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# Tribune Stonewall Teulon

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## A Royal affair

TRIBUNE PHOTO BY LANA MEIER

Brennan McCullagh of Stonewall and his horse Wkm. Xenia had a clear round of 11 jumps to qualify for the jump off in the Bell MTS Grand Prix this past Saturday night. See story on pg. 12.

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

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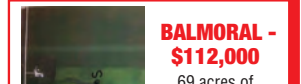
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# Easter 'egg'stravaganza at Green Acres Park



TRIBUNE PHOTOS BY LANA MEIER

The Teulon Rockwood Rec Commission held their annual outdoor Easter Egg hunt on a very cold, frosty morning last Saturday. Photos left to right: Alyvia Da Silva, Ethan Poloski, Jade Cook, Violet Cook, Madison Leahey, Tehya McDonald and Gibson McDonald were some of the many children who searched for 12 coloured eggs, which were then exchanged for candy at Green Acres Park. Ethan and Madison were two of the lucky ones who found a Golden Egg and received a special prize.

## Local artists to bring their creative visions to Gwen Fox

By Lindsey Enns and Justin Lus-chinski

Two area artists are teaming up for an upcoming art show at Selkirk's Gwen Fox Gallery.

The art show, entitled "Visions," will feature works by Patricia Anderson of Balmoral and Bev Hart of Selkirk and will run from April 3 to 28 at the local gallery.

While Anderson says she mainly works with felt, wool or glass, Hart is an acrylic and water colour painter.

"Life inspires my work," Hart said. "I paint people, flowers, just everyday things that happen in my life. I like to paint whatever I see, whatever I feel about, whatever comes to mind.

"I'm a very passionate painter."

Anderson says her photographs often inspire her pieces. "I travel with my husband ... I always bring my camera with me," she said.

Anderson added she also likes showcasing the beauty Manitoba has to offer through her work.

"Everybody always says that 'Manitoba is flat, there's nothing here,' but that's just not true," she said. "I spend so much time travelling around, and I see a lot of amazing things. I want to show off those vistas, and I think people want to see the beauty of nature, and the beauty of Manitoba."

Hart said lately she has been experimenting more and more with her art and is looking forward to showing off some of her pieces during the April art exhibit.

"I like it when my art makes people smile or lifts their spirits in some way," she said. "Art entertains me ... I love doing it, and I plan to keep doing it for a long time."

A reception for the art show will take place on Saturday, April 7 from 1 to 4 p.m. at the Gwen Fox Gallery located at 250 Manitoba Ave. in Selkirk.

For more information about the local gallery, visit [gwenfox-gallery.com](http://gwenfox-gallery.com).



TRIBUNE PHOTO BY JUSTIN LUSCHINSKI

Patricia Anderson, left, and Bev Hart are teaming up for next month's art show at Gwen Fox Gallery. Visions will be on display at the Selkirk gallery from April 3 to 28.



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# Rec Commission Daycamp brought themed fun during spring break

By Melissa McIvor

This spring break, kids had plenty to do in Teulon thanks to the Teulon Rockwood Recreation Commission (TRRC) Daycamp.

A handful of students aged five to 12 spent the four-day week participating in fun and engaging community-based activities out of the Teulon Rockwood Centennial Centre.

Each day of the spring break camp explored a different theme.

On Monday, the kids staged a talent show for Talent Day where they showed off their skills in song, dance, block tower building and knowledge of science through a display of static electricity.

"Everybody gave each other a score out of 10," explained Samantha Morin, one of the two daycamp instructors. "They all did 10 out of 10 performances. It was great!"

Tuesday's Pay-it-Forward theme took the kids out into the community to deliver sweet treats and well-wishes.

"The kids made little candy lollipop flowers," Morin said. "They took a lollipop and glued it to a flower picture, put them in cups and then filled the cups with candy. Then they wrote nice

little notes on the flowers like 'Have a great day' or 'Happy Easter' and we handed them out around town to different people and businesses."

On Wednesday, the Daycamp partnered up with the Interlake-Eastern Regional Healthy Authority (IERHA) to offer a morning cooking class. The kids brought the finished cookie bars and fruit skewers to Fairview Place in the afternoon after making their own superhero characters for Superhero Day.

Lastly, Thursday was Around the World Day and introduced the kids to games that incorporated different countries. They also created a poster version of "their perfect world" after a walk through town.

Throughout the week, the Daycamp also partnered with the Green Acres Art Centre (GAAC) and the students participated in the GAAC Spring Break ART Workshops with Art City each afternoon.

"They (GAAC) did such a great job and we're happy to have been a part of that," said Laine Wilson, recreation director at the TRRC.

For Wilson, the TRRC Spring Break Daycamp program, which has been offered since 2016, is an essential re-



TRIBUNE PHOTO BY MELISSA MCIVOR

Students baked and assembled sweet treats to take to Fairview Place on Wednesday with help from the IERHA.

source for the community.

"We look at daycamp as a fundamental piece for childcare," she said.

"We all know that healthy bodies [and] healthy minds are contributing factors to holistic people so I feel like, as a community, it's our role to offer these things for children and our youth."

The TRRC Summer Daycamp program is still in the works and as information becomes available it will be added to the Town of Teulon and RM of Rockwood websites and the "Teulon RockwoodRec" Facebook page. Laine Wilson can also be reached at 204-886-0505 or teulonrockwoodrec@gmail.com for more information.

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# letter to the editor

Letters to the Editor:  
letters@stonewallteulontribune.ca

Dear Prime Minister Trudeau and Minister Patty Hajdu,

The Liberal's new attestation requirement on the Canada Summer Jobs (CSJ) application has rightly caused much concern and opposition among Canadians. Conservatives believe this policy isn't about the activities or services an organization is engaged in but rather about

targeting the personal beliefs of the individuals who run those organizations and who might not share the Liberals' ideological views.

The right to freedom of belief and opinion is guaranteed by Canada's Charter of Rights and Freedoms and Canadians should be very concerned that the Government of Canada is hinging funding decisions on a Prime Minister Justin

Trudeau's values test. Conservatives are concerned for the students who won't find work as a result of this decision. Individuals who hold private convictions may, for example, no longer be able to help care for the disabled, refugees, or provide day camp for children in need. Furthermore, Conservatives are also concerned that Trudeau will apply his values test to Canadians receiving other services, including organizations that receive charitable status from the Canada Revenue Agency.

I feel that the attestation is an overreaching political government policy that is trying to force applicants to either sign on to the Liberals' value system or to disqualify others who do not share that Liberal belief. Those who were disqualified this year but received grants in previous years proves that the government is denying funding from the CSJ Program based upon one's beliefs. The Canadian Charter of Rights and Freedoms guarantees the freedom of expression, belief, religion and conscience.

Prime Minister Trudeau, Employment Minister Patty Hajdu, the Government of Canada and Service Canada, are all complicit in the violation of rights and freedoms of Canadians who wish to access the CSJ program but could not sign the attestation due to their personal beliefs. Prime Minister Trudeau and the Liberal government has failed to act in a secular manner by forcing applicants to either sign on the Liberal values test or be disqualified from the CSJ program application process. No Canadian should be de-

Continued on page 5



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6:15pm **Stonewall Veterinary Clinic** - Fear Free Practices in Veterinary Medicine

6:45pm **Guiding Light Services** - What is Reiki and its great benefits

7:15pm **Young Living** - How you will boost your life of health and wellness using Young Living Oils

**Saturday, April 14**

10:45am **Loaf & Honey** Their journey to become cheesemakers. How to make cheese at home.

11:30am **Firewood Manitoba** - Indoor & Outdoor Wood Boilers-what are they, how do they work, and how they can reduce your Hydro bill

12noon **South Interlake Garden Club** Growing Your Own Sprouts

12:30pm **Melo's Finest** - Cold Pressed Cooking Oils by Melo's Finest, a local recipe for success

1:00pm **Laura Woodman Investment Advisor** - Industrial Alliance Securities The joy of having financial peace.

1:45pm **Loaf & Honey** - Their journey to become cheesemakers. How to make cheese at home.

2:30pm **One Link Mortgage & Financial** - Good Credit/ Bad Credit: How Do I Get it?

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## Horsin' around



TRIBUNE PHOTO SUBMITTED

Stonewall's Chelsea Thomas, 7, and Grace Thomas, 10, participated in the first-ever hobby horse event at the Royal Manitoba Winter Fair in Brandon on March 28. This was a fun event that took place during the opening ceremonies. Ten girls from around Manitoba participated with each girl running a course of jumps while being paired up with a Presidents Choice Super dog. Grace rode her hobby horse "Teddy Bear" and Chelsea rode her hobby horse "Snowflake." The event was a crowd pleaser and the girls both received a red ribbon.



# Local volunteers earn Premier's Volunteer Service Awards

By Jennifer McFee

Two local volunteers are earning recognition for all of their efforts to make their communities a better place.

Lana Knor and Eadie McIntyre will both be receiving Premier's Volunteer Service Awards from Volunteer Manitoba at an upcoming awards dinner in April.

Born and raised in Teulon, Knor chairs the Teulon Farmer's Market, working hard to recruit vendors, advertise and promote the event.

After that, she threw her support behind the Green Acres Art Centre, which was ready to close when the old board was retiring. She spearheaded the revival of the centre and has been chair of the board since 2011.

She has also stepped up to become the chair of the Teulon Ag Society, with a vision to promote rural life and teach kids about the origins of their food. She led the board to focus on the annual Pumpkinfest, which is a go-to event for folks from near and far.

Darci Loehmer nominated Knor, calling her "Teulon's greatest volunteer."

"Lana is the kind of volunteer every community needs! She is the person who when sees a challenge does not complain but jumps in with both feet to find a solution. There is no project to large!" Loehmer wrote in the volunteer nomination package.

"She inspires everyone around her to work hard and to give their best. I think her brain must never turn off. She is constantly seeing places where she could help. She can take criticism

and is always open to resolving conflict.

"One of the reasons Lana has been so successful in all her volunteer work is her ability to communicate. She has a gift of talk like no other, but it is her ability to really listen and truly care with whomever she is speaking with that makes her shine. She knows her weaknesses and is always striving to give 110%. She believes that as a community we need to come together for its betterment."

For Knor, she said it is very flattering to be receiving the award, but she is quick to give credit to others.

"Even though this is an individual award for me and I am very appreciative of it, I still believe it's an award for everybody that I have worked with because one individual cannot do everything alone. It takes a great team to do the things that we've been able to do. I haven't done it alone; I've done it with a great group of people," said Knor, who also works full time as an educational assistant at Teulon Elementary School.

"The old saying is it takes a village to raise a child — but it takes a great group of volunteers to build the village. The great group of people that I've worked with has helped build that village for the children and everyone else in our community."

Like Knor, McIntyre has volunteered countless hours to community organizations. The long-time Stonewall resident has contributed her time to the Stonewall Kinette Club, Project Linus and the South Interlake 55 Plus Se-



Eadie McIntyre, left, and Lana Knor will both be recognized for their hours of volunteer work at an upcoming awards dinner in April.

nior Centre as president of the organization.

In a nomination package submitted by Kathy Turner, McIntyre's leadership of South Interlake 55 Plus is described as calm and consistent.

"Eadie's leadership has enabled the organization to survive a monumental event; the loss of a long-standing location, securing a new home and negotiating a new tenancy agreement that would provide a stable basis for the Centre's membership of over 350," the nomination package states.

"This enormous task was executed in a mere six months and the Centre was relocated in June 2016."

Over the years, McIntyre has also volunteered as a Sunday School teacher and as a block parent when

her children were young. Amid all of her volunteer commitments, she remains focused on her family and never misses a chance to support them.

For McIntyre, it was a total surprise to hear the news that she would be receiving a volunteer award.

"I work with such wonderful people and it makes everything so much easier," she said.

"The Town of Stonewall is a community, and I feel we need to work together to help each other. It's always been my philosophy."

