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Stonewall Teulon Tribune

VOLUME 7 EDITION 14

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Spring break at the quarry



TRIBUNE PHOTO BY JO-ANNE PROCTER

Local children took advantage of the many activities offered at the Quarry Park Heritage Art Centre's Spring Break Day Camp last week. There was a Mad Science day, a bird day, a day dedicated to gardening and another to cooking, and on Fun Friday, there was face painting and a tour through the interpretive centre. Pictured from left to right: Sara Vande, Login Lee, Shaylee Good, Ruby Ferguson, Georgia O'Neill, Reese Fidler, Orrin O'Neill, Maddy Fidler, Aiden Thompson and Jillian Slaney.

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



RE-ELECT

Advance polls run April 9 - 16

Ralph Eichler

voteralph Eichler.ca

MLA Lakeside



AUTHORIZED BY THE OFFICIAL AGENT

Stonewall council approves temporary Lions office structure

By Jennifer McFee

Municipal and federal politics merged last week when Selkirk-Interlake-Eastman MP James Bezan paid a visit to Stonewall council.

The federal politician listened to questions and concerns from his municipal counterparts during the March 30 council meeting.

Mayor Lockie McLean suggested that perhaps taxes could be modified for doctors working in the Stonewall area.

"The Liberal government has the tax on those making above a certain salary. Maybe one thing he could raise in the House of Commons is that we become the most competitive place

in terms of attracting doctors. Maybe they could do it in terms of tax rates — instead of increasing the taxes on doctors, they could give a different tax rate all together for doctors in all the different fields, whether it be the psychological field or the practitioner field," McLean said Friday.

"In my humble view, there's an opportunity there to treat it as a business case and make Manitoba the most attractive place financially for a doctor to want to earn a living. I have no problem with the tax going up the way it did for the upper one per cent in the last budget. I think some people can afford to pay it. But when it comes to people who really add the value

that we're missing to society like the health-care professionals, in particular the doctors, let's make Manitoba the most competitive place where there's a lineup of doctors to get in and not the other way around."

Other topics of discussion during Bezan's visit included the need for assisted living care in Stonewall, as well as the need for the lagoon expansion.

"The lagoon expansion is going to be plus or minus \$5 million when it's all said and done, and it's something we're going to have to do before 2018," McLean said.

"We want him to be aware that we're working on the plans to finalize that and we need infrastructure funding to offset the costs because we can't do it alone."

The Stonewall mayor also expressed appreciation for council's ongoing connection with Bezan.

"It was a nice conversation with James because he is an experienced member of Parliament and he'll always give his opinion back," McLean

said.

"We're lucky that we have a member of Parliament who takes time to come visit our council."

In other council news, a handful of people came out to a public hearing regarding a change that will keep money in the pockets of Stonewall residents.

"It was a real neat hearing," said McLean. "For once, the hearing was to change our bylaw so that we could lower our waste management charges."

Due to increased recycling revenue, the town is able to reduce the per-dwelling costs to \$106.10 in 2016, down from \$150 last year. The per-dwelling rates are set at \$113.08 in 2017 and \$121.08 in 2018.

"It's great news for every resident because their cost of the waste management program in terms of what they pay in the tax bill will be going down immediately," McLean said.

Continued on page 5

your vote matters!

Our board is crucial to Sunova's success, because they represent you, our members! Make your voice heard and decide who will guide Sunova through the next several years by voting in our annual board election. Visit our website for more details.



Voting is easy-peasy: Just log on to our online voting site using your member number and Sunova Online or account access password, and cast your vote!

ELECTION DATES:

April 6 – April 20

ANNUAL GENERAL MEETING & ELECTION ANNOUNCEMENT:

April 28

ANNUAL MEETING

Take notice that the annual meeting of the members of the credit union will be held at 7:00 pm on the 28th day of April 2016 at The Brokenhead River Community Hall, Beausejour, Manitoba for the following purposes:

1. To consider the annual report of the directors, the financial statements and the auditor's report
2. To appoint an auditor
3. To announce election results
4. Other business

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sunova
CREDIT UNION

Project Linus receives grant



TRIBUNE PHOTO BY CORRIE SARGENT

Project Linus Stonewall branch gratefully received a \$250 volunteer grant from Canadian National Railway retiree Oswald Gonske and his wife, Muriel, a volunteer for Project Linus on March 30. CN has a long and proud tradition of community involvement and railroaders contribute thousands of hours of personal time annually to make their communities better places to live and work. CN supports these efforts by providing grants to organizations where CN employees, retirees and their families volunteer. Pictured back row, left to right: Pat Moldowan, Marilyn Savage, the Gonskes, Gayleen Nixon, Alvina Neufeld, Nora McDermid; front row: Bernice Duff, Alice Karasewich, Lillian Salmon and Shirley Whitehead.



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Crocus Manor receives AED donation to help save lives

By Natasha Tersigni

With a recent community donation, residents at Crocus Manor in Stonewall now have access to the life-saving Automated External Defibrillator (AED) device in case a medical emergency occurs at the residence.

The South Interlake Seniors Resource Council provided the manor with a donation so they could purchase an AED to place in the manor's common room.

Residents received training in how to properly use the device and administer CPR to a person that is unconscious and requires resuscitation following the unveiling of the device on April 4.

Leading the training was certified first aid and CPR instructor Bob Barsi who has 22 years' experience working as a critical care nurse at Health Science Centre in Winnipeg. The Stony Mountain resident volunteered his time to ensure that the AED would be used correctly and in conjunction with CPR.

"The most effective way of helping a person is to phone 911 and then start administrating the AED and CPR," said Barsi, who explained when the AED should be used and how it works.

"Most people who go unconscious is because their heart went into an irregular rhythm. Their heart is fibrillating, just bouncing around, and it is not pushing blood out to the brain or the rest of the body. This machine shocks and stops the heart so the pacemaker cell in the heart will start pumping again. This machine will not kickstart a heart. It stops the heart so it can take over and start beating by itself again."

The AED is used in conjunction with CPR. The machine is user-friendly and provides step-by-step directions that are easy to follow in an emergency. After the AED shocks the patient, two minutes of CPR (30 chest compressions and two breaths) continuously need to be administered before another shock occurs. This cycle should continue until help arrives or the person becomes conscious.

"Good compressions are critical in providing proper care. Every time a



Certified CPR and first aid instructor Bob Barsi shows how to properly administer CPR and use an AED.

compression is given, the heart is being squeezed so blood can be pumped out to the body's organs. Every time the chest is relaxed, blood comes flowing into the heart so it can be pushed out again," said Barsi, who added that even with proper CPR, only seven per cent of people survive.

"With CPR, you do the best you possibly can for as long as you possibly can in hopes that advance care can help more. One thing to remember is that only seven out of 100 people will survive CPR. Good CPR with compressions will give somebody the best possible chance."

Crocus Manor co-ordinator Lorraine Laroche worked to ensure that the residents could have access to an AED device after she received training on it.

"When I went to update my CPR and first aid training, I saw this machine, which was new since I last took the course. After I learned how to use it, I knew how important it would be to have one here," said Laroche.

"We have so many tenants with



TRIBUNE PHOTOS BY NATASHA TERSIGNI

With a donation from the South Interlake Seniors Resource Council, Crocus Manor residents now have an AED on site to be used in case of a medical emergency. Pictured left to right: South Interlake Seniors Resource Council board member Tom Dykstra, Crocus Manor co-ordinator Lorraine Laroche, first aid and CPR instructor Bob Barsi and South Interlake Seniors Resource Council board members Wendy Rutherford and Irene Tully.

health issues and difficulties. The South Interlake Seniors Resource Council has been marvellous with

their donation and without their support we would not be able to afford the machine."



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Quarry Choristers to perform Uptown College

By Jennifer McFee

The Quarry Choristers are tuning up to share their love of singing with the community.

This year's dinner theatre performance, entitled *Uptown College: Losing Control of Our Faculties*, will take the stage at the Quarry Park Heritage Arts Centre later this month.

This year's production showcases the talent

of 29 members who range in age from 14 to 69 years old.

Chairperson Sheila Kowalchuk said the shows often draw audience members from as far as Pinawa, Souris and Sioux Lookout. As well, Interlake-based service groups will be greeting and ushering people to their seats, with volunteer representation from Teulon, Warren and

Stony Mountain.

"It takes a great number of volunteers and service groups to make each and every one of our dinner theatre and matinee performances a success every year. It's not put on solely by us. We get lots of help," Kowalchuk said.

"With the help of the Interlake community, it has allowed us to give out honorariums and donations to many groups over the years. We have donated lots back into the community, but it's with the help of the community."

Longtime Chorister member Lori Grandmont said the performers are proud to be involved in the organization, which has given more than \$500,000 back to the community over the years.

"I'm very proud to know I'm a part of this organization that gives back to palliative care or our local churches or our band boosters or all our local programs within the "But we couldn't do this without the help of our communities and without the people who come out year in and year to the dinner theatre."

Uptown College: Losing Control of Our Faculties centres around a college alumni reunion that features a competition to raise funds by different faculties. Since the dentistry faculty never wins, they are determined to seek revenge on the other faculties.

The music illustrates the general story of the play, and highlights include musical songs by Taylor Swift, Michael Jackson, Queen, Hall and Oates and many others.

"There is some great acting, great dancing and possibly some crazy ad-libbing along the way," Kowalchuk said.

Audience members can also enjoy the musical contributions of accompanist Kirsten Bennett, as well as from Don Horbas, George Selley, Jon Mac, Kirsten Bennett and Vhana Moldowan.

Dinner shows, which include a buffet meal provided by Abas Catering Group, are set for April 28, 29, 30 and May 1, 5, 6 and 7. There will also be a dessert matinee on May 1, with dainties prepared by members of the Stonewall United Church.

The evening show costs \$45 per person, and single tickets are still available. The afternoon dessert matinee costs \$20 per person, and tickets are selling fast.

For more information, contact Kowalchuk at 204-467-8619 or email quarrychoristers@gmail.com.

South Interlake business expo

You've Got to be there. 2016

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4 p.m. to 8 p.m.

Saturday, April 23

9 a.m. to 4 p.m.

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8 a.m. to 11 a.m.

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EXPO held at Sunova Curling Rink, Stonewall South End of Main St.

Tribune

Stonewall Teulon

Woodlands ChildCare Inc.

Annual General Meeting

Wednesday, April 20 at 7 p.m.

at the Centre in Woodlands School

Everyone Welcome

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WEDNESDAY NIGHTS \$5340.50 AS OF MARCH 30/16

Members Night - Sat May 7th

at 7 p.m. Entertainment to follow.

Band - Celebrations

ALL ARE WELCOME

Rockwood Festival invests \$20,000 into students, music and the arts

Staff

After more than six harmonious decades, the Rockwood Festival of the Arts continues to grow — both in its entries and in its awards.

Stonewall will host the 61st annual event from April 11 to 24 at venues throughout the community.

Festival president Debbie Fleury is overwhelmed with the tremendous support given to the festival.

When she began as president in 2011, Fleury had a lot to learn. But thanks to her background in marketing and business, Fleury and her team of board members and conveners have been able to market the festival in impressive ways — including a new website, a new computer entry system and increased advertising.

“With tremendous support from our patrons, business advertisers, donations from individuals, organizations and municipal governments, the Rockwood Festival has become self-sufficient and no longer relies on provincial government operating grants,” Fleury said.

“We are very proud of this and feel that we can now focus our attention on putting more funds back toward student awards in the Interlake communities.”

In 2012, a large private donation allowed the festival to create the Interlake Music Awards and Interlake Dance Awards. For the annual Interlake Music Award, two students receive funds to attend the International Peace Gardens Music Camp. This year, the award has been increased

to \$400 per student, up from \$350. As well, the two dance awards have also increased this year to \$200, up from \$150 apiece.

In addition, a long list of additional awards are being made available, with a combined total of more than \$4,500 to be invested back into students to support their interest in the arts. Each year, 10 participants will receive Rockwood Festival Awards of \$150 apiece. Other awards include the host town graduation scholarship of \$250, as well as the Claudia Campbell Beginner Piano Award, the Ernie Webb Speech Choir Award and the Laura James Vocal/Piano awards. About \$350 is also spent each year to send students to provincial or national level music and arts festivals.

The contributions extend beyond the annual awards. The festival has invested more than \$9,000 in piano donations. In 2013, the Rockwood Festival of the Arts donated a piano to the Quarry Park Heritage Arts Centre. The following year, Sandra Wiebe donated a brand new piano to the Heritage Arts Centre, so the Rockwood Festival arranged to move the previously donated piano to the Teulon-Rockwood Centennial Centre. After many years of renting a piano for the Vocal and Choral venues in Teulon, the Rockwood Festival also donated a brand new Yamaha piano to Teulon Collegiate to honour Claudia Campbell and to celebrate the event’s 60th anniversary.

The success of the festival is evident through an increasing number of en-

tries in all categories, and entry fees remain among the lowest in the province. Speech Arts has increased to two full days with 81 entries including Reader’s Theatre and Speech Choir.

As well, the Vocal category has increased to 81 entries. Other increases are evident in Piano (208 entries), Band and Instrumental (43 entries), Choral (18 entries) and Dance (108 entries).

To express appreciation, Rockwood Festival board members are directing more funds back into facilities that host the festival. Each day, all host facilities will receive a \$50 honorarium, including Interlake School Division venues. In total, these honorariums contribute \$1,200 back into local schools and community facilities.

“The Rockwood Festival is made up of volunteer board members, and we would like people to know that we are investing your donations, entry fees, and patronage back into music and the arts in your communities,” Fleury said. “In 2014 and 2015, Rockwood Festival contributed over \$20,000 through awards, pianos and facilities in the community.”

