national features that are particularly held in the summer. We also see the potential to grow in the winter."

Travel Manitoba is currently working with Gimli to brand them as a winter destination. This branding initiative is a spinoff of the work Travel Manitoba did last year in the Clear Lake area. In 2016, Clear Lake went to Travel Manitoba with 70 local financial partners and two hotels that wanted to market the area as a winter destination.

"They came to Travel Manitoba and asked us to help them with branding and advertising support. We were delighted to work with them and what they are doing out there is really quite clever. They are running heritage classic hockey tournaments out on the lake and they are really producing unique ideas with great results," explained Ferguson, who added that Travel Manitoba is currently working with stakeholders in Morden and Winkler, Portage La Prairie and Gimli on place branding initiatives.

"It is in the early stages. There will be more information, and hopefully this time next year, you can see what happens when a community comes alive and we are really excited about Gimli."

Following the address, ITA continued with their meeting, which included an update of events and projects for the year and the passing of the 2017 budget.

An election of industry members to the board of directors concluded the meeting and includes Kyle Anderson (Hitch n' Post Ranch), Jacques Bourgeois (Oak Hammock Marsh Interpretive Centre), Graham Com (Lake Winnipeg Adventures), Sheri Crockatt (Rubber Ducky Resort and Campground), Andrea Gruyters (Canalta Hotel Selkirk), Dave Hammond (Spruce Sands RV Resort), Heather Hinam (Second Nature Adventures in Discovery) and Julianna Roberts (New Icelandic Heritage Museum).



TRIBUNE PHOTO BY NATASHA TERSIGNI Travel Manitoba CEO Colin Ferguson was the guest speaker at the Interlake Tourism Association's annual general meeting on March 23 at the Argyle Memorial Community Centre. Ferguson spoke about tourism opportunities in the Interlake.

# Makerspace program allows for endless learning

#### By Natasha Tersigni

Thanks to a new after-school program at École Stonewall Centennial School, students now have the opportunity to dream big while learning.

The makerspace program gives students in grades 6 to 8 an opportunity to explore different subjects while focusing their learning to their own interests and skills. The possibilities are endless, and it is up to the students to identify their interests and choose a project that they want to create.

In a single afternoon, there was a group of students creating movies with the help of green screen technology; another group creating wallets and other accessories from duct tape; and two students creating a hologram from some arts and crafts supplies and an iPad.

Facilitating teachers Denise Saj, Leslie Fuerst and Maria Nickel are very excited by the students enthusiasm.

"Our goal during this time is to encourage students to be independent learners. As teachers, we are there simply to clarify ideas or directions depending on what is taking place. This time is an opportunity where students can come together to use, and learn to use, different materials and technology to experience and develop creative projects and ideas. The focus is for students to explore their own individual interests through a range of activities with changing and flexible content," said Grade 8 teacher Saj.

"Students have a choice of a variety of ideas that are printed with directions or they are utilizing and exploring on the computer things that they would like to try. They can work independently or in groups depending on their interests."

For Grade 8 student Adam, makerspace is allowing him to combine his passion for music and technology. He is making a piano from water-filled beakers and a circuit board.

"First, I put together a circuit board. Then I will put different levels of water into a number of beakers and each beaker will have a piece of copper tape in it. After attaching wires to the copper tape, I will make the sound by attaching the wires to the circuit board, therefore, essentially making a piano," explained Adam.

"I really like programming, and makerspace is really neat because I can explore different projects."

At makerspace, the only limit for students is their imaginations.



TRIBUNE PHOTO BY NATASHA TERSIGNI

Thanks to cinematic green screen magic, Mason Murdock, left, and Kyle Richen were able to create different movie scenes including swimming with sharks and dancing with Donald Trump. The movie clips were created during the after-school makerspace program at École Stonewall Centennial School

### **Teulon CAO receives FCM award for international work**

#### By Natasha Tersigni

While April 14 will be Teulon's chief administrative officer (CAO) Jeff Precourt's last day with the town, his work with the Federation of Canadian Municipalities (FCM) international program will continue to benefit both communities locally and internationally.

Last week, Precourt was presented the Individual Contribution award for his involvement with FCM's Sustainable and Inclusive Communities in Latin America project. For the past two years, Precourt and Teulon officials have been a part of the FCM program that has Canadian officials mentoring government officials in Peru and Colombia on how to properly administer municipal government. Precourt was the driving force behind getting Teulon involved with the program.

"This program has been a great opportunity both personally and for Teulon. Professionally, I was able to benefit and for the town they were able to increase their publicity and make connections and contacts with other municipal officials across Canada," said Precourt.

In early March, Precourt took his last trip to Peru with the FCM program. Along with Teulon Coun. Danny Hutchinson and City of Selkirk operations director Dan McDermid, the trio held a two-week long workshop for the Peruvians officials on water operations.

"The participants were young pub-



Teulon CAO Jeff Precourt discussing well site improvements with water operators in Santo Tomas, Peru.

lic works employees and we were training them on how to operate their small water systems, which included both the technical and the administration side of operations. At their water reservoir, we taught them how to operate it and ensure they maintain standards through routine testing. On the administrative side, we talked



Precourt, Dan McDirmid (City of Selkirk) and Danny Hutchinson (Town of Teulon) inspect a chlorine system in Capramarca, Peru.

about billing and other issues that will arise," explained Precourt, who added that this trip wrapped up the issues concerning water administration that has been addressed for the past few years through the FCM program.

While Precourt will no longer be involved in the FCM program with Teulon, there are still areas, including public health, where the partnered Peruvian communities would like guidance on.

As for his work as the town's CAO, Precourt told the *Tribune* he enjoyed his work and his time in Teulon.

"It has been an excellent three years. Everybody in Teulon has been great to me," said Precourt.

# **RCMP seek suspect involved in local B&E**

#### Staff

Headingley RCMP are asking for the public's help to identify a suspect who is believed to be involved in a series of thefts and break-and-enters.

On Wednesday, March 22, Headingley RCMP received complaints about a series of break-and-enters and thefts from garages in La Salle, which included the theft of a truck from one of the residences.

These incidents are also related to a break-and-enter and theft from a

home near Stonewall. As well, RCMP believes the incidents are related to a robbery from a Winnipeg business that involved the theft of a vehicle.

Anyone with information is asked to contact Headingley RCMP at 204-831-5929 or the Winnipeg Police Service.

They can also call Manitoba Crime Stoppers anonymously at 1-800-222-8477, submit a secure tip online at www.manitobacrimestoppers.com or text "TIPMAN" plus a message to CRIMES (274637).



**TRIBUNE PHOTO SUBMITTED** RCMP are seeking the public's help to find the person in this photo.

# Students take pride in paddle-making program

#### **By Jennifer McFee**

It's uncharted waters for many local students who are participating in a paddle-making workshop.

In the Interlake School Division, seven students are taking part in the hands-on initiative under the guidance of Mike Schoofs, an industrial arts teacher at Stonewall Collegiate Institute.

Schoofs got involved in the program through Mark Blieske, a Lockportbased industrial arts teacher who is an avid paddler and has made paddles with his students for many years.

"Mark enlisted 10 industrial arts teachers across the province to teach these courses to our students. The intent is to give the students this kind of experience that allows them to make something by hand and feel good about themselves for having done something like this," Schoofs said.

"It also coincides nicely with the 150th anniversary of the country. It's quite traditional based on our history."

When Schoofs promoted the program across the school division, four students voluntarily signed up from Stonewall Collegiate Institute, as well as two from Warren Collegiate Institute and one from Ecole Centennial School.

The program stems from the International Sustainability Education Foundation (ISEF) run by executive director Jonathon Reynolds. Blieske



Kalista Nugent is happy to have the chance to make her own paddle to use on canoe trips.

is involved through an offshoot of the organization known as Paddles Across Canada.

For the initiative, Blieske roughed out a paddle blank for each of the students, who have been working on them after school two nights per week.

"We're using tools to shape and finish them into a usable paddle. In the end, the students will have an opportunity to decorate them as well," Schoofs said.

"It is quite involved. In total, we'll



**TRIBUNE PHOTOS BY JO-ANNE PROCTER** 

Seven students from the Interlake School Division participated in a paddle-making initiative.

have worked on them for 12 hours. The students have worked hard, and the tools are quite challenging to use by young people. They've done well."

As the international sponsor, Lee Valley provided the tools and other materials free of charge.

"It's a very positive environment," said Schoofs, who made dinner for the students during each after-school session. "The kids are enjoying the work, and I've really enjoyed it too."

To foster the joy of paddling, Blieske encourages all of the students to get their paddles wet at some point. Schoofs said they might have the chance this summer at a paddle festival in Winnipeg that will be organized by Jonathon Reynolds of ISEF.

"They want to try to get as many of these students out to the festival as possible," Schoofs said.

"Once I find out the date, I'm going to contact these students and see if they'd be interested in coming with me and bringing their paddles along to test them out."

## **Campaign urges young Manitobans to always bring ID**

#### Submitted

The Liquor and Gaming Authority of Manitoba (LGA) has launched a public education campaign to encourage young adults living in rural Manitoba to bring identification (ID) when they visit bars, restaurants or liquor stores.

The campaign also reminds staff in licensed establishments to check the ID of youthful-looking patrons.

"Checking ID is a matter of public

safety," explains LGA CEO Rick Josephson, adding that all licensees are required by law to ask for ID from anyone who appears to be a minor.

The LGA says that unlike in cities, where the majority of patrons expect to be asked for ID in licensed establishments, inspectors have noted that those living in rural areas sometimes leave their ID at home.

"Rural bars and restaurants have a

different dynamic than those in Winnipeg," said Coralee Dolyniuk, executive director of the Manitoba Restaurant and Foodservices Association. "In smaller towns, it can be awkward for servers or bartenders to ask for ID from patrons who are potentially friends, neighbours or family members."

Scott Jocelyn, president and CEO of the Manitoba Hotel Association, said,

We believe in cherishing **TROUBLED WITH CREDIT** the small moments in life **CARD OR LOAN DEBTS?** because they make the lasting memories Let us pay off your business, personal, <u>or credit card balance.</u> BAL, RATES FROM 2.1% APR, BAD CREDIT OK CALL 1888-268-2723 OR capitalfunding@financier.com 204-467-2525 • info@mackenziefh.com

"We appreciate the LGA's efforts to help the public understand that if a patron appears to be a minor, liquor servers and salespeople need to verify their age by requesting ID. By asking for ID, our employees are just following the law."

The campaign features youthfullooking individuals and the tagline "We must ask for valid ID, even if we know you." It will run for six weeks and include billboards and posters predominately in rural Manitoba. Messages will also be featured online through social media and high-traffic websites oriented to young adults.

"This campaign is a great reminder to both licensees and their customers that you must always bring ID, no matter how old you are and no matter who you may know working in the licensed establishment," says Josephson. For more information, visit LGAmanitoba.ca.



### ParticipACTION 150: Skating in circles and spring cleaning

#### By Natasha Tersigni

How long does is take to skate 150 laps in Stony Mountain Community Centre's indoor hockey rink? One hour and 12 minutes.

Last week, I joined Stony Mountain School principal Myles Blahut and teacher Brooke Darragh on their Great Canadian Skate Adventure to cross #8 Skating off of my ParticipAC-TION 150 list. To encourage students to read during February's "I Love to Read" month, Blahut promised the students that if they collectively read for 100,000 minutes, then he would skate 150 laps of the skating rink and "voluntold" Darragh to join him.