The 35th Annual Volunteer Awards will take place on April 19 at the Victoria Inn Hotel and Conference Centre in Winnipeg.

## > LETTER, FROM PG. 4

nied access to government services or funding based upon their beliefs and personal conscience.

As a Member of Parliament, I am required to review and approve the distribution of CSJ grants and summer student job opportunities in our riding. In good faith, I cannot sign off on the CSJ Program this year which under the direction of Prime Minister Justin Trudeau, has intentionally violated the charter rights of some constituents in Selkirk-Interlake-Eastman. Unfortunately, I am unable to

fulfill my responsibility to review and approve the distribution of CSJ program grants. The Liberal government has not only violated the charter, behaved anti-secular and denied government services and programming to some Canadians due to their strongly held convictions, they are also undermining my Parliamentary privilege by preventing me from fulfilling my duties as a Member of Parliament.

Sincerely,  
James Bezan, MP  
Selkirk-Interlake-Eastman

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Not Recommended For Young Children; Violence

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# getfishing

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## > ARNIE WEIDL **Dating site offers a great catch**

Welcome, my friends.  
Today, communication through our computers or cell phones can get us some pretty happy results. It can get us an ice auger, a nice warm cup of coffee or even a partner for life.

A month or so ago I was on the Red River ice downstream of Selkirk on a bright, fairly warm day idling Old Red from one tailgating angler to another to shoot the breeze. One fellow, who sat in a folding chair in a thick dark parka, had short grey hair and the determined eyes of a man who could handle just about anything, caused me to turn the truck off.

Marvin Leschysyn from Winnipeg was his name and he had a humorous story that happened years ago when he and his friends went ice fishing on Mud Turtle Lake.

They were heading back to camp on four sleds after a day of fishing when one guy (let's call him Bert — it was so long ago Marvin couldn't remember the guy's name) hit a bump and didn't notice his auger falling off his sleigh. Not far behind him came (let's call this one Ralph — again, he couldn't remember his name) who found the auger and brought it back to camp.

During supper, Ralph, knowing he had found Bert's auger and had a sense of humour, said, "Hey, you guys, I found an auger out on the ice."

Later, when Bert went outside to visit nature and was standing beside his sleigh, he was shocked to see his auger was gone. He tramped through the snow to Ralph's sleigh and, sure enough, there was his auger.

Inside the shack, as he closed the



TRIBUNE PHOTO BY ARNIE WEIDL

Shyan Carswell, who catches what she goes after, with her catch on Lake Winnipeg.

door behind him, he smirked, saying to Ralph, "If you wanted to give that old scrappy auger of yours a rest and use a decent one, all you had to do was ask."

About the same time, give or take a week, I was on the ice of Gimli bay and pulled up to a large shack with a big window facing the town's shoreline not far away. I banged on the door calling, "Is anybody home?"

A sprightly, upbeat chap with short white hair and moustache popped the door open. Seeing my truck, he remarked, "Hi Arnie. How's tricks?"

"Man, it's nice and warm in here," I remarked as I took a seat he offered.

Dave Bartmanovich, my host, said he was from Fraserwood and loved to spot his shack close by Lake Winnipeg's Gimli harbour. We were

chatting about this and that, basking in the sun coming through the big west-facing window when he got a call on his cell. It was his buddy Darrell, who sitting in his house on shore could see directly at Dave's shack.

"Did you catch anything?" I heard Darrell ask.

"I got three in the pail," Dave returned.

"I'm coming out. Do you want anything?" I overheard Darrell.

"Yeah, bring me a cup of coffee, white and sweet," Dave asked.

Dave turned off his phone as he faced me smiling.

"You see, this is why I like ice fishing here. It's a few minutes to friends, restaurants or anything else I want. I

Continued on page 7

Stonewall Teulon  
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# Business expo will feature over 40 exhibitors

## South Interlake Business Expo in Stonewall April 13 and 14

By Jennifer McFee

Business is booming in the South Interlake area, and local companies are gearing up to showcase their products and services at the 8th business expo next weekend.

Run by the *Stonewall Teulon Tribune*, the South Interlake Business Expo is set for Friday, April 13 from 4 to 8 p.m. and Saturday, April 14 from 9 a.m. to 4 p.m. at the Sunova Curling Rink in Stonewall.

Organizer Stephanie Duncan said there is plenty to look forward to at this year's event, which will feature 16 new exhibitors, including Melo's Finest, Firewood Manitoba, Sunco Sunspaces and Stonewall Sewing Room just to name a few.

"We have a great mix of home renovation and home builders that are excited to come out and talk to homeowners, especially those in the new housing developments," said Duncan.

"They fit really well into the show because there are quite a few new home builds and home owners looking to update and renovate their homes. We've also got landscape companies and a sunroom company, so there's lots to tie in together for some great planning ideas."

The expo features a wide range of exhibitors, and Duncan encourages everyone to come out and learn more about what's happening in their own

community.

"There will be massage therapists, a Reiki master and some interesting health service providers. People can come and try out mini sessions and talk to them about the services they offer so they can be a little bit more informed," she said.

"We've also got everything from home-based businesses to food services. There are even some businesses that are on Main Street that people may not have seen before. It's going to be really exciting."

Danny's Whole Hog and Summit Cafe will be selling food both days.

Throughout the two-day event, attendees can increase their knowledge through 11 presentations on the demonstration stage on everything from fear-free vet practices, information on local cooking oils and how to make your own cheese at home.

(For a full schedule, see page 4 of this week's edition of the *Tribune*.)

"There are some super interesting presentations. It's a really great opportunity for people to hear about some tricks, tips and new ideas."

In addition to dozens of businesses, nine local community organizations will be on hand to provide information about their groups.

"We've got seniors groups, the Ag Society, the garden club, R.E.A.C.T., palliative care, which are all looking



TRIBUNE FILE PHOTO

Over 40 businesses will come together for the South Interlake Business Expo April 13 and 14. There will be live demonstrations by exhibitors throughout the event promoting their products.

forward to connecting with people at the expo," Duncan said.

"It's beneficial to the community for people to know what types of businesses and organizations are available here."

The cost to attend the business expo is \$3 per person (free for kids aged 12 and under), with the admission proceeds being donated to the Kinsmen Club of Stonewall. The cost of admission also includes an entry into door prizes that include a Barkman stone fire pit from Rockwood Landscaping, a quarter cord of firewood from Fire-

wood Manitoba and two \$75 gift cards for Jaspersen's Greenhouse & Landscapes.

As well, the Stonewall Children's Centre will host a fundraising pancake breakfast upstairs at the curling rink before the Saturday morning event starts. Anyone who purchases a pancake breakfast will be able to enter the expo for free.

For more information about the South Interlake Business Expo, be sure to check out next week's edition of the *Stonewall Teulon Tribune*, which will feature a full section on the event.

### > GET FISHING, FROM PG. 6

like convenience, and this does it for me."

A few weeks later, I met an Alberta angling sister, Shyan Carswell. Through the story she gave us, she would show she was as much fun as Dave. She was tailgate fishing with her guy, Pat Jolicoeur, and Pat's brother Gilles Perreault on the ice about a mile out from Balsam Bay. Shyan and Pat were from Lethbridge and had

come home for a visit with Gilles of Ste. Anne.

The boys were big, happy robust fellows and full of energy. Shyan, with her broad beaming smile, constantly went on with one fishing or hunting story after another. The one that got me was when she said she wanted a partner to go hunting and fishing with so she got on a dating service on the computer and found Pat. Af-

ter getting to know each other over the phone, Shyan told him she would come pick him up for their first date because it was his 41st birthday. Pat busied himself getting ready for their date when he heard a horn honking out on the driveway. He opened his door and there stood Shyan beside her truck, holding her rifle and saying, "Come on, pal. Your birthday present is a hunting trip."

Later, back at his place, she gave him a birthday card that read, "Hap-

py birthday, happy first date, happy hunting and fishing with me."

Well, gang, while we wait for the spawning season to be over, I find myself fondly remembering the past winter fishing experiences.

Come on back next week, though. I've got a story about some guys trying unsuccessfully to fish out of a boat; it's funny as heck.

Bye for now.

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# Tribune prepares to launch first-ever TRiACTiFiT Challenge

By Jennifer McFee

If it doesn't challenge you, it doesn't change you. That's the motivating idea behind the TRiACTiFiT Challenge, an initiative of the *Stonewall Teulon Tribune* to bolster the overall well-being of participants.

Organizer Stephanie Duncan explains the meaning behind the word "TRiACTiFiT."

"We want people to get healthy in their mind, body and



soul, so 'tri' represents all three areas. It's also a play on words because the participants will try something new. Of course, it also incorporates the first three letters of the *Tribune*," she said.

"Then 'Act' is about being active and acting on your healthy intentions and 'Fit' is about becoming more fit while encouraging everyone to add 'fit'ness into their daily lives."

Starting April 9, 16 participants will challenge themselves to focus on their own wellness for nine weeks. Eight businesses and organizations have sponsored the participants in the challenge, with representation from the RM of Woodlands, Inview Insurance, the Town of Stonewall, Sunova Credit Union, Quarry Physiotherapy, Stonewall Marketplace, RBC and Commercial Comfort.

These participants will visit four wellness partners — Erika's Fitness Club, Quarry Physiotherapy, Yoga with Heather McDermid and Backcountry Fitness and Conditioning — to work towards their goals.

"They will visit those wellness centres and try each of them, some for the first time. It gives them an opportunity to try something new," Duncan said.

"For the remaining weeks of their challenge, they can make their own program and determine which wellness centres they would like to visit. Maybe it's all four of them, or maybe they just want to do yoga or boot camp. They are setting their goals at the very beginning, and then they are going to work to attain their goal by working with these wellness centres."

Using logbooks provided to them, the participants will track their weekly activities as well as their thoughts about the process.

Francois Venter, a personal trainer at Quarry Physiotherapy, will provide an initial assessment as well as a post-assessment to document the participants' progress. Throughout the challenge, Venter will remain on hand to work with the participants.

The *Tribune* will also keep readers informed about the TRiACTiFiT Challenge. See this week's *Tribune* to meet our participants, followed by updates and follow-up articles in subsequent weeks.

"The whole point is to get the community really involved and invested in following these people and then motivate themselves to get out there and live a healthier life," Duncan said.

Community members also have the chance to get involved in their own challenge. On April 13 and 14 at the South Interlake Business Expo, members of the public can pay a \$10 registration fee to get their own logbook and water bottle (sponsored by the RM of Rockwood), as well as a buyer card that gives them a free class at three of the wellness centres. In the logbook, they'll also find special offers from the wellness centres that will allow them to return at a discounted rate.

"We're hoping we can get another 200 people from the community to come and register. They will be motivated by those 16 participants, and they can try those wellness centres that they may have never tried before," Duncan said.

"Hopefully afterwards, they might want to take advantage of the specials and buy a membership or day passes. Then they can start changing their life by working out at those centres."

The \$10 registration fee provides a value of about \$125 in free classes and special offers, she adds.

"A lot of people have always wanted to try these classes, but they didn't necessarily want to buy a membership. So this is an opportunity for them to invest \$10 to try Zumba, boot camp and a yoga class," Duncan said.

"We really hope to motivate the community and get as many people as possible on board."

To keep up to date on the TRiACTiFiT Challenge, visit the *Stonewall Teulon Tribune's* Facebook page and stay tuned for articles in upcoming print editions.

**63<sup>RD</sup> ANNUAL 2018** **STONEWALL APRIL 10-22**

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<b>CHORAL</b> Stonewall Quarry Park Heritage Art Centre April 12 & 13		<b>BAND</b> Stonewall Collegiate April 19 (Day)
<b>VOCAL</b> Stonewall New Life Church April 14 & 15		<b>INSTRUMENTAL</b> Stonewall New Life Church April 19 (Evening)
		<b>DANCE</b> Teulon Collegiate April 21 & 22

**ADMISSION: Adults \$5.00 (per session/venue)**  
Session: Morning - Afternoon - Evening  
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A background in the arts is not required. Anyone willing to give their volunteer support would be most welcomed and appreciated.