New this year, Rockwood Festival donations can now be made online by PayPal at the festival’s revamped website at www.rfota.ca.

Also new for 2016, there are now fees for Interlake School Division entries due mainly to an increase of nearly \$1,000 in adjudicator fees.

“Costs have constantly gone up

throughout the years, be it printing programs or hiring adjudicators,” Fleury said. “Thus the patronage fee has also increased to \$20.”

The \$20 patronage fee includes a program book (sold separately for \$5), as well as unlimited entry to all festival venues for two adults. Patronage and program books are for sale at the South Interlake Regional Library in Stonewall and at Kozy’s Productions in Teulon.

Alternatively, admission fees to the venues are \$3 per person per session. Participants and students up to Grade 12 can attend without charge.

“Volunteers are still needed for this year’s event,” Fleury added.

The Rockwood Festival of the Arts welcomes and encourages volunteers to assist at the festival as cashiers, ushers, secretaries and MCs. Over 1,000 volunteer hours need to be filled. A background in the arts is not required. Anyone willing to give their volunteer support is most welcomed and most appreciated.

“If you have never attended the Rockwood Festival of the Arts, I sincerely hope that you would,” Fleury said. “You will be surprised at the tremendous talent the Interlake has to offer.”

Anyone interested in volunteering can submit an online registration at the Rockwood Festival of the Arts website at www.rfota.ca or they can contact Fleury at 204-490-0002 or email info@rfota.ca.

> LIONS OFFICE, FROM PG. 2

At the meeting, council also approved a temporary office structure for the Lions Manor to use during the construction of its expansion.

As well, council expressed no concerns about a proposed MTS cell tower for the corner of Centre Avenue and 1st Street East. The tower, which will look like a small telephone pole, will improve the quality of services offered by MTS, McLean said.

In addition, several years ago, council bought more than 100 acres of land for the lagoon expansion. Until that

land is used for the lagoon, council has been renting it back to the farmer who formerly owned it on an annual basis. They agreed to once again rent it to him this year so that he can continue to farm the land.

Council also agreed to allow supporters to put up signs around town for Disability Matters: Vote 2016. This non-partisan public awareness campaign is a joint initiative of Abilities Manitoba and Barrier Free Manitoba to promote attention to disability issues during the provincial election.

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FRI-SAT-SUN-MON APRIL 8-9-10-11
(CLOSED TUES) AND WED-THURS APRIL 13-14

BATMAN VS SUPERMAN
DAWN OF JUSTICE

Adult Accompaniment Under 14; Violence; Frightening Scenes

14A

FRI-SAT-SUN-MON APRIL 15-16-17-18
(CLOSED TUES) AND WED-THURS APRIL 20-21

Zootopia

Fri & Sat at 7:30 pm & 9:30 pm
Sun-Mon, Wed-Thurs at 7:30 pm

Animated

G

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Tribune



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getheard

EDITORIAL > VIEWPOINTS > LETTERS



Wanted – Open Farm Day hosts

Submitted

Manitoba Association of Agricultural Societies (MAAS) wants your farm or agriculture site to be part of the seventh Open Farm Day.

The MAAS mandate is to promote the agricultural industry in Manitoba. Open Farm Day is an opportunity for Manitobans to meet local farmers, tour a number of agriculture sites and venues, and learn more about Manitoba's diverse agriculture industry. It's also a chance for farm-

ers interested in direct marketing to connect with new customers.

"This year, we want your farm, along with your agriculture knowledge, to aid us in connecting the farm to our food. Plan to be part of that connection. Sign up for Open Farm Day, Sunday Sept. 18, 2016," states Annette Young, chair of MAAS.

Last year, the 37 many and varied farm operations participating in Open Farm Day provided an outstanding agriculture awareness edu-

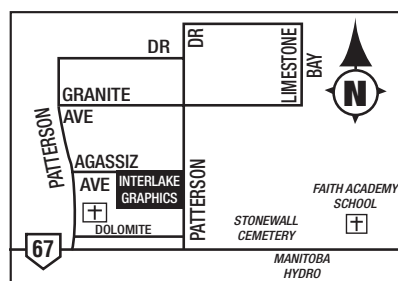
cational opportunity to 6,500 rural and urban Manitobans.

MAAS is encouraging farms and ag organizations to sign up to be an Open Farm Day host by April 30, 2016.

For further information, go to www.openfarmday.ca and click on Register Farm.

Questions? Please email info@openfarmday.ca or phone 204.727.1852.

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



> CONTACT US

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Teulon RCMP respond to fatal collision

Staff

Teulon RCMP responded to a two-vehicle collision on Highway 7, approximately three kilometres south of the Fraserwood turnoff in the RM of Armstrong at around 9:20 p.m. on April 1.

When officers arrived, STARS ambulance as well as fire and paramedic personnel were on the scene. The investigation revealed that a pickup truck heading south on Highway 7 spun into the opposite lane and was hit by a van heading northbound.

All three occupants of the van as well as the male driver of the truck were transported to hospital with non-life-threatening injuries.

A 53-year-old female from Teulon, who was travelling with her son, the sole passenger in the truck, was pronounced deceased at the scene.

Road conditions in the area were icy at the time of the collision. Alcohol is not believed to be a factor.

The investigation is ongoing.



Make your choice



Provincial election day is Tuesday, April 19

When will you vote? You can vote on election day or at any advance voting location in Manitoba from Saturday, April 9 to Saturday, April 16. You don't need a reason to vote in advance.

To find your electoral division and advance voting locations near you, visit electionsmanitoba.ca or download our mobile app.

CANDIDATE	AFFILIATION	OFFICIAL AGENT
INTERLAKE		
ABAS, Jamal – SE-27-25-1W, RM of Fisher	Lib.	Tanjit Nagra
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NEVAKSHONOFF, Tom – SE 14-22-2W, RM of Fisher	NDP	John Rudyk
LAKESIDE		
AUSTMAN, Matt – 23-30 Spence St., Winnipeg	NDP	Kevin Dearing
EICHLER, Ralph – 40 Third St. S.E., Teulon	PC	Leif Johnson

Registered Parties in Manitoba

CPC-M – Communist Party of Canada – Manitoba
GPM – Green Party of Manitoba
Ind. – Independent
Lib. – Manitoba Liberal Party

MP – Manitoba Party
NDP – New Democratic Party of Manitoba
PC – The Progressive Conservative Party of Manitoba

For more information:

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STONEWALL 2016



ROCKWOOD

FESTIVAL OF THE ARTS

PIANO

Stonewall United Church
April 11-15

VOCAL

Stonewall New Life Church
April 16 & 17

SPEECH ARTS

Stonewall New Life Church
April 14 & 15

BAND & INSTRUMENTAL

Stonewall Collegiate
April 21

CHORAL

Stonewall Quarry
Park Heritage Arts Centre
April 18 & 19

DANCE

Teulon Collegiate
April 23 & 24

FESTIVAL ADMISSION: \$3.00 (per session/venue)

PROGRAM BOOK: \$5.00 PATRONAGE \$20.00

(receive Free admission to all the venues & a program book)

Program Books and Patronage available at:

STONEWALL - S.I. Regional Library 419 Main St.

TEULON - Kozy's Productions - 92 Main Street

AWARDS CONCERT

MONDAY, MAY 2, 2016 @ 7:00 P.M.

Stonewall Quarry Park Heritage Arts Centre

*All Welcome to come out and see some
of Rockwood's Finest Performers*

SILVER
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at the door

ElectionsManitoba

Nationally renowned author visits local libraries

By Jo-Anne Procter

A passion for photography and nature and a job in natural resources is what inspired renowned author Bill Stilwell originally from Neepawa to publish three national bestsellers.

Manitoba Naturally, *Scenic Secrets of Manitoba* and *Manitoba Wild* have all been written by Stilwell through first-hand experiences and knowledge, which he shared with his audience at the South Interlake Libraries in both Teulon and Stonewall last week.

Stilwell worked for over 25 years with the Province of Manitoba in natural resources management, which took him to many places throughout the province.

"This is a book about my life of living in rural Manitoba and my lifelong interest with nature. I live and breathe being outdoors. It is what I do. It is my life," Stilwell told his audience that filled the multi-purpose room in the Stonewall library.

Stilwell's presentation took his audience on a "virtual" scenic drive from southwest Manitoba to the northern parts of the province, sharing countless unique and scenic secrets with dazzling displays of wildflowers

adorning native prairie and cascading waterfalls along wild rivers and many species of birds and wildlife.

His books were written not only to share some scenic secrets with his readers who may wish to explore on their own but also for people to enjoy through his photographs from the comfort of their own armchair at home.

He hopes his books encourage readers to learn more about the Manitoba landscape, its fauna and flora while enhancing an appreciation for nature.

"I wanted to try and instill an appreciation for nature," he said. And to create an awareness for things in nature which leads to their protection and their preservation.

Manitoba Wild took Stilwell over three years and 20,000 kilometres to put together. For each location that he wrote about, he visited three times and wrote the book on site in a notebook before transcribing onto his laptop.

He remembers a more difficult task than writing the book was going through 10,000-plus photographs he took, whittling down to 500 and then to 200. From that 200, he needed 11 for



TRIBUNE PHOTO BY JO-ANNE PROCTER

Manitoba Wild author Bill Stilwell sold and autographed copies of his books at the South Interlake Library, Stonewall branch last Friday after his presentation on scenic secrets of Manitoba.

chapter photos and then one for the cover.

If you love nature photography and would like to learn about some of the scenic secrets of Manitoba, pick up a

copy of Stilwell's *Manitoba Wild* and his other books at the grande Bazaar, Stonewall Pharmacy, Teulon Public Library, the Oak Hammock Marsh Gift Shop and Tergersons in Gimli.

Geo-cache-cache fun at Oak Hammock Marsh

Submitted

Have you ever wanted to learn more about geo-caching? Canadian Parents for French Stonewall is hosting a free bilingual lesson in geo-caching facilitated by Oak Hammock Marsh.

You will learn what geo-caching is and how to use a GPS unit in order to uncover the caches hidden in and around Stonewall.



Canadian Parents for French is a volunteer group that actively promotes opportunities to learn and use French. Geo-caching is a fun event the whole family can enjoy. The instruction

will be bilingual, but students in the French immersion program are encouraged to have fun using and applying the new vocabulary. Students taking the course French, Communication, and Culture (formerly Basic French) are welcome to participate, practising the French language outside the classroom.

To take advantage of this opportunity, students and their families must register to reserve a GPS unit. This activity will take place in Stonewall,

Sunday, April 17. There will be two sessions offered, 1-2 p.m. and 2-3 p.m. Light refreshments and prizes will be available. Space is limited so reserve your spot and session time today. Please email Cpf.stonewall@gmail.com.

Did you know that "Cache-cache" is the French way of saying "hide and seek"? Geo-caching is like playing hide and seek. There are treasures that are waiting to be found.



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Crescent Creek Park residents face uncertainty

Opposition mounts as town prepares to sell

By Natasha Tersigni

The recent announcement that the Town of Teulon is looking for interested buyers to purchase Crescent Creek Park has some residents living in the park worried about their future.

Council passed the resolution at their February council meeting to begin accepting expressions of interest or offers to purchase of the 47-unit mobile home park for residents 50 years and older to allow a private owner to continue development of the park.

"We are going to be very diligent in the fact that we want it carried on much as it has been, which I don't know if it will be a deterrent for perspective buyers," said Mayor Bert Campbell.

Despite the town's intentions, residents are questioning just how the town intends to ensure that the new owners don't increase rent while keeping the same services such as snow removal and grass cutting and amenities like clubhouse affordable.

Claire and Terry Meindl are two of those residents that are opposed to the town selling the park. Part of their concerns were outlined in a letter, which CAO Jeff Precourt summarized and read out during the town's March council meeting.

"(The Meindls) sent a letter to the town and expressed some concerns and disappointment that the town is accepting proposals and considering to sell Crescent Creek Park. They had chosen the park as a place to live based on the fact that the town owns it. They wanted to share their disappointment in the fact that the town is pursuing the sale," said Precourt.

Another Crescent Creek resident that shares in the Meindl's apprehension about the potential sale is Lyn Williamson.

"When I moved to Crescent Creek, one of the reasons why I chose that place to live is having the security of knowing that the town was the owner," said Williamson, who added that she has lived in the park for nine years.

"If they sell it, is our rate going to go up? Are our taxes going to go up? Is it no longer going to be just available for 50-plus residents?"

Crescent Creek resident Josie Lindley added that that while the town did notify residents several years ago that they had intentions of selling the park, a timeframe was never announced. One worry she has is how will it affect the senior population in Teulon.

"The town has made it economically viable for the 50-plus people to live there. If someone else takes over, will it still be economical for us to live there?" said Lindley.



Advance Voting: Vote Anywhere

Saturday, April 9
to Saturday, April 16

Provincial election day is Tuesday, April 19,
but you can vote earlier if you choose.



- Advance voting locations are open from 8:00 am to 8:00 pm (noon to 6:00 pm Sunday).
- Don't forget to bring photo ID or two other documents with your name.
- If you're not on the voters list, you can have your name added when you go to vote.

Advance voting locations in your area are listed below.