With the students keeping true to their side of the deal, Blahut and Darragh strapped on their skates on March 21. While Blahut is an experienced ringette referee and Darragh plays regular recreation hockey, it was me feeling the burn on lap eight to 149. I think that will be the first and last "150" that I will be doing for this list and I am still waiting for the lactic acid to dissipate from my legs.

With spring in full swing, the other activity I was able to complete this week was #33 Housework. Af-

#### > CATS EVERYWHERE, FROM PG. 4

then I thought that would be a good start for a book."

She made her dream into a reality and recruited her granddaughter, graphic designer Amanda Nachbauer, to illustrate the colourful creation. So far, Hueging has received plenty of positive feedback about her book.

"The people who have purchased it for their children say that the kids just love it. For me, that's what the intent was for was — for them to enjoy it. One lady has a grandson who is about three, and he keeps bringing her the book and wants her to read it to him," she said.

"Some say the book is so easy to read and the kids can learn the words. It's an easy learn-to-read book."

Hueging already has ideas in mind for possible future books.

"This was my first endeavour, and I thoroughly enjoyed it," she said.

Cats Everywhere is available in hard cover and soft cover through Friesen Press at www.friesenpress.com. Anyone who would like to purchase a softcover copy directly from Hueging (and avoid paying for shipping) can contact her at gramma96@hotmail. com.

The book is also available in eBook format through the Friesen Press website, as well as through Google Play, Amazon Kindle Store and iTunes Bookstore.



TRIBUNE PHOTO BY PAT TERSIGNI The New Life Church has a newly installed Toss Box for all unwanted new and used clothing.

ter hours and hours of scrubbing my 800-square-foot apartment — yes, it took hours. Please don't judge - I completed my spring-cleaning and now have a semi-liveable space. I also collected a giant bag of clothes that I no longer need, so I headed to Stonewall's New Life Church newly installed Toss Box to donate them.

The bright blue box, located at the

#### PUBLIC NOTICE

### Pesticide Control Program

Public Notice is hereby given that the Manitoba government intends to conduct the following Pesticide Control Program during 2017 within the province roadway right of way. The Program is needed to control invasive plants and noxious weeds on road allowances within the Municipalities of:

Montcalm Rhineland Stanley Pembina Louise Lorne Thompson Dufferin Roland Morris	Victoria North Norfolk Portage la Prairie Cartier St. Francois Xavier Rosser West St. Paul Rosedale Glenella-
Roland	Rosedale
Morris Ritchot	Lansdowne
Macdonald Grey	Westlake- Gladstone
Norfolk-Treherne	Alonsa

St. Laurent Rockwood St. Andrews Gimli Armstrong Fisher and Bifrost-Riverton and various locations in unorganized territories North of the Fisher and **Bifrost-Riverton** municipalities

Woodlands

The herbicides to be used: Dicamba, 2,4-D amine, 2,4-D Choline, Mecoprop, Amitrole, Aminopyralid, Metsulfuronmethyl, Diflufenzopyr, Picloram, Aminocyclopyrachlor, Chlorsurlfuron, Iron (as FeHEDTA), Glyphosate, Triclopyr, Clopyralid, Acetic Acid, LI 700, Non Ionic Surfactant, Flumioxazin and Indaziflm.

If you have comments or concerns the public may send written submissions to the specific control program within 15 days of the publication of this notice.

Manitoba Sustainable Development Environmental Approval Branch Suite 160, 123 Main Street Winnipeg, Manitoba R3C 1A5 Manitoba <sup>®</sup>



TRIBUNE PHOTO BY BRUNO YOUNG

For #8 Skating on the ParticipACTION 150 list, I joined Stony Mountain principal Myles Blahut, left, and teacher Brooke Darragh, right, on skating 150 laps of the Stony Mountain Community Centre's hockey rink.

edge of the church's parking lot, was installed a few months ago. All donations go to the Union Gospel Mission in Winnipeg. The Mission works in

residents in need.

All clothing, purs-

es, belts, shoes,

downtown Winnipeg, providing a variety of programming to area jackets, hats, linens and towels that are collected from the box are then donated to the Mission's clients.

SOUTH INTERLAKE **GARDEN** CLUB

Tuesday, April 4 Stonewall Library 7:00pm Shade Gardening - Erna Melvin from Oak Ridge Greenhouse Steinbach For information contact Tanya 204-467-2235 🛛 📑



Purpose of the meeting is to review 2016 financial report, election of directors to the Co-op board, review activities of the board of directors of the Marquette Co-op and other business.

Nomination forms for the position of director are available at the Marquette Co-op stores located in Marquette and Starbuck. Nomination forms must be returned to store locations or submitted to the nominating committee before 4:00 p.m., April 1, 2017.

Please order meeting/supper tickets from Co-op stores by April 1, 2017.

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

### **TCI Helping Hands group raises funds for twin school**

#### **By Jennifer McFee**

A group of Teulon teens is extending their reach to lend a helping hand to impoverished students in South America.

The Helping Hands committee, made up of about 15 students plus staff supporters at Teulon Collegiate Institute, aims to reach out and help wherever they see a need.

They are now embracing an opportunity to embark on a twin school relationship with a Colombian school called Escuela Bilingue San Pedro, which has 20 students who attend classes in two different villages. The bilingual school provides education in Spanish as well as in the indigenous Inga language for students in grades 1 to 5.

Through our own personal humanitarian project called The Privilege of Giving, my husband and I began working with this school while we were in Colombia in January. We are thrilled that TCI's Helping Hands committee is on board to help pave the way for a brighter future for these impoverished children through education.

In addition to working with their new twin school, the Helping Hands committee plans to sponsor a Colombian student named Estefany, who is facing difficulties with family and finances. Estefany lives in a neighbouring town, and we have been providing her with school supplies through our Privilege of Giving project for the past six years.

The Helping Hands committee wasted no time in initiating action since they already held their first fundraiser last week. During the school's recent drama production, they sold popcorn and donated half the funds to the drama club and the other half towards the Colombian initiative.

Recently, the Helping Hands students also raised money for the Chartrand family, who lost their local business due to a fire. Other special projects include work with Siloam Mission and much more.

The group meets during lunch hours to plan their projects, and they dedicate many more volunteer hours to make their goals a reality.

For Grade 11 student Samantha Morin, she has enjoyed being involved with Helping Hands since she was in Grade 8.

"That's when it sparked a light and I realized it was actually fun," she said. "This group helped me get a passion for human rights and for helping people and everything that I love to do now. This is where it all started."

Grade 12 student Ale Mejicanos has been involved in the committee throughout her entire time in high school.

"My older sister would talk about the stuff that she did when she was in high school, so right away in Grade 7, I started and I really liked it," she said. "I like helping with anything I can do." Dakota Hunt, also in Grade 12, start-

ed attending TCI last year. She was in-

#### **TRIBUNE PHOTO BY JENNIFER MCFEE**

The Helping Hands committee at Teulon Collegiate Institute is involved in many initiatives, including helping its new twin school in Colombia.

volved in a similar group at her previous school in Thunder Bay.

"My mom was a social worker when I was growing up, so I was always exposed to doing what you can if you're able to. If you can do it, then you should do it," she said.

"I've been through some situations that were not always the best situations and I received help from other people. It was one of the best things in the world to know that there's always something to fall back on, and now I want to be that person for others to fall back onto. I know what it's like to receive, so it's my duty to give back." Grade 11 student Christine Kilpatrick shared a similar motivation.

"My parents instilled in me when I was growing up that you need to help other people — and not for any reward, just because you can. I was part of the group that went to a volunteer trip to the Dominican Republic last spring break, and it really inspired me to continue moving forward," she said.

"This summer, I'm going to India to work on a similar project. I'm super excited to bring all that good energy back into the group and see where we can go with it."

### **Rockwood discusses north and south hub recreation committees**

### Council news in brief

#### By Jennifer McFee

• Scatliff Miller Murray plans to reapply for rezoning of the aggregate hold zone on behalf of Maple Leaf Quarry. They plan to prepare their application based on the recommendations that came out of the last public hearings and will hold an open house before submitting another application.

• The RM of Rockwood plans to replace the current water meters used by Stony Mountain Utility due an agreement with new RF meters. Council authorized a \$475,000 withdrawal from the gas tax reserve for the water meter replacement program for the Stony Mountain Utility.

• The RM of Rockwood will

hire Napier Emergency Consulting to provide emergency management consulting services to the municipality up to a maximum cost of \$7,500.

• An ad hoc committee from the RM of Rockwood and the Town of Stonewall is working on creating north hub and south hub recreation committees. From Rockwood, Couns. Terry Hartle and Lyle Willis will be on the north hub recreation committee while Couns. Willy Pinchin and Mark Hidlebaugh will be on the south hub recreation committee.

• Rockwood council is working with the RM of Rosser to create a subcommittee to deal with matters that might arise in the townsite of Grosse Isle. Reeve Jim Campbell and Coun. Bill Matheson will represent Rockwood on the sub-committee.

• Council authorized a payment of \$48,877.67 to the South Interlake Planning District for the capital levy for 2017.

• Council defeated a \$300 request for a refund for the 2016 dust control program.

• The April 12 meeting has been changed to April 5. As well, the Oct. 11 council meeting will be changed to Oct. 12 starting at 9 a.m.

• Council authorized an extension to clean up an unsightly yardsite.

• Council defeated an additional one-year extension to EBD Enterprises Inc. to build on a lot at the Rockwood business park.

• Council gave second and third reading to a bylaw related to the appointment of employees.

• Council gave second reading to a bylaw to govern the organization of the RM of Rockwood and its committees. Third reading was tabled to the next council meeting for a minor amendment to the bylaw.

• Council gave second and third reading to a bylaw to pay expenses and mileage to citizen members on municipal-appointed boards.

• Council gave first reading to amend a bylaw to regulate unnecessary and harmful noise related to engine retarder brakes.

• The RM of Rockwood will enter into a development agreement with Wayne and Frances Dziadek for the extraction of composite fill.

• The RM of Rockwood will enter into an agreement with Kenneth and CarolYule to operate two gates on drainage culverts.

# Impressive array of art on display at Teulon library

#### **By Jennifer McFee**

When it comes to artwork, the occasional artist could be called a jack of all trades.

The title would fit well for Kathryn Jack, who is the artist of the month for April at the Teulon library.

Jack dabbles in a little bit of everything from acrylic painting to wool felting to pencil drawing to wood carving.

"I've always been drawing and doing creative things. Crafts and arts have always been part of my life," she said. "Now I'm in my late 50s and I have more time to work on it."

Since she's been going to the Stonewall art group every Thursday, she has embarked on even more projects over the last few years.

"It's nice to be around other artists to see what they're doing and get encouragement," she said.

"Whenever you see something and it presents a challenge to you, you try to find a way to express that in colour and paint or maybe in pencil. And with each one, you're not sure what the outcome is going to be until you sit down and pick up that brush."

Jack's work was on display last year at the Stonewall library, and she plans to include more recent projects for the display in Teulon.

"I'll bring some of my acrylic paintings, which are more of an impressionist style. We moved out to an acreage about four years ago, so a lot of farm animals are finding their way into my paintings," she said.

"My carvings are mostly small birds and it's more of a winter pastime. If you have an hour to kill, it's easy just to sit there with that little piece of wood and try to bring that creature out. It's kind of addictive once you get started."

After five years of work on a labour of love, she recently finished a wood carving of a large snowy owl that is about 2.5 feet high, including the stand.

