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Stonewall Teulon Tribune

VOLUME 6 EDITION 19

THURSDAY,
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Grande finale

TRIBUNE PHOTO BY DEBBIE FLEURY

Jaws of Life

By Scott Billeck

The Stonewall-Rockwood Fire Department have welcomed brand new equipment to their repertoire.

A new set of the Jaws of Life are at their disposal after a successful fundraising campaign raising \$45,000 for the life-saving equipment. One third of the calls the Stonewall department responds to are motor vehicle related.

"The older set that we have just isn't meeting what we need. We now have four pieces of equipment as opposed to the one we had before," said firefighter and training officer Ryan Frost.

"The new set is more reliable and there is different types of tools, including a spreader, cutters and a ram. There are also smaller versions of the spreader and cutters for smaller jobs like steering wheels or pedals."

Having multiple tools will allow for first responders to multi-task on scene, something they were unable to do before with the old set. The newer set of Jaws will also make it so that the fire department can perform life-saving proce-

Continued on page 2

The 60th annual Rockwood Festival of the Arts wrapped up May 3. The festival featured vocal, piano, dance, speech choral and instrumental performances from many talented Interlake residents including young hip hop dancers from Teulon's Green Acres Art Centre.

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



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New Life-saving equipment for local fire department

\$45,000 was raised to help the Stonewall-Rockwood Fire Department acquire the Jaws of Life

Continued from page 1

dures in a quicker fashion.

"The older style had two hoses, which were together. The new style has what is called 'Core Technology' where there is just one hose, which allows for faster deployment of the Jaws," he says. "It's less cumbersome than the last set and it rolls out nicely compared to the old hose. It definitely aids us in being more proficient at our job, there's more cutting power, more spread of reach and the smaller tools allow us to get into smaller areas."

Frost says in the most serious of accidents with complicated extrications, the new set of Jaws could save first responders up to 20 minutes. With the 'Golden Hour' rule (referring to the time from trauma to care where a victim has the highest likelihood of survival) every second counts.

"With these Jaws, they're a tool we have and we hope to never use it," Frost says. "But if we do, we have it and we have the training to perform these types of extrications."

The deployment of the Jaws varies from year to year, according to Frost, and each situation calls for something different. Rapid extrication happens when the situation is most dire, such as cardiac arrest, and medical treatment is a must. Frost says 10



TRIBUNE PHOTO BY LANA MEIER

The Stonewall Rockwood Firefighters Association and the Stonewall Rockwood Fire Department purchased a set of Vehicle Extrication Tools, better known as the "Jaws of Life" after six months of fundraising efforts.

minutes from when first responders get on scene to when the victim is extricated is the goal. A slower, more methodical extrication takes place when there is a suspected neck or spinal injury.

"We are all about customer service, that's the business we are in. Having these Jaws is more peace of mind for the community."

Burning bans in place due to dry windy, conditions

News Release

Manitoba Conservation and Water Stewardship advises that effective immediately, all burning permits issued in the eastern and central regions of Manitoba have been cancelled due to dry conditions and the forecast of continued high winds.

This affects an area extending from the United States border on the south, through the Interlake to Gypsumville and Berens River in the north and east to the Ontario border. Manitobans are reminded that no open burning is allowed without a permit between April 1 and Nov. 15, and all current

permits are cancelled until conditions improve.

Anyone with questions about when burning can resume should contact the nearest Manitoba Conservation and Water Stewardship office and check with their municipal office to ensure no additional local restrictions are in place.

With the forecast for continued warm weather and strong winds, some travel restrictions are under consideration if conditions warrant. In addition to the provincial permit cancellation, rural municipalities may also impose burning bans or restric-

tions. A complete list of rural municipalities with burn bans or restrictions is available at www.gov.mb.ca/wild-fire/burn_conditions.html.

All-terrain vehicles (ATV) users are also reminded that they can play a role in protecting against wildfires. Anyone using an ATV must use spark arrestors. Check areas around the engine and exhaust frequently, and carefully remove and extinguish any debris. Operators are also reminded to be prepared by carrying a fire extinguisher, small axe and shovel.

Manitobans should:

- * respect any burning bans put in

place by their municipality or community;

- * be careful with any off-road travel by all-terrain vehicles or other motorized vehicles and stay on developed trails; and

- * report any forest or grass fires immediately.

Reporting of wildfires can be done by contacting local emergency services at 911, or by contacting the forest fire tip line at 1-800-782-0076 (toll-free). More information on fire prevention is available at www.gov.mb.ca/wildfire/.



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INSURANCE

'Pancakes for Puppies' lends a paw

WCI students hold a pancake breakfast to fundraise for the Manitoba Underdog Rescue

By Stefanie Lasuik

Warren Collegiate students Hope Anderson, Josh Hofer, Brett Goertzen, Kathleen Porteous, and Keegan Sigurdson went to bat for Manitoba's unwanted or abandoned puppies. On April 30, the grade twelve students held a pancake breakfast at WCI, with all proceeds going to the Manitoba Underdog Rescue.

When assigned an action project as a part of their Global Issues class, the soon-to-be-graduates decided to organize a pancake breakfast. The cause was chosen after Anderson visited the rescue, only to find them struggling.

"When we were there, they told us they were in need of money to spade, to vaccinate, and other things," Anderson said.

'Pancakes for Puppies' was bred out of another student's involvement with the rescue as well.

Josh Hofer's family has been fostering puppies from the mission for two years—a time in which they've seen

between 40 and 50 puppies find suitable homes. Two of Hofer's foster dogs greeted visitors outside during the breakfast. One will go to a home in East St. Paul and the other will travel to Montana to join its new family. The family has adopted two dogs from the rescue themselves.

The Manitoba Underdog Rescue is an entirely volunteer-run organization. They take in unwanted or abandoned puppies and distribute them to loving foster families. The rescue's goal is to provide foster families with all the supplies and services they will need to care for the puppy, be it food, toys, or vetting expenses. Unfortunately, tough times have caused this goal to go unmet.

"They lost their food supply, so the people who were fostering puppies were paying for the food out of their own pockets," Anderson explained.

Once the dogs are old enough, they move permanently into adoptive homes.



TRIBUNE PHOTO BY STEFANIE LASUIK

Several Warren Collegiate students ran a yummy fundraiser for a cuddly cause last Thursday. Pictured left to right: Keegan Sigurdson, Brett Goertzen, Kathleen Porteous, Hope Anderson and Josh Hofer.

Students from WCI, Warren Elementary, and Grosse Isle school all brunched on pancakes for the cause. Members of the Interlake community were in attendance as well.

In total, the breakfast fed approximately 300 people. The donations

made to the Manitoba Underdog Rescue on behalf of the fundraiser totalled \$920 and included dog food, leashes, and dog toys.

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We announced the results of our recent board election at our annual general meeting on April 23. We are happy to welcome back re-elected directors Lesli Malegus and Huguette Dandeneau.

For more information about our board of directors (including how to run in the 2016 election!) please check out our website.

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CREDIT UNION

Starbuck Hockey students show science prowess

By Stefanie Lasuik

Let's talk science. On April 30, the Starbuck Hockey Academy proved they know their stuff. Stonewall's Carter Bateman and his team took home top honours from the annual "Let's Talk Science" challenge hosted at the University of Manitoba.

The students were chosen by their teacher to participate in the provincial event and squared off against 51 other squads en route to first prize.

The competition, designed for grade six to eight students, entailed a quiz show format question-and-answer segment as well as a hands-on design challenge. The students listened to guest speakers to become submersed in the world of science, technology, engineering, and math.

The provincial locale was only one of 23 nation-wide "Let's Talk Science" challenges. The program encourages students to practise their teamwork, to learn from role models, and to test their science knowledge and ability with their peers'.



TRIBUNE PHOTO SUBMITTED

Stonewall's Carter Bateman (second from the right) and his team took home top honours at the annual "Let's Talk Science" challenge at the University of Manitoba.

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will explore your current abilities and functional needs so the physiotherapist can plan treatments that are consistent with your goals and general health status, and which incorporate approaches and techniques supported by the best evidence available.

Contact one of these local physiotherapists for more information or to book your appointment.

SCI grad lands coveted internship with EWB

By Natasha Tersingi

With a background in engineering and a passion for the environment Stonewall resident Sean Scammell is off to spend the summer interning in Toronto at the prestigious non-profit organization Engineers Without Borders (EWB).

The 2014 Stonewall Collegiate Institute (SCI) graduate, who has just completed his first year of engineering at the University of Manitoba, was the only Manitoba to be chosen to join 23 other students across Canada to work as a junior fellow. His days will be spent researching environmental policies and finding ways to integrate those policies into EWB's international projects.

"EWB is generally concerned with development in Africa. Just recently more people have been concerned about the environmental impacts on development. Now they are trying to introduce and enact environmental

aspects to their work. They want me to implement some policies and recommendations into their projects," said Scammell whose journey with EWB began last fall.

"I was looking through a bunch of student groups and EWB caught my eye. They have really great values and I found that out a lot more when I went to their conference (in January). It is a total different energy and atmosphere; it is very positive."

Scammell applied for the program in November and was accepted into the junior fellowship shortly after. Along with doing his regular school work Scammell was required to do regular foundation assignments to learn what sort of work EWB is involved with.

EWB was founded in 2000 by two engineering graduates from the University of Waterloo who wanted to find solutions to extreme poverty in rural areas in Africa. The group now

has chapters in universities across Canada and is focused on continuing development in Africa.

In January Scammell travelled to Montreal and attended the annual national EWB conference. After continuing to do his assignments he had to undergo another series of interviews to be chosen to a specific sector of EWB. Mining, agriculture and business development were just a few other options that were available.

Scammell is looking forward to working in the environment field and added that this program will benefit his career further down the road.

"Working in an office and getting this experience working around the environment will be a great resume builder. I have heard a lot of companies do like EWB because they are so involved with global issues," said Scammell.

After his summer in Toronto Scammell will return to the U of M and will continue with his engineering degree, with a hopes of specializing in bio-systems engineering and work in constructing buildings that can be sustainable to the environment.