For a complete list of advance voting locations in Manitoba, visit electionsmanitoba.ca

INTERLAKE

Returning Office

18 Main St., Ashern

Additional Locations:

- April 12 Ebb & Flow FN Community Complex
- April 15 Eriksdale Recreation Centre
- April 13 Faulkner Senior Centre
- April 12 Fisher River Community Hall
- April 12 Kinonjeoshtegon First Nation Band Office
- April 11 Lunder Legion Hall
- April 15 Mary Thorarinson Estates, Arborg
- April 15 Narrows West Lodge, Oakview
- April 13 Peguis Community Hall
- April 12 Pinaymootang Band Office (Board Room), Fairford
- April 14 Pine Dock Community Hall
- April 9 St. Laurent Recreation Centre
- April 15 St. Martin Community Hall
- April 14 Ukrainian National Home, Fisher Branch

LAKESIDE

Returning Office

459A 1st Street W, Stonewall

Additional Locations:

- April 12 Grosse Isle Recreation Club
- April 15 Inwood Golf and Country Club
- April 11 Marquette Curling Rink
- April 13 Stony Mountain Community Centre
- April 14 Teulon Rockwood Centennial Centre
- April 10 Warren Memorial Hall

For more information:

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ElectionsManitoba X

RM of Rosser continues to examine reeve's absences

By Jennifer McFee

Members of the public had a chance to chime in on an ongoing conundrum in the RM of Rosser last week regarding three consecutive absences by the reeve.

On Thursday, March 31, nearly 100 people filled the seats at the Rosser Community Centre to hear opposing opinions on the matter from parliamentarian Richard Woloshyn and lawyer Orvel Currie.

The ongoing dispute began last summer when Smee missed three consecutive regular council meetings on June 9, June 23 and July 14, 2015. According to the Manitoba's Municipal Act, council members are disqualified if they miss three consecutive meetings unless council approves the absences before they occur or at the next meeting following the third absence.

In Smee's case, the three consecutive absences were not placed on the agenda or dealt with otherwise at the next meeting on Aug. 11.

So prior to the Sept. 8 meeting, council went in camera as a committee of the whole and opted to reopen the Aug. 11 council meeting. At that time, council decided to grant the leave of absence in a 4-0 vote with one abstention by Coun. Angela Emms.

Smee believed she had been approved for the first absence, which followed the Federation of Canadian Municipalities conference. The next two absences were due to a family medical emergency when her mom was in the hospital.

As a parliamentarian, Woloshyn clearly expressed his interpretation of the situation.

"In my opinion, I was asked whether you can go back and actually change the minutes of the meeting, give retroactive approval after the fourth meeting, and the answer is no," Woloshyn



Bill Ridgeway shared his opinion on the matter.

said. "Once that timeline is met, if the fourth meeting is adjourned and the councillor has not received permission to be absent, then the councillor must resign."

If a disqualified council member doesn't resign, then an application must be made to the Court of Queen's Bench and a judge would make a decision on the matter, he added.

As the RM's legal counsel, Currie disagreed. In his presentation, he indicated that municipal councils have the ability to amend their procedural bylaws to deal with certain situations in good faith. In Rosser's case, this procedural flexibility allowed councils to avoid being in flux in terms of the reeve's position.

"I was no friend to the reeve when I had to meet with her and tell her that it was my opinion that three meetings had been missed," said Currie, a lawyer with D'Arcy & Deacon. "But what I can tell you is this council has the discretion to fix that."

Resident Trevor Grexton voiced his concerns with the situation.



Coun. Angela Emms said that everyone needs to follow the rules.

"Do you not consider it a slippery slope to give that type of discretion to any type of municipal council or provincial government?" Grexton asked at the meeting.

Emms, councillor for Ward 3, said she believed Smee should have been disqualified as of Aug. 12. She questioned the legitimacy of the situation since no advance notice was given to the public that the Aug. 11 meeting would be reopened.

"We've expected everybody in this community to follow the rules. That's why I'm here," Emms said. "I love her mother. She is an extremely dear woman. It has nothing to do with Frances Smee."

For Smee, she is hoping to find a resolution to the situation that has dragged on for more than six months.

"I don't think anybody on council is going to argue that we have broken down as a council. ... As far as legal costs, it's very costly. It needs to stop," said Smee, adding that the decision of the majority of council should be upheld.



TRIBUNE PHOTOS BY JENNIFER MCFEE
Reeve Frances Smee missed three consecutive council meetings.

Meeting attendee Bill Ridgeway shared his experience as the chair of many organizations.

"One of the rules of every board I've ever sat on ... is that once a majority decision is made, you adhere to that decision," said Ridgeway, noting that voters can make their opinions known in the next municipal election.

"If you disagree, you then resign. If you cannot sway the body to your opinion ... all you're doing is costing the organization a whole bunch of aggravation, finances and bad publicity."

Smee said that the courts are there for a reason, and people can opt to bring the issue to the courts for a ruling. However, she hopes that council will be able to make and uphold a decision.

The unresolved issue was on the council agenda for the April 5 Rosser council meeting, after *Tribune* deadline. Council was also expected to review a report stemming from a recent mediation, which Emms opted not to participate in.

Brandon to host annual 55 Plus Games in June

By Sheila Runions

Nine months have passed since the official announcement that Brandon would host the annual 55 Plus Games.

Brandon Rotary Club and James B. Chrisp United Commercial Travelers (UCT) have partnered to host this provincial sporting event, sponsored by Manitoba Liquor & Lotteries. Brandon has a great history of hosting local and world events, and this three-day competition for seniors will be no exception.

While several Rotarians and UCT

members have already volunteered for the games, more help is needed. If you would like to volunteer in any way, please contact Bea Storm (204-726-5740 or stormwatch15@gmail.com) or Phyllis Elliott (204-728-681 or phyle@wcgwave.ca). The games will be held June 14-16 at locations throughout the city and beyond, such as golfing at Glen Lea just east of Brandon.

The 55 Plus Games is the largest multi-sport event in Manitoba. More than 1,000 athletes from across the province will come to Brandon to par-

ticipate in 22 different sports. From card games and walking to bowling and baseball, there are competitions for all ages and skill levels. Some games are open while others have play-off events in the 14 different regions of Manitoba to qualify for competitions that can be general or age specific, such as 55+, 65+, 75+ and 80+.

Host committee chairperson Bernie Chrisp says, "It's a wonderful honour to be selected as the host city. We know the entire community will look forward to welcoming athletes and

visitors to Westman."

His crew of 16 executive committee members are thrilled to work together to bring the games back to Brandon. This 34th annual event will only be the second time Brandon has hosted, with the first time back in 1987. Active Living Coalition for Older Adults (ALCOA) co-ordinates the games and is responsible for contacting all senior groups, via their regional representatives, to notify them of registration

Continued on page 13

Interlake docs urge health authority to merge ERs

Group threatens to quit if nurses continue to run emergency rooms

By Austin Grabish

A group of Interlake doctors is threatening to walk off the job if the perpetual practice of using nurses to run emergency rooms doesn't end.

A letter obtained by the *Tribune* and at least one other media outlet last week stated ER doctors in the Interlake will no longer support the practice in "any capacity" unless the RHA agrees to amalgamate ERs in the region by May 1.

"What's happened is the doctors have banded together. They've sent a letter to say 'Hey, we really need to move away from nurse-managed care,'" said Interlake-Eastern Regional Health Authority CEO Ron Van Denakker.

Van Denakker said the doctors have suggested some ERs — like Gimli and Arborg or Ashern and Eriksdale — be joined together.

The move, at its best, would see one ER staffed with a doctor as opposed to having two ERs open but without adequate staffing resources.

Several ERs are under nurse-managed care in the Interlake and have been for years.

The practice, meant initially only to be temporary, sees nurses triage patients and determine if a patient should be sent home, treated by a nurse or sent in an ambulance to a hospital with a doctor.

The RHA and province have both repeatedly touted the practice as "normal."

In 2013, former RHA CEO John Stinson said the practice was a "very good" solution to the Interlake's growing doctor shortage.

Three years later, Van Denakker said that's now changed.

"We have to rely on [the physicians'] professional integrity and skill," he said. "When their college and insurers and nursing unit says 'Hey, we tried this and this isn't sustainable,' we have to respect that and move on to coming up with what's going to work."

He said the RHA is in talks with the doctors to work out a solution to the problem and discuss what their "exit strategy" looks like.

Van Denakker said he doesn't see the doctors' letter as a threat but instead as an opportunity to work together, noting a challenge has been a division



TRIBUNE FILE PHOTO BY AUSTIN GRABISH

A group of Interlake doctors is threatening to walk off the job if the Interlake-Eastern Regional Health Authority doesn't put an end to nurse-managed care. Pictured above is the entrance to the emergency room in Gimli.

amongst doctors in the region.

"There's been no group practices. There's been no or limited amounts of docs backing one another up, helping each other out when there's vacations, things like that," he said. "This is the first sign of doctors having worked together to try to come up with a regional solution."

Last month, the RHA said it was

short as many as 45 doctors.

When the *Tribune* asked the RHA for a detailed breakdown explaining the doctor shortage by hospital, we were told to file a Freedom of Information request.

That request, filed last Thursday, has yet to be fulfilled.

NDP promise to help upgrade the St. Laurent arena

By Jeff Ward

NDP leader Greg Selinger promised a \$175,000 investment to make upgrades to the St. Laurent Arena last Thursday that will benefit hockey teams and local families for years to come if his party is elected later this month.

"As Manitobans, we know that the local rink is the heart of our communities," Selinger said. "St. Laurent has worked hard to maintain an arena, grow a minor hockey team and inspire the community to dream big. This funding will help the community take the next step towards building a thriving hockey program for years to come."

The NDP's funding will help St. Laurent improve locker rooms, bathrooms, bleachers, the playing surface, the canteen and repair their Zamboni.

Funding for the arena will come from the NDP's \$125 million recreation fund.

St. Laurent was also a finalist in the Top 10 for 2016 Kraft Hockeyville, earning the arena \$25,000 for upgrades.

Interlake MLA Tom Nevakshonoff joined Selinger at the announcement.

Selinger did not say when this investment would come to the community if he's elected.



TRIBUNE PHOTO BY JEFF WARD

Premier Greg Selinger and Interlake MLA Tom Nevakshonoff are promising \$175,000 to the St. Laurent Arena for renovations if the NDP is re-elected later this month.

Volunteer drivers needed for Meals on Wheels in Teulon

By Natasha Tersigni

Teulon and District Senior Resource Council is looking for additional community members to volunteer as drivers for their weekly Meals on Wheels program.

While Teulon organizations, including several local churches, the Teulon Lions club, Teulon Collegiate Institute and Teulon food bank, have each committed to volunteering at least once a month there are often times when all the spots cannot be filled. The resource council is looking for volunteers who can drive or even ride along with a driver and help deliver meals.

Deliveries take place throughout Teulon on Monday, Wednesday and Friday beginning at 11:50 a.m. with approximately 40 meals to be delivered. The average time commitment is usually 45 minutes to an hour. The meals are prepared and picked-up at Gateway Manor in Teulon. Volunteer drivers are required to drive their personal vehicles.

"It is not long time frame but any

help would be very appreciated. Sometimes we can only find one volunteer and it is easier with two people. As well, drivers are getting harder and harder to find," said Senior Resource coordinator Barb Mankewich who added that the program is an important service for clients, many of whom are seniors, who are cannot leave their homes and have difficulties cooking for themselves.

"It is a great service provided and a lot of times people receiving the meals don't get many visitors so just delivering the meal and saying a quick hello makes their day. Meals on Wheels ensures that people, for whatever reasons, including health, can have at least a few hot meals a week. This program would not be able to continue without the support of volunteers."

Meals through the Meals on Wheels programs are available for anyone living in the Teulon area, and cost \$6 per meal and are available Monday, Wednesday and Friday. The well-balanced meals are delivered between



TRIBUNE PHOTO BY NATASHA TERSIGINI

Meals on Wheels volunteer Olga Persoage is often seen delivering meals around Teulon to many clients. More volunteer drivers are needed to keep the program running.

noon and 1 p.m. Dietary restrictions can be accommodated. For more information or to sign-up with the meal coordinator at Gateway Manor call 204-886-3053.

For more information on volunteering with the Meals on Wheel phone Barb Mankewich at Teulon and District Senior Resource Council at 204-886-2570.

Local singers needed for new Interlake Youth Choir

By Jennifer McFee

Young vocalists will be singing a happy tune, thanks to a new choral opportunity in the Interlake.

The brand new Interlake Youth Choir is seeking singers who will be in Grade 10 to 12 in the 2016-17 school year.

The youth choir is a project of the Interlake Choral Association, which falls under the umbrella of the Manitoba Choral Association.

Kendra Obach, chair of the Interlake Choral Association, said three regional youth choirs are already established in Manitoba as regional subsections of the Manitoba Choral Association: Eastman, Central and Westman, which recently celebrated its 35 anniversary.

"These are all well-established and well-respected programs. This is our first step in establishing something similar for the singers in the Interlake. Part of the concept is that singers in small towns do not get a full choral experience the way that a lot of big high schools can in the city," Obach said.

"So this is a chance for us to create a full choir with really strong singers and create that experience for singers no matter what their background or what their community is like. This

way, we can create something a little bit bigger for the whole region."

Obach plans to undertake the audition process in May with singer selections to take place in June. Live auditions will likely take place in Stonewall, Teulon and Selkirk. As another option, singers can also submit video auditions online.

Then the fun really begins this fall with a weekend intensive rehearsal camp at Camp Arnes starting in the morning on Friday, Oct. 14 and wrapping up on Saturday, Oct. 15.

Then on Sunday, Oct. 16, the youth choir will bring music to the masses through two concerts. The first is tentatively set for Arborg in the afternoon followed by an evening finale show in Selkirk.

"It's an exciting project," Obach said. "We want to keep them busy. It will definitely be intense."