"I'm not a carpenter or great with tools," she said. "Wood has always been a medium that I've kind of avoided."

However, she always watched with interest when her father-in-law, Alex Jack, was engrossed in wood working projects during family camping trips.

"When he passed away, I got all his carving tools and books and roughedout projects. So I'm trying to complete



**TRIBUNE PHOTO SUBMITTED** 

Kathryn Jack enjoys expressing herself creatively through wood carvings, wool felting, acrylic paintings and pencil drawings.

all these projects that he had cut out with the band saw," she said. "It's a block of wood in the shape of a bird. You have to do all the fine tuning and carve it down, sand it and wood burn it. Then painting is the next step, so it's quite an intricate project to complete one of these little birds. Each step is different and it takes a lot of time."

To view Jack's impressive owl and other artwork, drop by the Teulon library at 19 Beach Rd. during the month of April.



### THOSE TRICKY TICKS DR. BROWN'S TOP 6 TICK QUESTIONS

Lyme Disease, spread by the Deer tick, is becoming a greater concern in our area every year. Last year we had **32 dogs test positive** for Lyme disease in our practice. Another tick disease that is beginning to appear is called Anaplasmosis, of which we had 15 positive cases. These diseases can affect humans and dogs with severe consequences. Dr. Brown has listed some important steps you can take to aide in the prevention of these diseases for your pets' and family.

1. When are ticks active? Believe it or not, as soon as the outdoor temperature is **above 4°C**. Ticks live in long grass and forests where they quest (wave their front legs which have special heat sensors) to find a pet, person or wildlife to feed from. They can be difficult to see on your pet because some are smaller than a sesame seed. We see ticks on pets from March until November.

2. What kind of ticks do we have in the Interlake, especially Stonewall? Wood ticks, American Dog ticks, Brown Dog ticks, and **Deer ticks** (aka black-legged ticks) which are responsible for transmitting Lyme disease and Anaplasmosis.

**3. What causes Lyme disease?** Borrelia burgdorferi is the bacteria that is carried by the Deer tick that causes Lyme disease. Ticks can remain imbedded in an unprotected pet (not on a tick control product) for up to 2 weeks, giving them a lot of time to pass on the bacteria.

**4. What are the signs of Lyme disease?** Dogs may show a lack of energy, limp or have hot painful joints, and/or they may have swollen lymph nodes. Signs of Lyme disease may not appear until 5 months after your dog has been bitten by an infected tick. If left untreated, your dog may develop severe arthritic problems, kidney failure and other organ problems.

5. How is Lyme disease diagnosed in dogs? The 4DX test, which is a blood test done every year to ensure your dog has not become infected with a tick disease or heartworm (passed on by mosquitos). It is a 10 minute test to get the results. Remember, your pet may not show any symptoms, but still be infected with one of these diseases. Early detection can save your pet's life, and reduce the costs of medical treatment and long term care.

**6.** How do I deal with ticks-I do not want to touch them? "An ounce of prevention is worth a pound of cure". No tick product alone can be 100% effective, so tick control requires a comprehensive strategy which includes but not limited to:

- a. Make the Lyme vaccine part of your dog's annual checkup - by reducing the risk of developing Lyme disease, your pet cannot infect ticks that may pass the disease to you, your children or other pets.
- **b. Use an oral or topical tick control product.** These products are designed to kill the tick either when they start to feed, or before they take their first bite. There are pesticide and non-pesticide versions, speak with us to determine what is right for your family to use.
- **c.** Avoid places where ticks are most likely to live, like long grass and forested areas.
- d. Check your pet every day from March to end of November. By checking your pet every day, you can remove the ticks and reduce the time they can pass on the bacteria to your pet or you. Not all ticks stay on the pet, they may wander around looking for a tastier meal- you! We have tick removal tools so you don't have to touch them.









### Keep your car looking as great as it runs

Do you take pride in your car? Do you try your best to keep it looking sleek and polished all year? Take advantage of the variety of services available to pamper your car and get it looking like it did the day you drove it off the lot.

• Interior cleaning. A professional cleaner can help get rid of inelegant salt stains on carpets, lingering odours, dust balls and animal hair caught in every nook and cranny. Is there anything better than that fresh new car smell?

• Exterior cleaning. There's nothing like a thorough cleaning to revive your car's body! A professional cleaner can enhance your car's paint colour, buff chrome accents and

get your windows looking crystal clear.

• Polish. Protect your car from UV rays and acid rain with a professionally applied sealant that'll also restore lustrous shine to your paint job.

• Padding. Have your car's oncefluffy seats seen better days? Plump them up without delay! If the fabric is torn in places, take the opportunity to mend any rips or fraying seams at the same time.

• Sealing. To protect against stains and fading, car care experts can apply a sealant to the fabric of your seats that stops dirt and messes from penetrating into the fibres. Sealants are especially recommended if you have leather seats to preserve their suppleness for years to come.

From rustproofing and paint protection to shampooing and waxing, there's no shortage of ways to keep your "baby" looking flawless!



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Stonewall Glass 2 Patterson Dr. 204-467-8929

### **INTEGRITY AUTO**

#### The Mechanic's Perspective

The views I share in these articles are real situations that I routinely see in the auto repair industry. Here is one to think about:

Garage A quotes on a wheel bearing hub

replacement. They check service info while preparing the quote. Factory service info clearly states to discard the old bolts and axle nut and replace with new hardware to prevent catastrophic failure such as bolts breaking/loosening and the wheel coming off – the hardware is considered one-time use. Their quote is \$200.00 for the hub, \$8.00 each for 4 bolts, and \$17.00 for a new locking axle nut. Labor is \$160.00. Their total quote is \$409.00 before tax.

Garage B does not purchase proper service info because of the cost. Besides, they only do basic parts replacement, so in their view, service info is not required. They do not know about replacing the hardware. Their quote is \$200.00 for the same hub and \$160.00 labor for a total quote of \$360.00 before tax.

The customer does not bother to ask why there is a \$49.00 difference, and being convinced that garage A is ripping him off, chooses to have the repair done at garage B.

270 5th Ave SE, Teulon, MB 886-2365

Guess what happens?

It's always worth asking for the details!



**SOUTHSIDE SERVICE** For All Your Automotive Repairs & Maintenance In business at this location since 1974 Enter To Win with every service booked in April/May 2017 One of 3 gift cards: \$100 Visa, \$100 Keg, or \$50 Cineplex

SHAWN CORBIN462 Main Street, Stonewall204-467-2378Monday to Friday 8:00 a.m. - 6:00 p.m.



#### SPRING 2017 REGISTRATION FORM

Course Number:
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□ CHEQUE □ CASH □ DEBIT □ VISA □ MASTERCARD

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

FOR MORE INFORMATION CONTACT JOCELYN DERKSEN PROGRAM COORDINATOR jderksen@isd21.mb.ca 204-467-2956 fax 204-467-8334 www.isd21.mb.ca/coned

VELCOME

VAGON

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

# **REGISTER NOW**

**Interlake School Division** 

**Continuing Education** 

Interlake School Division, Continuing Education 192 2nd Ave North, Stonewall MB R0C 2Z0 204-467-2956

Hours:

Monday 11:00-6:00 (during peak registration) Tuesday – Friday 8:30 – 4:30 Jocelyn Derksen – Program Coordinator

- All classes run subject to enrollment.
- Please register early to avoid cancellation and disappointment.
- All evening classes held in the schools are cancelled if the schools have been closed for holidays, in-service days or inclement weather. Some classes may also be cancelled/postponed due to school 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.

#### **REFUND/CANCELLATION POLICY**

- Refunds must be requested three days prior to course start date, less admin fee \$15. No refunds following the first class except in exceptional circumstances where a course credit may be issued.
- For courses cancelled due to insufficient enrollment you will be notified and money will be refunded in full.
- Please note start date, time and location of course. You will not be sent a confirmation of registration. You will be contacted only if the course is cancelled due to insufficient registration.

#### **CLASS LOCATIONS**

École R.W. Bobby Bend 377-2ND Ave N - Stonewall École Stonewall Centennial 573 – 2ND Ave N - Stonewall Stonewall Collegiate 297 – 5TH Street W - Stonewall Stony Mountain School 139 School Rd - 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

### Phone 204-467-2956 www.isd21.mb.ca/coned

Check out our WEBSITE www.isd21.mb.ca



### WELLNESS

**S17/29 INTRO TO ESSENTIAL OILS** Instructor Janice Burbella Usui Reiki Master and Teacher, Aroma

Touch Technique Practitioner, Doterra Essential Oil Consultant http://janiceburbella.wix.com/peacefulpoplar

Friday April 7, 2017 6:00-7:30 pm at Stonewall Collegiate Fee: \$35



#### NATURAL CLEANING S17/30 WITH ESSENTIAL OILS

Instructor Janice Burbella Usui Reiki Master and Teacher, Aroma Touch Technique Practitioner, Doterra Essential Oil Consultant http://janiceburbella.wix.com/peacefulpoplar

Friday April 21, 2017 6:00-7:00 pm at Stonewall Collegiate Fee: \$46

#### S17/31 NEW! < EMOTIONAL</p> WELLNESS WITH ESSENTIAL OILS

Everyone experiences a range of emotions from happiness to love to fear. Feelings of fear, worry, anxiety and uneasiness are all part of the experience of being alive. Come learn how to work with essential oils to effectively move through unwanted feelings and back into a place of love and happiness. Janice Burbella Usui Reiki Master and Teacher, Aroma Touch Technique Practitioner, Doterra Essential Oil Consultant http://janiceburbella.wix.com/peacefulpoplar

Saturday April 22, 2017 11:00 am-12:00 pm at Stonewall Collegiate Fee: \$45

#### S17/32 ROCK YOUR MIND, BODY AND **SPIRIT WORKSHOP**

Come learn some fundamental techniques and strategies to reduce stress and anxiety and live a life of balance, prosperity and joy. A healthy snack and tea will be provided. Instructor Janice Burbella Usui Reiki Master and Teacher, Aroma Touch Technique Practitioner, Doterra Essential Oil Consultant

http://janiceburbella.wix.com/peacefulpoplar

#### Saturday June 3rd, 2017 10:00 am - 12:30 pm at Stonewall Collegiate Fee: \$65

#### YOGA WITH CARLA **'RELAX THE MIND; RENEW THE BODY; REVIVE THE SOUL<sup>3</sup>**

Experience the benefits and power of simple and gentle Yoga stretches. Please bring a yoga mat and blanket. Instructor: Carla Kummen

S17/51A 8 Mondays April 10 – June 19 (no class April 24, May 8 and May 22nd) 6:00 – 7:30 p.m. at École R.W. Bobby Bend - Stonewall Fee: \$70

S17/51B 8 Wednesdays April 12 - May 31, 2017 6:00 - 7:30 p.m. at Argyle School Fee: \$70

#### YOGA WITH MARNI **"LET YOUR INNER RADIANCE SHINE**

FORTH Come experience yoga through sound, breath and movement. We will combine asana with a variety of energetic tools to remove emotional blockages, raise our vibration and connect with our authentic selves. Please bring a mat. belt. and blanket. Instructor

S17/52 8 Tuesdays April 11 - May 30th 2017 6:30 - 8:00 p.m. at Stony Mountain School Fee: \$70

Marni Daun

#### COMPUTER COURSES

#### **S17/22 COMPUTERS FOR BEGINNERS**

You 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 18 - May 4, 2017 6:30 - 8:30 p.m. at Stonewall Collegiate

YOUTH ART

**KIDS ART CLASSES** 

Do you want an opportunity to express

your creativity, and learn new art and craft

techniques? Come create something beautiful,

in these one - two day art classes. Choose one

or all. Classes will be guided but students are

also welcome to work on creations of their own

FEE: \$30.00 FOR ONE; TWO

S17/09A CLAY/CERAMICS & CLAY CERAMICS FINISHING

- Two day workshop where students will be

Saturday April 15 and April 22nd

- One day workshop where students will be

Stonewall Collegiate Institute.

imagination. Instructor Nichol Marsch

**OR MORE \$25 EACH** 

able to create with clay.