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# Equi-Tech Veterinary opens the doors at its new location



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Equi-Tech Vet staff took visitors on tours of their new facility at an open house held last Saturday. Pictured left to right: Jill Gillespie, Luc and Hilary Versavel, Valerie Millette and Neil Versavel and their children Aiden and Melodie Versavel.

By Jennifer McFee

It was a busy weekend at Equi-Tech Veterinary, where 130 people dropped by for an open house event to welcome the community to its new location.

On Saturday, March 31, the family-run clinic invited the public to check out their brand new building, which is now located at the southwest corner of Highway 7 and Road 79N.

With a focus on giving back, the open house event featured a door prize and raffle, raising more than \$1,000 for Before the Bridge Senior K9 Rescue.

Veterinarian Luc Versavel launched the business about 30 years ago, and today, he works alongside his son Neil Versavel and daughter-in-law Valerie Millette, both veterinarians who met in veterinary school. The third generation is already a familiar sight at the clinic, with frequent appearances by Neil and Valerie's two young children. Adding to the family atmosphere, Luc's wife Hilary also works in the office.

"For a number of years, Neil and his dad mostly did mixed animal practice, but the facility was on Luc's farm," Millette explained.

"Now we've bought our own land and built a brand new facility, and we've moved the practice from the farm to where it is today."

Over time, the practice has evolved from mainly equine to mixed animals to now seeing about 60 per cent small animals.

"We see pretty much everything. At the clinic, we mostly see dogs and cats, but we do have a large animal area as well if people need to bring large animals to us. Luc and Neil also do farm calls, and that's how they see the majority of the large animals," Valerie said.

"We're a full hospital and we do everything that any other vet clinic would do. We have our own lab with an X-ray and blood machines where we try to do all our own in-house laboratory work. We are a full state-of-the-art facility where we offer full medical and surgical services for small animals and large animals."

They are currently accepting new clients at the clinic offering all of the same services that they provided at their previous location.

"In the new facility, we have a lot more working space," Millette said. "It's a nice environment to work in."

Construction of the new building took about a year to complete, drawing on the talents of local tradespeople.

"We hired all local contractors. We actually hired about 20 different trades from Stonewall and area. It was nice because we were working with people who have all worked together before. Everybody knew each other and it flowed really well," Millette said.

"It was important to us to support our local trades. It's a clinic built by the community for the community."

For more information about Equi-Tech Veterinary, visit their Facebook page or call 204-467-2083.



The animal hospital is a full state-of-the-art facility where they offer medical and surgical services for small and large animals.

## Sharing the stage



TRIBUNE PHOTO SUBMITTED

Stonewall's Keegan Skyhar shared the stage with country music artist Johnny Reid at the Burton Cummings Theatre on March 23. Skyhar was chosen from the audience by Reid to join 'The Soul Providers' drummer just before the show was over. Skyhar also had an opportunity to meet Reid up close and personal back stage before the concert. Reid played three sold out shows in Winnipeg that weekend.

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# Echocardiography services required for Interlake

## Rockwood council news in brief

By Jennifer McFee

The Rotary Club of Selkirk presented information to Rockwood council about Project Echo, which aims to provide echocardiography services for the new Selkirk Regional Health Centre.

At the March 28 committee of the whole meeting, Gayle Halliwell explained that Echo uses sound waves to create pictures and videos of a heart in a painless and non-invasive way. It can be used to diagnose and monitor cardiac disease, cardiac complications and other health-threatening heart conditions.

From prenatal to geriatric care, Echo can be used in a variety of areas, including vascular, obstetrics, gynecology, radiology and pediatrics. This versatile diagnostic ultrasound can be used in hospital or clinic setting to provide a timely and accurate diagnosis.

In the Interlake-Eastern Regional Health Authority, 3,000 residents

need an Echo each year, and wait times can be up to one year. Currently in Manitoba, an Echo is only available in Winnipeg and Brandon, but many rural patients would prefer a less urban experience.

The total cost to install Echo is \$334,000, made up of \$275,000 for the basic cost, \$16,000 for a stretcher, \$3,000 for a scanning chair and \$40,000 for a work station.

Ongoing annual expenses include \$98,000 for a full-time sonographer's salary and benefits, plus \$10,000 for consumable supplies and \$10,000 for image storage.

The Rotarians have committed to fundraising \$140,000 for a mid-range unit. Based on the IERHA's population of 126,000 people, that equates to about \$1.11 per person.

The provincial government and IERHA are committed to install the equipment once the Rotary Club reaches its fundraising goal.

So far, the Rotarians have raised

\$33,000. As of March 15, service organizations and individuals have committed another \$25,700 and municipalities have committed \$24,072. In addition, another \$31,000 will come from approved grants. In total, \$115,000 has been received or committed for the project.

The Rotary Club of Selkirk hopes to be able to present the funds this fall, with installation set for the fall or winter.

They asked Rockwood council to help communicate their cause and to contribute towards Project Echo in order to bring echocardiography to the health region.

Anyone who would like to make a donation can contribute through the website at [www.selkirkrotary.ca](http://www.selkirkrotary.ca) and a Facebook campaign is also underway, entitled "Echo Project for the Interlake-Eastern Region." Charitable tax receipts are issued for donations of \$20 and over, and contributions are recognized in a variety of ways.

### In other council news:

- John Visser has been hired as



**TRIBUNE PHOTO BY JEN MCFEE**  
John Visser has been hired as the new manager of finance for the RM of Rockwood.

the new manager of finance for the RM of Rockwood.

- The April 11 regular council meeting has been changed to April 4.

## Warm hearts, soft hands



**TRIBUNE PHOTO BY JO-ANNE PROCTER**

For the past three years, former Warren resident Leanne Corbett has donated a tube of Arbonne hand cream to each of Rosewood Lodge's 50 residents. Corbett's father Grant Johnson lived at the lodge in Stonewall and when visiting, she felt there was a need to hydrate the residents' skin. Corbett, a consultant for Arbonne Skincare, has continued making her annual donation since her father's passing. This year she involved her sons, teaching them about compassion and giving back. Pictured left to right: Leanne Corbett, Chase Corbett, resident Edna Fisher and Krew Corbett.

## Filming continues in Stonewall



**TRIBUNE PHOTO BY LANA MEIER**

Winnipeg film company Juliette Productions' staff were busy adding snow, stringing Christmas lights and adding decorations transforming Stonewall's Main Street into a small Tennessee town called Smokey Mountain last week.

The film will be aired to millions of viewers on Lifetime and W Network. *Smokey Mountain Christmas* is about a baker who works to save the town from being bought by a Miami real estate developer — just in the nick of time for Christmas.

"It's a story of family, community and how believing can make dreams a reality, with a little Christmas magic from the man in red," said location manager Brandy Hagborg in an email.

Filming will continue at locations in and around Main Street until April 6.



# Grant brings Art City to Green Acres spring break workshops

By Melissa McIvor

This spring break, a grant from the Interlake-Eastern Regional Health Authority's (IERHA) Healthy Together Now program helped the Green Acres Art Centre (GAAC) pull out all the stops — and scissors, markers, ink and clay — to give kids in the Teulon area a colourful and creative March break.

Throughout the week, GAAC offered a different spring break art workshop each day from 1 to 3 p.m. to participants of all ages. Over four days, attendees were able to design and take home printed T-shirts, shrinky-dink charms, sculpted necklace pendants, hand-stitched superheroes and alternate identity crafts.

Nicole Dzuba, executive assistant at GAAC, said the activities were all made possible by the Healthy Together Now grant, which allowed them to bring supplies and instructors in from Art City.

The Winnipeg-based non-profit organization brought their accessible arts programming out to Teulon over four days. The group took care of all of the material preparation, setup and transportation for the workshops.

"Art City is just amazing. They have ideas that really appeal to the kids and adults," said Dzuba.

"It's our first time having them here and we definitely want to do it again because they're great to have. We had a huge response [from the community] so there's a need for it."

The program drew in upwards of 60 participants most days.

The grant also allowed GAAC to provide Handivan services to shuttle



TRIBUNE PHOTO BY MELISSA MCIVOR  
Akira, 8, displays her sculpted necklace pendant.

## Inwood Ladies Fun Golf League



Thursdays-7pm @ Inwood Golf & Country Club  
Registration & Meeting  
\$50.00 League fee  
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Continued on page 19

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# Local rider ranks second at Bell MTS Grand Prix

By Jennifer McFee

It was a weekend to remember for a local equestrian who made his mark at the Royal Manitoba Winter Fair in Brandon.

Brennan McCullagh of Stonewall and his horse Wkm. Xenia earned second place in the Bell MTS Grand Prix on Saturday, March 31, bringing home \$5,500 in prize money.

"It was very exciting," said his mother Catherine, who is involved in coaching Brennan.

"It's a tradition for a lot of families to go to fair every year, and I can't tell you the number of people who were out there from the Stonewall area. Brennan was actually signing autographs at the end of the night."

To start the event, the riders had to clear a round of 11 jumps. Four horses were clear, including Brennan's, which allowed them to proceed to the second round.

The second round is based on the fastest time and number of faults. Since all four riders tied for the number of faults, they relied on the times. Brennan had the second fastest time, so he ranked second in the event.

The 19-year-old worked hard to prepare for

the event while also juggling full-time coursework in an engineering program at the University of Manitoba.

"He struggled a lot to prepare for fair, having a full course load at university. It was a commitment he made in the fall. And with our winters, it's quite a process to prepare for an event like that because it's cold. We're lucky enough to have an arena, but it's not heated," Catherine said.

"Since the fall he's been preparing his horses so that they peak at the end of March for this event."

After his exams wrap up, Brennan will head to Toronto at the beginning of May to compete in an event there.

"He's coached by Mac McQuaker, who's in the Toronto area and is originally from the Virden area. He flew out to coach Brennan and a few students at the Brandon winter fair," Catherine said. "Soon Brennan will go and join him for a month in Toronto."

His supporters will look forward to seeing Brennan attain more of his equestrian goals.



TRIBUNE PHOTOS BY LANA MEIER



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**ELECTION DATES:** April 9 – 20

Annual General Meeting, election announcement, and Sunova Credit Union and Oak Bank Credit Union merger vote: April 26, 7:00 pm at Gaffer's in Lockport.

## NOTICE OF ANNUAL MEETING

TO: MEMBERS OF SUNOVA CREDIT UNION LIMITED

### ANNUAL GENERAL MEETING

**PLEASE TAKE NOTICE THAT** the Annual General Meeting of Sunova Credit Union Limited will be held at Gaffer's, Lockport, Manitoba at 7:00 pm on April 26, 2018. (Registration desk will be open at 6:15 pm.)

The purpose of the meeting is to:

1. Receive and consider the annual report;
2. Receive and consider the financial statements and report of the auditors;
3. Receive and consider resolutions;
4. Appoint auditors;
5. Announce election results; and
6. Transact such other business, including Special Business, as may properly come before the meeting or an adjournment thereof.

### SPECIAL BUSINESS

Special Business of the members of Sunova Credit Union Limited will follow the general business of the Annual General Meeting to consider the proposed amalgamation of Sunova Credit Union Limited and Oak Bank Credit Union Limited. The proposed Special Resolution, the text of which follows, will be put before the Special Meeting for approval by the members:

#### SPECIAL RESOLUTION TO APPROVE AMALGAMATION

WHEREAS the respective Board of Directors of Sunova Credit Union Limited and Oak Bank Credit Union Limited has recommended that the credit unions amalgamate in accordance with the provisions of the Amalgamation Agreement dated February 1, 2018;

AND WHEREAS the respective Board of Directors of Sunova Credit Union Limited and Oak Bank Credit Union Limited consider it to be in the best interests of the credit unions to enter into the Amalgamation Agreement and to amalgamate with one another on the terms and conditions set out therein;

BE IT RESOLVED AS A SPECIAL RESOLUTION OF SUNOVA CREDIT UNION LIMITED THAT:

1. The execution of the Amalgamation Agreement is hereby ratified and confirmed;
2. The amalgamation of Sunova Credit Union Limited and Oak Bank Credit Union Limited on the terms and conditions set out in the Amalgamation Agreement is hereby approved.