The timing couldn't be any better since the Manitoba Choral Association is celebrating its 40th anniversary this year. To mark the milestone, the organization will host a gala concert at the Centennial Concert Hall in November.

"It's going to feature lots of choirs from the province and lots of different types of music, including a massive youth choir with representation from



TRIBUNE FILE PHOTO

Kendra Obach, chair of the Interlake Choral Association, is seeking singers to join the Interlake Youth Choir who will be in Grade 10 to 12 in the 2016-17 school year.

all regions of Manitoba," said Obach, who is also involved in that project.

"We've been asked to put together representation for the mass youth choir representing the Interlake. We thought it was the right time to connect and to have our new Interlake

Youth Choir be our representation, so that's the added bonus this year. That was part of the kickstart as to why this was the right year to do it."

For more information about the Interlake Youth Choir, visit www.iychoir.wix.com/home.

Daffodil campaign aims to raise awareness this month

Submitted

It's hard to believe that one person and a toonie can bring about change against something as big as cancer — the leading cause of death in Manitoba.

But by supporting the Canadian Cancer Society and participating in Daffodil Month this month, you are planting hope that more Manitobans will survive cancer and making a difference.

"By wearing a bright yellow daffodil pin, we show Manitobans living with cancer that they are not alone," Erin Crawford, Manitoba's senior director of public engagement said. "Every April, thanks to our volunteers, we are able to engage Manitobans and help cancer patients and their families cope with cancer."

This year, Crawford said the Cancer Society is challenging Manitobans to

demonstrate the power of a toonie.

"By dropping a toonie into the collection box before taking a pin, you're funding important support programs and services provided by the Cancer Society and you're also supporting vital research of all kinds — by doing something as simple as paying for a Petri dish."

Daffodil Month runs from April 1 to 30. During this month, the Canadian Cancer Society asks Manitobans to wear a bright yellow daffodil to show those involved in a cancer fight that they are not alone and to remember loved ones

lost. The Society also asks Manitobans to give generously when a door-to-door canvasser comes to your door.

Manitobans can find a daffodil pin box location near you by going to can-

cer.ca/daffodil.

"Everything starts in the Petri dish," said Christine Doucette, a cell and molecular biologist at the Children's Hospital Research Institute of Manitoba. "A toonie gets new research started by getting cells on a plate (a Petri dish)."

"By buying a Petri dish, you can be part of a new direction, a new treatment, a new therapy."

Doucette said that in her lab, she goes through about 20 specialized Petri dishes a week but she has done work in research labs that go through hundreds of Petri dishes a week.

"It's an essential tool and a lab can go through thousands a year."

Donors should be proud of the research that their support helps fund. At the same time, the Cancer Society is also using Daffodil Month to highlight the programs and services that are dedicated to supporting cancer patients and their families.

In Manitoba, the Cancer Society's Transportation Service provided cancer patients in over 50 communities with more than 30,000 rides to and from treatment last year. Thousands more benefited from the Society's

Cancer Information Service — a free service that provides access to a cancer information expert who will help answer questions and navigate available resources.

A recent national survey conducted for the Cancer Society found that half the people looking for reliable information about cancer end up feeling confused, overwhelmed and stressed out. This is concerning given that demand for cancer information is expected to increase 40 per cent over the next 14 years as Canada's population ages and the number of cancer cases increases.



> 55 PLUS GAMES, FROM PG. 10

deadlines and other information.

ALCOA's executive director Jim Evanchuk says, "We were very impressed with the bid from the Brandon host committee and we are confident that the fine people in Brandon will set the stage for a memorable experience in June 2016. No matter what your age or interest, the 55 Plus Games have something for you."

Plenty of information about the games can be found on ALCOA's website, www.alcoamb.org. Registration opened last month and closes in May. As long as you are 55 years of age by Dec. 31 this year, you are eligible to compete in any event. The only sports having play-off games in order to compete are bridge, crib and whist. Games open to all are walking/running, bowling, golf, arts and crafts, duplicate bridge, floor curling and shuffleboard, horseshoes, lawn bowling, pickleball, scrabble, slo-pitch, snooker, swimming, track and bocce ball.

If you plan to participate and will require lodging in the city, you are asked to inform the motel, hotel or B&B you are a games participant. The host committee has worked with Brandon First to secure funding based on number of beds booked for these provincials. The games have been in operation since 1983 and have grown from 365 athletes to more than 1,600 people at its record-setting year.

2016 Annual Casino Night Fundraiser

Saturday, April 23, 2016

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volunteers and donors who contributed to the cause at Family Foods, Marketplace and Red Apple stores.

Top photo, Jennica Harrison, Ken Tilling, Melaina Harrison collected donations at Red Apple while, middle photo, Barb and James Bardsley were at Marketplace. Randy Rutherford, Carena and Craig Ozirney and their children collected donations at Family Foods from Asta Johannesson.

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- Manitoba Customer Contact Association
- Manitoba Food Processors Association
- Manitoba Métis Federation
- Manitoba Print Industry Association
- Manitoba Public Insurance
- Manitoba Trucking Association
- Manitoba Hydro
- Options for Youth Employment
- RCMP
- Red River College - Interlake Campus
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Donations needed for annual Casino Night fundraiser

Staff

The Annual Casino Night Fundraiser is trying its luck as it seeks more support for the event.

This year, about 200 people are expected to take a chance at the event, which is slated for Saturday, April 23 at the Royal Canadian Legion (459 Main St., Stonewall).

The annual event, hosted by the Stony Mountain/Stonewall Mason Lodge #12, continues to grow year after year, thanks to the ongoing support individual donors as well as businesses in the local community and beyond.

Prize donations contribute greatly to the cause by enhancing the auction while also providing publicity to businesses at the same time. All supporters will be acknowledged at the function as well as in the local newspaper.

Last year's successful event provided bursaries to a Stonewall Collegiate student and a Warren Collegiate student. It also provided support to Stony Mountain Day Care, Stony Mountain's Hilltop Manor, the Dream Factory and the Fire-fighter's Burn Fund.

Doors open at 7 p.m. with gaming to begin at 8 p.m. Tickets are \$20 each and include door prizes, lunch, snacks and casino money. There will also be a silent auction, 50/50 draw and cash auction.

To make a donation or to purchase a ticket contact members Rey Leferriere at 204-871-5170, Bob Cuddy at 204-467-5325 or Grant Ryckman at 204-221-7344.

The real estate market

The best time to buy or sell real estate depends on the type of dwelling and the current market conditions within a given sector.

- People who want to sell their property have the advantage in a seller's market, where demand is higher than supply. The number of properties available is insufficient, so homes sell quickly and prices rise.

- People who are shopping around have the edge in a buyer's market, where supply far exceeds demand. They have all the time in the world to find the home of their dreams and negotiate a good price.

Thinking of selling or buying a property? Check with a real estate agent to find out about the current market conditions.



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Do you know how to understand your own market when it comes time to negotiate the sale or purchase of your home? So often I am asked by my clients for advice on how to get the best price, buying or selling, and the key point that I can never stress enough (from many years of experience!) is not to get consumed by reports on the overall market conditions - nationally or even provincially - without knowing the specific details of the area you are buying or selling.

Our rural market is unique and can at times be very different than what is trending in Winnipeg, depending on so many factors, and specifically - the demand. Though friends and family members share their own experiences (from their own markets) it can be confusing when taking advice from them without understanding your own specific requirements. In this situation, I guarantee that talking to an experienced REALTOR® will clear that confusion! For example, I am working with buyers in our area who are finding themselves in stronger negotiating positions compared to homes that are much the same within the city limits.

My team and I are looking forward to helping you navigate the purchase or sale of your next Real Estate transactions.

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The real estate market

What type of home suits you?

Would you love to buy your own home? An important investment like this should never be undertaken lightly. Not only do you have to take the time to choose your new home and neighbourhood carefully, but you must first decide which type of property best suits your needs, both now and in the future. Single family, semi-detached, condo or home with a rental property — they all have their advantages and disadvantages.

- **Single family home.** Single-family homes are very popular and have many advantages, including more privacy. You can also build and modify at will, inside and outside. In other words, you can knock down walls, build a garage or plant a vegetable garden. A single-family home may not be the best option for you if you don't have the time or inclination to mow the lawn, shovel snow, maintain the roof and clean the gutters.

- **Semi-detached.** Usually cheaper than a single-family home, a semi-detached has some of the advantages of the latter, including privacy. However, since two properties are built on the same land, you have less space outside. On the

other hand, there is less maintenance work. If you buy a semi-detached home, make sure the dividing wall is thick enough to block any noise from the neighbouring unit.

- **Condominium.** A condo is great for people who don't want the hassle of looking after a yard. Some condominiums provide special facilities, such as a swimming pool or gym, which you wouldn't be able to afford otherwise. Keep in mind that you'll pay condo fees accordingly. On the downside, a condo is a lot less private than a house.

You must also be careful to choose a building where the other owners have a similar lifestyle to your own. In addition, sharing common areas will often mean that you have to agree with them on how the building is maintained and managed.

- **Homes with rental units.** Buying a home that includes a rental unit may allow you to access the property market more easily; the rent you receive will help you pay your mortgage. A lot of your expenses will also be tax deductible. However, a rental unit requires you to be available, as tenant emergencies can occur at any time.

You should also be good with your hands for maintenance jobs.

Of course, there are other types of homes that may suit you, such as attached homes. Your real estate agent will be able to help you find the right property for your requirements.



Which type of home is best for you?

Selling your home: how to determine the asking price

Have you decided to sell your home? To attract buyers, you will have to advertise a competitive and realistic selling price. If you ask too much, you may lose potential visitors. And while it's good to keep a margin for negotiating, keep in mind that buyers often shop by price range. This means that if you want to sell for \$200,000, you'll attract more visitors by advertising your home at \$225,000 than at \$275,000. In addition, buyers who are ready to pay \$275,000 will quickly realize that other properties offer better value for the price.

On the other hand, you shouldn't undervalue your property and lose the chance to make

a profit. So, how does one find the right balance? The best way is to compare your home with similar properties that have sold recently in your area. This will give you a good idea of the amount buyers are willing to pay for a home like yours. When setting the price, you should also take into account the current market and how much time you can wait before needing to sell or move (you may have to ask for less if you're in a hurry to sell). Talk about your ideas with your real estate agent or a licensed appraiser; he or she will help you determine the right price for the situation.



Liam Wheddon • Ted Hodgkinson • Tracey Unrau • Richard Tyerman

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The real estate market

Some terms to know when purchasing a home



A pre-approved mortgage guarantees that you can borrow the amount needed to purchase a property. It is obtained from a lender after an analysis of your financial situation and borrowing capacity. You can give this to the seller together with the purchase offer in order to demonstrate how serious you are. Once the purchase offer has been signed, all you need to get is a loan commitment or mortgage approval, a document confirming that your loan application has been approved. Having a pre-approved mortgage speeds up this process.

Mortgage loan insurance is usually required by the lender when the amount of the down payment is less than 20 per cent of the purchase price of the property. This isn't to be confused

with mortgage life insurance, which covers your family if you die before paying off your mortgage.

A purchase offer is a written agreement setting the terms under which you agree to buy a particular property. If the seller accepts it, he or she agrees to sell their property in accordance with these conditions. The seller can also refuse it and make a counteroffer, which amends or clarifies certain conditions of the previous offer, such as the price or the date of transfer of ownership (the closing date of the transac-

tion and

on which you take possession of the property). You will be given a specific deadline for accepting or refusing the counteroffer, to which you can, in turn, make a counteroffer, and so on. If you have to sell your home before buying a new one, you can make a conditional offer. This means you agree to purchase the property only if certain conditions are met first.

A purchase agreement is a legal document signed by both the buyer and the seller to formalize the transfer of ownership. It is a proof of ownership.

Protection You Deserve From the Team you can trust !

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Spring on the Road

Hit the road
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DriveSafe.ly



Designed to improve road safety, this mobile app tells you about text messages and emails that come in while you're driving, so you don't have to take your hands off the wheel or look away from the road. This is great for people who find it hard to resist using their cellphones while behind the wheel. (Downloadable from Google Play and BlackBerry)

Find my car



Do you sometimes forget where you parked your car and waste lots of time looking for it? Then this app could change your life. It remembers the GPS position of your parking spot and displays a countdown of the remaining time on your parking meter, if applicable. Now, that's convenient. (Downloadable from App Store and Google Play)

GasBuddy



This app is very appealing to drivers, as it was designed with two goals in mind: to help you find the closest gas stations to your location and tell you where the cheapest gas is being sold. Who'd want to miss out on that? (Downloadable from App Store, Google Play and BlackBerry)

TriplT



This app, which is designed for planning out your route in advance, is not only practical but free to download. One of its most interesting features is that you can view the map at any time, even offline. With TriplT, headache-free travel is now possible. (Downloadable from App Store, Google Play and BlackBerry)

INTEGRITY AUTO

The Mechanic's Perspective

It's starting to feel like spring! The warmer weather gets people thinking about summer vacations and associated road trips. Perhaps it's time to dig the motorhome out and get it ready for the season? Maybe get the engine tune-up or timing belt replacement that is past due based on the manufacturer's recommendations? Perhaps your vehicle is passing the 160K mark and has never had any of the manufacturer's recommended services done?



But how do you know what should be done and when? The best answer is to read your owner's manual. It is written by the same people who built your vehicle, and will specify the proper service at the proper intervals for your vehicle. If you do not have an owner's manual or still have questions, your repair centre of choice should have OEM (original equipment manufacturer) maintenance schedules and be able to answer your questions. Using OEM guidelines means you will not waste money by doing services too often or that are not required on your specific vehicle.