As for future plans in both engineering and EWB Scammell hopes one day to be able to work with the EWB branches in African countries.

"I would love to go into Africa and work with EWB in their agriculture sector. I have been hearing that there is a huge impact from climate change



TRIBUNE PHOTO SUBMITTED

Sean Scammell will travel to Toronto this summer to participate in a 2015 summer internship program with Engineers Without Borders researching environmental policies and how they can relate to African countries that are facing extreme poverty.

that has been directly affecting many of the farmers down there, so that is definitely something I want to see firsthand."

"I WOULD LOVE TO GO INTO AFRICA AND WORK WITH EWB IN THEIR AGRICULTURE SECTOR."

Legion Athletic Camp 19th July – 15th August 2015

Branch #52 and the Ladies Auxiliary sponsor students from Teulon, Balmoral, Stony Mountain, Grosse Isle, and Stonewall each year. We sponsor up to \$200 per child with a limit of one child per household.



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All applications will be dealt with on a first come, first serve basis. For more info please email the Branch at rcl52@shaw.ca

Application forms are available at Stonewall Legion or legionathleticcamp.com



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Tribune

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EDITORIAL > VIEWPOINTS > LETTERS



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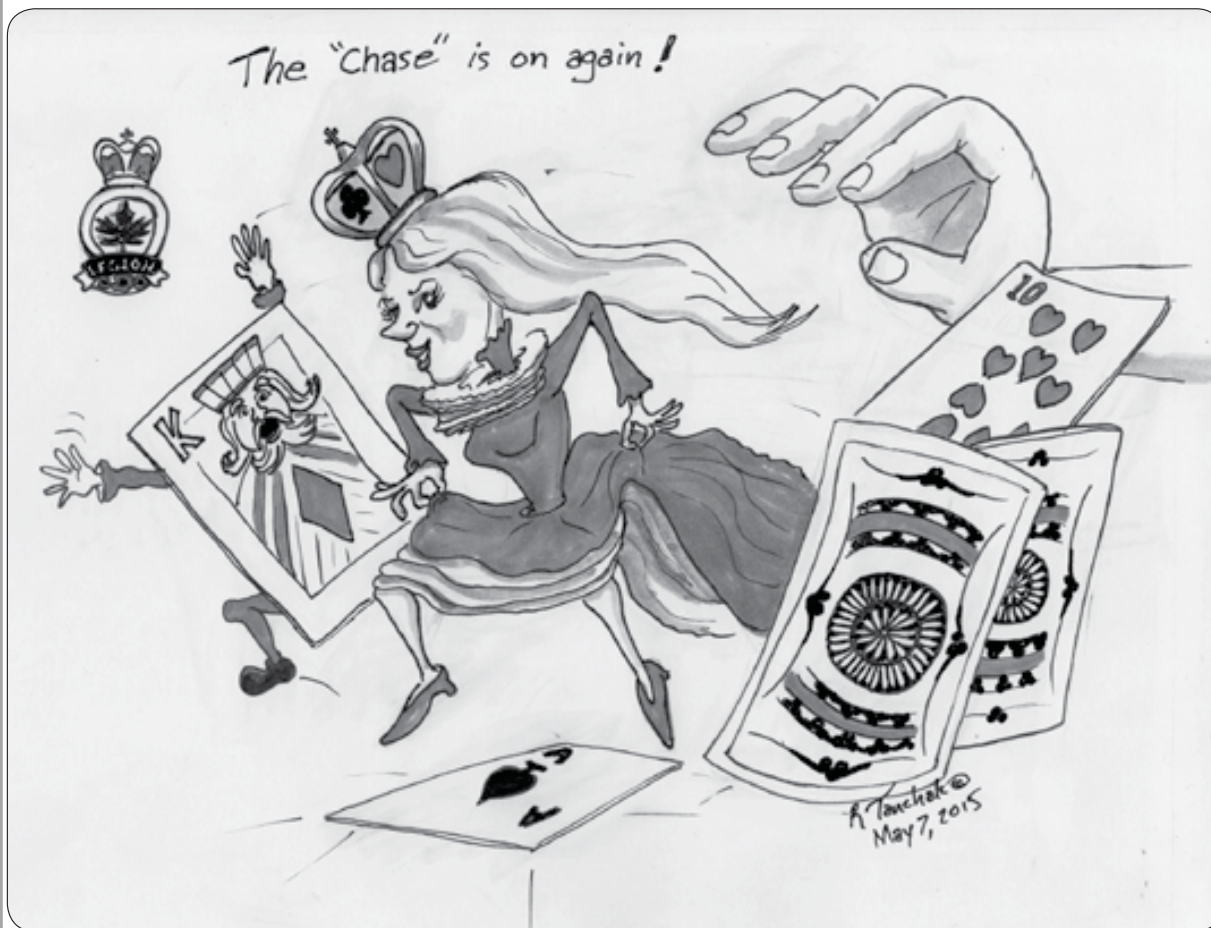


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NDP Debt Shrinking Services

News Release

The amount Manitobans lose because of poor management decisions by this NDP government is almost \$900 million and rising. That is money that will never go to improving healthcare or education outcomes. It won't fix a single road, either.

"Years of deficit budgets come with record debt and all that money has to be paid back, with interest. The interest alone is crippling

Manitoba's finances and drastically reducing how much money we can spend on things that really matter to families," said Opposition Leader Brian Pallister.

It costs nearly \$900 million to service the debt, or put more simply, make the minimum payment on the credit card. By comparison, Saskatchewan was in the same predicament 10 years ago, however that government made the conscious effort to turn its financial situation

around, and did.

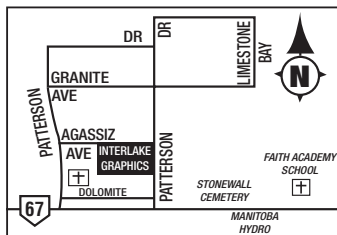
In 2004-05 the government of Saskatchewan paid \$905 million to service its debt and has now brought that down to \$546 million. That's a saving of 40 percent. Now, \$359 million each year can go toward lowering taxes or providing more services for families in Saskatchewan. It's about choices, and the ones the NDP is making now mortgage the future of our children.

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Young Warren girl battles rare gene disorder

By Stefanie Lasuik

After agonizing over input from medical personnel, weeks that turned into months of hospital stays and a trip to Baltimore, Rick and Deanna Heaps of Warren finally have a diagnosis for their three-year-old daughter Kaylee.

Kaylee spent nearly half of last year in the hospital undergoing tests while doctors tried to diagnose her rare genetic disorder.

Kaylee is a beautiful three-year-old girl. She grew up a happy, healthy child until February of last year.

"She was so good, she was hitting her milestones, everything. It was a shock.

"It was like somebody flipped (a switch). From a child who never cried, always slept through the night, she was happy-go-lucky, to one day, starting to cry, and constantly cry, and then stomping around and throwing her toys," said Kaylee's father, Rick.

"She'd get so mad, she'd just drop herself on her butt, and then she'd just throw herself right back, as hard as she could, and hit the floor hard."

Kaylee was frustrated because she was losing control of the things she once could do. She stopped talking and rarely walked.

Kaylee saw numerous doctors and specialists, but no one could figure out what was wrong with her. On Sept. 12, her condition deteriorated to the point where she was admitted into the Children's Hospital at the Health Sciences Centre.

"She stood up against the couch, and then she dropped, and then she didn't try getting up again," Rick recalled.

"I was feeding her, and her eyes crossed, and her mouth started hanging open."

At first, doctors believed Kaylee to have leukodystrophy due to the significant amount of white matter seen through MRI's on her brain.

Two days into her hospitalization, her condition worsened and she was transferred into the Pediatric Intensive Care Unit where she was fed through a feeding tube.

Kaylee's test results were sent to doctors in Toronto, Baltimore, and the Netherlands. A doctor from the latter said Kaylee did not have leukodystrophy, so after Kaylee's ten-week stay at the hospital, she travelled to Baltimore for genetic testing. It was revealed that Kaylee has a mutation on gene HNRNPK. Kaylee has a c65A in the place of c65G, which is a gene that helps the body cope with stress.

What this means for Kaylee, doctors aren't entirely sure.

"They've never seen this before," Rick said.

There has been the case of one other child with a similar mutation, although not in the same spot as Kaylee's and not one that came on suddenly. The other child's illness was apparent from birth.

Rick and Deanna are hoping to hear word back about what this child is receiving for treatment. Unfortunately, time has dragged on without a response.

Kaylee has been on her current treatment of vitamins and acids for a month now, but her parents do not see any improvement.

"She's getting worse now, I would say," said Deanna.

Kaylee's treatment also doesn't qualify under insurance, so her parents pay \$265 every two weeks for the "mitochondrial cocktail." They also must pay their respite worker for the required extra hour or so per day that is not covered by Children's Disability. Kaylee's dad is looking at designing and building a compact lift to make Kaylee's home wheelchair accessible, as the high elevation of the house rendered the Warren Lion's initiative to construct a ramp virtually impossible.

Kaylee's older siblings, Tanner and Riley, also feel the pain of her condition.

"I miss Kaylee walking," Deanna



SUBMITTED PHOTO

Kaylee Heaps only began showing signs of illness after her second birthday.

quoted Tanner in saying.

For anyone wanting to help with ongoing costs, Kaylee has a donation page on gofundme.com. The page is called "Kaylee's Medical Fund" and

was set up by Kaylee's cousin, Amy Freeman. There is also a Sunova account set up for donations under Kaylee's name.



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Tribune recognized for reporting, layout and design

Sister papers take home a combined total of 19 MCNA newspaper awards

By Staff

The *Stonewall Teulon Tribune* will continue to hold its title as an award-winning weekly newspaper.

The local paper took home nine awards at the 2015 Manitoba Community Newspaper Association's Better Newspapers Competition in Winnipeg last Saturday.

The *Stonewall Teulon Tribune*, which competes in the 3,600 – 9,999 category, was awarded first for Best Layout and Design, second in the Best in Class category and first in Best Special Section for its 'D-Day' supplement.