### SUMMARY OF THE AMALGAMATION AGREEMENT

An Amalgamation Agreement, dated February 1, 2018, has been approved by the respective Board of Directors of Sunova Credit Union Limited and Oak Bank Credit Union Limited. The Agreement provides for the amalgamation of Sunova Credit Union Limited and Oak Bank Credit Union Limited into one credit union with an effective date of July 1, 2018. The name of the new credit union resulting from the amalgamation will be Sunova Credit Union Limited. The new credit union will have its registered office in Selkirk, Manitoba.

Copies of the Amalgamation Agreement are available for review at each branch of Sunova Credit Union Limited and Oak Bank Credit Union Limited respectively. Please see management for details.

### RIGHT OF DISSENT

Pursuant to Section 127 of The Credit Unions and Caisses Populaires Act, members of each amalgamating credit union have the right to dissent to the proposed amalgamation. Dissenting members wishing to register their opposition are advised to send a written objection to the amalgamation to their credit union at or before the meeting of members referred to in this notice.

By Order of the Board of Directors  
SUNOVA CREDIT UNION LIMITED



# TRiACTiFiT

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...it doesn't change you!*

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Thank you to the RM of Rockwood for sponsoring the water bottles.

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**Celia Bollenbach**  
YEAR OF BIRTH - 1984



**GOAL** To strengthen my muscle mass and improve my physical endurance.



**Cheryl Kirschman**  
YEAR OF BIRTH - 1986



**GOAL** Have more ENERGY!



**Deaghan McLeod**  
YEAR OF BIRTH - 2004



**GOAL** To try new activities to see what I may want to continue with and to improve my overall level of fitness.



**Devron Broadfoot**  
YEAR OF BIRTH - 1965



**GOAL** My goal is to lose weight.



**Diane Allan**  
YEAR OF BIRTH - 1960



**GOAL** To put the pep back into my step and enjoy life to the fullest.



**Kyla Lenio-Slack**  
YEAR OF BIRTH - 1981



**GOAL** Be more consistent with ensuring I take time out of my schedule for me. Exercise has always been a great stress reliever for me. I find I get too consumed with work and daily life I forget to make time for me. I would also like to tone up some of those wobbly bits.



**Melaine Glass**  
YEAR OF BIRTH - 1988



**GOAL** To improve level of cardio strength to prepare my body for summer running. To reduce stress and get active with people from my community.



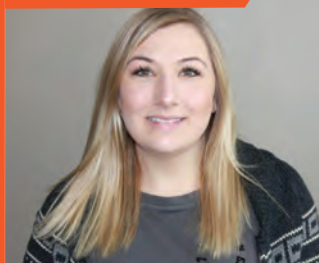
**Michael Bayle**  
YEAR OF BIRTH - 1978



**GOAL** To get back into shape to keep up with kids.



**Mollie Meier**  
YEAR OF BIRTH - 1993



**GOAL** To run a 10K at the Manitoba Marathon in June.



**Sandra Smith**  
YEAR OF BIRTH - 1967



**GOAL** Less Inches!



**Teresa Taplin**  
YEAR OF BIRTH - 1968



**GOAL** To lose weight, become more physically fit and to become more focused and centered.



**Toni Friesen**  
YEAR OF BIRTH - 1993



**GOAL** To create a healthy body, mind and soul.



**Torey Kirk**  
YEAR OF BIRTH - 1988



**GOAL** To find a program I enjoy and become more consistent in exercise and healthy eating. It's time to get serious and stop procrastinating. Excited to try some new classes and work on a better me.



**Tracey Malone**  
YEAR OF BIRTH - 1977



**GOAL** To strengthen and form good habits of regular fitness activity.



**Leah Brown**  
YEAR OF BIRTH - 1971



**GOAL** I want to get into better shape, lose weight, gain more energy and develop a healthier lifestyle.



**Shawna Chalus**  
YEAR OF BIRTH - 1967



**GOAL** ...is to improve my overall health and fitness-get active, tone, shed inches, & lose weight. I also want to make lifestyle changes, find a routine that fits with my schedule, and stick to it.



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# Fairy houses on display at Teulon library during April

By Jennifer McFee

A Teulon artist is reusing wood and other trinkets to create fantastical fairy houses, which are on display this month at the local library.

Throughout April, Anna Pazdzierski is the artist of the month at the Teulon library where she is showcasing her creative projects.

"I've just newly retired, but I've always done crafts for stress relief. I have grandchildren, so fairy houses work really well for them because it gives them a chance to play outside once spring comes. Everything I do right now is spring-related," said Pazdzierski, who worked as the executive director of Nova House in Selkirk.

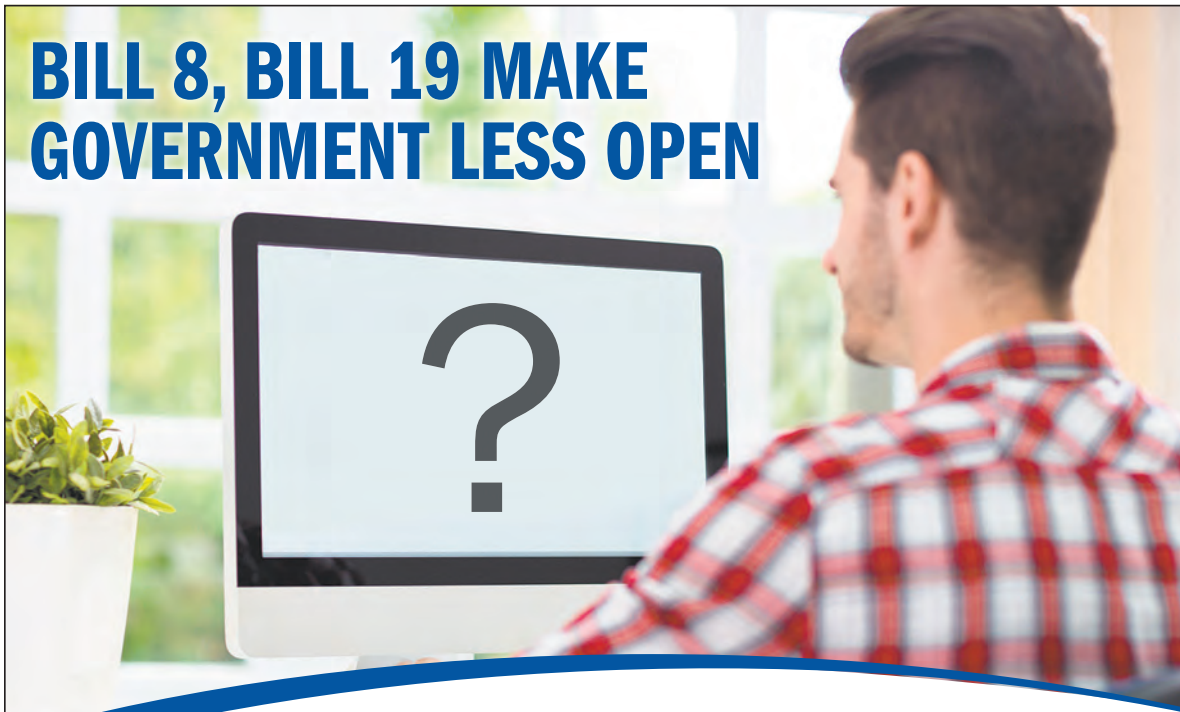
"I make the fairy houses out of all kinds of things, but mostly reclaimed wood. Then I dress them up and make them look interesting. I also have jars or vases that you can set outside with a solar light. The light shines through them at night and there's little fairies or dragons or unicorns inside them. They're



TRIBUNE PHOTOS SUBMITTED

Local artist Anna Pazdzierski will have her fairy houses on display throughout April at the Teulon library.

## BILL 8, BILL 19 MAKE GOVERNMENT LESS OPEN



### The recently introduced Planning Amendment Act and Government Notices Modernization Act recommend amendments to 25 provincial government statutes relating to the publication of official notices.

These acts will remove the requirement for municipalities and the provincial government to provide 'public notice' of valuable information that impacts our daily lives, in exchange for 'public access' to that information. It allows them to post information only on their own government websites rather than using independent media to inform citizens what they are doing.

If these bills are passed, it will suddenly be up to you to find out if you're going to be living down the road from a new feedlot operation, if your property will be overshadowed by a new high-rise condo, or if your favourite fishing hole has been designated as protected.

#### It will be up to you to seek out information you don't even know exists.

Bills 8 and 19 will effectively bury government notices in an Internet backwater, calling into question the openness of government and the very nature of democracy.

**Call, write or visit your MLA to let them know you deserve PUBLIC NOTICE, not just public access.**

*A message from the Manitoba Community Newspapers Association*



all made so that they can be outside."

These hands-on projects have helped Pazdzierski transition to retired life from her busy career.

"It's hard after as many years as I've worked. I've added it up and I've been on call 24-7 for 33 years, so it's nice not to go to bed at night and wonder if the phone's going to ring," she said.

"I think it's so important for people to be creative in whatever way, whether it's writing or drawing or putting stuff together. It's enjoyable and very relaxing."

Each fairy house is a labour of love with its own unique details.

"For some of the bigger ones, there's a lot of cutting involved. I make stairways up to the doors out of little half-inch rounds of wood. I look at them and decide what I want to do to dress them up," she said.

"A lot of the embellishments I use are old jewelry and things that I picked up here and there such as rocks that have been polished. On the back of some of them, I've added designs with different rocks, including some stones that I got from Dylan Bodnar."

The beauty of the process is that the fairy houses can be ever-changing.

"I try to make them so that there's nothing in them that they can hurt themselves with," Pazdzierski said.

"Everything is glued on or nailed on, but if something gets broken off, it really doesn't matter because something else will take its place. My grandkids quite enjoy it."

To see some of Pazdzierski's fairy houses, drop by the Teulon branch of the South Interlake Regional Library, located at 19 Beach Rd.

For the first time, she will also be selling her creations at the Teulon Farmers Market's Springfest Craft Sale, coming on May 5.





# Spring car care

YOUR EXPERT GUIDE



## Five good reasons to visit your mechanic this spring

Between salt, potholes, snowstorms and ice, winter isn't the best for our poor cars. If you haven't already made an appointment for an inspection this spring, here are a few reasons why it might be a good idea to do so:

**1. To enhance comfort**  
Difficult road conditions in winter can affect your car in different ways. For example, your alignment might be off, causing your drive to be less than pleasant.

**2. To improve safety**  
Winder driving conditions are conducive to rust formation, especially on and around your brakes. Take advantage of your tire change and have a detailed inspection done to ensure your vehicle is safe to drive.

**3. To make your vehicle last**

In addition to skewing your wheel alignment — something that can prematurely ruin your tires — driving on winter roads can damage parts of your engine and reduce the effectiveness of the additives in your motor oil. It's no secret that regularly scheduled maintenance is the best way to maximize your vehicle's lifespan.

**4. To save money**  
A springtime inspection will help prevent your car from breaking down and can correct minor problems before they become serious. This will help you save money in the long run!

**5. To protect the environment**

Low tire pressure, low oil levels, broken filters, defective climate control — a poorly maintained



car burns more fuel, which isn't good for the environment or your wallet!