10:00am - 12:00pm.

S17/09B PAINTING

able to create a canvas piece.

Saturday April 29th

10:00am - 12:00pm.

(WATERCOLOR)

**CLASSES** 

(AGES 8-12)

Fee: \$70

S17/23 MS OFFICE 2007 This class will be taught at the beginner level, introducing you to Word, Excel and Power Point. Instructor: Jim Robertson

6 classes (Tuesdays & Thursdays) May 9 - May 25, 2017 6:30 - 8:30 p.m. at Stonewall Collegiate Fee: \$70

#### S17/ 24 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. Instructor: Jim Robertson

Wednesday May 24, 2017 6:30 - 8:30 at Stonewall Collegiate Fee: \$30

### **S17/09C PRINTMAKING** - Come learn the basics of printmaking using

various methods. Saturday May 6th 10:00am - 12:00pm. Stonewall Collegiate Institute.

### **S17/09D** <u>COLLAGE WALL HANGING</u> – One day workshop where students will be

able to create a fun collage wall hanging. Saturday May 13th 10:00am - 12:00pm. Stonewall Collegiate Institute.

#### S17/10 KIDS CRAFT GROUP ► NEW! ◄

Do you need a relaxing and creative break each week? Each week we will look at new basic craft techniques, explore various materials and work on projects. Classes will be guided but students are also welcome to work on creations of their own imagination. All supplies included. Instructor: Nichol Marsch

5 Saturdays April 15th – May 13th 12:30 - 2:00 at Stonewall Collegiate Fee: \$55

### YOUTH CLASSES

#### **CANADIAN RED CROSS BABYSITTING COURSE** (AGES 11-15)

Stonewall Collegiate Institute.

Class includes textbook and wallet size certificate. Students are to bring a bagged lunch and a doll. Instructor: Kelly Kimball

S17/01 Saturday April 8, 2017 9:00 - 5:00 p.m at Warren Collegiate Fee: \$60

S17/02 Saturday May 6, 2017 9:00 - 5:00 p.m. at Teulon Collegiate Fee: \$60

S17/03 Saturday May 13, 2017 9:00 - 5:00 p.m. at Stonewall Collegiate Fee: \$60



#### **HOME ALONE – EMERGENCY PREPAREDNESS & PEOPLE** SAVERS 3 (AGES 8-13)

CONTRACTOR OF A DECIMAL

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.

S17/04 Wednesday May 24th, 2017 6:00-8:30 p.m. at Warren Collegiate Fee: \$35

S17/05 Wednesday May 31, 2017 6:00-8:00 pm at Stonewall Collegiate Fee: \$35

#### S17/06 BADMINTON

- GRADE 8 AND UNDER Racquets may be purchased from the instructor. Instructors: The Kinlevs

10 Sundays starting April 9, 2017 12:00 - 1:30 p.m. at Stonewall Collegiate Fee \$55

#### **UNDERSTANDING YOUR RETIREMENT OPTIONS** for those 1-15 years prior to retirement)

Have recent political events created concern with respect to your retirement goals? Can you maintain your current retirement plan? How much money will it take to retire comfortably and remain comfortably retired? We will discuss Pension Plan Options, changes to CPP/OAS, income splitting. RRSPs to RRIFs. LIRAs to LIFs. OAS claw back, should you contribute to your TFSA or your RRSP? Attend to create the cash flow needed for a worry free retirement

Wednesday April 12, 2017 630 – 7:30 at Stonewall Centennial FREE Wednesday May 17, 2017 School 6:30 – 7:30 at Stonewall Centennial School FREE Call 204-467-2956 to put your name on the list to attend this FREE workshop

#### S17/11 KIDS CROCHET / KNITTING GROUP ► NEW! <

Are you a youth wanting to learn the basics of knitting or crocheting? How about joining a 5 week crochet/knitting group where you can learn the basic skills you need to do it, (you can choose crocheting, knitting, or both!). Needles hooks and yarn provided to use in class. You can bring your own hooks and needles! Instructor: Nichol Marsch

5 Saturdays April 22-May 20th 2:30 - 4:00 at Stonewall Collegiate Fee: \$55

#### **S17/JA JUNIOR ACTING** AGE 7-10

Build your acting skills through fun drama games, character-building exercises, and acting out stories. Manitoba Theater for Young People 6 Wednesdays starting April 19th

5:15-6:15 at Stonewall Centennial School Fee: \$125

#### **S17/CD CREATIVE DRAMA -AGE 4-6**

A fun and encouraging introduction to theatre and drama. Manitoba Theater for Young People 6 Wednesdays starting April 19th 4:00-5:00 at Stonewall Centennial School Fee: \$125

#### S17/07 KIDS CAN COOK -THE HEALTHY WAY! (AGES 8-12)

All supplies included in the registration fee and the Canada's Food Guide will be followed. No outside food or drinks. Please indicate any food allergies at time of registration Instructor: Meechelle Bes

6 Tuesdays April 18 - May 23 2017 4:00 - 5:30 p.m. at Stonewall Collegiate Fee: \$70

#### S17/08 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 Instructor: Meechelle Best

3 Thursdays April 20-May 4th 2017 4:00 - 6:00 p.m. at Stonewall Collegiate Fee: \$45

#### **FITNESS / YOGA**

SPARK FITNESS WITH SARAH TODD, FIS,

#### HWL CANFITPRO CERTIFIED www.SparkFitnessandNutrition.ca SPECIAL DISCOUNT One for \$50 Two for \$90 Three for \$110

#### S17/33 BOOT CAMP

This class is suitable for all levels because we introduce you to all the moves progressively and modifications will always be offered. *Please bring: indoor runners, yoga matt, water bottle and 5-8 lb weights* 

6 Mondays starting April 3rd , 2017 6:15-7:05 p.m. at École R.W. Bobby Bend School Fee: \$50

#### S17/34 YOGAFLOW

Establishing the mind, breath and body connection is key for healing the body. Join in for the joyful practice of yoga. This class uses a combination of movement, postures and breath to work on strength, flexibility and balance. *Please wear comfortable clothing and bring: water bottle, yoga mat, blanket and a couple pillows.* 

6 Wednesdays starting April 5th , 2017 7:15 – 8:30 p.m. at École R.W. Bobby Bend Fee: \$50

#### S17/35 TABATA (HIIT CLASSES)

This class is suitable for all levels because you get to decide the intensity you want to put into each class, so you must be aware of your own minimum AND maximum limits. *Please bring: indoor runners, yoga matt, water bottle and 5-8 lb weights* 

8 Thursdays starting April 6th, 2017 6:15 – 7:05 p.m. at École R.W. Bobby Bend Fee: \$50

FOR DETAILED DESCRIPTIONS FOR ALL OUR CLASSES VISIT WWW.ISD21.MB.CA/CONED

#### S17/ 36 KICKBOXING Participants will be required to bring their

own gloves and shin pads (Kwest will offer a discounted price to either purchase or rent) Kick pads will be provided for the duration of

the 8 weeks. Instructor: Kwest Muay Thai &

8 Mondays starting April 3rd , 2017 (no class April 24, May 8, May 22) 7:30 – 8:30 p.m. at École R.W. Bend School

#### Fee: \$145

Kickboxina

#### S17/37 BADMINTON

- Grades 9 - 12 & adults of all ages Bring your own racquet. Racquets may be purchased from the instructor. Instructor: Dale Kinley

#### Sundays starting April 9, 2017 1:30-3:00 p.m. at Stonewall Collegiate

Fee \$55

Coordinator - Darrell Vesa.

#### S17/38 CO-ED BASKETBALL (13 – ADULT)

Come out for a fun night of basketball! 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 souls. League

#### Sundays April 9 – May 15th , 2017 8:00-9:00 pm at École Stonewall Centennial School

**Fee \$ 25** ( for new registrations only – if you registered for Fall or Winter for the whole year,

#### you are also registered for this session) **S17/39 FUNDAMENTALS OF TABLE TENNIS ACTIVE 4 LIFE (11 – ADULT)** Come out and learn the basic skills of playing

ping pong. Lots of drills and of course lots of friendly matches with other participants! Please bring your own paddle. No experience necessary, all are welcome! Instructor: Raul Bernales, member of Manitoba Table Tennis Association and plays at Active4Life club held at Dufferin school in

#### 8 Saturdays starting April 8th 2017 10:00 am – 1:00 pm at Stonewall Collegiate

Winnipeg.

Fee: \$55

ZUMBA

A REAL PROPERTY OF A REA

SAMARA ROBERTSON Zumba Fitness® Licensed Instructor – Basics 1 Trained in First Aid / CPR

#### **SPECIAL DISCOUNT** One for \$55 Two for \$100 Three for \$135

S17/40 6 Mondays starting April 10, 2017 6:00-7:00 pm at Stonewall Centennial School

S17/41 6 Tuesdays starting April 11, 2017 6:00-7:00 p.m. at Warren Elementary

S17/42 6 Wednesdays starting April 12, 2017 6:00-7:00 p.m. at Stonewall Centennial School

#### **BLOCK THERAPY**

Block Therapy is a revolutionary bodywork practice that releases restrictions in tissue by "melting" through adhesions that develop over time. The Block Buddy, a handcrafted therapeutic wooden tool made from cedar, is the medium used to facilitate this. Block Therapy is a simple to follow, safe and effective program that can also be done in the privacy of your own home as well as in the class setting, and provides the vehicle to allow the body to reconstruct damaged, dormant cells, bringing life and health back to our tissue, increasing blood flow and oxygen throughout the entire body. If you suffer from chronic pain, or health issues, Block Therapy can very naturally allow the body to help its self to reach optimum health. Blocks are available to use during this 10 week session. You also can purchase a block through the instructor: Heather Whitla! visit http://blocktherapy.com/fluid-isometrics/ for more information

#### S17/ BT1 Tuesday April 18, 2017 6:00-9:00pm at R.W. B B School Fee: \$89

S17/BT2 Tuesday May 16 2017 6:00 – 9:00pm at R.W. B B School Fee: \$89

S17/BT3 Tuesday June 13th 6:00 -9:00pm at R.W. B B School Fee: \$89

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#### STONY MOUNTAIN BOOT CAMP FITNESS CLASSES rstfitness@gmail.com

With Rhonda Steffan, Canfitpro Certified Fitness Instructor & Healthy Eating & Weight Loss Coach Certification

CLASS DISCOUNTS - One for \$45; Two for \$80 Three for \$110 Four for \$130



EARLY MORNING WORKOUT! Get up bright and early and feel energized to get on with your day! This class will be a Tabata Interval Boot camp

6 Thursdays starting April 6th 2017 5:45 AM – 6:30 AM at Stony Mountain School

S17/43 ► NEW! <

**EVENING CLASSES** For detailed descriptions for these classes visit www.isd21.mb.ca/coned

**TABATA INTERVAL BOOT CAMP** Please bring: indoor runners, a water bottle, towel, yoga mat, resistance band and hand weights.