The paper's Jo-Anne Procter received the second place nod for Best Editorial, 'We have been robbed'. Jennifer McFee scored first for Best Environmental Story for her story 'Abas and crew clean up junkyard' and third for Best Feature Story, 'Tribune reporter welcomes baby'.

Natasha Tersigni came in second for Best First Nations Coverage.

Brian Bowman, the *Tribune's* sports editor, received the first place award in the Best Sports Story category for his article 'Bobbi-Jo KO's'. Judges recognized Bowman for his organized and well-written article and for using quotes to bring the story to life and to communicate the boxer's passion for her sport.

Lana Meier also won a second place award for Best Spot News Photo, 'Animals vacate'.

The *Tribune's* sister paper, the *Winkler Morden Voice*, took home several awards including Best All Around Newspaper.



TRIBUNE PHOTO BY CHRIS WILKS

The *Stonewall Teulon Tribune* along with staff from other sister papers, the *Selkirk Record*, the *Winkler Morden Voice* and the *Express Weekly News* took home a combined 19 awards at the MCNA newspaper awards Saturday.

The paper, which competes in the 10,000 and over circulation category, was named first for Best in Class, and second for Best Front Page and Best Layout and Design.

Peter Cantelon scored third for Best Columnist, and Cori Bezan also won third for Best Photo Essay. The paper also came in second in the Best Special Section category.

The *Tribune's* other sister paper, the *Selkirk Record*, which also competes in the over 10,000-circulation category, was awarded first for Best Layout and Design, and second in the Best

Environment Story category along with third place in the Best News Story category.

Meier, who is the publisher of the *Tribune* and its sister papers, said 2014 was a great year for the locally owned chain of weeklies.

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Belgium war bride reminisces on journey to Stonewall

By Natasha Tersigni

Seventy years ago, on May 7, 1945, the world let out a collective sigh of relief and celebrated as Nazi Germany signed an official letter of surrender putting an end to the Second World War. The war that claimed over 60 million lives on both sides of the battlefield, including civilians, and spanned six years was finally over. As allied troops left Europe to return home to North America they had a 13 day boat ride across the Atlantic Ocean with plenty of time to spend dreaming of life back home. For one person who was carrying on with life in Antwerp, Belgium, a new journey was about to begin.

When the war broke out Nelly Slater was living in an Antwerp apartment with her parents. As a trained seamstress she spent her time during the war making and repairing dresses. Although times were tough, food was rationed and material for dresses was sparse, Slater knew how lucky she had it.

"At first we worked in the clothes shop but people were running out of money. We had ration coupons but if you wanted to eat you had to buy food on the black market. I never throw a scrap of food out, I will never forget that time," said Nelly who is now 93 years-old and resides in Stonewall.

When the war ended some Canadian troops decided to stay in Europe and be signed up for a year of occupation. Lorne Slater was one of those soldiers. He was a cook and stationed in Germany but in the fall he took leave and went to visit Belgium.

While he was exploring Antwerp, a small town approximately 45 kilometres north of Belgium's capital of Brussels, he had a chance meeting with the then 23 year-old Nelly.

"We met on the street. He got lost. He turned the wrong corner and I was there," recalled Nelly when she first met Lorne.

Language was not too much of a barrier as Nelly had learned some English from popular songs that were played on the radio and from American movies that were played in the local theatres before the war started. It was a world wind romance out of a fairy-tale and on November 19, 1945 the couple was married. A few months later in January Lorne was sent back to Canada, but without Nelly by his side.

"He wanted to be married because when he went to England to wait to come back to Canada when his year in Germany was up, his commander told him we will let you back to get married but he didn't believe him. Lots

of times they were stationed somewhere and they got him out of bed in the middle of the night and gave him half an hour to get ready and he would have to go somewhere else," said Nelly.

It wasn't until April that the couple was re-united again. The trip over from Europe to Canada is something Nelly will never forget.

"I still don't like to hear (the Navy song) Anchors Aweigh. When they play anchors away you know you are away for a long time," said Nelly who added it took 13 days to cross the ocean and then three days by train to get from Halifax to Winnipeg.

"It was rough but when the sun comes up when you are in the middle of nowhere and there is just water around you that is the most beautiful thing you can ever see. But I wouldn't go by boat again."

Along with the shock of the prairies, life was a struggle at first for Nelly as people at the time were not very accepting of war brides.

"We weren't welcomed. People thought we were all prostitutes and that we stole their men," said Nelly.

"They figured we were stupid and dumb and they could get the best of us."

The couple eventually settled into a nice life living on a farm just outside of Stonewall. Lorne worked in the fields and Nelly took care their two daughters. Five years after Nelly arrived in Manitoba; her parents came to live in the province as Nelly was their only child.

Except for once a year when Nelly would meet with other Manitoba War Brides at their annual convention in Brandon, her journey to Canada and life back in Belgium during the war was not talked about often.

During 1942 to 1948, 34 per cent of Canada's immigrants were War Brides and their children hoping to start a new life with their Canadian soldier husband. In 2006 Manitoba, along with many other Canadian provinces, declared it the year of the War Bride to hon-



TRIBUNE PHOTO BY NATASHA TERSINGI
In 2006 Manitoba honoured Canadian War brides that came over from Europe with their Canadian soldier husbands.



TRIBUNE PHOTO SUBMITTED
Canadian soldier Lorne Slater married his Belgian wife Nelly back in Europe on Nov. 19, 1945.

our and celebrate the heroic journey that these women made during war time. They left their home country and families, crossed the ocean and began a life in Canada by adopting a new culture, language and religion.

With an aging population Nelly wants to ensure that people don't forget about the sacrifices and contributions that Canadian War Brides and their husbands have made to this great country. Lorne passed away 35 years ago when he was just 59 years-old.

"There are hardly any of us War

Brides and veterans left anymore. Every weekend I read the weekend paper and every weekend there are obituaries from someone who was in the army who died."

Now 93 years-old, Belgium War Bride Nelly Slater spoke on her journey to Canada at the end of the Second World War.

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Brant-Argyle students bid their bus driver farewell

By Jo-Anne Procter

Students and staff at Brant-Argyle School sent their bus driver, Bruce Buchanan into retirement in style last Thursday afternoon.

When Buchanan drove into the school parking lot students held a banner and sang "For He's a Jolly Good Fellow" on his last day.

For the past 28 years, Buchanan has been ensuring children get to and from school safely.

The Brant-Argyle School run has been near and dear to Buchanan's heart as he started his own educational career at the school in 1961.

As he hangs up the keys and heads into retirement, Buchanan remembers the many friendships made and the countless students, including his

own children and grandchildren he has driven throughout the years.

"It is a unique job," he said, one that his wife Gwen, continues to do currently in her 27th year of driving. Buchanan looks forward to spending more time farming with his son Trevor.

A poem written and presented to Buchanan a few years ago, after three Crockatt children rode his bus from Kindergarten to graduation.

A poem about a certain bus driver:

*For all the times you had to wait
Because we were pokey and we were late.
For all the times you drove in
Because we "kind of sorta" slept in.
For all the times you drove in the lane*

*Because it was pouring rain.
For the times you called saying you were running
A bit behind so we didn't freeze our little "behinds".
For the times you "sh..ed" instead of yelled
Because one of us had another giggling spell.*

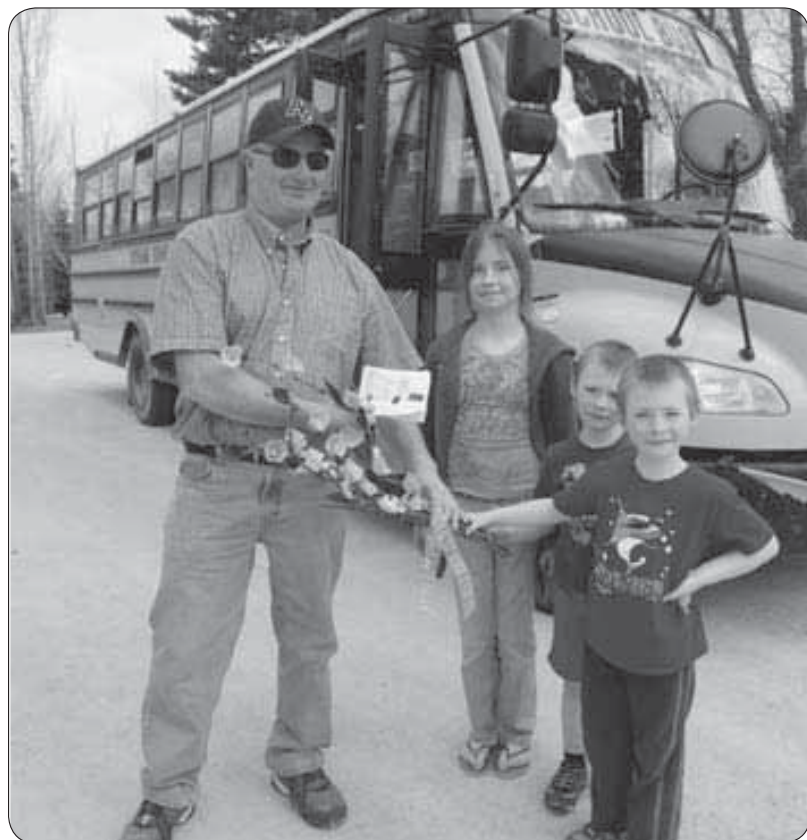
*For all the times you kept your cool
Even though sometimes we forgot the rules.*

*For all the times you gave us treats,
That was nice and really sweet.
For driving us for all those years we
Always got to school without fears.
Thank you Mr. Buchanan*



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Bruce Buchanan was touched as he stepped off his bus at Brant-Argyle school last Thursday to students and staff singing 'For He's a Jolly Good Fellow'.



Passengers, Madison Cipuzak, left, Ben and Samuel Jones presented Buchanan with farewell cards and a homemade bouquet of flowers.

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Dr. Dean Kriellaars from the University of Manitoba
Big Daddy Tazz

WHERE: SCI Gym
WHEN: Tuesday, May 19th at 7 pm
WHY: Because it takes a community to raise our kids...we are all in this together!
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Lake Ranch development public hearing planned

By Natasha Tersigni

Whether you are for, against or undecided on the proposed Lake Ranch Development, a sub-division with 413 two to five-acre cottage lots planned in the RM of Woodlands, councillors want to hear your input.