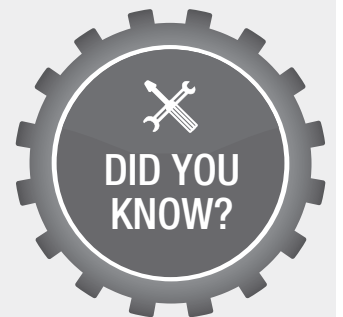
A well-maintained vehicle provides peace of mind — and peace of mind is priceless.

### DID YOU KNOW?

The speed rating indicated on the side of a tire refers to the maximum speed that the tire can safely withstand. Be sure to buy tires with the same speed rating as the original set or higher. Otherwise, your vehicle's handling and braking could be affected.

### DID YOU KNOW?

To prevent serious injuries, avoid leaving loose objects on your car's dashboard or seats — in case of impact, a box of tissues can become a 50-pound dead weight.



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## INTEGRITY AUTO

### The Mechanic's Perspective

#### Relationships

This article is on relationships. No, I am not "Dear Abby"! I'd like to talk about business/customer relations.

I had a potential new customer come into the shop. He stated that he would like to bring one vehicle to us for maintenance, and keep taking his other vehicle to his current repair centre. I asked him if he was satisfied with the service he receives from his current shop. He stated that he is and has no problems. I told him that I certainly appreciate him coming in, but I think that if he already has a satisfactory ongoing relationship with his current shop, it might be in his best interest to maintain that good relationship, and that he should keep servicing both his vehicles there.

A different new customer brought his truck into the shop. The initial inspection revealed a lot of issues related to negligent maintenance in the past. Naturally, I was apprehensive about presenting a quote of over \$3000.00 in needed repairs to a customer I had never seen before. To my surprise, he not only authorized all the work, he thanked me profusely for informing him exactly what his vehicle needed, and why! Apparently, his last garage did not bother to inform him of necessary issues that should have been noted during routine oil services. His last garage was not providing a satisfactory relationship. He has been a loyal customer ever since.

Many people roam from place to place for service, and thus never build a relationship with any one repair centre. The service centre does not get to know the vehicle or the customer's driving habits, so cannot give a targeted opinion on service needs to the customer. In turn, the customer can become dissatisfied or suspicious when dealing with so many different service places.

Customers will best take care of their own self interests by building a loyal relationship with their service provider, and will receive proper service and maintenance for their own personal driving habits. A good service centre will be monitoring your car as it ages and helping you plan for upcoming required maintenance and repairs.

That makes a beneficial relationship for parties on both sides of the service counter!



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# get inspired

> MEAL IDEAS

  
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## Crispy Baked Buffalo Chicken Wings

Heat oven to 250 F. Put one oven shelf in lower quarter of oven and one in top quarter.

Place wings in large re-sealable bag. Add baking powder and salt. Shake bag to coat wings evenly.

Line tray with foil. Spray rack on baking tray with nonstick spray. Place wings skin side up on rack. Bake on lower shelf 30 minutes.

Move tray to higher shelf and turn oven up to 425 F. Bake 40-50 minutes, rotating tray halfway through. Wings are done when they are dark, golden brown and skin is crispy.

While wings bake, whisk together butter and hot sauce; keep warm.

Remove wings from oven and toss with hot sauce; sprinkle immediately with blue cheese crumbles. Serve with blue cheese or ranch dressing, carrots and celery sticks.

Total time: 1 hour, 25 minutes  
 Serves: 8  
 4 pounds chicken wings  
 2 tablespoons baking powder  
 1 teaspoon salt  
 nonstick cooking spray  
 4 tablespoons unsalted butter, melted  
 1/2 cup hot sauce  
 1/2 cup Lighthouse Chunky Blue Cheese or Homestyle Ranch dressing  
 1/3 cup Lighthouse Blue Cheese Crumbles  
 carrots  
 celery  
 Lay wings on rack on rimmed baking tray and let dry in refrigerator overnight, or pat dry with paper towels.



## Bruschetta-Topped Hummus

Stir in garlic, basil and olive oil, and season with salt, to taste.

Scoop hummus out of container and swirl onto serving plate. Top with bruschetta and drizzle with touch of olive oil, if desired. Serve with fresh vegetables or pita chips.

A Heaping Handheld  
 Snack like a champion during the big game with recipes that please palates without overfilling like these Smoked Pulled Pork Sandwiches. Since guests can pile their sandwiches as high as they like with sweet pork and optional toppings, there's no need to worry about serving sizes. Find more honey-infused recipes for tasty meal solutions at honey.com.

Prep time: 5 minutes  
 Bruschetta:  
 2 cups multi-colored cherry tomatoes  
 1 clove garlic, minced  
 10 fresh basil leaves, chopped  
 1 tablespoon olive oil, plus additional (optional)  
 salt, to taste  
 1 container Sabra Classic Hummus (10 ounces)  
 To make bruschetta: Cut cherry tomatoes into quarters or eighths, if large. Place in small mixing bowl.



## Love is Breakable. Learn to Handle it with care

Intimacy needs to be restored, and that cannot happen without openness and honesty. Are the feelings of love deeper, or at least as deep, as the feelings of hurt and anger? If love is still there, hope is still there. Each partner has to picture the rest of his or her life both with and without the other. If spending the future with this person still feels good and right, then chances are, if the above criteria are met, it could happen. Often, professional help is needed, to help the couple move forward. Just because a couple stays together, does not mean the marriage has been rebuilt.

Is it possible to rebuild a marriage after trust has been broken? The answer is: sometimes. If the injured party believes the other can be trusted in the future, there is a chance. If the betrayal and the ensuing crisis provide a wake-up call to the one who erred, with an accompanying reassessment of values, rebuilding might be possible. It is, however, strenuous, difficult and delicate work.

There needs to be a full examination of what was happening in the marriage that could have even allowed for the possibility of lying or infidelity. What was the level of communication between the couple? Were there unresolved issues that undermined the relationship? Problems in the marriage are never a justification for betrayal but can help us to understand how things evolved as they did.

There needs to be an agreement about complete honesty through the healing process. There has to be disclosure.

The good news is that despite the struggles, a marriage can be made strong again, perhaps even better than ever. The bad news is that once a significant other has been hurt through betrayal, he or she may never again feel the same about the partner. Love is 'breakable', and should be handled with

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



## Smoked Pulled Pork Sandwiches with Honey Barbecue Sauce

Recipe courtesy of the National Honey Board

Servings: 8-10

Pork Rub:

1/4 cup sugar  
 1 tablespoon chili powder  
 2 teaspoons paprika  
 1 1/2 teaspoons seasoned salt  
 1 1/2 teaspoons garlic powder  
 1 1/4 teaspoons onion powder  
 1 teaspoon salt  
 1 teaspoon ground cumin  
 1 teaspoon pepper  
 1/4 teaspoon cayenne pepper  
 1 bone-in pork shoulder roast (4 pounds)  
 2 cups hickory chips  
 1 cup water  
 1 1/2 cups barbecue sauce  
 1 1/2 cups honey  
 1 cup ketchup  
 8-10 rolls  
 chopped jalapeno peppers (optional)  
 chopped onion (optional)  
 chopped pickles (optional)  
 To make Pork Rub: Stir together sugar, chili powder, paprika, seasoned salt, garlic powder, onion powder, salt, cumin, pepper and cayenne pepper. Massage Pork Rub over surface of pork and let stand 30 minutes.

Soak hickory chips in water; drain well. Wrap chips in foil; punch holes in foil and place on top of gas grill set on high. When chips begin to smoke, place pork on grill and cook until well browned on all sides with lid closed, about 30-45 minutes.

Heat oven to 300 F.  
 Remove pork from grill and place in turkey-size oven bag set in large, shallow baking dish. Add water and seal well; pierce bag several times with small knife. Cook 3-3 1/2 hours, or until meat is tender and pork bone can be removed easily. Remove from oven. Remove bone and set aside until cool enough to handle.

Shred meat into small pieces, removing fat. Add juices from cooking bag, skimming off excess fat.

In separate saucepan, stir together barbecue sauce, honey and ketchup, cooking until hot and honey has dissolved. Stir most of sauce into shredded pork and mix well.

Serve on rolls and drizzle with remaining sauce. Top with jalapenos, onions and pickles, if desired.

Photo courtesy of Getty Images (Smoked Pulled Pork Sandwiches)

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## > ART CITY, FROM PG. 11

people to and from the Art Centre.

The GAAC has regularly offered spring break activities for kids in the past but registration fees and minimum numbers of participants were required to run the programs.

"What's different about this year is because we got the grant, it's free [to families] and people love it," Dzuba explained.

"In the future, we are going to be looking to continue initiatives like this where it's subsidized or funded by a grant. We do that already with our theatre program. We have the After School Arts Enrichment grant and that helps to keep out theatre prices

down so we're moving into that kind of a direction just to make things affordable for parents."

This year's successful spring break programming was also made possible with a lot of help and collaboration from the community.

Two TCI student volunteers helped out over the course of the week and a number of groups provided food for workshops, including the Senior Resource Centre, GAAC board members and the kids from the Teulon Rockwood Recreation Commission Spring Break Daycamp.

"There's been a lot of collaboration on things and groups working

together which I think is key to the success of a solid community," said Dzuba.

Fairview Place also provided snacks and hosted Wednesday's workshop for a special afternoon of intergenerational fun.

"The idea was to have it at Fairview to try to encourage some of the senior population there to come," Dzuba explained. "We really just wanted to see different generations coming out together and doing art."

GAAC offers a number of year-round programs, including hip hop, jazz, lyrical, ballet and highland Scottish dance classes, theatre with MTYP, yoga and fitness classes.

The group also has upcoming dance, theatre and outdoor summer camps in July and August, as well as

a new overnight camp.

"It's an outdoor camp but there's going to be two nights at Norris Lake. Last year was our second year offering [an outdoor camp] and it doubled in size — we had to add a second week because it was so popular," Dzuba said.

"This year there's a lot of returning students so we wanted to offer something to challenge them further which is why we're introducing this overnight experience at Norris Lake."

Other summer programs are in the works and information will be posted on the GAAC website and Facebook page as it becomes available.

For more information, to register for a program or to volunteer, contact GAAC at 204-886-3192 or gaac@mymts.net.

# Helping to keep families comfortable in time of need

By Jo-Anne Procter

End of life is a reality none of us want to cope with; however, it is reality.

Tracey Malone, owner of Inview Insurance in Stonewall, recently donated palliative care carts to both Rosewood Lodge in Stonewall and Goodwin Lodge in Teulon.

The carts are mobile and can be moved from room to room. Each cart is outfitted with a Keurig coffee maker with coffee and tea pods, whitener, sugar, water, Kleenex, snacks, books, puzzles, games, colouring books, end of care reading material, a Bose bluetooth speaker, somewhere to charge your phone, slippers and a quilt — all items for those staying or visiting with family.

"We've had a lot of family and connections that have passed away that

have accessed the palliative care organization," Malone said.

Her mother Dorothy was telling her about the carts and the duo felt it was fitting to donate a cart to both lodges.

A second cart was donated to Rosewood Lodge by the two remaining members of the Lake Francis History Book Committee, Ruth Gee and Frances Holm. The committee dissolved and the money remaining was used to purchase the cart.

Palliative Care is a type of health care for patients and families facing life-limiting illness. Palliative care helps patients to achieve the best possible quality of life right up until the end of life. Palliative care is also called end-of-life or comfort care.



TRIBUNE PHOTO BY JO-ANNE PROCTER

Three fully stocked palliative care carts were recently donated to local personal care homes. Pictured left to right: Ruth Gee and Frances Holm (Lake Francis History Book committee), Carrie Munroe (Rosewood Lodge activity director), Dorothy Malone and Tracey Malone (Inview Insurance).

## worship *with us* > FAITH

# A New Old Technology

John 20:18

Mary Magdalene went and announced to the disciples, 'I have seen the Lord'; and she told them that he had said these things to her.

Happy Easter!

Today begins a new season in the church with a new acclamation. Alleluia! Christ is risen!