S17/44 6 Mondays starting April 3rd – no class April 24 6:00-7:00 p.m. at Stony Mountain School

S17/45 6 Thursdays starting April 6th , 2017 6:30-7:30 p.m. at Stony Mountain School

**S17/46 CIRCUIT INTERVAL BOOT CAMP** Please bring: hand weights, a water bottle, yoga mat, & indoor runners.

6 Wednesdays starting staring April 5th , 2017 6:00-7:00 p.m. at Stony Mountain School

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.



#### **INSTRUCTOR: 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) SPECIAL DISCOUNT FOR SHELLEY'S CLASSES: ONE FOR \$45 - TWO FOR \$85 THREE FOR \$115 - FOUR FOR \$135 UNLIMITED - \$145 (S17/SU) 6 WEEK SESSION

#### SHRED, SHAPE AND SCULPT

A 10-10-10 format combining cardio, interval training and toning. Yoga mat and weights (3-10lb) required

#### S17/47A 47B 47C

6 classes - Monday, Wednesday and Friday Starting April 3, 5, 7 2017 5:40 am – 6:25 am at École Stonewall Centennial School

#### **S17/48**

6 Saturdays starting April 8, 2017 8:45 am – 9:30 am at École Stonewall Centennial

#### S17/49 HEAVY METAL YOGA

A calorie burning combination of strength training exercises (using weights) yoga poses and Pilates. The focus of this class is toning and tightening all areas of the body while improving balance, muscle endurance and strength. This is not a traditional yoga class. *Yoga mat, weights (3-10 lb.) and resistance band required.* 

6 Tuesdays starting April 4, 2017 5:45 – 6:30 pm at École Stonewall Centennial body workout! Have a ball and relieve stress with a great cardio workout to music you'll love. *This is a very popular class and space is limited.* Yoga mat and anti-burst exercise ball required.
6 Thursdays starting April 6, 2017

Discover the drummer in you! Drum's Alive

combines movement with the powerful beat and

rhythms of drumming for an amazing brain and

S17/50 DRUM'S ALIVE®

5:45 – 6:30 pm at École Stonewall Centennial

21 DAY SHRED Instructor: Shelley Schaeffer Coming at the end of May – please contact Jocelyn if you would like to receive more information as it becomes available. jderksen@isd21.mb.ca 204-467-2956



#### OSSER , OODLANDS RECREATION COMMISSION

**Contact Info: Kelly Kimball** Phone - 1-204-461-4040 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

Pickelball at Woodlands School -Thursdays 5:30 - 7:00

Zumba at Warren Elementary -Tuesdays 6:00 - 7:00 pm

**Babysitting at Warren Collegiate** April 8 9:00am-5:00pm

**Home Alone at Warren Collegiate** May 24 6:00-8:30pm

#### PERSONAL INTEREST / LEISURE / LANGUAGE / SAFETY

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).

#### S17/13 HUNTER **EDUCATION**

#### Bring a bag lunch. Participants must be 12 years of age and older, however youth age 10 and 11 may enroll in the course and qualify for an apprentice hunter education certificate. Textbooks will be made available by the instructor, the day of the class. Instructor: Don Hrehorek.

Saturday May 27, 2017 9:00 a.m. - 5:00 p.m. at Teulon Collegiate Fee: \$73

#### **S17/14 GOOD DOG! DOG TRAINING**

Basic obedience for your dog. Erica will guide you and your pet through basic commands such as sit, down, stay, come, leave it and more. Please bring: regular nylon leash (not retractable), appropriate collar for your dog, your dog's favorite toy, soft treats, water for vour doa.

6 Wednesdays May 17 - June 22, 2017 6:00 - 7:00 p.m. SCI grounds south parking lot (more details provided when registering) Fee: \$55

#### S17/28 ECSI - FIRST AID/CPR

(Emergency Care and Safety Institute) CPR only have be taken the first night \$45 Instructor: Bob Barsi TAKE CPR ONLY FOR \$45

2 classes May 18 and 25, 2017 6:00 - 10:00 p.m. at Stonewall Collegiate Fee \$90



#### **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. Bring your camera or video



Fee: \$15 (proceeds going to support owl conservation and research in Manitoba) S17/16 Tuesday May 2nd 2017

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

#### **S17/BS BOAT SAFETY NUTTAL BOATING**

ALL boat operators are now required to possess a Pleasure Craft Operator Card (PCOC) regardless of age of the operator or size of boat operated. Attend our Transport Canada approved course just before the boating season starts. Minimum age to attend - 8 years old. Course includes your Transport Canada test and competency card (PCOC). (just need a refresher? no exam or card Fee: \$55)

Wednesday's May 11 and 18, 2017 6:30 pm - 9:45 pm Fee: \$85

#### **DIGITAL CAMERA FUN** WITH RRENT

Smile - Bring your camera! **BONUS: Take \$5 off second class!** 

**S17/17 TIPS & TRIX** Basic knowledge & procedures to take great photos & saving/printing pictures

2 Thursdays April 6 & 13, 2017 7:00 - 9:00 pm Fee: \$35

#### **S17/18 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.

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2 Thursdays April 20 & 27, 2017 7:00 - 9:00 pm Fee: \$35

**ON YOUR IPHONE / IPAD** Come learn about the latest iOS, built in apps, iCloud, the App Store and more! Your new iPad or iPhone will become your new favourite way to do just about everything! Instructor: Warren Nightingale Wednesday May 17, 2017

S17/21 GETTING STARTED

6:00 - 8:00 p.m. at Stonewall Collegiate Fee: \$35

#### **SPANISH – LEVEL 1 AND**

**CONTINUING** (AGES 16 AND UP) Learn basic Spanish in a fun and friendly environment! This course is intended for individuals wanting to learn the basics of the Spanish language and about their culture as well. Instructor Erika Riley

S17/25 Beginner Spanish 8 Wednesdays starting April 19th, 2017 6:00-7:30

at Stonewall Collegiate Fee: \$100

S17/26 Continuing Spanish 8 Wednesdays starting April 19th 2017 7:40 – 9:10 pm at Stonewall Collegiate Fee:\$100

#### S17/27 FOOD HANDLERS CERTIFICATION

The student workbook is included in the course fee. Instructor: Lori Zdebiak RD. Please bring a lunch

Saturday May 6, 2017 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.

#### FOR MORE INFORMATION CONTACT **JOCELYN DERKSEN**

**PROGRAM COORDINATOR** iderksen@isd21.mb.ca 204-467-2956 fax 204-467-8334 www.isd21.mb.ca/coned

#### **PAINTING / ART/ STAINED GLASS/ DRAWING**

**S17/57 DRAWING WITH PEN AND INK** Learn the techniques needed to create black and white drawings. Enjoy step by step instructions to produce a finished drawing of a wolf or horse. No previous sketching ability required. Supply fee of approximately \$10 payable to the instructor Linda Gillies

2 Thursdays April 20 & 27, 2017 6:30 - 8:30 pm at Stonewall Collegiate Fee: \$33

#### S17/ 58 SIGN 'EVENT' **BY 'THE RUSTIC NEST'** Welcome or Home Sweet Home (5ft tall)

Come out and enjoy a great evening with friends and create a beautiful handmade sign to proudly display in your home! All supplies are provided! Instructor Lauren McLeod of The Rustic Nest - DEADLINE **TO REGISTER IS APRIL 21** 



Friday May 5th, 2017 7:00-9:30 at Stonewall Collegiate Fee: \$55

#### **PARTI LIFE - STAINED GLASS. PLANT. SIGN AND PAINT PARTIES TONI DENT, ARTIST**

TD Fine Arts is a Canadian grassroots company that started in rural Manitoba. They have since grown and now offer events in Manitoba and Alberta. As Canadians, they support other Canadian businesses. All our paint & canvases are hand-made in Canada!! Join us for an evening of laughing and creativity. Everyone leaves with their very own

16 x 20 painting! All materials are supplied!

Wednesday June 7, 2017 6:00-8:00 at Stonewall Collegiate Fee: \$42

Wednesday May 31. 2017 6:00-8:00 at Stonewall Collegiate Fee: \$42

#### **STAINED GLASS PARTY**

In a few hours of fun, you and your friends will be guided into creating your very own masterpiece! We provide everything you need: instruction, supplies, set up and clean up! Our artists teach the faux stained glass process step by step,

giving answers and providing guidance to guests along the way. We offer many color options at all of our events for a truly personalized and unique experience.

#### **S17/55 TREE OF WISDOM(11X17)** Wednesday May 17, 2017 6:00-8:00 at Stonewall Collegiate Fee: \$42



#### **TROPICAL PLANT PARTY**

In two hours of fun, you and your friends will be guided into creating your very own indoor garden! We provide everything you need: instruction, supplies, set up and clean up! NO gardening experience required! We will teach you everything you need to know on how to create and care for your own personal garden.

#### S17/56 TROPICAL GARDEN Wednesday May 3, 2017 6:00-7:30

Fee: \$45

at Stonewall Collegiate







#### S17/54 SIGN PARTY

(14" in length)

### The real pestate : Five open house mistakes to avoid Market



If you want to sell your home and you decide to have an open house, avoid committing these five beginner's mistakes:

1. Playing salesperson. Stick to greeting visitors and answering their questions. Your home will speak for itself.

2. Neglecting cleanliness. Indoors and out, everything must be clean even the inside of closets and cabinets. And finish remodelling before your showings — a room that's under construction isn't pretty to look at.

### **Choosing the right mortgage:** short- or long-term?

Not all mortgages are created equal, and the best option for you depends on a variety of factors. For instance, should you choose a short-term mortgage or a long-term loan?

#### SHORT-TERM MORTGAGE

A mortgage with a term of less than three years is a smart choice if you anticipate needing a new loan sooner rather than later (if you're going to move again in the near future, for instance) or if you think that interest rates might drop. Choosing a shorter term for a closed mortgage could help you avoid a hefty prepayment charge if ever you decide to pay your mortgage off early or cancel your loan.

### LONG-TERM MORTGAGE

If you don't plan on changing your mortgage for several years, you could opt for a long-term loan — five years is the most popular term in Canada.



This option makes budgeting easier because you'll always know how much each payment will cost you. If you get a great deal on a fixed-rate mortgage, a longer term means you'll be enjoying that low interest rate for quite some time.

To make an informed decision, seek advice from a mortgage broker or lending institution.



3. Leaving your pets free to roam your home. around. Your visitors might be allergic or uneasy.

4. Ignoring odours. Nobody likes to linger in a room that smells of cigarettes or cat litter. Make sure to air out

5. Leaving valuables out in the open. Stow valuables and important documents out of sight. You're better safe than sorry!

### **Frequently Asked Question from Sellers** Q How do you plan to promote/ market my property?

### It's key to check out the agent's marketing

track record. By looking at past listings, sellers can see how well the agent raises a homes visibility online. This is a must have skill because 95% of buyers find their home through internet sites. Make sure the agent you hire uses quality photos for online listings, and increasingly agents need to be able to show sellers examples of their property videos because this tool is becoming more important to buyers. Homes with video get 403% more views and 95% of video content is retained by the buyer, thus producing more qualified showings, and higher prices. Getting the agent with the right marketing plan will ensure your home is promoted to as many buyers as possible and will guarantee you a higher price!