A public hearing to discuss the Lake Ranch Development will be held at the RM of Woodlands office on May 14 at 7 p.m.

Woodlands CAO Adam Turner told The Tribune that this is an important meeting for residents to attend as councillors will be making a decision on whether to allow Lake Ranch Development to continue on with their plans for the sub-division based on public input.

A crucial step that needs to be taken in order for the Lake Ranch Development to be built is that Woodlands councillors have to approve amendments to the RM's development plan. At the Woodlands council meeting held on April 14, councillors passed, in a five to one vote, the first of three readings to amend the plan for Lake Ranch Development.

"Since this is a change to our de-

velopment plan the process is a little more complicated than a variance or change to zoning bylaw," said Turner.

"The options council has following the hearing is not to proceed and a notice would be sent out. If no changes or alterations are required and council wants to move forward they would give it second reading and then it goes to the province and they have a right to object."

The RM is planning to have Lake Ranch Development representative Angela Enright in attendance at the meeting. She will make a brief presentation regarding the proposed development and will be able to answer questions the public may have.

Nancy Dumas, whose house and property is across the street from where Lake Ranch proposes to develop their cottage sub-division, will be at the public hearing and will speak in support of this development.

Dumas said that plans that the Lake Ranch developers have for the land, including 5,000 acres set aside for a wildlife area to be managed by Ducks Unlimited Canada, will greatly im-

"I DON'T SEE HOW THE RM WILL LOSE."



TRIBUNE PHOTO SUBMITTED

A public hearing will be held on May 14 at 7p.m. at the RM of Woodlands office to discuss whether or not Lake Ranch Development will be allowed to build a 413 lot cottage sub-division in the RM. The proposed development will be located in the upper east corner of the RM and have 413 two to five-acre cottage lots.

prove the RM's economy and future development.

"I don't see how the RM will lose," said Dumas.

"I think it is going to support local businesses which we need. It will increase tax dollars for health and education."

Years of service honoured



TRIBUNE PHOTO BY NATASHA TERSIGNI

Former Interlake School Division (ISD) trustee Mark Grindey, left, was presented a plaque by ISD chairperson Alan Campbell at the April 27 ISD board meeting on behalf of Manitoba School Boards Association (MSBA). The gift acknowledged Grindey's 22 years of service as a school trustee and as the region's MSBA director from 2012-14.



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Hike for Hospice hits home for one participant

By Natasha Tersigni

Participants laced up their sneakers and hit the pavement in Teulon on Sunday to raise money for South West District Palliative Care.

The 5th annual walk in Teulon raised \$2,767, which will be used to purchase equipment for use in the home or at the Teulon Hunter Memorial Hospital to improve end of life care for palliative patients. Last year the walk in Teulon brought in a similar amount of money and it went to purchasing specialized beds and mattresses.

Over half the money raised this year was brought in by Teulon resident Nancy Revel, who has been participating in the walk since the inaugural one held five years ago. Every year Revel raises more than she did the previous year and this year Revel collected \$1,400 in pledges, the majority from her family members. In total

Revel has raised more than \$10,000.

"My dad ended up in the palliative care room for a day and half and that is where he died. Just knowing that the family room was there was a big thing to us," said Revel of the room in the Teulon hospital that is dedicated to palliative care patients and has been outfitted with specialized equipment by the South West District Palliative Care.

"My family wanted to buy something to donate to the room when he died. I suggested we raise money this way so we can all donate and we can do it every year."

Revel added that it is important to continue to support this local organization and the work they do to support residents and families in the community. "No one wants to go to the city to die when they have spent their whole life here," said Revel.



TRIBUNE PHOTO BY NATASHA TERSIGNI

Fifteen walkers participated in Teulon's 5th Annual Palliative Care Hike for Hospice. The walk raised \$2,767 for South West District Palliative Care with \$1,400 of that brought in from pledges gathered by Nancy Revel, pictured far right.

Canada's military suffers 'sexualized culture,' report says

By Natasha Tersigni

The Canadian Armed Forces (CAF) came under attack last week for its underlying culture that is often hostile to women and the continued sexual harassment and sexual misconduct that comes with being female and a member of the CAF.

The criticisms came when Marie

Deschamps, a retired Canadian Supreme Court judge, released an external report on her yearlong investigation into sexual harassment and sexual assault in the CAF. Military commanders had ordered the external investigation, which included over 700 military members being interviewed, as a response to the ongoing media reports that the CAF was ignoring or down-

playing complaints and incidents of sexual harassment and assaults.

"There is an underlying sexualized culture in the CAF that is hostile to women and LGBTQ members, and conducive to more serious incidents of sexual harassment and assault. Deschamps wrote cultural change is therefore key," in the report.

"It is not enough to simply revise policies or to repeat the mantra of 'zero tolerance'. Leaders must acknowledge that sexual misconduct

with military commanders to see that CAF implements all ten recommendations that the report outlines in order to put an end to a history of ignoring and underreporting of sexual assaults and harassment and the stigmatizing of the victims.

"These things take time especially when you are dealing with the military culture and a major paradigm shift on how the military functions internally and how to bring down all that cultural change on sensitivity," said Bezan.

One of the report's key recommendations is to 'Create an independent centre for accountability of sexual assault and harassment outside of the CAF with the responsibility for receiving reports of inappropriate sexual conduct, as well as prevention, coordination and monitoring of training, victim support, monitoring of accountability, and research, and to act as a central authority for the collection of data.' This centre is key to changing the sexualized culture in the military said Bezan.

"This is so you do not have to report to your commanding officer if something happens. The military is based upon promotion and if you become someone they think is a 'squeaky wheel' sometimes that hurts your ability to move forward. We want to make sure that stigma is removed and that they have a safe place where they can go and at the same time the centre will be dealing with sexual assault awareness and education for all members of the Canadian Armed Forces."

Selkirk-Interlake MP James Bezan, who also serves as Parliamentary Secretary to the Minister of National Defence, applauds the report and told *The Tribune* that the military culture needs to change.

"Nobody who signs up for the Canadian Armed Forces should be subjected to this disgusting behaviour," said Bezan.

The MP said the Conservative government will work

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Store manager retires



TRIBUNE PHOTO BY JO-ANNE PROCTER

Marketplace store manager Jean Burchuk officially retired May 1 after working at the Stonewall store for 28 years. Burchuk's career with Marketplace started as a cashier and from there she worked her way up the ladder, from head cashier to assistant manager and store manager in 2001. Her familiar face will be greatly missed in the store, however, Burchuk is involved in many organizations in the community. Her replacement, Fab Di Nella will be starting his new position May 19. Pictured from left, Kim Harrison, Jean Burchuk, Kathy Steinthorson, Darrell Sumka, Daniel Harris, Cherryl Thevenot and Jenn Harrison.

Walking for a cause



TRIBUNE PHOTO SUBMITTED BY COLLEEN BYTHEWAY

Interlake residents strapped on their walking shoes walking five kilometres to partake in the Hike for Hospice on May 3 to kick off National Hospice Palliative Care week. The Stonewall group raised approximately \$2500 for palliative services and equipment in the RM's of Rockwood and Rosser. The Stonewall hikers (pictured above) numbered 20 strong.

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Manitoba 

Warren couple produces sweet treat from nature

By Jo-Anne Procter

For the past six years, Bev and Forbes Stewart have tapped into Manitoba Maple trees on their 60-acre century farm east of Warren to collect sap and produce their own maple syrup.

Forbes' first experiment with maple extraction was as a curious 10-year-old boy. After watching a show on TV about maple syrup, he made a cake pan filled with maple taffy from trees in his yard and knew from that day, he would be making syrup on a larger scale in the future. Since then he has researched the production of maple syrup and attended various seminars within the province where he learned the basics and tricks of the trade. The Stewarts decided to stray from the popular grain and cattle farming that the area is known for and tap into a sweeter form of farming.

Like any kind of farming, syrup yields depend on the environmental conditions during the season. This season, conditions were ideal. "This year we tapped 60 trees, it would go and it would quit and go again and then it would just trickle," Stewart said. "Some of the trees were thick enough that we could put four jugs per tree. We probably get about 20 gallons off a tree which is a phenomenal amount," he said.

Stewart drills a 1.5-inch hole into trees that have to be at least eight inches in diameter and inserts a spigot. A bucket is attached to the spout to collect the sap that flows as the day warms. Stewart explained that as soon as daytime temperatures are above zero and nighttime below zero, the sap will start to flow. This typically starts in March and can go well into April.

"Manitoba Maples are about 41 gallons of sap to one gallon of syrup. This year, the sap coming out of the trees was really sticky right away, so there was lots of sugar in it for some reason. What nature had to do I don't know. Other years you don't even feel it."

Sometimes when the sap is really running it has to be collected twice

a day. "In the evening about 5:00 it starts to freeze, so we collect between 5 and 7." Stewart has help collecting the sap from his grandchildren who enjoy taking the ski-doo or the quad through the trails to collect the buckets full of sap.

Syrup production is essentially a case of evaporating most of the water out of the sap, leaving behind the sugars and maple flavor. Sap becomes syrup when the sugar concentration reaches 66 per cent. It may take up to a full day to boil the sap to make syrup.

Stewart has a 'sugar shack', where he stores the sap in large vats and boils the water out of the sap in a 36 x 48 x 10 inches stainless steel evaporator he designed and had built by the Rock Lake Hutterite Colony.

It takes 100 litres of sap to make one litre of syrup, so a lot of sap is needed and the evaporator has to work overtime. A stove fired up with wood provides even and cheap heat as it is key to keep the liquid at a rolling boil. "Once it starts boiling it goes down about a half inch per hour. So when it gets down to about two inches, it will start turning colour and it starts to smell like maple syrup. It is actually kind of neat," he told the *Tribune*.

When it is down to 95 to 98 per cent syrup, it is taken to the house to finish off.