In the above gospel passage Mary is the first to announce the good news. From there, the news was passed to the disciples, to the local community, around the world and down through the ages to reach our ears today.

Last week I purchased a piece of technology, a bluetooth speaker, which connects wirelessly with other pieces of electronic technology. Thankfully the instructions were brief and easy to follow. In a matter of minutes, I had synchronized my tablet to the speaker and was able to listen to digital music that had sounded a little tinny over the tablet.

In thinking about connecting to wireless technology, I see similarities with people of faith connecting with God. Though the source of communication is active, without synchronization one would be completely oblivious to its presence. Without someone telling us of this new and powerful technology, it is likely that we would never seek it out. Once we connect, often we have the ability to experience life differently.

Alleluia! Christ is risen was Mary's way of telling the disciples, the world and all history that something new had happened; something that had never happened before, something powerful that would change the world forever.

How do we synchronize with this new technology? Turn to Jesus Christ and accept him as your Saviour. Continue connecting through the apostle's teaching and fellowship, in the breaking of the bread, and in the prayers. Follow the commandments to love God and your neighbour as yourself.

Suddenly we are able to connect with the source of all life and see life for what it is meant to be, not the tinny misrepresentation of life we might have experienced. Once we experience this new life, we too will want to join with Mary and other people of faith and spread the good news. Alleluia! Christ is risen!

Contributed by Rev. James Bardsley  
Church of the Ascension, Stonewall.  
Member of Stonewall Ministerial Association.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Lamm 'stoked' about running the Boston Marathon

By Brian Bowman

Barry Lamm didn't run his first marathon until he was 51 years old.

But just five years later, the 56-year-old Stonewall resident will be running in one of the world's most iconic races.

Lamm will be running in the prestigious Boston Marathon on April 16. For any marathon runner, it doesn't get any better than cutting it loose on Patriot's Day (which is a Massachusetts' holiday) in Boston.

"I'm pretty stoked, actually," said Lamm last Sunday afternoon. "It's been a long journey and a lot of hard work. I've had a lot of support from my wife and family."

Lamm qualified for the Boston Marathon after finishing the Fargo Marathon with a time of "3:33 and change" last May. The qualifying time for Boston was 3:40.

He hopes to finish the Boston race in under four hours. The start of the race will be a hectic one as an estimated 20,000 participants are registered to run the course each year.

"I'm going to enjoy every step of it," Lamm said. "I'm going to enjoy the crowd and all of the people. My family is going to be there, so I'm going to soak up the 122-year-old marathon which will have professional runners.

"It's the pinnacle of marathons."

Lamm has come a long way since he first ran the Manitoba Marathon back in 2013. He has also come a very long way when he first made the decision to get out and exercise.

"I was unhealthy," he said. "I was 60 pounds overweight and I've lost 60 pounds in this journey. I looked at the Stonewall Collegiate track and I was on my bike and I said to myself, 'Let's see if we can do this.'"

"I started running and it just took off from there."

Since then, Lamm has joined a run club in Winnipeg — City Park Runners — after getting an invite 6 1/2 years ago.

"I can't say enough about City Park Runners," Lamm said. "How good that group is and how good they support each other — no matter if you run your



TRIBUNE PHOTOS SUBMITTED

Stonewall's Barry Lamm qualified for the Boston Marathon after finishing the Fargo Marathon in 3:33. Lamm will join approximately 20,000 runners on April 16 for one of the world's most iconic races.

first five km (race) or if you're running the Boston Marathon. They're all behind you."

Running has now become an intense passion for Lamm.

"A lot of people say runner's high doesn't exist, but they haven't run yet," he said. "Runner's high does exist. You feel good afterwards and you have people around you, your family, and you see all of the benefits and improvements.

"It is addictive, without a doubt, and you feel guilty when you're not running."

Lamm has put in a tremendous amount of hours — and run countless kilometres (an estimated 800

in the past three-and-a-half months) — running outdoors.

But the flat terrain here in Manitoba barely prepares runners for the extremely challenging Boston Marathon course, which features plenty of uphill and downhill running through winding roads.

"I did a lot of hill work (in preparation for the Boston Marathon) to get my quads prepared for the hills," Lamm said. "There are some hills between mile 15 and 21. It's an up-and-down course and probably the worst part is mile 20.

"I hope that I'm prepared."

### INTERLAKE MINOR HOCKEY ASSOCIATION

Interlake Minor Hockey Association is currently accepting applications for the following

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- AAA Midget Female

Email all applications to [interlakeminorhockey@hotmail.com](mailto:interlakeminorhockey@hotmail.com)

Closing date is April 22, 2018

## Canadian Ringette Championships coming to Winnipeg

Staff

The 2018 Save-On-Foods Canadian Ringette Championships will take place in Winnipeg from April 8 to 14.

The 40th national championship will commemorate a homecoming of the first-ever Canadian Ringette Championships, which were held in Winnipeg in 1979.

Forty-seven teams from across the country will compete in three divisions — U16, U19 and the National Ringette League.

There will be 21 teams in the U16 division, 18

teams in the U19 division, and eight teams in the NRL division.

The opening ceremony will be held on Sunday while games start Monday morning. The finals and closing ceremony will be held April 14.

Games will take place at the Seven Oaks Arena and Bell MTS Iceplex, followed by the finals being held at Bell MTS Place.

All star selections and the NRL annual awards will be announced at the closing ceremony on Saturday night.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Jets ousted from MMJHL playoffs by Raiders

By Brian Bowman

For the second year in a row, the Raiders Jr. Hockey Club has put an end to the Stonewall Jets' season.

After defeating Stonewall in the Manitoba Major Junior Hockey League final a year ago, the Raiders ousted the Jets in the semifinals this time around after a 3-0 win Saturday in Winnipeg.

"We knew going into it after facing them five times during the season that they were a strong team," said Jets' co-coach Matt Figur. "They really don't have any weak links but we gave them a good battle."

Carter Ives and Auzzie Loewen-Palmer scored first-period goals for the Raiders and then Dale Mounk closed out the game's scoring at 13:43 of the third.

Two of those goals were scored on the power play.

"It basically came down to special teams the entire series," Figur noted. "Their power play was more effective than our power play and that's kind of what it came down to."

Kyle McHolm made 27 saves for the shutout.

With the victory, the Raiders won the best-of-seven series in five games.

Stonewall staved off elimination with a wild 3-2 double overtime victory last Thursday in Stonewall.

Bryce Stovin scored the game winner in OT.

"That was a big confidence booster

for our squad," Figur said. "Our backs were against the wall and we have quite a few 1996-born guys on our team and they knew that this could have been their last game in the MMJHL."

The Raiders' Lars Anderson had tied the score at 2-2 with a goal early in the third period.

Stonewall's Braden Groot opened the game's scoring with his fifth goal of the playoffs at 1:47 of the second period.

The Raiders' James Barclay and Stovin then traded goals just 2:23 apart midway in the middle frame.

Hunter Ploszay made 47 saves for the win.

The Raiders took a 3-0 series lead after a 5-2 home win on March 27.

Jordan Kreml and Dawson Anderson gave the Raiders a 2-0 lead just 9:50 into the game before Stonewall's Carson Ouellette and Anderson traded goals late in the opening period.

Anderson's second goal came on the power play.

Ouellette scored his second goal of the game — and third of the post-season — when he tallied at 9:47 of the second period.

The Raiders would quickly regain their two-goal lead, though, when Carson Rybuck scored just 1:12 after Ouellette's marker.

Anderson then completed his hat trick with a power-play goal at 7:25 of the third period.



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Jets' Bryce Stovin scored the game winner in double overtime during Game 4 of MMJHL playoff action. Stonewall defeated the Raiders 3-2 to extend the series to Game 5 before losing 3-0.

The Raiders' Devin Manness finished the game with three assists while Stonewall's Bradley Dawson had two helpers.

The Raiders outshot the Jets 33-23 as

McHolm earned the win in goal.

In the other MMJHL best-of-seven semifinal series, Transcona led Charleswood 3-2 heading into this past Tuesday's Game 6.

## Jets will lose a ton of talent from this year's team

By Brian Bowman

The Jets' 3-0 loss to the Raiders Jr. Hockey Club on Saturday ended Stonewall's Manitoba Major Junior Hockey League season.

It also ended many of the Jets' players MMJHL careers.

Stonewall will lose nine players — and a whole lot of talent — due to players aging out of junior hockey.

"This was a big year for us," said Jets' co-coach Matt Figur. "All in all, a lot of these 1996s were guys that we relied

upon three years ago when we won the championship.

"A lot of these guys gave four years to the Stonewall Jets' organization."

Stonewall will lose starting goalie Hunter Ploszay and their leading scorer and captain Chase Faulkner. Faulkner finished tied for third in league scoring with 61 points and was deservedly selected as a first-team all star.

The Jets will also lose forwards Kyle Doak, Stephen MacKenzie and Devin

Muir and defencemen Bradley Dawson, Mason Hobson, Reed Langlois and Max Smith.

With that veteran-laden roster, the Jets felt that they had a good chance of returning to the league final. But the first-place Raiders proved to be too tough of a team to beat in a seven-game series.

Still, Stonewall enjoyed a pretty good year, finishing fifth during the regular season and then reaching the league semifinal.

"We lose a lot of key guys but those guys also left a legacy," Figur said. "They made the Jets an organization where our phones are now ringing for guys to come play for us. We have visiting teams coming into our barn knowing that it will be a tough game every time they enter."

"It's sad to see those guys go but all of them can hold their head high and know that they left the right legacy for the Stonewall Jets."



# Finnbogason earns MVP honours with Rebels

By Brian Bowman

Lacey Finnbogason had a real successful season with the Red River Rebels' women's basketball team.

She was recently selected as the team's most valuable player and was also picked as an all star in the United States' NIAC conference.

Those accolades are two pretty good honours for the former Stonewall Collegiate Ram student-athlete.

"It was awesome," said Finnbogason, a Stony Mountain product. "But I definitely worked hard for it. It didn't come easy at all."

She started her career at Red River, doing what most first-year players do. She warmed the bench and saw very little court time.

But, to her credit, she made herself a much better player by her third season with the Rebels. Finnbogason has seen a lot of players come and go in her three years as many of the programs that Red River offers are shorter than those in university.

"Most every year, the team is drastically different than the year before," she explained.

Finnbogason made the switch from point guard to shooting guard back in January. The 5-foot-9 player prefers to shoot the ball more than distributing it.

"I'm almost 5-foot-10 so point guard isn't as easy for me as shooting," she said. "I'm against girls that

are 5-foot-4, 5-foot-5, so it's a little harder for me because I am so tall."

The Rebels struggled in the height department this season with just one player, Brita Enns-Kutcy, standing 5-foot-11.

"The teams that we played in the United States definitely had big posts," she said. "And we did lack in our post game — that was one of our downfalls this season."

Red River joined the NIAC league because the Manitoba-based MCAC only had three teams in its league.

"That (move) made it so much better because you're not playing the same two teams over and over," Finnbogason said.

The difference in play between the two countries is quite vast. Finnbogason did a great job being selected as an all star among her American counterparts.

"It's so much better (in the U.S.)," said the 21 year old without hesitation. "The level of skills that they have is crazy. It's super competitive."

The competition is a lot harder to play against compared to Finnbogason's high school career with Stonewall Collegiate. In fact, she played this past season while suffering a broken nose

"When I came from Stonewall, I was a decent player," she noted. "But it was definitely a wake-up



TRIBUNE PHOTO SUBMITTED

Lacey Finnbogason was recently selected as the Red River Rebel's women's basketball team's most valuable player and as an all star in the United States' NIAC conference.

call when I went to college. I completely changed my perspective on basketball.

"I had to work quite hard to be the player that I am now."

## Skate Canada Manitoba announces award winners

Staff

Skate Canada Manitoba will be holding their annual Awards Gala evening on April 28 at the Victoria Inn Hotel and Convention Centre in Winnipeg to celebrate their award recipients.