Another common maintenance question is whether synthetic oil is a good idea? My own personal opinion--absolutely! Synthetic oil is easier on your engine in cold weather, and protects components against high heat much better than regular oil. Look for a good class III or IV synthetic oil. Avoid oils rated lower than class III. There is a reason manufacturers are now specifying synthetics only in most modern vehicles. It is also worth considering a better quality, long-life oil filter to go with the extended drain intervals offered by synthetic oils.

Here's to a great and trouble-free summer driving season!

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

AroundMe



The free app AroundMe is especially useful for long trips. It helps you find restaurants, supermarkets, bars, hotels and other services close to your location and shows you how to get there. (Downloadable from App Store and Google Play)

TouristEye



If you like discovering new places while travelling by car, then the mobile app TouristEye is for you. This app can suggest a variety of interesting places to check out in the area you're visiting. It's a great way to make the most of your trip. (Downloadable from App Store and Google Play)



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Spring on the Road

Rims and hubcaps: jazz up your car

Want to improve the look of your vehicle? There are a few ways you can do it; you can add a spoiler or stickers or give it a new paint job. That said, your car's wheels also deserve to look their best. Read on to find out how new rims or hubcaps can give your vehicle a unique look.

RIMS

Rims are the round metal frames on which rubber tires are posed. They are usually made of one of the following materials:

- aluminum alloy (good quality/price ratio)
- sheet metal (not very attractive and thus re-

quires the addition of a hubcap)

- composite (a blend of metals with a high-end finish)

Many manufacturers make rims with stylish designs, colours or finishes (matte, mirror, etc.). If you want to add style and prestige to your car, new rims are worth the effort. Keep in mind that only a professional can install them.

HUBCAPS

Hubcaps — also called centre caps, wheel caps or wheel covers — are specifically designed to enhance the look of your car. These plastic or metal accesso-



Stylish wheels give your car a much sleeker look.

ries can be installed in a jiffy to make your wheels look great. Much less expensive than rims, a wide variety of hubcap designs are available in stores to make your car unique.

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Ice Crushers canvassing Stony Mountain for bottle and cans

By Natasha Tersingi

As a way to raise funds for their spring hockey league and with the help of their neighbours spring cleaning, the Mountain Ice Crusher team will be out this Saturday in Stony Mountain knocking on doors and collecting empty beer cans and bottles.

The fundraising initiative is to help offset costs associated with the 3on3 Canlan spring hockey league. To help support the Stony Mountain Community Centre, where many of the Ice Crushers began their hockey careers, fifty percent of the money that is raised from the bottle drive will be donated to the centre.

"For a few years, there has been a group of youth in the community that were not able to play hockey together because there weren't enough kids in Stony Mountain for a Bantam team. This spring they decided to put together a team to compete in a spring 3on3 league. To help with the costs they came up with an idea that they could go around the community and do a bottle and can drive to help their parents pay for their fees," said team organizer Kendra Littlepage.

The players didn't want to ask the



TRIBUNE PHOTO BY NATASHA TERSINGI

To help fund costs associated with their spring hockey league, the Stony Mountain Ice Crushers will be out and about in Stony Mountain this Saturday collecting empty beer bottles and cans. Pictured left to right: Cole Emberly, Brendon Poirier, Noah Bracken, Chase Littlepage, Aiden Erickson, Reis Wasmuth, Josh Bracken, Colby Thiessen, Paige Yasinsky. Missing from the photo Dasek Sobko.

community for their help without giving back, so they decided to donate half the funds back to the community center where they first hit the ice together.

The Mountain Ice Crushers first game will be Thursday at Canlan Ice Sports complex in Winnipeg

The youth will begin collecting in Stony Mountain at 9 a.m. on Satur-

day and will hopefully make it to each house in town. If you have bottles and cans to pick up prior to April 9, text 204-461-2958 or 204-641-2239.



'Helpful' is our middle name.
(Okay, maybe not, but it should be!)

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Visit Ticketmaster.ca and enter code **PLAY** to save \$5 on tickets.

*Applicable service fees may apply. May not be combined with any other offers or used with previously purchased tickets. Offer ends 4/17/16.

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World Vision

South Interlake Seniors Resource - Stonewall

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Check out our website! - www.sisrc.ca

DUE TO ELECTIONS, THE APRIL 19TH "POTLUCK PLEASURE AND FELLOWSHIP" WILL BE CANCELLED. NEXT POTLUCK SUPPER IS MAY 17TH

This month we honor Natalie Kenal as our Volunteer of the Month! Natalie has been a Volunteer Driver for two years and we are happy to have her on our team! Thank you Natalie!

Natalie will enjoy lunch at

Join us for homemade lunches & desserts
Tues-Fri 10-5, Sat 10-4 • 292 Main St., Stonewall 204-467-2303



How you can become involved in Let No One Be Alone Week

No matter how little or how much you do, every bit will make a difference. Even if you help just one person who is alone, it's worth it! Here are some simple ideas of things that you can do during Let No One Be Alone Week:

- Call a friend or family member; and encourage others to call an important older person in their lives.
- Ask people you know to reach out to those that are alone by visiting or doing something kind for them.
- Spread the word to others in your community by word of mouth or through existing networks.
- Take someone out for lunch, coffee or a drive.
- Offer to run an errand for someone. • Bake a goodie basket for a neighbour.
- Bring people together to play games and/or visit.

Stroke Recovery Association of Manitoba Announcement

Stonewall - Chapter 15 Peer Support Meeting

Wednesday April 20th at the

Stonewall Legion Branch #59 - 459 Main St.

1pm-3 pm

Please contact the main office for more info

204.982.2880

Stroke Survivors and Family Welcome!

New Membership Welcome!



For more information call 204-467-2719

April Calendar of Events!

SOUTH INTERLAKE 55 PLUS, 5 KEITH COSENS DRIVE

Clip & Save



Apr 12 Luncheon @ Noon
Apr 14 Shopping Trip @ 9:15 am
Apr 15 Harmony Jam @ 1:30 pm
Apr 18 One Stroke Painting @ 12:30 pm
Apr 19 Manitoba Elections - OFFICE IS CLOSED
Apr 21 McPhillips Casino - departing @ 10:00 am

Apr 22 Show Time @ 1:00 pm
Apr 25 Whist Tournament @ 1:00 pm
Apr 26 Drive Safely Presentation @ 1:30 pm
Apr 27 Fort Whyte Centre Bus Trip @ 10:30 am
May 2 One Stroke Painting @ 12:30 pm
May 3 Hop, Drop & Shop Bus @ 12:30 pm
May 10 Luncheon @ Noon
May 26 55 Plus AGM @ 7:30 pm
May 28 55Plus Fundraiser - "Stay Tuned" Concert 7 pm

COMMUNITY VOLUNTEER INCOME TAX PROGRAM

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

Eligibility criteria to be met:

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

SINGLE PARENT AND CHILD: \$35 000 PLUS \$2500 for each additional dependent.

This is a DROP-OFF service.

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

CALL for more info: 204-467-2582



BUS TRIPS:

Shopping Trip - Garden City:

Thursday, April 14th

Casino Trip - McPhillips Street Station:

Thursday, April 21st

Fort Whyte Centre Trip

Wednesday, April 27th

The Hop Drop & Shop Bus

Tuesday, May 2nd

For Details and to Register

Call the 55 Plus: 204-467-2582



ACTIVE WELLNESS CLUB

CLASSES INCLUDE: FUNFIT, DANCEFIT, DANCEFIT GOLD, YOGA & PILATES, GENTLE YOGA, ZUMBA

NEW SESSION: April 4 - May 20, 2016
Drop In's Welcome!

New Class



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

WHIST TOURNAMENT

Monday, April 25th

1:00 pm

\$4 @ Door

Door Prize - 50/50 Draw

EVERYONE WELCOME



DRIVE SAFELY PRESENTATION

Presented by

Transportation Options Network for Seniors (TONS)

Tuesday, April 26

1:30 pm @ 55 Plus

This workshop provides information on a variety of changes which can affect driving abilities.

Everyone Welcome!



stay tuned

Tickets Available At:
55 PLUS
OR CALL:
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Saturday, May 28th

7:00 pm @ 55 Plus

A Fundraiser in Support of South Interlake Fifty-Five Plus Inc.

Tickets: \$15

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Mon, Tuesday, Wednesday & Friday 9:00am - 12:00noon & 1:00pm - 3:00pm. Thursday 1:00pm - 3:00pm

DROP IN INCOME TAX still open till April 30th.

SENIOR RESOURCE VOLUNTEER APPRECIATION LUNCH April 19th 12:00 - 2:00 at the Anglican Church Hall.

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

Teulon officials travelled to Peru for mentorship program

By Natasha Tersigni

Building on the work Teulon's CAO Jeff Precourt had done on his trip to Peru in November, he returned to the South American country in March and this time Teulon Coun. Danny Hutchinson joined him.

The trip was a part of the Federation of Canadian Municipalities (FCM) exchange program, which has Canadian municipal officials travel to either Peru or Colombia to mentor local officials on issues relating to economic development.

For two weeks in March, Precourt and Hutchinson, along with an engineer from Winnipeg and a councillor from Prince George, B.C., toured four rural communities in Peru. The group assessed their current water system and offered guidance to the municipal government on all aspects of implementing a water system including the physical operations of the system, upkeep and maintenance to the system and implementing a billing system for residents.

"For the first week, we travelled to four rural Peru communities and met with their mayors and public work staff and visited their water systems. We did an assessment on their water systems and talked with their operators on what the standards would be in Canada and how fees would be administered," said Precourt, who added that the water systems were fairly similar to ones in rural Manitoba.

"The main difference is that their water systems would not have electricity so they would be gravity fed, which meant they were on a side of a mountain and the town would be down in a valley. They also have groundwater source, which is the same as groundwater source in Teulon. They have chlorination systems like we do but with no electricity. Their chlorine was dispensed through a dripping method."

Hutchinson enjoyed the trip to Peru and the work he was able to do while there.

"The country itself was amazing and a wonderful place to visit. The program was really worthwhile and the work that we did there, I felt that it was good, positive work," said Hutchinson.

"For the most part, we were introducing the council to what we would do as far as the water survey went. A large part of my role was to build relationships with local councillors and mayors and facilitate the communication between their council and our team."

In the second week of the trip, Precourt and Hutchinson both participated in strategic developing workshops. The Peruvian communities are just starting regional strategic planning, and Hutchinson and Precourt were able to provide insights into strategic planning and examples on how it is done in Teulon.

"In the grand scale, we are all not



TRIBUNE PHOTO SUBMITTED

Jeff Precourt (right) speaking with Peruvian water operators about their groundwater well.

that different when we are trying to strategic plan. The communities that we visited were small and agriculture-based. I think there is a lot to be said for the similarities that we have with those Peruvian communities," said Hutchinson.

Precourt, Hutchinson and the rest of Teulon council are now preparing for a visit from a few Peruvians at the end

of May, when they will be in Winnipeg for a FCM conference and travel to Teulon for a two-day trip.

"I think what they will find interesting is that although we are an incredible distance apart, we have the same objectives and we struggle with the same issues," said Hutchinson.

World Health Day aims to raise diabetes awareness

Staff

For the first time, this year's World Health Day on Thursday, April 7 is hoping to raise awareness about diabetes and its global impact.

In Canada, diabetes has reached epidemic proportions — with an estimated 11 million people living with diabetes or pre-diabetes. A Canadian is diagnosed with diabetes every three minutes.

"People with diabetes play a critical role in ensuring the best health outcomes with the disease. Working closely with their health-care team, they manage blood sugar levels, foot care, eye care, physical activity and healthy eating," Dr. Jan Hux, chief science officer at the Canadian Diabetes Association (CDA), said in a release last week. "Self-management is the cornerstone of diabetes care, and people affected by it need the knowledge and skills to properly manage diabetes."

Diabetes increases a person's risk

"SELF-MANAGEMENT OF DIABETES IS IMPORTANT, BECAUSE IT IS THE ONLY ROUTE TO PERSONAL WELLNESS."

for many serious complications such as heart attack, stroke, kidney failure leading to dialysis, and blindness. Nevertheless, for many people, it is possible to live a healthy, full life with diabetes.

Diagnosed with Type 1 diabetes at age 13, 61-year-old Garry Giesbrecht from Steinbach explains how diabetes has impacted his life and why daily management of his diabetes is essential to his health.

As a young adolescent, it was tough to attain independence with his diabetes. Needles had to be boiled each morning for his daily insulin injection and he had a regimented diet that prohibited spontaneous treats.

He experienced frequent hypoglycemic reactions from physical activity, and at that time, blood sugar testing was only done several times per year at the hospital.

As an active father of two sons who enjoys skiing, cycling, reading, traveling and golfing, Giesbrecht uses an insulin pump to manage his diabetes.

"Today, we have better technology available to help manage diabetes. My health-care team has also had a very positive impact on my life — guiding me through my health journey by advising and co-ordinating specialized services," Giesbrecht said. "Self-management of diabetes is important because it is the only route to personal wellness. While your health-care team provides informa-

tion and services, they cannot implement healthy lifestyle choices for you. Those daily decisions and actions rest with the individual with diabetes, as do the results and consequences."

According to the CDA's Report on Diabetes: Driving Change, access to diabetes education is vital for learning more about nutrition, physical activity, blood sugar monitoring, medication and ways to make even little changes that can lead to success.

Some tips to keep on top of your diabetes include taking action to learn as much as possible and using diabetes programs and services when needed; setting your targets and goals to maintain optimal average (A1C) and daily blood sugar levels; performing self-checks for foot problems; and scheduling regular eye exams. For more information, visit diabetes.ca/takecharge.