A candy thermometer is used to gage the temperature. "It boils at 212 degrees and when the thermometer goes up to 219, that's maple syrup. And if you want it thicker you can go up to about 224 and get it like corn syrup, but the real 219 is about perfect for syrup."

The syrup is run through a special filter and poured into sterilized containers that sit on the side to seal the top.

"The one thing about maple syrup is that once you process it and preserve it in a jar, it's got a shelf life of about seven or eight years."

This spring approximately 60 eight-ounce jars of syrup were processed. Stewart suggests the syrup can be drizzled on ice cream, cheese-cake, porridge,



Stewart taps into one of his many maple trees.



Stewart enjoys the fruits of his labor for years after production as once sealed the shelf life of maple syrup is up to eight years.



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Stewart tends to the rolling boil of the sap adding a little at a time as the sap slowly turns to syrup.

etc., or glazed on pulled pork, steaks and other meats as well as vegetables such as carrots.

Stewart's syrup will be available at Century Farm Country Market in Warren, which opens mid May and is located at 77N & 3W (2 km east of #6),

north of South Interlake Golf Course. They will be selling local produce, homemade baking, jams, pickles and, of course, Maple syrup. For more information, feel free to contact the Stewarts at 204-322-5364.

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'Reflections' art show on display at library

By Stefanie Lasuik

"The world of colour and images is perceived as an invitation to an artist to create, with a vibrant spirit and emotional impact, for a particular moment in time. This is my intent and passion," says Bernice Sutton who is as much an artist with words as she is with paint.

Sutton, an essentially self-taught artist, produces calligraphy, drawings, and paintings, the latter of which she creates through any of pastel, charcoal, oil, conte, acrylic, or watercolour paints. Sutton's paintings are unique in that she often replaces traditional grey and brown shades with other colours she combines herself in what she dubs her 'science lab.' In her painting 'Heaven Above,' Sutton uses purple and yellow to give the depicted tree a glow. Such a technique causes her paintings to illuminate as different lights strike it. Sutton is very attuned to how different lighting affect the impressions her artwork creates.

Sutton began painting when she was young. At the age of 12, she entered her artwork in the agriculture exhibition in Dauphin. She said the confidence others had in her boosted the confidence she had in herself.

"It wasn't 'can you do it?' They just knew I could do it."

The Manitoba native moved to Duncan, B.C. in 1993, where she greeted new subject matter. The ocean, mountains, and tugboats offered Sutton a pleasant change from the Prairie fields painting plains and barns. Sutton's paintings depict a variety of landscapes, as well as wildflowers and portraits.

Portraits of people and animals are her favourite as she enjoys the challenge of capturing others' warm characters and expressions through her art.

For Sutton, painting is a getaway.

"You're completely in your own world. Your focus is immediate because you only have so many hours to complete that picture."

Sutton works quickly, but efficiently. Her work has been accepted in the Manitoba Society of Artists Juried Show, the Canadian Broadcasting Corporation, the Red River Exhibition Art Show, and Eaton's Fine Art Gallery. Since 1993, Sutton has exhibited with the Annual Spring Show of the Cowichan Valley Arts Council and the annual shows of Cherry Point Watercolour group, Maple Bay Painters and the Chemainus Sketch group.



TRIBUNE PHOTO BY STEFANIE LASUIK

Bernice Sutton, Stonewall Library's artist of the month, with 'Family Outing,' one of the paintings currently on display during May.

For the month of May until June 20, Sutton's art will be on display at the Stonewall branch of the South Interlake Regional Library. Perhaps most notably, her painting 'Family Outing' will take part in the show.

Sutton's thirst for knowledge is ever unquenchable. She learned by working alongside experienced artists over the years in her many art clubs, and feels the learning process never stops.

"You keep learning, no matter what you're doing," Sutton said.

"If you keep doing it wrong long enough, you'll sooner or later do it right."

And right she does it, indeed. Sutton remembers an episode when a man leaned toward her and told her that she was his master and his model to learn from.

Two of Sutton's pieces will also be on display at the Interlake Juried Art Show in Gimli during May 9 and 10.

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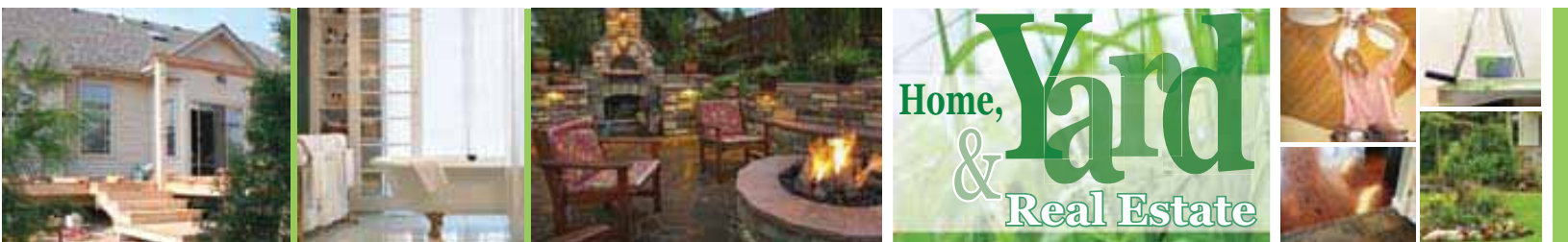
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Need to enhance your balcony?

Would you love to be able to step out your door and find yourself instantly surrounded by Mother Nature? When organized properly, even the smallest of balconies can be transformed into an oasis of beautiful greenery where you can relax all summer long. A few pots, soil, a trowel, plants and a bit of fertilizer: that's all you need to create your own little corner of paradise.

Choose plants that will feel right at

home, taking into account how many hours of sunshine your balcony receives. Most flowers, herbs and vegetables need plenty of sun, but you'll soon discover that garden centres stock gorgeous varieties of plants that thrive best in the shade. Let your imagination run wild when you choose plant pots; just make sure they all have drainage holes. If necessary, drill some in the bottoms of those that don't.

One well-stocked planter placed in just the right spot can enhance your balcony, but lots of different plants and pots will result in a much more interesting look. Make use of every nook and cranny. Diversify colours and heights, and use a mix of flowering and foliage plants. Once you've set things up, enjoying your flowering balcony all summer long is going to be simple: just remember to water, remove dead flowers as they wilt and fertilize your plants regularly.



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Goodbye weeds, hello lawn!



Do you have the impression that weeds have taken over your lawn? How can you get rid of them once and for all? First of all, some weeds are not as bad as you might think. They're just very adaptive plants that you don't want to see growing in your lawn. In other words, they're not your mortal enemies. Here are a few tricks to get rid of them.

Strengthening your lawn is a good place to start and will stack the odds in your favour. A healthy lawn is denser, so there's less room for weeds to grow. To improve the health of your lawn, mow it to a height of six to eight centimetres. Leave the grass cuttings right on the lawn. Water less often

but more thoroughly. Reseed sparse areas and, if necessary, replace the grass with another type of ground cover in areas where there's still fierce competition between weeds and grass.

You may also find it useful to buy a test kit to determine the acidity of your soil. Grass that grows in soil that is too acidic won't be as strong. You can help by neutralizing the acidity, sometimes by just adding compost.

Be patient and don't get discouraged. While you're waiting for the results of all your hard work to show, feel free to use a weed removing tool to uproot recalcitrant plants. But whatever you do, try to be a good citizen and resist the urge to use products that are harmful to the environment.

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The timeless elegance of natural stone



Natural stone is always a great choice when choosing a material for use in a landscaping project. Stylish and durable, natural stone helps to create a beautiful feeling of harmony between the vegetation and your home. In fact, it's a fabulous option to consider for most of your outdoor projects.

In the backyard, the trend of building natural stone walls is still in favour. These stones are used to create plant beds and retaining walls that keep the earth in place,

but they're also used to add another dimension to the landscaping. Walls provide privacy or can be used as esthetic structures to define spaces. In addition to ornamental or retaining walls, natural stones are perfect for creating paths with a country or modern look, depending on the style you're looking for.

Silica, sandstone, limestone and slate are some examples of natural stone that fit perfectly into landscaped yards, whether it's in the city, suburbs or countryside. Natural stone can brighten the feel of an entire backyard when used for an outdoor fireplace, a decorative feature, steps, patio or waterfall.

Whatever your project, you can count on the expertise of landscapers to help you find the right natural stone products, including the shapes and colours that will enhance the vegetation in your yard. Find inspiration from their project catalogues or browse the Web to discover a unique landscaping plan that tickles your fancy.



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Five plants that grow anywhere

Every region in North America has its own specific weather quirk, whether it's freezing winters, scorching summers or heavy rainfall. It can be a daunting task to plan a garden when Mother Nature is so unpredictable, so here are some plants that will survive every season's tests.

1. Peonies

You could forget entirely about these beauties in your garden and they'd still probably find their way back year after year. Even if mould or weather gets the best of them in the summer, you can still expect an encore next spring.

2. Daylilies

These cheerful yellow flowers can withstand extreme temperatures, which explains their popularity from coast to coast.

3. Hostas

You know the ones: these green, leafy plants require virtually no maintenance and are native to almost every region of North America.

4. Holly

Holly is often associated with Christmas time, and for good reason: it looks great all winter! With more than 400 varieties, you're sure to find a type of this berry-yielding plant that suits your garden.

5. Tulips

These perennial bulbs are very easy to grow and care for. There are endless varieties, and thus tulips can be grown in many different colours and sizes. Gardeners delight in picking their hardy spring flowers. Plant bulbs in the fall and enjoy the show for many years to come!

So, no more excuses — wherever you live, grab a shovel, put on some gloves and get planting.



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Welcomes Stefan Campbell

Richard Wojcik of Wojcik's Funeral Chapels and Crematorium is extremely pleased to announce Licensed Funeral Director & Embalmer, Stefan Campbell of Winnipeg, Manitoba has joined our firm after over 3 years of serving Manitoba's Interlake families from MacKenzie's Funeral Service of Stonewall, Teulon and Arborg.

We are proud to have Stefan join us at our Family Owned Funeral Chapels, bringing with him years of experience. We are confident that he will maintain our tradition of providing old fashioned and personalized Funeral Service working with us at Wojcik's Funeral Chapels and Crematorium Inc.