"This is the time of the year when our organization gathers to recognize the successes of our skaters, coaches, and officials and to thank our many dedicated volunteers," said Donna Yee, chair of Skate Canada Manitoba.

The first set of recipients were selected from nominations submitted by members throughout the province in skater, coach and volunteer categories:

Skate Canada Manitoba CanSkate Athlete Award – Lily Hammond from the Stony Mountain Skating Club

Skate Canada Manitoba STARSkate Athlete Award – Emmet Dewar from the East St. Paul Figure Skating Club

Skate Canada Manitoba CompetitiveSkate Athlete Award – Cecilia Howes from Skate Winnipeg

Skate Canada Manitoba Program Assistant Award – Emily Gilbert from The Pas Skating Club

Skate Canada Manitoba Volunteer Award – Kirsten Duguay from Car-

berry Skating Club & Skate Brandon

Skate Canada Manitoba Volunteer Coach Award – Kelly Walker from Skate Brandon

Skate Canada Manitoba Officials Award – Marj Beddall from the Beausejour Skating Club

Skate Canada Manitoba Volunteer Award of Excellence – Mary Ellen McDonald from Skate Winnipeg

Several other award/bursary recipients were also announced:

Ian Carmichael Memorial Award winner is Brooklyn Parker from the Morden Figure Skating Club

Dodie Wardle Memorial Award winner is Sadie Graetz from Skate Winnipeg

Manitoba Open Junior Artistic Award winner is David Howes from Skate Winnipeg

Manitoba Open Senior Artistic Award winner is Annika Duguay from the Carberry Skating Club and Skate Brandon

Manitoba Open Bursaries awarded to Shanna Yaskow from Skate Virden, Sarah Chant from Elkhorn Figure Skating Club, Cali Boychuk from Skate Winnipeg and David Howes from Skate Winnipeg.

## Banner win for St. Laurent



TRIBUNE PHOTO SUBMITTED

The St. Laurent Lake Monster team won both the Interlake Minor Hockey Atom "C" South and Regional banners last month. St. Laurent defeated Gimli 7-6 in a best-of-three series final on March 10 and then played at home to a packed arena on March 22 defeating Fisher Branch 5-4 in the final of a best-of-three series. Special thanks to the coaches Jenny Ducharme and Vanessa Boudreau, manager Andrea McKay and safety Crystal McKay. Pictured back row, left to right: Maxden Ducharme, Jordan Catheway-Spence, Josiah Sauve, Kerri Combot, Abby Oughton, Calvin Mann, Kenyon Boudreau; middle row, Shelby Buors, Maculla McKay, Maxx Ducharme, Chase McKay and goaltender Hailey Hiebert. Missing from the photo is Dylan Harrison and Kailey Ostrander.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Stamler on target at biathlon nationals

By Brian Bowman

The biathlon is a very unique sport that requires the combination of endurance and strength as well as skill and precision.

Stonewall's Adam Stamler demonstrated all of those qualities at the Cadet Nationals in Brookvale, P.E.I., last month.

Stamler was extremely good at the nationals, placing fifth overall. He finished third in his first race on March 7.

"I was very happy with that, being that is was my first-ever national race," said Stamler, 14. "It was very exciting (to compete at nationals)."

Stamler was part of a handful of cadets that represented Manitoba at nationals. Competitors had to endure wind and wet, sticky snow conditions while cross-country skiing and shooting.

"I've trained in that before so I was kind of experienced," he noted. "But for other competitors, it looked quite a bit tougher."

It isn't easy to shoot after skiing long distances, Stamler said.

"It's very difficult," he stressed. "We spend months training to get everything perfect and even then it's still quite a challenge."

Stamler's Squadron 301 trains with the Teulon Ski Club. He worked really hard getting ready for nationals. He would love to someday be part of Canada's national team as the biathlon is an Olympic sport.

"I trained four times a week and we skied twice a week," Stamler noted. "If we were doing endurance training, we would run anywhere from one-and-a-half to five kilometres, depending on how much time we had on that particular day."

"For skiing, we would go probably two hours."

Stamler really enjoys competing in the sport.

"Ever since I was seven years old, I always loved long-distance running," he explained. "So when I heard about (the biathlon) in my first year of cadets, I thought, 'Oh well, I'll give it a shot' and I was quite good at it."

"I then thought let's see how far this can go and it took me all of the way to Prince Edward Island."



TRIBUNE PHOTO BY STEPHANIE STAMLER  
Adam Stamler, left, finished third in his race at the Cadet Nationals in Brookvale, P.E.I., last month.

## Silver medal winners



TRIBUNE PHOTO BY LYLE HOLOD

The Interlake Cobras went 5-1 in the 2007 Portage Extended Season Tournament held March 29 to April 1. The Cobras defeated Pembina Valley 11-1, Southwest Jets 4-3 and 6-4, the Winnipeg Crush 7-2 and the Yellowhead Chiefs 9-0. Interlake lost 5-2 in the gold-medal game to the Parkland Thunder. The Cobras finished their extended season with an 11-1 record. Pictured left to right, back row: Derek Deprez (coach), Andrew Kirk (coach), Talon Hogg, Noah Oughton, Wade Byle, Tytan Johnson, Evan Deprez, Gavin Holod, Ryder Kirk, Kenton Byle (coach); front row: Tate Lussier, Brody Slatcher, Jackson Vandersteen, Logan Morin and Blake Farthing. Missing from the photo are Braedan Cormack and Skylar Farrington.

## Lightning award winners



TRIBUNE PHOTO SUBMITTED

Interlake Lightning Provincial Midget 2017-18 award winners. Back row, left to right: Rhys Bremner (Best Defenceman), Josh Bond (Most Improved), Dylan Fontaine (Most Goals), Marcus Dewey (Hardest Working Player), Gabe Odowichuk (MVP, Top Offensive Defenceman); front row: Jordan Wood (Best Defensive Forward) and Jaytey Towle (Sportsmanship). Missing from the photo were Eric Krywy (Rookie of the Year, Scholastic Award) and Bryce Krauter (Top Scorer).







# Classifieds



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### MISCELLANEOUS

Batteries for everything. Automotive, farm, construction, ATV, marine, motorcycle, golf carts, phones, tools, radios, computers etc. Reconditioned, obsolete and hard-to-find batteries. Solar equipment. The Battery Man. Winnipeg. 1-877-775-8271 www.batteryman.ca

Parts & full trailer repair, trailer safeties & Autopac trailer repair. Sales, Leasing & Financing of flat-deck, dumpbox, cargo, gooseneck & utility trailers & truck beds. Kaldeck Truck & Trailer, Hwy #1 MacGregor, MB. 1-888-685-3127.

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### NOTICES

During His life Jesus affirmed that He was "Lord also of the Sabbath day" (Mark 2:28). After His resurrection He signaled the first day of the week, and not the seventh, by His revelation on five different occasions, to His disciples. Archibald A. Hodge. Please visit our website www.clda.ca

### HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewall Elk Ranch Ltd., 204-467-8884 or e-mail stonewood elkbranch@mymts.net

### FARMLAND FOR SALE

For sale: 70 acres cultivated land. Legal description SW-27-13-3E. Contact owner 204-362-8555.

### HAY

Small squares, 2nd cut Alfalfa, small square Alfalfa June Grass and Oat straw. Leave message 204-482-5101.

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### NOTICE TO CREDITORS

**IN THE MATTER OF:** The Estate of Stewart Joseph Cheyne, late of the Postal District of Teulon, 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 7th day of May, 2018. DATED at Stonewall, Manitoba this 22nd day of March, 2018. **GRANTHAM LAW OFFICES** Solicitor for the Executor

**CLEANING OUT YOUR ATTIC OR BASEMENT? ADVERTISE YOUR "GOOD STUFF" IN THE TRIBUNE AND GET RESULTS**

### UPCOMING EVENTS

AGM at Oak Park Lodge, Woodlands, MB. At 7 p.m. on Tuesday, April 17th. All are welcome to attend. For more info. call Lori at 204-383-5478.

Bud, Spud & Steak Night at Rockwood Motor Inn. Thursday, April 26th, 5 p.m. - 8 p.m. All proceeds to the Terry Fox Run-Stonewall. Tickets \$20. For tickets Ray 204-461-0804.

Antique & Collectible Sale! Huge spring event! Largest of the season. Over 220 tables! Friday, April 6, 4 p.m. - 9 p.m. and Saturday, April 7, 10 a.m. - 4 p.m., \$5 per person. Assiniboia Downs, 3975 Portage Ave., Winnipeg. Great selection, door prizes and free parking.

Do you have a unique service you would like to advertise? Get the word out with an ad in the Tribune!

### CURRENTLY UNDER CONSTRUCTION

The Aurora 1648 sq.ft. James Hardie Siding, walk-in pantry, island with eating bar. Tripane windows, fir plywood construction. Still time to pick colors and woodwork.

Floor Plan online wgiesbrechthomes.ca or 204-346-3231



### REQUEST FOR PROPOSAL MUNICIPAL SOFTWARE SOLUTION

The Town of Stonewall is seeking proposals for a **Municipal Software Solution.**

Details of the Town's requirements can be viewed on the Town website at [www.stonewall.ca](http://www.stonewall.ca)

Proposals may be submitted electronically to Wally Melnyk, CAO for the Town of Stonewall at [wmelnyk@stonewall.ca](mailto:wmelnyk@stonewall.ca)

Bids must be received as specified above on or before **4:00 PM local Stonewall time, April 27, 2018** to be accepted.



### BID REQUEST FOR PRICE QUOTATION HAULING AND SPREADING OF LIMESTONE AGGREGATE

The Rural Municipality of Rosser is accepting bids for the hauling and spreading of Class A Quarried Limestone of approximately 21,000 tonne on municipal roadways.

The successful applicant agrees to sign a one (1) year agreement.

Closing Date: 12:00 pm local time, Monday April 16, 2018

Proposal documentation complete with specifications are available on the RM of Rosser Website or at the Municipal Office, between the hours 8:30 am to 4:30 pm, Monday to Friday. Any questions or concerns can be directed to:

Randy Slatcher, Public Works Foreman  
Address: Box 131, Rosser, MB R0H 1E0  
Office: 204-467-5711  
Email: [pwforeman@rmofrosser.com](mailto:pwforeman@rmofrosser.com)  
Website: [www.rmofrosser.com](http://www.rmofrosser.com)



### TOWN OF STONEWALL 2018 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 2018 Financial Plan for the Town at:

**6:00 PM**

**Wednesday, April 25th, 2018  
Council Chambers, Town Hall**

The Town of Stonewall 2018 Financial Plan consists of:

1. The 2018 Operating Budget
2. The 2018 Capital Budget
3. An estimate of the Operating Revenue and Expenditures for the following fiscal year (2019), and
4. A five (5) year Capital Expenditure Program (2019-2023)

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 2018 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 26th day of March, 2018  
Wally R. Melnyk, CMMA, CPA, CGA

Chief Administrative Officer  
Town of Stonewall

### Join the ISD Team of Bus Drivers Today!!

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

#### Job Requirements:

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

#### School Bus Driver Duties:

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

For information and application procedures, please refer to our website

[www.isd21.mb.ca](http://www.isd21.mb.ca) or contact the Transportation Office at 204-467-8730



**UPCOMING TRAINING DATE APRIL 16 START**

**HAVE A NEWS TIP?  
OR AN INTERESTING STORY?  
CALL 204-467-5836**





## Notice of Public Consultation Evening Interlake School Division April 17, 2018 at 7:00 p.m. Balmoral Community Hall

The Board of Trustees of the Interlake School Division (ISD) invites all members of the public to a Public Consultation Evening to review a proposed reduction in the number of school trustees on the ISD board from nine to seven.