For more information, visit diabetes.ca or call 1-800-BANTING (226-8464).

Kidney transplant recipient knows value of medical innovation

By Natasha Tersigni

Every year on April 7, the World Health Organization (WHO) recognizes the millions of medical professionals that are dedicated in their work at diagnosing, preventing and treating a multitude of diseases and conditions.

While every year a different field of medicine or condition is highlighted for World Health Day, the message is always the same: to celebrate and recognize the continued advancements that are made in modern medicine through education and research.

Stonewall resident Bernice (Kiselbach) Andrade knows firsthand how valuable medical innovation can be. It is just that kind of research and education in the field of kidney and renal health that allowed Andrade, a double kidney transplant recipient, to beat the odds time and time again.

When Bernice was nine years old, she found out she had been born with a rare disease called infantile polycystic kidney disease, a genetic condition where there is growth of numerous cysts on the kidneys that will enlarge the organs and lead to kidney failure. Kidneys are important because they regulate water, remove waste products and help to balance the body's minerals and produce hormones. With the available knowledge of her disease at that time, the outlook doctors gave her was grave.

"The doctors told my parents that I would die by the time I was 16 years old, I would never have a normal life, I would never be taller than four feet and that I would never have children," said Andrade.

Despite her diagnosis and with support from her family, Bernice continued her active lifestyle and played competitive sports throughout high school. In her early 20s, her health began to deteriorate and she was put on kidney dialysis for six months before it was decided by doctors that she would need a kidney transplant.

With her mother Olive Kiselbach, being a donor match, Bernice underwent a kidney transplant at 24 years old, just 10 days after her wedding to her husband, Victor.

One thing that Bernice knew was that she always wanted to be a mother, but having had a kidney transplant and with only one functioning kidney, doctors told her that it was unlikely and would be detrimental for her and her child.

"Doctors had always told me I shouldn't have children," said Bernice, who wanted more than anything to have a family.

"We made a deal. He said if you



TRIBUNE PHOTO BY NATASHA TERSIGNI

Bernice Andrade knows first-hand the importance of continued medical education and research. The double kidney transplant recipient has defied the odds on several occasions, including being the first kidney transplant recipient in Canada to give birth to twins.

go one year without any problems, I would let you have a baby. So that is what we did."

After that one-year mark, Bernice became pregnant. When she gave birth to her first child, Kyle, she became the first kidney donor recipient in Manitoba to deliver naturally without a C-section. A few years later, Bernice and Victor decided to expand their family and this time Bernice gave birth to twin boys, Dylan and Tyler.

"I was the first donor recipient from across Canada that gave birth to viable twins. Women donor recipients have conceived twins before but only one baby would survive," said Bernice, who added that all three boys are healthy and do not have the same kidney disease she does.

Over the years, Bernice felt the symptoms of her kidney failing and knew something was wrong. She began sleeping over 14 hours a day while easily injuring herself, breaking several bones or requiring stitches for a simple cut.

When she returned for a routine appointment, her kidney specialist told her that her mom's kidney was only functioning at 10 per cent due to all the steroids and anti-rejection drug medications she needed to take because of the transplant. Bernice would require another kidney transplant. This time, her donor would be her husband, Victor, who was a match, something that is rare among married couple.

While the outcome and surgery for transplant patients has improved in the 20 years since receiving her mom's kidney, being a kidney donor has its risk. Both would have to undergo major surgery, and for Victor, he would only have one functioning kidney to rely on for the rest of his life. For Victor, it was a no-brainer decision.

"It was not a hard decision at all. It was about her health. We found out that we matched and that was great," said Victor, who added that being a kidney donor has not impacted his active lifestyle.

"I was seeing her getting sicker and sicker and I wanted to help. I knew by me giving her a kidney how that would help her. When she received her mom's kidney, she was so much more active and healthier."

After receiving her husband's kidney, Bernice found, similar to her first transplant, that she was a new person.

"I remember after my first transplant, in the evening after the surgery, walking in the hallway and saying to someone 'Wow, is this how everybody feels all the time?' it was just so amazing. I felt like I could run a marathon," said Bernice, who added that was how she felt with her second transplant.

"The transplant from Victor helped to kickstart my mom's kidney so, in fact, because of the transplant, I now have two functionable kidneys while Victor now only has one."

With the transplants, Bernice is not

out of the woods completely. She has daily symptoms from the transplants and will be on medicine for the rest of her life.

Celebrating her 52nd birthday this year with her three children by her side, Bernice notes that it was her team of medical professionals, her perseverance and family support, and a "little" help from her husband and mother that have allowed her to have the life she has.

"I have beat the odds my whole life. They said I wouldn't have children; I have three healthy boys. They said I wouldn't grow past four feet tall; I am over five feet tall. I have lived well past 16 years old," said Bernice.

"While at times there has been struggles, I have made it through. I have a great family with a great support system and a good life."

ROSSER WOODLANDS RECREATION COMMISSION

2016 Annual General Meeting
Monday April 25th 6:30 - 7:30 pm
At Warren Collegiate Institute
in the gym

This will be followed by the RM of Rosser and Woodlands Community Recreation Meeting
7:30 to 9:30 pm

The Rosser Woodland Recreation Commission strongly encourages you to attend the AGM so you can see and influence what is going on in your community for recreation.

Topics include:
Spring/Summer Programming
Support for Clubs, Teams and Facilities
Student Jobs
Local Programming
Budget

**NEW RWRC Community Website

Rosser Woodlands Recreation Commission and the RM's of Rosser and Woodlands Invite you to a Community Recreation Meeting

immediately following the RWRC AGM
Monday April 25th at 7:30 pm.

This meeting is the first step in developing short and long term plans for recreation in the RM's of Rosser and Woodlands.

It is YOUR opportunity to let us know about your Club, Team, Program, Facility and your organizations present and future needs.

Who should attend?

Sports Club Executive Boards and Coaches
Club Boards and Community Volunteers
Community Hall Boards
Facilities Boards
People running recreation programs in the RM's
Educators / School Groups
ALL TAXPAYERS regardless of
sports club or local club
Affiliation and any one else who wishes to attend.

If the RM's aren't aware of your group and what your needs are it is difficult for them to have a complete plan and include you in it.
Don't be left out—come out!!

Stony on Ice 'Spring Fling' 2016



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The Stony Mountain Community Centre was bustling all weekend with approximately 270 figure skaters from all over the province, northwest Ontario and Moosimin, Sask. attending the 26th annual "Stony on Ice," one of the largest skating competitions in Manitoba. Thirty-one hours of ice was used to host the events last weekend. Pictured left: Stonewall Skating Club's Ashley Gobeil shows off her spiral; middle photo: Stony Mountain Skating Club's Danielle Czarnecki spins while Teulon's Grace Hume does some fancy footwork in the Freeski Star 2 competition.

Volunteers teaming up to sponsor Syrian refugees

By Lindsey Enns

Local volunteers from various churches are joining forces with one goal in mind: to help bring three Syrian refugee families to Manitoba.

So far, dozens of volunteers from 15 churches from Selkirk and surrounding areas including St. Andrews, St. Clements, Winnipeg Beach and Gimli have signed on to help out with the cause.

"Our goal is to reach out to everyone we can," said Don Forfar, the co-ordination team's chair and former long time St. Andrews mayor. "A lot of churches are reticent to sponsor a family because it's a huge commitment.

"They're much more willing to do it as a group of churches."

The group of volunteers have dubbed themselves the Red River Churches Refugee Team and their first meeting took place in February.

Forfar, who lives in Clandeboyne and is a member of the St. George's Wakefield Anglican Church, said so far they have decided to help out with three families initially and have set themselves a budget of \$100,000 to do that.

"It depends on the size of the family ... and how much you need to support them and for all their household setup," Forfar said. "It's about \$30,000 a family so we've set a budget of \$100,000.

"Talking to other groups that have done it, stuff comes up. In Dauphin, something that came up is expensive dental work. There's things you don't think of until they're here."



TRIBUNE PHOTO SUBMITTED

Don Forfar, pictured centre left, is the co-ordination team's chair for the newly formed Red River Churches Refugee Team, a large group of volunteers from various local and area churches who are helping bring three Syrian refugee families to Manitoba. Team members met last Friday night at Christ Church in Selkirk to further discuss their sponsorship plans.

Forfar said they are still formalizing their relationships with all of the churches involved. He added they plan to meet their \$100,000 goal by the end of June through hosting various fundraisers and getting the word out that they are accepting monetary donations.

"We want to have an significant amount raised by then," he said.

Forfar said they have looked at how other groups have gone about sponsoring families and they have decided to work with a sponsorship agreement holder, which will be one of the national churches, but the details are still being worked out.

"There's basically four different ways of sponsoring a refugee fam-

ily," he said. "You can either tag on with a sponsorship agreement holder and that tends to be one of the national churches ... you can go on as a co-sponsor or just a group of people as long as there's five people. Also a community sponsor."

He added they hope to have their application submitted to one of the national churches by June and then start waiting for their first family to arrive, which could take weeks or months after that.

Forfar believes it's going to be much more difficult to get volunteers on board to help the families once they get to Manitoba than it will be to raise the \$100,000.

"There's just tons of roles for volun-

teers and we think that's going to be the toughest challenge," he said. "It won't be impossible but a lot more work than going out and looking for money."

Forfar said once the families arrive, volunteers will be responsible for driving them to their appointments, English lessons, looking after children and taking them to community events.

"You want to help integrate them into the community, so you want them to go swimming, you want them to go to a hockey game, whatever things that go on in a community," he said. "Volunteers will also have to help them find work and maybe even drive them to work."

Forfar said it was an easy decision for him to get involved with this simply "because it's the right thing to be doing."

"Having all these churches in our community working together, it's just great to see so many people from different denominations all working together," he said.

The Clandeboyne Amalgamated United Church has also taken on the sponsorship of a Syrian family of four, and Shandra Czarnecki of Petersfield said seven members of her book club are taking on the "ground work" to help them with their resettlement and transition into life in Manitoba.

Czarnecki said they have committed to funding and supporting them for one year once they arrive and that commitment is both financial as well as physically helping them out.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Jets make history advancing to MMJHL final

By Brian Bowman

The Stonewall Jets have advanced to the Manitoba Major Junior Hockey League final.

Stonewall swept the Raiders Jr. Hockey Club in four games in their best-of-seven semifinal series. The Jets clinched the series win with an exciting 5-4 home victory on Sunday evening.

The Jets will now play in the MMJHL final for the very first time.

"It's a great feeling," said Jets' assistant coach Brock Couch Monday afternoon. "This is the first Stonewall Jets' team to make it this far in the playoffs."

The Raiders led 3-2 early in the third period of Game 4 but the Jets' Chase Faulkner tied the score and then Ryan Miskiewicz and Brett Meilleur put the Jets up 5-3.

Carson Rybuck then closed out the scoring with a late goal.

Couch said they didn't want to give the Raiders a glimmer of hope in the series.

"We didn't want (our guys) to get comfortable and think that they could lose a game (in the series)," Couch said of the Game 4 third-period comeback. "We told them before the second and third (periods) that they have nothing to save it for. If we win it now, then we don't have to play these guys again."

Stonewall's Garrett Bruce opened the game's scoring just 20 seconds into the contest before the Raiders came back with goals from Eli Batt and Kyle Jur.

Mackenzie Johnson tied the score at 2-2 at 15:09 of the first period and then Nico Loeppky scored the lone goal of the second period.

Hunter Ploszay continued his stellar play in the post-season, making 37 saves for the win.

The series sweep by the Jets was an impressive one. Stonewall won

three out of five games against the first-place Raiders during the regular season and then made quick work of them in the playoffs.

"Every game was tight and really close," Couch insisted. "They had a lot of chances but Ploszay made some really big saves for us. We kept it tight and tried not to give them any room."

In Game 3, the Jets played an April Fool's Day joke on the Raiders by beating them 4-1.

Bryce Stovin and Meilleur scored first-period goals for Stonewall and then Johnson made it 3-0 midway in the second. Two of those goals came with the man advantage.

Max Smith put Stonewall up 4-0 in the third before the Raiders' Devin Mannes closed out the scoring.

The Jets took a 2-0 series lead after an outstanding effort in a 2-0 home victory over the Raiders on March 29.

Chase Faulkner gave Stonewall a 1-0 lead early in the first period and then Eric Swanson tallied at 3:40 of the third. Garrett Bruce assisted on both goals.

Ploszay made 20 saves for the shut-out.

At press time, the Jets were waiting to see who will advance from the other semifinal series between the Charleswood Hawks and Pembina Valley Twisters. Pembina Valley was leading 3-1 heading into Game 5, which was played Tuesday evening (no score was available at press time).

Whoever the Jets play in the final, the team would love to see a large, boisterous crowd supporting them at their home games. The crowds have been fantastic so far, said Couch, in the playoffs.

"It's been awesome," Couch enthused. "I have never seen the rink like that before. "(The guys) get an extra three jumps (with a large crowd behind them). In the regular season,

that place can be pretty dead, pretty quiet, with the fans so far away from you.

"But with 400, 500 people in there, it's something else."



TRIBUNE PHOTO BY LANA MEIER

Stonewall Jets forward Adam Blight celebrates the first goal of the game.



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Jets' Ryan Miskiewicz scored midway through the third period to give his team the go-ahead goal in Stonewall's 5-3 win over the Raiders Jr. Hockey Club.



PLAY-OFF HOCKEY

For the first time in 15 years our Jets will be playing in the MMJHL finals and the team is hoping to fill the #jethanger

Come out and make some noise while supporting the local team.