### Call today to find out how we will **MARKET/PROMOTE** your property!





Liam Wheddon • Ted Hodgkinson • Tracey Unrau • Richard Tyerman

# Not so Grimm fairy tales

#### By Natasha Tersigni

Taking a 21st-century spin on a few of the Brothers Grimm classic tales, Teulon Collegiate's drama program presented their onstage production of Fractured Fairy Tales last week.

Portraying their own twists on Rapunzel (BroPunzel), Sleeping Beauty and Cinderella (Cin-Der-Ella), students kept audiences entertained by the tales.

Despite being given up at birth by his parents, Evil Queen (Emily Taylor) and Evil King (William Bendell), and locked in a tower by his aunt Melinda (Kirk Eskilson), BroPunzel (Keiran Haggan) managed to find true love thanks to Duchess Cherri (Carley Poloski) after she climbed his beard and rescued him.

During Sleeping Beauty, it was touch and go whether Prince Phillip's (Keiran Haggan) younger brother Prince Dorkish (Skylar Botham) would be able to rescue Princess Aurora (Grace Riley). While the Evil Fairy (Brea Mc-Mahon) tried her best to derail Prince Dorkish's plans, with the help and encouragement from Fairy #2 (Adelia Saiya), Fairy #3 (Carley Poloski) and Garyweather (Brady Stott) the Prince was able to wake the Princess with just one kiss.



There was a ball, there was a Fairy Godmother (Sam Morin) and there were evil stepsisters in this rendition of Cin-Der-Ella. However, Prince Charming (Carlin Trudzik) was more interested in Cindy (Kaleigh Mac-Donald) and Ella's (Tiegan Smith) step-brother Der (Derrek Jones) than female companions. In the end, Prince Charming found Der, thanks to his giant size 12 shoe, and the two lived happily ever after.















TRIBUNE PHOTOS BY NATASHA TERSIGNI

The Stonewall Teulon Tribune Thursday, March 30, 2017 21



**Feeling Blue from the long winter?** Self-Help Group • 3rd Wednesday of each month 7-9pm - Hunter Memorial Hospital. Teulon Senior Resource is wanting people to chase the Ace Friday's at the Teulon Rockwood Motor Hotel.

# Spontsarecreation

# **Dunstone wins Mixed Provincial Curling Championship**

#### Staff

Those who attended the Chicken Chef Mixed Provincial Curling Championship last weekend at the Stonewall Curling Club certainly got their money's worth.

The great weekend of curling action culminated in an exciting final as East St. Paul's Dean Dunstone edged Sean Grassie 5-4 in an extra end.

Grassie took a 2-0 lead with a pair in the second end and then the two teams traded singles in the fourth and fifth.

Dunstone scored a pair in the sixth to tie the score at 3-3 and then added a key steal of one in the seventh. With the hammer in the eighth, Grassie extended the game by scoring one.

Dunstone reached the final after doubling Richard Muntain while Grassie took care of Kelly Marnoch. Both games finished with 6-3 scores.

Dunstone's rink included Natale Harding, Peter Nicholls, Renee Fletcher, fifth Matt Dunstone, and sixth Colleen Kilgallen.

Grassie's rink included Heather Maxted Rosser's Kennedy Bird, Meghan Knutson and coach Jack Grassie.

Stonewall's Derek Dowsett's rink of Monique Dowsett, Stuart Brown and



Rosser's Kennedy Bird gets low to see his shot during the Chicken Chef Mixed Provincial Curling Championships last Saturday.

Jane Brown, meanwhile, finished the provincials with a 2-3 record. Dowsett lost to Muntain (8-3) and Marnoch (8-1) before defeating Sam Antila 11-6 and Colin Kurz 6-5.

Dowsett then was eliminated after a 6-3 loss to Ray Baker.

Sixteen teams competed to represent Manitoba at the 2018 Canadian Mixed Curling Championship, which will be held in Swan River from Nov. 12-18 of this year.



**TRIBUNE PHOTOS BY JO-ANNE PROCTER** Derek Dowsett's stone gets a little help from sweepers Stuart and Jane Brown last Friday in Stonewall.

### **Stony Mountain hosts figure skating competition**



#### TRIBUNE PHOTOS BY JO-ANNE PROCTER

Figure skaters from Manitoba, Ontario and Saskatchewan laced up their skates for the 27th-annual 'Stony on Ice' competition last weekend at the Stony Mountain Community Centre. Pictured from left to right, Katie Roy with the Stony Mountain Skating Club, competed in the Star 5 Women's (FP-U13) Free Program; Casey Park of the Stony Mountain Skating Club does a sit spin in the Star 5 Women's (FP-U13) Free Program; Cameron Nesbitt of the Stonewall Skating Club shows her element in the Star 2 Girls (EL-B); Jayla Butcher of the Stony Mountain Skating Club shows perfect balance and form in a sit spin in her Star 5 Women's (FP-U10) Free Program.



# Doak OT hero

#### By Brian Bowman

The Stonewall Jets had to work some overtime on Sunday.

But the extra work definitely paid off in the end.

Kyle Doak scored on a breakaway in the third overtime to lift the Jets to a thrilling 5-4 victory over the Pembina Valley Twisters in MMJHL semifinal action in Morris.

Bryce Stovin sent Doak in alone on a breakaway and he made no mistake — snapping a shot to the top right corner over the glove of Pembina Valley's Matt Kohlman.

"We knew we would be in for a tough finish and the first OT went by and then the second OT went by and (Jets' goalie Hunter) Ploszay made some massive saves," said Jets' cocoach Matt Figur.

"But you could see the wind come out of their sails a little bit because of just how hard they fought against us."

Pembina Valley's Alex Tetrault and Stonewall's Chase Faulkner traded first-period goals and then Faulkner and the Twisters' Fraser Mirrless tallied by the 10:48 mark of the second.

Devin Muir scored to give the Jets a 3-2 lead about three minutes later before Pembina Valley's Everett Bestland and Michael Wirth netted thirdperiod goals sandwiched around an Adam Blight power-play marker.

Faulkner assisted on Blight's goal, finishing the game with four points.

Stonewall outshot Pembina Valley 75-66 as Hunter Ploszay earned the well-deserved win.

"He made some timely saves," Figur said of the Jets' No. 1 netminder. "There were a couple of chances that they had in overtime that it easily could have been game over. He battles so hard between the pipes and, having that on the back end, is a peace of mind for the coaches and for the team."

Stonewall started the series with a solid 6-3 home win over the Twisters last Friday.

Stonewall took a 2-0 first-period lead on goals by Stephen MacKenzie and Doak and then the Jets went up 6-1 after 40 minutes.

Eric Swanson, Faulkner, with a pair, and Robert Smith scored second-period goals for Stonewall.

Brendan Keck, Mirrless and Steven Baker replied for Pembina Valley.

Ploszay made 31 saves for the win.

Stonewall hosted Pembina Valley in Game 3 of the series Tuesday but no score was available at press time.

Game 4 will be played Saturday in Morris while Game 5, if needed, returns to Stonewall on Sunday. Both weekend games have 7:30 p.m. start times.

The Jets would love to see VMSC packed to the rafters with a boisterous home crowd.

"The fans are important to us," Figur stressed. "We look forward to the home crowd supporting us for the rest of the year."

In the other MMJHL semifinal series, the Raiders Jr. Hockey Club led the Charleswood Hawks 2-0 heading into this past Tuesday's Game 3.

The No. 6 Raiders have surprised the No. 1 Hawks so far with wins of 5-2 and 2-1 to begin their series.



The Jets' Kyle Doak celebrates his overtime goal to put Stonewall up 2-0 in the best-of-seven semifinal series against the Pembina Valley Twisters.



TRIBUNE PHOTOS BY LANA MEIER

Stonewall goaltender Hunter Ploszay faced a plethora of shots in the Jets' 5-4 victory last Sunday in Morris.



# Spontsarecreation

### Midget 'B' Regional champs Moose Challenge champs



TRIBUNE PHOTO BY LAURA-LEE TATARYN The Warren Mercs won the Interlake Minor Hockey Midget 'B' 2016-2017 Regional banner last Friday after defeating Cimli 5-4 in overtime in Game 3 of the best-of-three series. Pictured left to right, back row: Wayne Allary (coach), Tyson Oughton, Andrew Everitt, Trey King, Jayden Allary, Whyatt Hagen, Jack McAuley, Jonas Perella, Reis Wasmuth, Art Peixoto (assistant coach), Torin Hoffman; front row: Owen Tataryn, Bryce Allary, Gabe Ferchuk, Reid Weatherburn, Aiden Erickson, Nick Peixoto and Adam Brown.

# Female city champs



#### TRIBUNE PHOTO BY MONICA BALDWIN

The Warren Jr. Mercs defeated the Assiniboine Park Polar Bears to win the Hockey Winnipeg A3 Atom Female City Championship on March 22. The Mercs won Game 1 (1-0), lost Game 2 (3-1) but bounced back to win the final game (2-1). Pictured back row, left to right: Bryce Baldwin (coach), Samie Boonstra, Colin Hudon (coach). Gabby Noren, Ashley Hudon, Rianna Cassils, Jordan Hudon, Colby Darrah, Albert Boonstra (coach); front row: Thaliisa Lavallee-Thang, Jadyn Baldwin, Mia Cassils, Alycia Galbraith and Abbi Dorsch. Missing from the photo are Sarah Gilmore, Brooke and Jason Darragh (coaches).



TRIBUNE PHOTO BY ABE BUHLER

The Warren Jr. Mercs Atom 'Green' team won gold in the 9A2 division of the Manitoba Moose Minor Hockey Challenge March 18-23 at the MTS Iceplex, defeating the Corydon Comets 2-1 in a shootout. Leading up to the final, Warren beat the Roblin Park Raiders 6-5, lost to the Comets 4-3 in a shootout, and defeated the Tuxedo Lightning 4-3 and the Fort Garry Flyers White 5-0. Pictured left to right, back row: coaches Jason Hogg, Scott Corbett and Kasey Ridddell; middle row: Jordan Buhler, Owen Shymko, Quinn McKnight, Tyson Kroeker, Talon Hogg, Shaeden McLeod; front row: Ethan Corbett, Ethan Shymko, Dallas Shaver, Logan Rayner and Dylan Riddell.

# **PeeWee banner win**



**TRIBUNE PHOTO BY LAURI VANHEYST** 

The Stony Mountain Flames swept the Warren Mercs in a best-of-five series to win the Interlake Minor Hockey PeeWee "A" Regional banner. Pictured, back: Tony Hoess (head coach); back row: Jim Stovin (coach), Aaron, Ethan, Chris, Kaiden, Tristan, Regan, Jennifer Yasinsky (coach), Dawn Skrumeda (manager); middle row: Hudson, Mason, Noah, Brody, Kyler, Reid, Max, Connor and goaltenders Lane and Dominick.

# Brant-Argyle wins junior high curling banner



TRIBUNE PHOTOS BY KELLY FARMER

The Interlake School Division Curling Bonspiel 2017 winning teams include, left picture, from left to right, Brant Argyle's Boys' A-side winners Tyler Hogg, Dylan Zacharias, Gavin White and Alex Martinussen. Middle photo, Girls' A-side winners from Ecole Stonewall Centennial School include, from left to right, Lauren Brown, Autumn Good, Rena Kathler and Eve Lawrence.

#### By Brian Bowman

It has been a long time since Brant-Argyle School has hung up a banner. In fact, it's been 14 years since they hung up a curling banner.