Wojcik's has two Winnipeg Funeral Chapels located at 2157 Portage Avenue @ Sharp Boulevard and 1020 Main Street @ Manitoba Avenue, as well as our newly constructed Privately Owned Crematorium located at 51 Nicola Drive, Headingley, Manitoba across from the Manitoba Justice Women's Correctional Centre.

Besides at the immediate time of a death, Wojcik's Funeral Chapels also pre-arranges Funeral Services with Purple Shield/FamilySide. Stefan is able to make arrangements in the comfort and convenience of your own home and looks forward to continuing to serve families in the Interlake areas in any place of worship, community hall or venue comfortable for you and your family.

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Your car is speaking to you Are you listening?

Can you hear what your car is telling you? Yes, your car talks to you, and it's pretty important that you listen to it! Every machine emits sounds, which can be interpreted as a sort of language. You can learn a lot about your car's well-being by listening to it carefully.

Today's cars and trucks have much quieter engines than those of a few years ago. One consequence of this is that motorists are now compelled to depend more on dashboard displays for signs of problems. Unfortunately, many drivers tend to ignore these lights and dials. Because modern vehicles are tougher and better built than ever, the car might continue to work for a while, even if something is wrong or if a part is worn out. Ignoring these warning signs, though, might cause an accident, putting your life or someone else's in jeopardy.

So, when starting up and driving your car or truck, pay good attention to the sounds coming from the engine room and from

the whole car itself. Abnormal sounds could be an indication of trouble in your engine, transmission, brakes, steering, or exhaust system. You might even hear some parts of the body telling you something is going wrong.

If your knowledge of all things mechanical is limited, the next time you start your car, concentrate on what it sounds like as it runs normally, in good condition. Then, if you later hear something abnormal, try your best to describe the sound and where it is coming from. Get your car to your local dealership or private garage as soon as possible and describe what you noticed to your mechanic.

Most of the time, your car will be whispering smooth sounds that make you happy and comfortable. But remember: as soon as you don't like a sound, have it checked. At the least, you might be saving money by preventing a small problem from developing into a major one.



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The Ukrainian Job

By Lana Meier

The Quarry Choristers took to the Quarry Park Heritage Arts stage last week for their annual dinner show and musical production of the Ukrainian job. The sold out show written by Vhana Moldowan, Julie Ledochowski, Wanda Kopec, Dayna Newton and Dawn Bourque had the crowd in stitches. The infamous Limeskichakowski Gang or Ukrainian husbands had been arrested and the ladies had to decide how they could afford bail money to have their men free. However, after a late night meeting feuding, the ladies decide to attempt a midnight bank robbery. But things don't go quite as planned and the high-tech hooligans versus the homespun handiwork land themselves all in jail. Fortunately after cooking up some trouble they are able to negotiate themselves out of perogy purgatory.



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Turkey Breast Stuffed with Curry and Gouda

and cook onion, garlic and diced apple for 5 minutes. Remove from heat, add curry powder and bread cubes, and season. Mix well and let cool.

Cut turkey breast in half through its thickness (without cutting through all the way, so as to be able to open it up like a book).

Add Gouda to cooled apple and curry mixture.

Spread bottom half of turkey breast with mixture, then close up the two halves and hold in place with toothpicks. Place in an oven-safe dish, brush top with oil, season and bake in oven for 15-20 minutes. Reduce heat to 350°F (180°C) and cook for 1 more hour.

In a saucepan, heat oil and cook cranberries for 5 minutes. Add sugar and cook another 2 minutes, then deglaze with red wine and reduce by half. Add broth and leave cranberries on heat 7-10 minutes until cooked and the broth thickens. Season and serve with the stuffed turkey.

Prep time: 30 min

Cook time: 1 hour 30 min

Makes: 8 servings

www.heartandstroke.mb.ca

Ingredients

2 tsp (10 mL) vegetable oil
1 onion, chopped
2 garlic cloves, chopped
1 cup (250 mL) apple, peeled and diced
1/2 tbsp (7 mL) curry powder
1 slice of bread, cut into cubes
Freshly ground pepper
1 boneless turkey breast, about 2 lb (1 kg)
1 1/4 cups (300 mL) lower fat Canadian Gouda, diced or 1 cup (250 mL) regular Canadian Gouda, diced
1 tsp (5 mL) vegetable oil

Cranberry sauce:

2 tsp (10 mL) vegetable oil
2 cups (500 mL) fresh or frozen cranberries
2 1/2 tbsp (40 mL) sugar
1/2 cup (125 mL) red wine
1 cup (250 mL) reduced-sodium chicken or beef broth
Freshly ground pepper

Directions

Preheat oven to 425°F (220°C).

In a skillet, heat oil on medium-high heat

Chocolate Croissant Bread Pudding

Ingredients

4 to 5 large croissants, cut into 1-inch cubes (6 cups)
5 tablespoons softened butter, divided
2 cups half-and-half
6 ounces bittersweet chocolate, chopped
1 teaspoon vanilla extract
2/3 cup sugar
3 eggs
Powdered sugar for garnish
Fresh mint for garnish

Preparation

Preheat oven to 350°F. Spread croissant cubes on baking sheet. Bake until lightly toasted; set aside and turn off oven. Spread 1 tablespoon butter in bottom of 8- or 9-inch square baking dish and add toasted croissant cubes. Heat half-and-half

and remaining butter in medium saucepan until almost boiling; slowly whisk in chocolate and vanilla; let cool 10 minutes.

Whisk together sugar and eggs in medium bowl and slowly whisk in chocolate mixture.

Pour over croissant cubes, making sure all are coated. Let stand 1 hour.

Bake 35 minutes. Serve warm dusted with powdered sugar and garnished with mint.

Preparation Time: 15 minutes

Cooling and Setting Time: 1 hour

Cook Time: 40 to 45 minutes total

Makes 8 servings



Next, Read the Ingredients List:



If you can't place the contents of the product in any part of the universe you're familiar with – if it doesn't come from a plant, a mineral, or an animal, for example – you may

want to think twice about putting the food in your body. Remember: Ingredients are listed in the order of their quantity within the food, so the higher an ingredient falls on the list, the more of it there is in the product. That's why it's smart to steer clear of foods that have sugar (or honey, cane juice, fruit juice concentrate, syrup of any kind, or anything ending in -ose) listed among the first three ingredients. Some pasta sauces have more sugar than chocolate sauce, and some cereals have more salt than potato chips – but there's no good reason for all that sugar or salt to be there. When there are competing flavors such as sweet and salty in one food item, the combo makes you want to eat more.

Similarly, avoid foods with trans fats or partially hydrogenated oils. I also suggest avoiding artificial ingredients

of any kind, sugar substitutes such as aspartame, and monosodium glutamate. In general, if you stick with foods that have ingredients you can recognize and pronounce, and foods that were foods when your grandparents were kids, you can't go too far wrong! Something else to keep in mind: Products that contain multiple grains or that are fortified with vitamins are likely to have longer ingredients lists. In that case, look for the word artificial on the list; if it's there, put the item back on the self. In that case, look for the word artificial on the list; if it's there, put the item back on the self.

Manufacturers often use regulatory loopholes to make you think you're getting something you're not. To become a better-informed shopper, wise up to the real meaning behind common claims on food labels.

Disease-Proof: "The Remarkable Truth About What Makes Us Well" by David L. Katz, MD, MPH, FACPM, FACP

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Hummus Mashed Potatoes

Ingredients

6 yellow potatoes, or about 5 cups peeled and cubed
1 1/3 cup Sabra hummus
2 tablespoon olive oil
Salt and fresh pepper to taste
2 tablespoon fresh parsley, finely chopped
1 lemon, cut into 6 wedges

Preparation

Peel potatoes and place in bowl of water to cover to prevent discoloration.

Cut potatoes into 1 1/2-inch cubes and place in medium sized pot with enough water to cover and 1/4 teaspoon salt.

Bring to boil and simmer over medium heat for about 30 minutes, or until fork goes gently through potatoes.

Once cooked, drain potatoes and place



back into pot over medium heat for about 3 minutes, until moisture comes out of potatoes and they appear dry.

Remove from heat. In same pot, start mashing potatoes with masher.

Add 1 1/3 cup hummus, oil, salt and pepper to taste. Top with sprinkling of fresh parsley and serve with lemon wedge to squeeze over top

Preparation Time: 15 minutes

Total Time: 45 minutes

Yield: 6 servings

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A gem of a jeweller back in Stonewall

By Natasha Tersigni

After spending years owning a jewellery store in Stonewall, Ellen Francis took a break and explored Canada. After stints in various cities, including driving a haul truck for an oil company in Fort McMurray, Francis has returned to Stonewall and is back at designing, making and repairing various types of jewellery.

Francis, who is a trained goldsmith with over 25 years of experience, has re-opened a workshop in Stonewall, Elemental Artisans, as a way to be closer to her family and to partake in a craft she loves.

"In preparation for retirement in about ten years, I wanted to start up my shop again. It has been terrific coming back. People have remembered me and it has just been wonderful," said Francis.

Her business specializes in creating custom metal pieces with gems stones. Francis will stick to working mainly with sterling silver for her retail works but for custom orders she can do gold pieces as well.

"I am going to stick more to silver jewellery as it is more popular right

now, especially with younger people. It is more cost effective. Gold is so out of range for a lot of people these days," said Francis.

"I tend to do a lot of nature things such as beads, birds, anything like that that encompasses that kind of design."

Francis also offers customers repair and restoration services. Francis will often take older jewellery, melt them down and create new pieces.

"I do a lot of refurbishing and changing up styles," said Francis.

"Someone could come in with old jewellery, such as rings, chains or earrings, and even if they are broken I can melt them down and remake them."

Elemental Artisans is located at 317 1st Street East and is opened Tuesday to Thursday 4 to 7:30 p.m. and Saturday 11a.m. to 2p.m. For more information or to contact Ellen Francis phone 204-880-9185 or e-mail elementalartisans.mb@gmail.com. An extensive collection of her past jewellery pieces can be viewed on her Facebook page at www.facebook.com/ElementalArtisans.