Check the Jets website and follow the Tribune twitter and Facebook accounts for game schedule and results.



www.stonewalljets.net

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

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Thirty-two teams take part in Stonewall Men's bonspiel



TRIBUNE PHOTOS BY STU BROWN

Thirty-two teams participated in the annual Stonewall Men's Bonspiel March 31 to April 3. The A-event winners were Kennedy Bird, Daniel Hunt, Chris MacMillan and Myles MacMillan, who defeated Jared Kolomaya's team in the final. The B-event winner was Team Warkentin, which included Wayne, Paul, Isaiah and Jack, who defeated Justin Reishek. Meanwhile, Craig Nichol, Ryan Smith, Trevor Blue and Riley Nichol won the C-event after defeating the Emerson Klimpke team.

Steelers to host spring camp later this month

By Brian Bowman

The Selkirk Steelers' season may be over, but the club will be preparing for its future in a couple of weeks.

Selkirk will be hosting its annual spring camp April 23-24 at the East Selkirk Recreation Centre.

The camp hours will be from 8:30 a.m. to 4:45 p.m. on both days. Cost of

the spring camp is \$130 (non-refundable) and includes a jersey.

Registration forms will be accepted on a first-come basis and there will be a maximum of five teams (with rosters limited to 20 skaters and three goalies) per squad.

Team and roster numbers may change at the discretion of Steelers'

management. Final placement is also at the discretion of team management.

All players not on a Junior "A" or "B" card must wear a full cage or full mask at all times. Players listed by another Manitoba Junior Hockey League team are not permitted to attend the Steelers' camp.

Goalie spots for the spring camp are

already full.

The camp rosters and game schedule will be posted on the Steelers website www.selkirksteelers.com after 7 p.m. on April 20.

For more information, please visit the Steelers' website.

Thunder announce returning coaches, registration dates for this season

INTERLAKE MINOR HOCKEY ASSOCIATION

Interlake Minor Hockey Association is currently accepting applications for the following

coaching positions

for the 2016-2017 season:

- AAA Bantam Male
- AAA City Midget Male
- AAA Provincial Midget Male
- AAA Bantam Female
- AAA Midget Female

Email all applications to interlakeminorhockey@hotmail.com

Closing date is April 23, 2016

Staff

The Interlake Thunder have announced the return of their head coaches for the 2016 season.

Ed de Laroque will move from the PeeWee program and assume responsibility for the Thunder Bantam team.

Joel McDonald will return to coach Interlake's senior girls' team while Kris Johnston will, once again, be the head coach for the Midget squad.

The Thunder also announced that Derek Charison will be the head coach of the junior girls' team.

The local football program is now accepting applications for head coaches for the Cruncher,

Atom and PeeWee teams for the 2016 season.

If more information is required, or if interested individuals wish to apply, they may contact Derek Charison at development@interlakethunder.org.

Meanwhile, the registration times and locations for this upcoming have been announced.

* May 5 at Teulon Elementary School from 6:30-9 p.m.

* May 6 at Stonewall Veterans Memorial Sports Complex (arena) from 6:30-9 p.m.

* May 7 at Selkirk Arena from 10 a.m. until 2 p.m.

sports & recreation

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Junior high divisional curling champions



TRIBUNE PHOTOS BY KELLY FARMER

Far left photo: The Stonewall girls won the "A" event. Pictured left to right: Tessa Lawrence, Lauren Brown, Taryn Jackson, Sarah Dowsett, coach Derek Dowsett. Middle photo, the Warren boys won the "A" event coach Janice Hunt, Tomas Green, Gunnar Arksey, Hunter Sholdice, Riley Buchanan, Riley Janke and coach Melissa Soutter. The mixed event was won by Andrew Perrie, Graeme Perrie, Rena Kathler, Autumn Good and coach John Good.

Staff

The Interlake School Division held their junior high boys, girls and mixed curling championships at the Sunova Curling rink in Stonewall late last month.

There were seven teams in each of the boys' and girls' divisions, including Teulon, Warren, Stony Mountain, Stonewall, Balmoral, Brant-Argyle and Grosse Isle.

In addition, three teams — Brant-Argyle, Balmoral and Stonewall — competed for the first time in a mixed

division.

The girls' "A" event winners were Stonewall (Sarah Dowsett, Lauren Brown, Tessa Lawrence, Taryn Jackson and Dana Murphy). The "A" event runners-up were Brant-Argyle (Avery Good, Abby Enns, Natalie Salisbury, Bryn O'Neill and Kaydence Michalsky).

"B" event winners were Warren (Abby Cassidy, Naomi Good, Kailey Langrell and Tara Whiffen) while the runners-up were Balmoral (Tiana Thiessen, Samantha Holyk, Alexa

Pauls, Jackie Nichols and Heather Harber).

On the boys' side, the "A" event winners were Warren (Riley Janke, Riley Buchanan, Hunter Sholdice, Tomas Green and Gunnar Arksey).

They defeated Brant-Argyle, whose rink featured Tyler Hogg, Ethan Enns, Devon Cassan, Dylan Zacharias and Brad Martinussen.

The "B" event winners were Stonewall (Carter Ives, Colton Unger, Cole Turner, Connor Wolfe and Gabe Perrie) while the runners-up were Stony

Mountain (Colby Thiessen, Brendan Blue, Kendal Slaney and Isaac Reid).

In mixed action, a round robin was played with the top with teams advancing to final. Stonewall defeated Brant-Argyle in that championship.

The Stonewall mixed team included Rena Kathler, Autumn Good, Andrew Perrie, Graeme Perrie, Gabe Perrie and Dana Murphy. Brant-Argyle's rink featured Shane McLennan, Kaydence Michalsky, Brad Martinussen, Charlotte Johnston and Bryn O'Neill.

Stovin selected as Bisons' Male Rookie of the Year

By Brian Bowman

Stony Mountain's Brett Stovin was named the University of Manitoba Bisons' Male Rookie of the Year at the school's awards banquet last Saturday in Winnipeg.

The talented forward made an immediate impact during his rookie season with the Bisons' men's hockey team in 2015-16.

The former Saskatoon Blade was selected to the Canada West men's hockey all-rookie team and finished his rookie campaign with 12 goals and 26 points.

That tied him for 15th in Canada West scoring and tied for third best among rookies.

Stovin played in all 28 conference regular-season games and three playoff games.

In addition, he tied for the second longest conference point streak in 2015-16 with 11 games. That streak started on Oct. 31 and ended Jan. 9.



TRIBUNE PHOTOS SUBMITTED
Brett Stovin was University of Manitoba Bisons' Male Rookie of the Year.



Stovin, who was selected to the Canada West men's hockey all-rookie team, finished his rookie campaign with 12 goals and 26 points.

Classifieds

Book Your Classified Ad Today - Call 467-5836 or Email igraphic@mts.net

Stonewall Teulon
Tribune

METAL RECYCLING

Autos, farm scrap, brass, copper & batteries wanted. 47 Patterson Dr. Stonewall Industrial Park. Interlake Salvage & Recycling Inc. 204-467-9344.

PROPERTY FOR SALE

Approx. 500 acres hay/pasture land. Fenced, corrals, hydro & well. West of Teulon. Ph 204-461-1610.

10 acres - residential building lots. Ph 1-204-376-5244.

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APARTMENT FOR RENT

2 bachelor suites available to rent. Oak Park Lodge, Woodlands. Call Lori-Ann 204-383-5478.

2 bdrm. suite in town of Warren. Available May 1st. Newly renovated. Ph 204-995-4470.

HOUSE FOR RENT

Quaint 2 bedroom, partly furnished, available immediately. Selkirk, excellent location. No pets/Non-smoker preferred. Must be employed, references required. Ideal for young couple or single. 1-204-487-0958.

HELP WANTED

Medical Transcription! In-demand career! Employers have work-at-home positions available. Get online training you need from an employer-trusted program. Visit: CareerStep.ca/MT or 1-855-768-3362 to start training for your work-at-home career today!

HELP WANTED

Labourers experienced in framing, roofing, concrete, general construction. Must have a driver's licence/vehicle, own hand tools, good attitude, and fun to be around. \$16 & up depending on experience. Work commencing now till Christmas, possibly longer. Interlake area. Email resume in confidence to suddenimpact@highspeedcrow.ca Attn: Mike

All-Fab Pallets in Stony Mountain is hiring full time pallet assemblers. We offer competitive wages & a comprehensive benefit package. No experience necessary. Apply in person at our facility on Road 75 North, just north of Stony Mountain. Ph 204-344-5404.

HELP WANTED

Danny's Whole Hog Opening: hiring a fulltime Production/Caterer for summer, must be familiar with the food industry and willing to work hard for our busy summer months. Email your resume to bbq@dannyswholehog.com or fax to 204-344-5554. Competitive wages offered.

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MISCELLANEOUS

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MISCELLANEOUS

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NOTICES

Christ rose from the dead on the first day of the week as well as appeared to His disciples on the first day of the week. In Acts 2 we read of the outpouring of the Holy Spirit which as well took place on the first day of the week. In this way Christ, being Lord of the Sabbath, transferred the Sabbath from the seventh to the first day of the week. www.clda.ca

UPCOMING EVENTS

Oak Park Lodge, Woodlands AGM on Thursday, April 19th at 7 p.m. Board members wanted. Call Lori-Anne at 204-383-5478 or 204-383-5877 for details.

UPCOMING EVENTS

Separated - Widowed - Divorced. Beginning Experience (BE) is a non-profit, peer support grief resolution program helping single-again people deal with the natural grief process and offers an opportunity for turning pain from loss into an experience of positive growth. We offer 10 week programs 3 times per year. NEXT 10 WEEK PROGRAM STARTS APRIL 13TH, 2016. FOR MORE INFORMATION - please call 204-275-3090 or visit www.beginning-experiencewinnipeg.ca

MUSICAL INSTRUMENTS

Wanted - used musical stringed instruments. Also: amps, etc. Phone 204-376-5244, Arborg.

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Betel Home Foundation - Gimli

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LPNs Casual

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Please forward your resume to: Cheryl Nieckarz
Director of Resident Care
Betel Home Foundation
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cnieckarz@ierha.ca
Phone 482-5469 ext 20960

Positions are subject to a satisfactory Criminal Record Check, Child Abuse Registry Check and Adult Abuse Registry Check.

Casual - Dietary Staff

Please forward your resume to: Lorraine Smith
Dietary Manager
Betel Home Foundation
Box 10, Gimli, MB R0C 1B0
Lorraine.Smith@compass-canada.com
Phone: 642-5556 ext 22359



NELSON RIVER CONSTRUCTION

FLAGGERS

A Winnipeg based heavy construction contractor is currently accepting applications for Flaggers for roadwork on Hwy # 9 in the Clandeboye Area.

Applicants must be 18 years of age or older, be able and prepared to work 12 - 14 hours per day, hold a valid driver's license, and have own means of transportation to and from the job site.

Work is expected to commence early May 2016, completion July 2016.

Qualified individuals can expect competitive wages.

Send resumes to: jobs@nelsonriver.com
or Fax: (204) 237-8337, Attention: Karen



Interlake School Division invites applications for the following positions at

École R.W. Bobby Bend School:

• Full-time (7.0 hours per day) LIBRARY TECHNICIAN

Applicants must have a Library Technician Diploma.

• Part-time (3.0 hours per day) TEMPORARY EDUCATIONAL ASSISTANT

Applicants must have a minimum Grade 12 education.

Apply to: Mr. Greg Ross, Principal
École R.W. Bobby Bend School
Tel: 204-467-5537
Email: gjross@isd21.mb.ca

Rate of pay will be as per the current I.A.N.T.E. Collective Agreement. Employment to commence as soon as possible. Applications are to include a complete resume and three references.

Closing date for receipt of applications is April 13, 2016, 4:00 p.m.

R.M. OF WOODLANDS PUBLIC HEARING



REGARDING THE 2016 FINANCIAL PLAN

In accordance with Subsection 162(2) of The Municipal Act the Council of the Rural Municipality of Woodlands shall hold a PUBLIC HEARING to present the 2016 Financial Plan for the Municipality at

7:00 P.M.

April 27, 2016

**Rural Municipality of Woodlands Municipal Office
57 Railway Avenue, Woodlands**

The Rural Municipality of Woodlands 2016 Financial Plan consists of:

- 1) 2016 Operating Budget
- 2) 2016 Capital Budget
- 3) an estimate of the operating revenue and expenditures for the following fiscal year (2017), and
- 4) a five year Capital Expenditure Program (2017-2021)

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 Rural Municipality of Woodlands 2016 Financial Plan.

Information and documents concerning the 2016 Financial Plan are available for review after **April 5, 2016**, Monday to Friday between the hours of 8:05 a.m. and 4:30 p.m. at the Municipal Office at the corner of Main Street and Railway Avenue in Woodlands, Manitoba.

Adam Turner, CMMA
Chief Administrative Officer
RURAL MUNICIPALITY OF WOODLANDS

Announcements

Stonewall Teulon
Tribune

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HEALTH

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

POTATOES FOR SALE

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

FARM PRODUCE

Honey for sale. Ph 204-461-1267.

FARMLAND FOR SALE

Stony Mountain area - 320 acres of farmland. 2 separate 1/4's. Asking \$610,000. May sell separately. Call Richard Tyerman, Unrau Realty 204-467-8295.

LIVESTOCK

Polled Pedigreed Sallers Bulls on farm and at Douglas Station. Red or black. High performance herd. Can arrange delivery. www.sweetlandsallers.com Ken Sweetland, Lundar, MB 204-762-5512.

LIVESTOCK

Black Angus Bulls for sale 18 month to 2 years old. Semen tested. Priced from \$3200 up. Phone or text 204-461-1670 daytime or eve 204-467-9427.