But that drought ended abruptly March 21 as Brant-Argyle captured their school's sixth all-time banner (five achieved in curling).

"We've come close a couple of years," said coach/teacher John McTavish earlier this week. "Two years ago we won the B final and last year we lost the A final."

Brant-Argyle defeated Warren 8-2 in this year's final to claim the banner. Tied at 1-1 after two ends, Brant-Argyle's Tyler Hogg made a nice tapback to score four in the third end and then made a great shot in the fourth to eventually steal three.

Warren replied with one in the fifth end and then ran out of rocks in the six-end game.

Brant-Argyle began the eight-team tournament with a win over Balmoral (no score was known at press time) and then edged Teulon 5-4 in an extra end in a semifinal matchup.

Brant-Argyle got out to a great start against Teulon, scoring three in the first end. The team consists of Hogg, Dylan Zacharias, Gavin White and Alex Martinussen.

"They put in a lot of hard work," McTavish noted. "Our skip and third were coming back from last year. Tyler has been curling on the team for the last three years and has moved up to skip the last two years.

"The whole team just went out and had some fun and good things happened."

All four curlers on the boys' team improved immensely over the course of the season.

"Since we started to where we are now, they got a lot better," said McTavish, adding he wanted to thank the parents and Argyle Curling Club for their support. "I really noticed the difference from where we were last year."

Meanwhile, the girls' A-side winners, which included Lauren Brown, Autumn Good, Rena Kathler and Eve Lawrence, represented Ecole Stonewall Centennial School.

That same school produced the mixed champion team of Caralyn Safiniuk, Rylan Slatcher, Hayden Turner and Blake Good.

# Stonewall hosts 'AA' provincials

#### Staff

Stonewall Minor Hockey hosted the Atom Rural "AA" Hockey Manitoba provincials March 4-6 with 10 teams competing.

The Brandon Wheat Kings captured gold after defeating Morden 3-1 in the championship game.

The host Stonewall Blues beat The Pas 2-1 to win the bronze as Hayden Kaczorowski netted two goals with the help of Blake Farthing. Stonewall opened the tournament with a 9-0 loss to Morden but rebounded later that day to beat Flin Flon 5-3.

Stonewall then defeated Lorette 5-4 before losing 1-0 to Morden in the semifinals. The organizing committee would like to thank all of the sponsors and volunteers for a successful weekend of hockey.



TRIBUNE PHOTO BY MALISA NEWCOMBE

Pictured left to right, back row: Geoff Reimer (coach), Ray Farthing (coach), Evan McMurtry, Spencer Schaeffer, Ty Johnson, Hayden Kaczorowski, Adam Newcombe, Ryder Bassett, Evan Reimer, Nathan Willey, Gavin Holod and Scott Myers (coach); front row: Alex Myers, Blake Farthing, Russell Watts, Evan Grandmont, Spencer Hunnam and Logan Meier.

# PeeWee 'A2' finalists Annual curling windup



TRIBUNE PHOTO SUBMITTED BY CHRIS GODIN

The Stonewall Blues ended a fantastic season by winning silver in the PeeWee A2 Female division in the Hockey Winnipeg league. Stonewall lost Game 5 to the St. Vital Chill in the best-of-five series. Pictured, coaches Darren Thiessen, Erl Mackenzie, Chris Godin; back row: Mackenzie Sweetland, Ashley Woods, Chaya Olesen, Bobbi Bullivant, Madison Delaurier, Abigail Highmoor, Avery Godin, Ashlee Hirschfield (assistant coach); front row: Kailey Thiessen, Shelby Joynt, Madison Charison, Torrie Mackenzie, Aliyah Allary; goaltenders Katie Dorsch and Ella Holm.



TRIBUNE PHOTO BY ROBERTA BAKER

Curl Balmoral held their annual windup with 75 guests in attendance to witness the induction of three members into their Honourary Life Membership program last Saturday. Pictured left to right: Jason Dodd (presenter), Fred Shipley (inductee), Robert Dodd (inductee), Shirley Williams (presenter), Brenda Latta (inductee) and Elaine Harrison (presenter and Honourary Life Member.

### Sport Manitoba, Manitoba Sportswriters and Sportscasters Association announces award nominees and finalists

#### Staff

Sport Manitoba and the Manitoba Sportswriters and Sportscasters Association are partnering to celebrate the best athletes in Manitoba.

Every year, both Sport Manitoba and the MSSA select the top athletes in the province in individual

and team categories and celebrate their accomplishments.

This year, MSSA is partnering with Sport Manitoba and integrating their award presentations into the annual Night of Champions, presented by Manitoba Chicken, on April 22 at the Club Regent

# Marquette club champions





TRIBUNE PHOTOS BY CALVIN JANKE

The Marquette curling rink was busy this winter for volunteer ice makers Ross MacMillan and Ray Sherrin. The curling club had a very successful season with 16 teams in the Open League, 18 teams in Stick Curling League and 15 teams in the Youth League registered for the 2016-17 season. The club hosted four bonspiels with over 100 teams competing. Left photo, left to right, 2016-2017 Open League champions Riley Janke, Riley Buchanan, Tyler Hogg and Gerrit Boonstra; right photo, winners of the Junior bonspiel; Odin Arksey, Brody Vermette, Dylan Zacharias and Hunter Sholdice. Event Centre in Winnipeg.

Sport Manitoba and MSSA want to recognize accomplishments in sport across the spectrum and feel that doing so in one event creates stronger bonds throughout the sport community.

Sport Manitoba Awards

The Manitoba Chicken Female Junior Athlete of the Year Nominees: Hannah Blatt – squash, Talia Gallant – ringette

Emma Gray – rowing, Marissa Naylor – tenpin bowling, Skylar Park - tae kwon do, Kyla Roy – triathlon, Victoria Tachinski – athletics, Laura Tymchyshyn – baton twirling and Sarah Watson – swimming.

The Manitoba Chicken Male Junior Athlete of the Year Nominees: Selkirk's Damien Ekosky – judo, Emmanuel Akot – basketball, Cody Bartel – baseball, Tyson Langelaar – speed skating, Hunter Lee – wrestling, Cameron MacKay – fencing, Levi Nadlersmith – cross country ski, Yonatan Orlov – baton twirling, Nolan Patrick – hockey and Liam Rohatynsky – swimming.

The Junior Team of the Year Nominees: Team Dunstone – curling, Team Tymchyshyn/Orlov – baton twirling, Brandon Wheat Kings – hockey, Portage Terriers – hockey and St. Paul's Crusaders – football.

The Great-West Life Outstanding Volunteer Nominees: Kristal Benton – baseball, Gail Johnston – speed skating, Alan McCracken – fencing, George McLeod – golf, Lawrence Oystryk – artistic gymnastics, Kevin Sanders – diving, Keith Stoesz - curling,

# Interlake a smash hit at junior provincials

#### By Brian Bowman

The Interlake Badminton Club was a smash hit at the Yonex MB Junior Provincials, which were held at the Winnipeg Winter Club on March 17-19.

"We did really well," enthused Interlake coach Dale Kinley." We won quite a few and got a lot of second places as well. A lot of our kids were playing each other in the finals, which is always a nice thing to see."

Kinley said he saw some nice surprises from his players at provincials. He highlighted some of their club's top results.

In the U17 age division, Emalia Sinclair of Warren placed first in girls' singles and doubles while placing second in mixed doubles.

"Emalia is first-year under 17 and she's winning already," Kinley noted. "Next year, she'll probably be even better. She (already) hits the bird really hard and is definitely a threat for most of her opponents offensively.

"And she's smart, too, by keeping her opponents running on the court quite a bit."

Stonewall's Chris Wiebe was also very good, finishing tops in boys' singles and doubles. He also reached the semifinals in mixed doubles.

"Chris is doing really well," Kinley said. "A lot of times, he is playing in the U19 category while he is under 17. He's pushing these under 19 boys and giving them a run for their money."

Noah Koslowsky was first in boys' doubles, and second in boys' singles and mixed doubles. Micah Reimer, meanwhile, was first in boys' doubles and mixed doubles and second in boys' singles. Liam Proven placed second in mixed doubles.

In the U15 division, Ghajaayine Senthilkumaran was first in doubles while Serenity Poirier was second in girls' doubles.

Sasha St. Pierre was first in girls' singles and second in mixed doubles. Kinley noted the season is now done

for most of their athletes. However,



doubles and

"And the one thing that I definitely noticed more this year was, even though we have the same numbers as past years, there are a lot more players playing at a competitive level rather than recreationally."

Stonewall's Chris Wiebe finished

tops in the boys' singles and

Wiebe, and possibly a couple of other

local players, may be headed to Monc-

for the local club. The numbers were

good (estimated at 50 to 60 players)

and so was their level of play. The lo-

cal badminton players are excelling at

semifinals in mixed doubles.

ton for the nationals May 15-20. This past season was a real good one

reached

the

Anyone interested in joining the Interlake Badminton Club can email Kinley at dalekinley@hotmail.com.

### Teulon/Arborg wins Midget 'A' Regional banner

#### Staff

The Teulon/Arborg Tigers won the Interlake Minor Hockey Midget Regional banner on March 23.

The Tigers defeated Peguis 13-4 in a one-game matchup to qualify for

the 'A' side. Teulon then defeated Fairford two one in a best-of-three series to qualify for the final round. The Tigers then beat Lake Mani-

toba 8-5 in Game 3 for the banner in Game 3 at Teulon



**TRIBUNE PHOTOS BY GRAHAM MCCALLUM** Emalia Sinclair of Warren placed first in girls' singles and doubles while placing second in mixed doubles in the U17 age division.



Mark Shinnie from Teulon won the U19 boys singles consolation final.

### > SPORT AWARDS, FROM PG. 26

Jane Tan – baton twirling and Eleanor Young – tenpin bowling. egory Finalists: Geoff Gray – football, DJ Lalama – football, Tyler Mislaw-

OPIN Official of the Year Nominees: Ashley Desjardins – hockey, Chris Donaldson – football, Jane Edstrom – athletics, Kelly Mahoney – triathlon, Richard Mason – weightlifting, Riley Nordman – baseball and Wendy Smith – artistic gymnastics.

The IMPACT Female Coach of the Year Nominees: Barbara Lynn Fay – swimming, Lorie Henderson – artistic gymnastics, Sabrina Klassen – Special Olympics snowshoe, track & field and basketball.

The IMPACT Male Coach of the Year Nominees: Henry Kasdorf – volleyball, Kris Stasiak – wrestling, and Mingpu Wu – athletics.

The MSSA reviews a long list of athlete accomplishments and shortens the list to five finalists in each category.

Male Athlete of the Year - Open Cat-

egory Finalists: Geoff Gray – football, DJ Lalama – football, Tyler Mislawchuk – triathlon, David Oneymata – football and Jonathan Toews – hockey. Female Athlete of the Year - Open Category Finalists: Chantal Givens – Triathlon, Meghan Montgomery – rowing, Isabela Onyshko – artistic

gymnastics, Desiree Scott – soccer and Chantal Vanlandeghem – swimming.

Team of the Year - Open Category Finalists: Team Reid Carruthers – curling, Team Jennifer Jones – curling, Team Mike McEwen – curling, Manitoba Blizzard – lacrosse and Winnipeg Goldeyes – baseball.

Among the MSSA awards to be presented at the dinner is the Cactus Jack Wells Memorial trophy to recognize the event or individual creating a major impact on the Manitoba sports scene in 2016.