TRIBUNE PHOTO BY NATASHA TERSIGNI

Goldsmith Ellen Francis has opened Elemental Artisans, a new jewellery store in Stonewall that specializes in custom made pieces.

worship *with us*

> FAITH

John 15:9 - "As the Father has loved me, so I have loved you; abide in my love." NRSV

Love is one of those words that is used in many differing ways. It is used to describe a feeling of a passionate like, for example "I love those new jeans". It is described as a feeling that we can search for, like "Lookin for love in all the wrong places." Often it is thought of as a noun, a person-place-or thing that can be lost or found, and can be sought after. It is something that can be fallen into like a swimming pool, and it can be something you can fall out of, like a tree.

The love that Jesus speaks about though is more of a verb, an action. This type of love is an action that comes about because of a conscious decision. The way it is described in the gospel it is a learned response, a learned behaviour that is exemplified by the relationship of God the

Father to Jesus the Son, and the relationship of Jesus to those who are to be his followers.

What does abiding in love mean to us today? Jesus invites us through his response to the question of the greatest commandment to abide in that love. We do so by loving God with all our heart, and to love our neighbour as ourselves.

As a loving parent teaches an infant to love, so does God teach us to love. Paul writes of some of the attributes of love in his first epistle to the Corinthians. These include:

Love is patient; kind; not envious or boastful or arrogant or rude.

Love does not insist on its own way; it is not irritable or resentful;

Love does not rejoice in wrongdoing, but rejoices in the truth.

Love bears all things, believes all things, hopes all things, endures all things.

Love never ends.

The truth is that when we choose to abide in God's love, we choose to emulate God who first loved us. Like children the more we practice in abiding in God's love the closer we come to our perfect example.

Submitted by the Reverend James Bardsley

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Wednesday, May 13th 2015 2:00 pm
Lions Manor Multi-Purpose Room, Stonewall
Everyone is Welcome!

VOLUNTEER OF THE MONTH



Irene Tully

**Volunteer Driver/CancerCare Driver -
Board Member - Lifeline Volunteer**

Irene has been a part of our organization for 12 years! Irene also volunteers for CancerCare and spends much time at Ronald McDonald House. She is the true definition of 'Volunteer'! You are much appreciated by all Irene, Thank you!

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- An organ donation information card,
- A sticker like the one illustrated above to stick on your front entrance.
- A plastic folder with a magnet to hold all the information place on the front of your fridge.

The kit is ideal for seniors, chronically ill persons, those who live alone or who have caregivers, and others who have speech difficulties or communication barriers. You may also want to take a copy of E.R.I.K. and your complete Health Care Directive with you when you are away on a trip.

* It is important to update the information form as your information changes.

**For more information
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What's new at 55 Plus May Calendar of Events!

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May 12 Luncheon @ Noon	May 22 Harmony Jam @ 1:30pm
May 13 One Stroke Painting @ 12:00 pm	May 25 Cribbage Tournament @ 1:00 pm
May 14 Garden City Shopping @ 9:15 am	May 27 One Stroke Painting @ 12:00 pm
May 18 Victoria Day - Office Closed	May 30 JOHNNY CASH TRIBUTE CONCERT 7:00 pm
May 21 Casino - McPhillip's St Station @ 10:00 am	
May 21 55 Plus Annual General Meeting @ 7:30	

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THURSDAY, MAY 21ST @ 7:30 PM
Lions Community Centre, 5 Keith Cosens Drive, Stonewall
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MAY 12TH @ NOON
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**For more information
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Self-taught quilter quilting her way to the top

By Stefanie Lasuik

Agnes Olson, a self-taught quilter/embroiderer, was chosen Teulon Library's Artist of the Month for the month of May.

Olson originally got into quilting fifteen years ago. It was through accident that she became united with the art: when Olson was asked to find a pattern for a friend whose computer was broken, she ended up spending two to three hours awing over various patterns online.

"I never looked at a quilt that way," Olson said.

"I was just hooked."

Olson quilts and embroiders quilts, table-toppers, wall hangings, purses, totebags, gps holders, potato bags, and microwaveable bowl-holders.

Olson incorporates embroidery into her quilts, which enables finer artistic design. She is currently working

on stippling, a technique that adds a unique texture and background to her quilts.

Olson says she still has a lot to learn, but her passion for the art is undeniable. Apart from quilting on her own time, Olson visits embroidery shows to admire others' work. She even sought out quilt shops in Las Vegas, which resulted in a daylong excursion with other quilting enthusiasts.

"There's lots to learn, but I've never looked back," Olson said.

Nor has she needed to. Olson's repertoire ranges from floral designs to seasonal pieces, to wildlife depictions. But landscapes, she says, are her favourite. Olson works from photos, calendars, memory, pre-set patterns, or designs of her own creation.

Olson's multifarious and captivating work will be on display at the Teulon Library during the month of May.



TRIBUNE PHOTO SUBMITTED

Agnes Olson sits with her artwork to go on display at Teulon Library

sports & recreation

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Balmoral wraps up curling season with awards



Balmoral Curling Club hosted their annual season wrap up April 11 at the community hall. Approximately 90 people gathered to celebrate the club's league champions. Pictured above from left, Tuesday night men's league Grand Aggregate winners: John Shipley, Shohn Godin, Fred Shipley, Will Ducharme (missing). The A-side winners are Cory Gray, George Laquette, Jason Mushaluk, Mike Melnychuk and Chris Debreuil while the B-side winners are Ray Smith, Brian Watts and Henry Vroom, George Williams (missing). Pictured below, Thursday night men's league Grand Aggregate and A-side winners are Sam Good, Nick Good, Matt Thoresby and Scott Good; B-side winners, Quentin Shipley, Murray Schaeffer, Curt Hradowy, Mac McRae. Curl Balmoral honorary life members were also presented certificates and inducted by Jason Dodd, president (left) and Shirley Williams, HLM committee (far right), to Marilyn Stewart, Edwin Dodd, Linda Dodd and Darlene Stewart.

TRIBUNE PHOTOS SUBMITTED



sports & recreation

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Locals lead Junior Wesmen to silver at provincials

By Brian Bowman

The Junior Wesmen Volleyball Club was a smashing hit at Volleyball Manitoba's 16U provincials recently, winning a silver medal after losing 2-0 to Dynamo in the finals.

The Junior Wesmen feature Stonewall residents Brielle Cara and Alycia Palmer, both left-side players, and head coach Chris Cara.

"The (final) game didn't go great," Chris Cara admitted. "They are the top-ranked team in the province and consist of a lot of girls from different schools. We knew going in that they should be playing 17U."

The Junior Wesmen reached the finals after edging the Prairie Fire Ignite 2-1 in a quarter-final and then they swept the Junior Bisons 2-0 in a semifinal matchup. The Junior Wesmen, who went 3-0 during their round robin, played very good volleyball all weekend.

"Defensively, they didn't let any balls hit the floor," Chris Cara noted. "And, offensively, we ran our systems to perfection and they didn't have any answers for us at all. That (semifinal) match was probably the best match that the girls played all weekend."

Palmer is an elite offensive force for

the Junior Wesmen with her strong hitting while Brielle Cara is an extremely good defensive player.

"Brielle and Alycia were key players throughout the weekend and our coaching staff couldn't be happier for their success this year," Chris Cara said.

It has been a very good season so far for the Junior Wesmen. The team won three tournaments and finished third in two others. But their biggest test will be at the nationals, which will take place in Calgary from May 14-16.

"We've had a very good season," Chris Cara said. "Considering where we started where we had a few days to get a team together, the girls have really, really improved throughout the year. Going into provincials ranked second was a challenge for us, but they came together."

The Junior Wesmen would like to medal at nationals but it won't be easy with teams coming from all across Canada.

"Our goal on Day 1 will be to get in the top two of our pool," Chris Cara said. "From there, the goal on Day 2 is to get in the top two of your pool again to stay in the top eight. Obviously, we'd love to medal."



TRIBUNE PHOTO SUBMITTED

Junior Wesmen volleyball players Alycia Palmer (left) and Brielle Cara recently won a silver medal after losing 2-0 to Dynamo in the finals at Volleyball Manitoba's 16U provincials.

Thunder to be well represented at Blue and Gold game

By Brian Bowman

The Interlake Thunder Midget football team will have six players participating in this Saturday's Blue and Gold game at Investors Group Field.

Mackenzie Wilson (Stonewall), receiver Kurtis Janzen (Arnes), offensive/defensive lineman Michael Tillet (Teulon), linebacker Brad Findlay

(Woodlands), linebacker Austin deLaroque (Warren), and defensive back Thomas Dunlop (Stonewall) have been selected to play in the game.

"As their coach, I think (six) is a great number," said Thunder head coach Kris Johnston. "We only had six guys try out and every single one of them made it. That's fantastic from my perspective."

Players that made Team Manitoba's final roster will travel to Quebec later this summer to compete in the Canada Cup. Having six Thunder

players reach phase two of the Team Manitoba process is a great accomplishment.

"We told the guys just to enjoy the process and take it as the very least, an excellent developmental opportunity," Johnston said. "Obviously, if they make phase two, three or four, that's basically just a bonus. Regardless of how far they make it, these six guys are going to individually come back and make our Midget team that much better in the summer."

In other Thunder news, the Midget team's spring camp will begin May 20 in Stonewall.

The spring camp will wrap up June 6 when Interlake hosts the Southwest Wolves and Sunrise Coyotes in exhibition scrimmages. That event will run from 1-4 p.m. in Selkirk.

"We're really excited to have them out," Johnston said. "The Coyotes are a newly-formed Midget team that has been welcomed into the league just this year. We're really excited to have them out because they had a really strong Bantam program."

Warren Minor Hockey
AGM Meeting
will be held on Sunday,
May 24 at 7:00 at the Warren Arena.
Executive positions are open.
All welcome to attend.