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

4 year old Black Angus bull for sale. Moderate birth weight 80 lbs., good disposition out of an Ai'ed Black Angus 205 Daughter. Sire: Registered North Wind Rambler 30R. For more information call 204-461-0919 Teulon, MB. No emails.

For sale - red & black yearling and 2 year old Angus bulls. Will semen test. Delivery available. Call Wayne 204-383-5802 or 204-383-0100.

For sale - yearling Black Angus bull. 204-771-6041.

HAY & FEED

Small square bales 1st cut alfalfa, timothy & broome. 204-467-2636.

Approx. 300 2nd cut alfalfa in small square bales; approx. 130 large round bales of oat straw with under seeded sweet clover. Ph 204-278-3421.



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E: lindenj@mts.net

SEASONAL STUDENT POSITION

Rockwood-Rosser Weed District is accepting applications for the seasonal student position starting in late May and ending in August.

The applicant must have a valid class 5 driver's license and should be familiar with agriculture. Knowledge of pesticides and pest control management strategies would be an asset. The wage for this position starts at \$12/hour. The successful applicant must be eligible to complete Provincial licensing requirements.

Please submit resumes to Rockwood-Rosser Weed District, Box 4714 Stonewall, MB R0C 2Z0 or by e-mail to rrstwd@gmail.com. Call for more info - (204) 467-4704.

EMPLOYMENT OPPORTUNITY



The Town of Teulon is now accepting resumes for seasonal maintenance/groundskeeper (16-29 years) student positions.

Submit resumes to:

Town of Teulon
Box 69, Teulon, MB, R0C 3B0

Phone: (204) 886-2314

Fax: (204)886-3918

Email: teulon@mymts.net

Deadline for resumes: April 29, 2016

OFFICIAL NOTICE OF WEED CONTROL

In the R.M. of Rockwood, R.M. of Rosser and the Towns of Stonewall and Teulon.

Notice is hereby given by the Rockwood-Rosser, Stonewall & Teulon Weed District that weed control is the responsibility of the property owner, agent or occupant (Section 3, Noxious Weed Act).

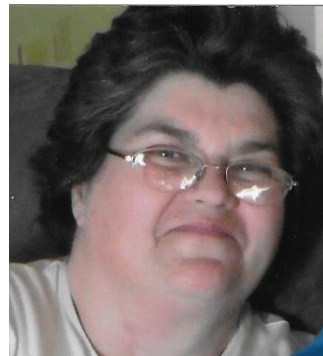
This is the official notice for 2016 to destroy all weeds as often as necessary to prevent the growth, scattering and ripening of weeds and weed seeds. (Section 20, Noxious Weeds Act), on all residential, industrial and agricultural subdivided portions of land within the district.

If weeds are not destroyed, the Weed District may enter the land and destroy weeds (Section 19, Noxious Weeds Act), and charge the cost of weed control to the property owner through the tax rolls (Section 27, Noxious Weeds Act). The weed supervisor will make systematic inspections and will enforce weed control.

Rockwood-Rosser Weed District
Phone: (204) 467-4704

OBITUARY

Sheldene Joy Slater
(nee Donald)



It is with deep sorrow and sadness that we announce the sudden passing of Shelly Slater on Friday, April 1, 2016 at the age of 53 years.

Remaining to lovingly remember Shelly are her husband, Neil Slater, of 33 years; sons, Donald (Pamela) and Sheldon; grandsons, Dallas and Bronsen; father-in-law Kenneth Slater; sisters-in-law, Susan (Larry) James, Jodi (Al) Sutyla and Noella (Terry) Lindstrom; nieces, Christine and Sandra; nephews, Alex and Travis; great-niece Kathryn and many special cousins and extended family. She was predeceased by her mother, Hilda Donald and mother-in-law Emily Slater.

Shelly will always be remembered for her love of animals and especially her dogs and cats. Living in the Teulon community, Shelly made many close friends and always enjoyed helping out others. She cherished the time spent with her friends and family and loved every moment she had with her two grandsons.

On Monday, April 11, 2016, Shelly's Funeral Service will be held at 2:00 p.m. in the Teulon-Rockwood Centennial Centre, 14 Main Street, Teulon, MB.

In lieu of flowers, donations may be made to The Winnipeg Humane Society, 45 Hurst Way, Winnipeg, MB, R3T 0R3, the Diabetes Association (<http://www.diabetes.ca/how-you-can-help/donate-now>) or to CancerCare Manitoba, 675 McDermot Avenue, Winnipeg, MB, R3E 0V9.

Wojcik's Funeral Chapels & Crematorium, Winnipeg, 2157 Portage Avenue, 204.897.4665 www.wojcikfuneralchapel.com

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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, Colin, Taylor, Ashley, Jordan

ANNOUNCEMENT

IN MEMORIAM



Fred Tully
July 3, 1949 - April 8, 2014

That day you left this earth
The moment everything changed forever
The day your heart stopped beating
And ours began to hurt
The day your eyes closed
And ours, they filled with tears.
That day you left this earth
Was the day our lived changed forever
We will miss you always
We will love you forever
As long as we live.

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

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Slow cooker pork roast and veggies



Ingredients

- 3 each large carrots and parsnips, peeled and cubed
- 3 cloves garlic, minced and divided
- 1 onion, sliced
- 2 tbsp (25 mL) chopped fresh parsley
- 2 tsp (10 mL) canola oil
- 1 tsp (5 mL) each dried oregano and dried basil leaves
- 1 tsp (5 mL) fennel seeds, crushed

- 1 tsp (5 mL) smoked paprika
- 1/2 tsp (2 mL) fresh ground pepper
- 1 boneless pork loin roast, trimmed, about 800 g
- 3/4 cup (175 mL) sodium reduced vegetable broth
- 1 tbsp (15 mL) tomato paste

Directions
Combine carrots, parsnips, garlic, onion and parsley in slow cooker. In a small bowl, combine oil, oregano, basil, fennel, paprika and pepper. Rub all over pork roast and place on top of vegetables.
Whisk together broth and tomato paste and pour around roast onto vegetables. Cover and cook on Low for 8 hours or on High for 4 hours or until pork and vegetables are tender.
Remove roast to cutting board and let stand 10 minutes before slicing. Serve with vegetables and slow cooker juices.

Pork and Shrimp Posole



Makes 6 servings

- 1/4 cup all-purpose flour
- Fine sea salt and freshly ground black pepper
- 2 1/2 pound boneless pork shoulder (picnic ham), trimmed of most of the exterior fat and cut into 1-inch cubes
- 2 to 3 tablespoons olive oil
- 1 medium Spanish onion, chopped
- 1 small red bell pepper, seeded and chopped
- 1 fresh long red chile or serrano chile, seeded and minced
- 1 garlic clove, minced
- 1 cup good-quality, low-sodium chicken broth or fish broth
- 1 15-ounce can diced tomatoes, with juice

- 1 15-ounce can posole (whole hominy), drained and rinsed
- 12 ounces large (26-30 count) shrimp, peeled and deveined
- Finely grated zest and juice of 1 lime
- 3/4 cups chopped fresh cilantro

Preheat the oven to 200 F.
Mix together the flour, 1 teaspoon salt and 1/2 teaspoon pepper on a sheet of aluminum foil. Toss the pork pieces in the seasoned flour to coat completely.
In a large Dutch oven, pour enough olive oil to coat the bottom generously and place over medium-high heat. Heat until the oil is shimmering hot. Working in batches as needed to avoid crowding the pot, add the pork to the hot oil and cook to brown nicely on all sides, about 5 minutes per batch. Transfer the pork pieces to a plate as they are finished. When all of the pork is browned, set aside. Do not discard the remaining flour mixture.
If the pot seems dry, add more olive oil and return to medium-high heat. Add the onion and bell pepper and sauté until the vegetables soften, about 5 minutes. Add the chile and garlic and

Emotional Infidelity

"REAL INTEGRITY IS DOING THE RIGHT THING, KNOWING THAT NOBODY'S GOING TO KNOW WHETHER YOU DID IT OR NOT." --OPRAH WINFREY

What is infidelity in a relationship? Generally we think that it involves a sexual incident or relationship with someone else. There are those who deny the existence of infidelity by saying "nothing happened", meaning, I did not have sex with that person.

However, there is another kind of infidelity which is just as damaging. It is emotional infidelity. This occurs when one has an opposite sex relationship where there is emotional intimacy. It is a fine line between friendship and emotional intimacy, but generally, individuals know when they have crossed the line, whether they are willing to admit it or not.

Emotional infidelity is characterized by a sense of secretiveness, and a sharing of deep parts of oneself which often are not shared with the spouse. Often conversations center on the shortcomings of the spouse, or the unsatisfying nature of the primary relationship. This is the beginning of the deconstruction of the relationship, for what is happening is that the primary bond of intimacy is being shifted to someone outside of the primary relationship.

It may begin innocently enough,

over coffee or lunch with a co-worker. It could even be with a complete stranger one has met via the internet. There can still be emotional infidelity, even if the individuals never meet in person. Gradually the bond with the newcomer becomes stronger as the bond with the spouse continues to weaken.

Eventually the spouse begins to sense something has shifted. He or she may begin asking a lot of questions, or even making accusations. The response to this is usually one of anger and denial. This is when the crazy making really begins. The one who knows something is different gets accused of being paranoid, while the other becomes even more secretive in order to protect the outside relationship.

Even without sexual involvement, this is still cheating. It likely will destroy the relationship. It is probable that the relationship was in difficulty before all this, or the outside relationship would not have developed. However, the decent thing to do is first to work on the primary relationship, and if it cannot be salvaged, to end it before starting up with someone else. To carry on with someone else while in a relationship is demeaning to the partner, and dishonoring of the self.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books or cds, visit www.gwen.ca

sauté until the garlic is aromatic, about 30 seconds more.

Add the reserved flour mixture and stir until dissolved in the oil in the pot. Cook, stirring constantly, until the flour toasts lightly, about 1 minute. Add the broth and the tomatoes with their juices and stir to mix well. Return to a simmer and season with more salt and pepper, if needed. Return the pork to the pot, along with any juices that

accumulated on the plate. Stir in the posole. Cover, transfer to the oven, and cook until the flavors have blended and the pork is fork-tender, about 6 hours.

Remove the pot from the oven, uncover, and stir in the shrimp and lime juice and zest. Re-cover and set aside and let the shrimp cook in the steam until firm and opaque throughout, about 2 minutes. Stir in the cilantro and serve.

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ANNOUNCEMENT

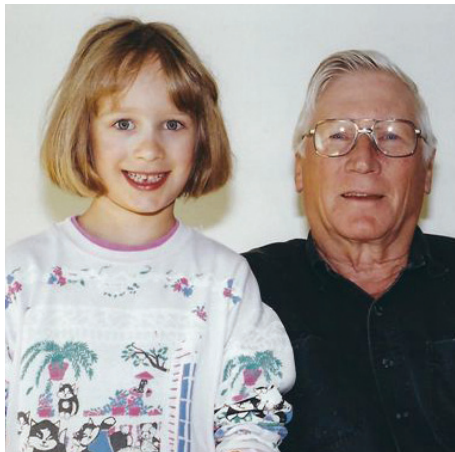
BIRTHDAY



Leonard Shymko
Happy 60th Birthday
on April 6!

ANNOUNCEMENT

IN MEMORIAM



Roy Plumptre
March 6, 1933 - April 13, 2014

Grandpa,
One of the many things we miss is whenever
we'd have our talks about
"The Big Bang Theory" television show, you'd
laugh so hard, you'd be in tears!
Thinking of you every day.

-Love,
Sam, Darlene and Mike

ANNOUNCEMENT

IN MEMORIAM

In Memory of
Enid Coburn
June 30, 1935 - April 10, 2015

One year has passed since that sad day;
When our Mum we loved was called away.
God took her home, it was His will;
But in our hearts she liveth still.
There is a sad but sweet remembrance,
Memories fond and true;
A token of affection Mum,
And a heartache still for you.

-Kelly, Ryan, Shannon, Shauna
and families

ANNOUNCEMENT

CARD OF THANKS

Thank you to everyone for your kindness
shown before and since the passing of Denis
Nolin, husband, father, grandfather and great-
grandfather. Your cards, flowers and phone
calls were appreciated. Thank you to the
nurses and caregivers at Rosewood Lodge, Dr.
Pinniger and Dr. Graham, MacKenzie Funeral
Home for the arrangements and the Legion La-
dies for the lunch.

-Shirley Nolin
and family

ANNOUNCEMENT

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Balmoral Recreation Centre - Congratulations
to our Club 200 Draw Winners, April 2, 2016:
\$250 - Don Waterer; \$250 - George Ledo-
chowski; \$250 - Tyla Shipley; \$250 - Kris Van
Hussen and Laura Lindeblom; \$500 - Teulon
Bigway; \$500 - Maureen Kortz; \$500 - Brian
Stout; \$500 - Stuart Syrett; \$1000 - Bunny and
Garnet Thievin; \$2000 - Dale and Lorna Baker;
\$4000 - Marcella McKnight. Thank-you to ev-
eryone that bought and sold tickets. We ap-
preciate your support.

-Balmoral Rec Centre
Board of Directors

ANNOUNCEMENT

CARD OF THANKS

I don't know where to begin to express my sin-
cere thanks to all the friends and neighbours
who were there for me at the time of my op-
eration and return home. Thanks for the cards,
phone calls, flowers and meals. Special thanks
to my family for being there for me. Extra spe-
cial thanks to my daughter, Carla, for being my
side at the hospital and caring for me in her
home after.

-4ever grateful,
Bernice McKnight

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