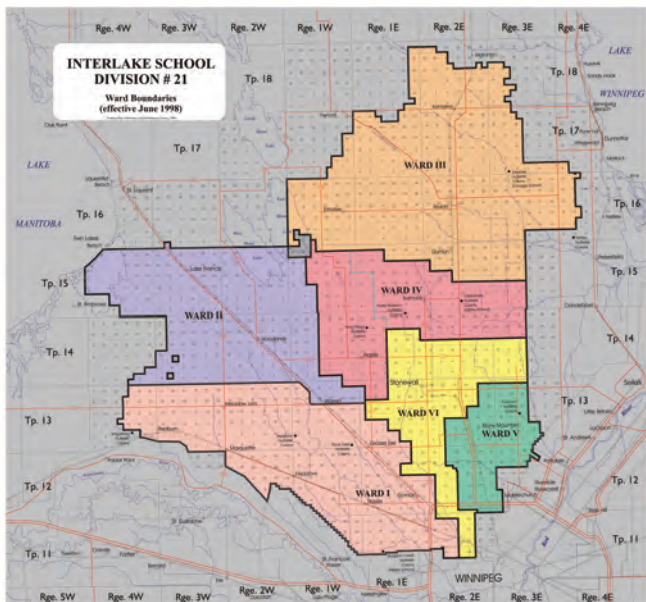
The provincial government has mandated a reduction in expenses associated with the administration of school divisions. Therefore, the 2018-2019 fiscal budget of the Interlake School Division includes a proposed reduction in the number of trustees that make up the ISD Board.

Additional details on how the proposed reductions may be carried out in communities in the division, specifically, details on changes to existing wards, are outlined below. Further details are also available at [isd21.mb.ca](http://isd21.mb.ca).

Please join us on April 17th for a full presentation of all pertinent information as well as an opportunity to ask questions and engage in dialogue with your locally elected board of trustees.

In the interim, questions can be directed to the Chair of the Board, Alan Campbell. (204) 886-7121 or [acampbell@isd21.mb.ca](mailto:acampbell@isd21.mb.ca).

### Current Ward Map



### Option 1 – Proposed Realignment of Ward Boundaries

This option reduces Ward 3 (Teulon and Area) from two trustees to one, and also reduces one more trustee position by moving the Argyle catchment area to a combined Ward 1 & 2 (Warren/Woodlands/Rosser/Grosse Isle) and the Balmoral catchment area to Ward 6 (Stonewall and Area).

Ward	Area	Trustee(s)	Voters	Variance from the quotient
A	<ul style="list-style-type: none"> <li>Rosser, Warren, Woodlands</li> <li>All of Grosse Isle, Marquette</li> <li>Argyle Only</li> </ul>	2	3,564	-3.94%
B	<ul style="list-style-type: none"> <li>Teulon</li> <li>Komarno</li> <li>Gunton</li> </ul>	1	2,113	13.91%
C	<ul style="list-style-type: none"> <li>Stony Mountain</li> </ul>	1	1,622	-12.56%
D	<ul style="list-style-type: none"> <li>Town of Stonewall</li> <li>Stonewall rural</li> <li>Balmoral only</li> </ul>	3	5,686	2.17%

Average Voters per Trustee (7) 1,855

### Option 2 – Proposed Realignment of Ward Boundaries

This option reduces Ward 3 (Teulon and area) from two trustees to one, and also reduces one more trustee position by moving Ward 4 (Balmoral/Argyle) into Ward 6 (Stonewall and Area)

Ward	Area	Trustee(s)	Voters	Variance from the quotient
A	<ul style="list-style-type: none"> <li>Rosser, Warren, Woodlands</li> <li>All of Grosse Isle</li> <li>Marquette</li> </ul>	2	3,063	-17.44%
B	<ul style="list-style-type: none"> <li>Teulon</li> <li>Komarno</li> <li>Gunton</li> </ul>	1	2,113	13.91%
C	<ul style="list-style-type: none"> <li>Stony Mountain</li> </ul>	1	1,622	-12.56%
D	<ul style="list-style-type: none"> <li>Town of Stonewall</li> <li>Stonewall rural</li> <li>Balmoral/Argyle</li> </ul>	3	6,187	11.18%

Average Voters per Trustee (7) 1,855

### Option 3

No changes to the number of trustees. Expenses associated with a board consisting of nine trustees will be reduced accordingly.

# Announcements

Book Your Classified Ad Today - Call 467-5836 or Email [igraphic@mts.net](mailto:igraphic@mts.net)

*Don't forget to send your special wishes to your friends and family.*

### McSherry Auction

12 Patterson Dr.  
Stonewall, MB

### Estate & Moving Auction NEW DATE

Sat April 7 @ 10:00 AM

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Sat April 14 @ 10:00 AM

Case 2290, 6394 Hrs \*  
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6620 Combine \* MF 750  
Combine \* Grain Trucks \*  
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Saturday April 14th @ 10:00 AM

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\* Vicon 6 Wheel Rake \* NH  
BR 780 Rd Baler \* NH 1037  
Auto Bale Wagon \* NH 495  
12' Haybine \* Coop 260 RD  
Baler \* Tandem 300 Gal Water  
Trailer \* Sokal 5th Wheel 20'  
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Roller Mill \* NH 518 Manure  
Spreader \* 3PH Equip \* Skid  
Steer Blade \* Along w More  
Equip \* Vehicles \* 04 GMC  
Envoy -Fresh Sft \* Forester  
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### ANNOUNCEMENT

### ENGAGEMENT



**Comeault – Kampen**  
Rene and Kathy Comeault and  
Art and Nadine Kampen  
are pleased to announce the engagement of  
their children, Ali and Alexander.  
The wedding will take place on July 7, 2018  
at Pineridge Hollow.



### ANNOUNCEMENT

### CARDS OF THANKS

Thanks so much to everyone who sent flowers, cards, phone calls and visits since the loss of my brother, Jack Good. I will always remember your kindness. A Celebration of Jack's Life will be held at the Legion club room at a later date.  
-Mary Ann Pull

### ANNOUNCEMENT

### CARDS OF THANKS

The organizing committee of the Red Barn CFRY Talent Evening wish to thank the sponsors, the contestants who participated and collected pledge money and everyone who attended on the evening of March 10th. To the volunteers who helped throughout the evening, thank you. Thanks to the Stonewall Collegiate for lending us a stage and to Gary and Kathy Goresky who took care of the set up and take down. Your help was much appreciated. The event was a success all round and the singers/musicians were fantastic.

### CELEBRATE THE SPECIAL MOMENTS!

*Don't forget to send your special wishes to your friends and family.*

### Meyers Auction

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Or submit an online application @

[www.renaissancetrans.ca](http://www.renaissancetrans.ca)

### ANNOUNCEMENT

### IN MEMORIAM



**Bonnie Hamilton**  
January 5, 1949 – April 6, 2011  
Remember me when flowers bloom,  
Early in the spring;  
Remember me on sunny days,  
In the fun that summer brings.  
Remember me in the fall,  
As you walk through leaves of gold;  
In the wintertime, remember me,  
In the stories that are told.  
But most of all...remember,  
Each day, right from the start;  
I will be forever near,  
For I live within your heart.

-Love always,  
Grant,

Lynn, Paul, Matthew, Sarah, Jonathan,  
Dawn, Taylor, Ashley, Jordan

### ANNOUNCEMENT

### IN MEMORIAM



**Fred Tully**  
July 3, 1949 – April 8, 2014  
My only regret is that if I know  
That the last time I saw you,  
Would be the last time I saw you,  
I would have hugged you a little tighter,  
Told you I loved you a little louder,  
And stayed by your side a little longer.  
My mind knows that you are gone,  
But my heart will never accept it.  
We will miss you always,  
We will love you forever,  
As long as we live.

-Maureen, Garrett, Elaine,  
Sierra, Wyatt, Elliott,  
Grace, Brooklyn and Eli



# Announcements

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**OBITUARY**

**Barrie Charles Tully**

With his family at his side, Barrie Tully passed away on Tuesday, March 27th 2018 at the Stonewall Health Center at the age of 57.

He leaves to mourn his wife Lori; daughter Megan; parents Alvin and Florence Tully; sisters Sherry (Rheal) Buors and Lori A Tully; mother-in-law Pat Leslie; sisters-in-law Deanne (Dale) McLeod and Karen Leslie (Kirk Halwas); nieces and nephews: Steffani (Brad) McMillan, Jennifer Buors, Charlie Boyechko, Katie Boyechko, Nicole (Steve) Chychota, Allyssa (Mark) Sollner, Heather McLeod (Dan DesJardins); and special great auntie Buddy Whitehill.

Barrie was born in Portage la Prairie. He attended school in Warren, MB. He worked for the PFRA for several years before farming full time on the family century farm in Woodlands Municipality. Barrie was known as a loyal friend, honest and hardworking man. He was devoted to his family. Barrie was passionate about hockey, playing himself and considered coaching Megan a highlight of his life. His many activities included baseball, archery, hunting and fishing. He was a self-taught saddle maker and silversmith. Many people have treasured awards and gifts he crafted. His biggest passion was roping. Many hours of enjoyment, travel and lifelong friends were gathered through roping in the MTRA, MRCA, CCA and TRC associations. One of his favorite things was to rope at home with his daughter, good friends and neighbors.

The service to celebrate Barrie's life was held on Saturday, March 31, 2018 at McKenzies Portage Funeral Chapel in Portage la Prairie, MB. A private family interment took place in Oakville Cemetery.

As expressions of sympathy, donations can be made in Barrie's memory to Manitoba CancerCare Manitoba Foundation - "Rope for a Cure" 675 McDermot Avenue Winnipeg, MB R3E 0V9 or a charity of one's choice.

A tree will be planted in memory and cared for by McKenzies Portage Funeral Chapel. 204-857-4021 www.mckenzieportagefuneralchapel.com

**OBITUARY**

**Wally (Walter) Kowalski**

With great sorrow we announce the passing of Wally (Walter) Kowalski on March 14th, 2018 at the Victoria General Hospital in Victoria, BC, after a brief illness at the age of 75.

Wally was born on October 10, 1942 in Stony Mountain, MB, and is predeceased by his father Stanley Kowalski. He is lovingly remembered by his mother, Frances Kowalski; siblings Joanne (Bill) James, Joyce Lamm, Roberta (Ken) Brischke, Stanley Kowalski;



nephews and nieces Chris and Scott James, Shelly Lamm, Geoff, Andrew, and Kathleen Brischke, Curtis, Dennis and Bryce Kowalski. He will also be missed by numerous friends in Manitoba and on Pender Island, BC where he had retired.

Wally grew up on his parents' farm in Stony Mountain, the oldest of five children. He loved to build things, whether it was balsa wood model airplanes or sailboats that he would sail across the fields when they were flooded. During heavy snowfalls Wally would tunnel out passages and build elaborate snow forts with separate rooms, which his younger siblings enjoyed playing in for many hours. He was an avid curler, winning the Manitoba School Boys Championship with his rink. He enjoyed hunting with his father and friends for geese and mallard ducks on the family land and out in "the bog". Wally helped his father Stanley build most of the buildings on the farm. After high school, he pursued and graduated with a degree in Agriculture at the University of Manitoba. He was very popular growing up in the Interlake, having many friends. He was always quick with a smile and a joke, his original humour always putting everyone at ease. He was an expert interior carpenter, building beautiful staircases and renovating houses. Wally built his first house on Salt Spring Island in BC, later moving to Pender Island, BC where he made his living mainly as a carpenter.

He met the love of his life, his "little Suzie", in 2000 and was very happy spending time with her on Pender Island.

He made numerous trips back to Manitoba to visit family and friends over the years.

A Mass will offered for his intention on Sunday, April 15th at Christ the King's Church at 315 2nd St. E in Stonewall, MB at 10 a.m. Friends are welcome to attend in his memory.

Your memory will live forever ~  
Engraved within our hearts

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