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10

13

17

21

46

49

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#### Here's How It Works:

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



#### **CLUES ACROSS** 1. "Be back later"

- 4. Hoover's office
- 7. Brew
- 8. Philo and Reglis are two ("Star Wars")
- **10. Actress Remini**
- 12. Moghul emperor
- 13. Alaskan glacier
- 14. Constrictor
- 16. Prohibit
- **17. Ancient Brittonic tribe**
- 19. Chinese pastry
- 20. Razorbill is of this genus
- 21. Beloved holiday decoration 39
- 25. Dutch football club
- 26. Aggressive dog
- 27. Small piece of glass
- 29. "South Park" creator Parker
- 30. Leisure activity
- 31. Someone's story
- 32. Record-setting swimmer
- 39. Hillside
- 41. Unit of measurement 42. Famous for its potatoes
- 43. Insect secretion
- 44. Gate in Marrakesh
- 45. Cain and

48. Repair

- 46. A set of moral principles
- 49. Two-terminal
- semicondcutor device
- 50. Strongly alkaline solution
- 51. Former CIA
- 52. Satellite laser ranging

#### **CLUES DOWN**

- 1. Sea
- 2. Cleans things
- 3. More skinny



- 5. Talk rapidly and excitedly
- 6. Intestinal
- 8. Don't know when yet
- 9. Soluble ribonucleic acid
  - **11.** Chinese and Vietnamese ethnic group
  - 14. Wild cattle genus
  - 15. Rock formation
  - 18. Makes up
  - 19. Resembles a pouch
  - 20. Having an aerial quality
  - 22. Windpipe
  - 23. Million barrels per day (abbr.)
  - 24. Bitterly regret
  - 27. Soft creamy white cheese
  - 28. Renamed when EU was
    - incorporated

- 29. ' death do us part
- 31. Sound unit
- 32. Men proud of their
- masculinity
- 33. Clergy member's vestment
- 34. Hello
- 35. Mild yellow Dutch cheese made in balls
- 36. Marks
- **37. Derived from benzene**
- **38.** Low-melting alloy
- 39. Lost blood
- 40. Quantitative relation
- 44. Academic degree
- 47. Many subconsciousses

30 32 12 48 50 52

Stonewall Teulon

THE RURAL MUNICIPALITY OF ROCKWOOD

2017 DELIVERY OF LIMESTONE AGGREGATES



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



Public Notice is hereby given pursuant to Section 162(2) of The Municipal Act that the council of the Rural Municipality of St Laurent shall hold a PUBLIC HEARING to present its 2017 Financial Plan on:

> Thursday, May 11, 2017 7:00 p.m.

#### at the **MUNICIPAL CHAMBERS**

### (located in the St. Laurent Recreation Centre)

At this time Council will present the proposed 2017 financial plan for the municipality.

The presentation will provide an overview of the proposed financial plan followed by a forum for questions and comments from the public. The purpose of the hearing is to allow any interested person to make a presentation, ask questions or register an objection.

Copies of the Financial Plan are available, once completed, upon request at the Rural Municipality of St Laurent Municipal Office, 16 St. Laurent Veterans' Memorial Road, in St Laurent, Manitoba.

Dated this 27th day of March, 2017

HILDA ZOTTER Chief Administrative Officer

Rural Municipality of St Laurent



#### **TOWN OF STONEWALL 2017 FINANCIAL PLAN PUBLIC HEARING**

In accordance with Section 162(2) of The Municipal Act the Town of Stonewall shall hold a PUBLIC HEARING to present the 2017 Financial Plan for the Town at:

6:35 PM

#### Wednesday, April 12th, 2017 **Council Chambers, Town Hall**

The Town of Stonewall 2017 Financial Plan consists of:

- 1. The 2017 Operating Budget
- 2. The 2017 Capital Budget
- 3. An estimate of the Operating Revenue and Expenditures for the following fiscal year (2018), and
- 4. A five (5) year Capital Expenditure Program (2018-2022)

The purpose of the PUBLIC HEARING is to allow any interested person to make representation ask questions or register an objection in respect of the Town of Stonewall 2017 Financial Plan.

Copies of the financial plan will be available for review and may be examined by any person at the Town Office at 293 Main Street, Stonewall, Manitoba during the regular office hours of the Town Office.

Dated this 22nd day of March, 2017

Doreen Steg, C.M.M.A. Chief Administrative Officer Town of Stonewall

LIVESTOCK Polled Salers bulls on farm & at MB Test Station. BW from 77

delivery of approximately 50,000 tonnes of limestone aggregates, to be deposited on Municipal roads throughout the RM of Rockwood as directed by the Municipality. The successful applicant agrees to sign a two (2) year agreement with an additional two (2) year optional extension (based on both parties accepting).

#### 4:00 pm local time, on Friday, April 7, 2017 Proposal Close:

Detailed proposal packages complete with specifications are available to interested applicants on the RM of Rockwood Website or at the Municipal Office, between the hours of 9:00 am to 4:30 pm, Monday to Friday. Any questions or concerns can be directed to:

INVITATION FOR PROPOSAL

**2017 PROPOSAL FOR THE DELIVERY OF** 

LIMESTONE PRODUCTS IN THE RM OF ROCKWOOD

The Rural Municipality of Rockwood is accepting applications for the

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#### CHIEF ADMINISTRATIVE OFFICER

Teulon is situated in the heart of the Interlake region, 30 min north of Winnipeg on PTH #7. The area boasts a growing economy with a full range of health and education services, recreation facilities and business opportunities.

Under the direction of Council, the CAO is responsible for the overall management of the operations of the Town, including administration, accounting, supervision of staff, and implementation of Council's policies, plans and programs.

The successful candidate will possess the following:

- · Strong financial management skills and accounting experience
- Excellent communication skills, both verbal and written
- Experience with Microsoft Office and accounting software
- · Strong organizational, leadership and time management skills
- · Ability to develop, interpret and administer agreements, statutes and by-laws
- Ability to see situations from a broad perspective and provide creative alternatives
- Graduate of, or enrolled in the Manitoba Municipal Administration
- Certificate Program or equivalent program Minimum of three to five years of direct experience in management, finance or public administration

Salary range is dependent upon qualifications and experience. An attractive benefit package is also provided.

Applications are to be forwarded to the undersigned no later than 5:00 p.m. April 14, 2017.

Town of Teulon, c/o Administration Committee Box 69, Teulon, Manitoba, ROC 3B0

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204-886-3918 Fax.

E-mail: cao.teulon@mymts.net

We thank all applicants in advance; however only those considered for interviews will be contacted.

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#### **NOTICE TO CREDITORS**

IN THE MATTER OF: The Estate of Emily Ragnheidur Hendry, late of the City of Selkirk, in Manitoba, deceased.

All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 24th day of April, 2017. DATED at Stonewall, Manitoba this 17th day of

March 2017 **GRANTHAM LAW OFFICES** Solicitor for the Executor

ANNOUNCEMENT



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#### ANNOUNCEMENT

#### IN MEMORIAM



Morris MacMillan November 28, 1916 - March 17, 2012 Death leaves a heartache, No one can heal; Love leaves a memory, No one can steal. -Missed and loved forever, Alice MacMillan and family



**RETIREMENT FARM & COLLECTOR VEHICLES AUCTION** for Cyril and Shirley Irwin just west of Argyle, MB

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#### **Notice of Community Consultation**

NAV CANADA proposes airspace improvements for Winnipeg International Airport

NAV CANADA is seeking public input on proposed changes to aircraft arrival and departure procedures at Winnipeg James Richardson International Airport.

Updates to standard arrival routes as well as the implementation of new technologies are planned as part of the proposal. The proposed flight paths are estimated to save up to three minutes flying time for arrivals, with greenhouse gas emissions reductions estimated at 800 metric tonnes each year.

Required Navigation Performance (RNP) is a new navigation technology that combines satellite-based positioning with modern flight management systems, allowing an aircraft to fly a precise route. This allows for the design of flight paths that are shorter and that provide for a continuous descent. Initially, only a small portion of aircraft - approximately 20 per cent - will be equipped to fly the new procedure.

Proposed updates to departure procedures will allow for the use of satellite navigation while following the same initial departure headings used today.

NAV CANADA has made information, including maps, on proposed flight path changes available online at navcanada.ca/YWG. Residents are invited to learn about changes and provide feedback by April 10, 2017 using the comment tool available on the website

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Lucy Kowalchuk

# Announcements

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#### Larry Elswood Hughson

It is with great sadness that we announce the passing of Larry (Woody) Hughson, peacefully at Stonewall Hospital, March 20, 2017, at the age of 55, following a battle with cancer. He is survived by his parents Craig and Ret Hughson; brother Kenneth; children Jennifer (Mark), Jay (Brittany), Max (Holly); grandchildren, Samantha, Olivia, Rachel and Reginald and nephews Adam and Mark.

Woody spent his first 12 years on a farm near Pilot Mound, before moving with his family to Eriksdale in 1973. After completing grade 12 and one year of university, he spent time working in Alberta, before purchasing the family home on the farm and moving it to Stonewall, where he and Karen Kelner lived together for 11 years. He started a business named "Hughson Heating Cooling" which he operated until his illness forced him to stop. Woody was always

involved in sports, including hockey, bowling, baseball, curling, basketball and swimming. The family would like to thank Dr. Zahiri and the staff of Stonewall Hospital for their care and compassion.

A celebration of his life will be held Friday, March 31, 2017, at 2: 00 p.m. in the Stonewall Legion in Stonewall MB. Please bring all your memories and stories of Woody and be prepared to share them.

In lieu of flowers, donations to Winnipeg Humane Society or a charity of your choice would be appreciated.

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#### OBITUARY

David John McGimpsey

David John McGimpsey passed away February 16, 2017 at the Victoria Hospital in Winnipeg, MB. He is at peace with his family. David was born in 1929 and brought up in a large family in Stony Mountain, MB, where his parents William and Elizabeth McGimpsey owned and operated the local grocery store. As a young man David joined the Manitoba Telephone System and enjoyed a long career with the company. In 1953 he married Mary Margaret Buck and shortly after, settled in Winnipeg where they raised their two children, Cindy Marie and David William. He was proud of the St James area. He kept a beautiful yard and home and planted a bountiful garden. Although he golfed and curled, David was known for his brisk walks around the neighborhood for many years. David volunteered at the Grace Hospital for over 15 years. His love of people and ability to connect through shared

experiences made him an outstanding volunteer. The family went on many camping trips around Canada and the U.S. After retirement Mary and David continued to travel and spent many winters away.

David was predeceased by his wife Mary in 2013, and sadly by his son David in 1994 and daughter Cindy in 1996. He was also predeceased by his sisters, Irene Dewitt and Kathleen Nordin and his brothers, Lloyd and Robert McGimpsey. He is survived by his sisters Muriel Brothers, BC, Beverly McGimpsey, ON; his brother Tom (Audrey) McGimpsey, SK.; his sister-in-law Audrey McGimpsey, BC.; many nieces and nephews and by Mary's extended family.

A celebration of David's life will be at 10:00 a.m. on Monday, April 3rd at Chapel Lawn Funeral Home, 4000 Portage Avenue.

After the reception, there will be an interment at the cemetery in Stony Mountain at 1:30 p.m. Coffee to follow at the Summit Cafe.

MACKENZIE FUNERAL HOME STONEWALL

All who wish to attend are welcome. Donations may be made to a charity of your choice.

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