Stonewall Curling Club
will be hosting a **reception**
in honour of **Allyson Stewart**
who played Lead on Team Lois Fowler at the
World Senior Curling Championship in Sochi, Russia.
Team Fowler won the Gold Medal.
Everyone is welcome to attend.
May 13th from 7-9 pm
at the **Sunova Curling Club**

Stonewall AGM
MONDAY, MAY 11TH, 7 P.M.
AT ROCKWOOD MOTOR INN
Hope to see you there.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Saints a smashing success at badminton provincials

By Brian Bowman

The Teulon Collegiate Saints had several outstanding performances at last weekend's MHSAA provincial badminton championships in Winkler.

But their most impressive accomplishment came in mixed doubles.

Jake Ledochowski and Kyra Wiebe — both Grade 10 athletes — were crowned provincial champions in mixed doubles. The Saints' talented badminton pairing won the provincial title with a 2-1 (21-8, 12-21, 21-18) win over Whitemouth's Cassidy Staerk and Tyler Humeny.

"It was very unexpected and very exciting," Ledochowski said Monday afternoon. "We came through the A-side, so if we would have lost we would have played another game, so there was no pressure on us. There was more pressure on the other team — so that was nice."

Wiebe said she was very excited to win a provincial title.

"I was expecting to be fourth or fifth," she admitted. "But not first. (The level of competition) was much quicker than JV."

The Ledochowski/Wiebe duo went a perfect 7-0 in the round robin and 4-0 in the playoff bracket. The pair lost just one set the entire provincials.

"Not too many Grade 10s can win a badminton provincial," said Saints' badminton coach Rod Ledochowski, Jake's father. "Sometimes, the really strong club players can win it in their Grade 10 year."

The Teulon pairing has a great chemistry on the court. They have also developed a deep friendship off of it.

"We've been best friends since kindergarten," Wiebe explained. "So, I would say we work well together."

One of their toughest matches at provincials was against the Teulon duo of Sawyer Lambourne and Mallory Osbak. Those two players are also very good badminton players, finishing fifth/sixth in mixed doubles.

"We had to play our rival team from our school, who are in Grade 12," Jake Ledochowski said. "That was a game that after we won, we felt we could definitely win this because we beat Sawyer and Mallory. They are also a very good team."

Teulon also had a great result in boys' doubles action as the duo of Mark Shinnie and Troy Eskilson placed second. Mikhaela Murray, meanwhile,

was fourth in girls' singles while Katrina Carter was seventh/eighth.

The Saints' girls' doubles tandem of Jade Ledochowski and Meghan Osbak was 12th.

As a school, Teulon won the "A/AA" banner with 40 points. That was well ahead of Whitemouth (22 points) and Carman (13).

With the badminton provincial title, Teulon pulled off the rare feat of winning a provincial championship in three different sports (basketball and volleyball are the other two) in the same season.

"This group of athletes, because (our school is) so small here, all of them play multi sports," Rod Ledochowski explained. "They go from the volleyball to the basketball to the badminton. They're just good athletes and it's easy to transfer to badminton."



TRIBUNE PHOTO BY RICK HIEBERT

Jake Ledochowski and Kyra Wiebe were crowned provincial champions in mixed doubles last weekend in Winkler.



TRIBUNE PHOTO BY MARIA SHINNIE

Teulon Collegiate won the A/AA badminton banner after accumulating 40 points at the MHSAA championships.



Sawyer Lambourne

Lambourne named rural athlete of the week

By Brian Bowman

Teulon Collegiate Saints' badminton player Sawyer Lambourne was recently named the MHSAA Tire Recycle Rural High School athlete of the week.

The 5-foot-9 mixed doubles player finished second in Carman while winning the Stonewall, Maples, Louis Riel and Zone 5 championships.

"Sawyer just loves the game of badminton, he could play it day and night," said Teulon coach Rod Ledo-

chowski in a media release. "When someone likes the game that much, it makes him easy to coach."

"Hard work has paid off for Sawyer this year with him and his partners having success. Sawyer was able to win two major tournaments with different partners, which is no easy task."

Lambourne, a Grade 12 student, maintains an 85 per cent average while also participating in cross country, volleyball, curling, and track.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Beck leads Manitoba to fourth-place finish in Halifax

By Brian Bowman

Manitoba had a real good showing at the National Aboriginal Male Hockey Championships in Halifax, losing to B.C. 5-4 in the bronze-medal game.

Manitoba had a 2-0 first-period lead but B.C. battled back to tie the score at 2-2 before the opening period ended.

"The guys played well," said Manitoba head coach Kevin Monkman, also the KJHL's Fisher River Hawks' bench boss. "It just seemed like we couldn't get any bounces. The Hockey Gods weren't in our favour."

Manitoba's roster included Interlake players Wyatt Bear (Peguis), Linden McCorrister (Peguis), Jared Thickfoot (Fisher River) and Curtis Beck (Stonewall).

Beck was named the tournament's top goaltender.

"The guys came together (well)," Monkman said. "They're pretty close knit and they had a lot of fun. It was

a good experience for a lot of them."

Manitoba was relegated to the bronze-medal game after losing 6-2 to Saskatchewan. Saskatchewan led 1-0 after the first period and then exploded for four goals by the 16:20 mark of the second period.

"The game was closer than the score," Monkman insisted. "Our big guns couldn't get to the net and the bounces and the penalties (hurt us). It's a different game over there, penalty-wise. They're very strict."

Manitoba was extremely good in the round robin, cruising to a perfect 3-0 record while outscoring their opponents by a 17-5 margin.

Manitoba trounced Ontario 7-1, defeated Team Atlantic 6-2, and doubled Saskatchewan 4-2. Manitoba played really well in those three wins.

"We were getting pucks to the net and shooting more," Monkman said.



TRIBUNE PHOTO SUBMITTED

Stonewall's Curtis Beck was named the top goaltender at the National Aboriginal Male Hockey Championships in Halifax last weekend.

Local players represent Interlake at Director's Cup



TRIBUNE PHOTOS BY LANA MEIER AND CYNTHIA WIRGAU

Twenty young hockey players represented the Interlake at the Director's Cup tournament May 1-3 at the MTS Iceplex. The tournament marked the closing of a six-week program that taught skills required to compete at the Major Bantam level. The players also join a pool of prospects from which 120 players will be selected for the WHL Skills Combine.

Some of the Interlake participants, from left to right included Nick Prystupa, who played for Team Zajac while Jaxon Groot and Shane Bear represented Team Hextall. Clockwise from left, Barry Blue (coach), Riley Wirgau, Bryce Allary, Bryden Sinclair, Matt Figur (coach), Hayden Dola (coach), and Tre Strachan (goalie) went undefeated in the tournament as members of Team Helm.

Lawrence leads Dickinson State to NAIA softball nationals

By Brian Bowman

The Dickinson State Blue Hawks, led by Stonewall's Regan Lawrence, defeated Jamestown 9-7 Sunday afternoon to earn NSAA's automatic bid to the NAIA Softball National Tournament opening round.

Dickinson State came from the loser's bracket of the tournament after losing to No. 3 seed Valley City State 5-0 Friday night.

The Blue Hawks then reeled off four straight elimination-game victories to claim the conference tournament championship, outscoring its opponents 46-12.

The Blue Hawks, who handed the Jimmies their first loss of the tournament in the first championship game 10-2 earlier Sunday, quickly raced to a 5-0 lead in the opening inning. Each of the runs was scored with two outs, highlighted by a two-RBI single by Lawrence.

Dickinson State then scored four runs in the top third inning to lead 9-4.

On the mound, Lawrence (23-5) earned her fourth straight victory for Dickinson State. She started the game and worked for 3 2/3 innings before pulling out in the bottom fourth inning. Alexandria Watson tossed three innings in relief, allowing two runs - one earned - on four hits.

Lawrence, recently named the 2015 North Star Athletic Association pitcher of the year, came back to close the game in the bottom seventh inning, however. She gave up five runs on eight hits and issued four walks. Both Lawrence and Watson recorded three strikeouts.

Dickinson State, now 41-10, was awaiting to hear from the NAIA national office for their location in the upcoming 2015 NAIA Softball National Tournament Opening Round, which is held at 10 different sites announced from the NAIA.



SUBMITTED PHOTO

Stonewall's Regan Lawrence was named North Star Athletic Association Softball Pitcher of the Year after her team defeated Jamestown 9-7 to earn a bid to the nationals.

The national tournament opening round takes place May 11-13, with each opening round site's winners advancing to the NAIA World Series in Sioux City, Iowa from May 22-28.

Manitoba wins bronze at female aboriginal nationals

By Brian Bowman

Team Manitoba, which included several Interlake athletes, won a bronze medal at the 2015 National Aboriginal Female Hockey Championships in Halifax last weekend.

Manitoba won the bronze with a 3-2 victory over Alberta. Manitoba led 2-1 after the first period and then increased their lead to two goals after two periods.

"It was not the outcome that we wanted but we'll take bronze," said Manitoba head coach Dale Bear of Peguis First Nation. "It was a strong game by the girls. Alberta's goalie was probably the strongest goalie at the tournament, for sure."

In the semifinals, Manitoba was stopped 4-1 by Saskatchewan. Saskatchewan, which later won the gold with a 3-2 win over Ontario, sealed the victory over Manitoba with an empty-net goal.

"It was tied 1-1 with six minutes left in the game," Bear recalled. "And that's when they got their 2-1 lead on us off a lucky bounce that got past our D. Then they got a breakaway for another goal on another bad bounce."

Manitoba finished its round robin with a 2-1 record. They defeated Team North 8-1 and Saskatchewan 4-2. Manitoba's loss was a 3-0 decision to Alberta.

"We had a bad game in the loss against Alberta," Bear admitted. "But it was a good wakeup call for the girls to pick up their socks."

The Interlake athletes on Team Manitoba included Alexis Manningway (Peguis), Renee Stevenson (Peguis), Savanna Stevenson (St. Andrews), and goalie Bianca Zak (Stonewall).

All four athletes played extremely well at the national tournament.

"They all contributed big time," Bear said. "All three of the girls were on my top line."

Bear said the experience of playing in an elite tournament such as this will help all of the players in their hockey careers.

"The girls play good hockey, like prep hockey, but they said this tournament was so physical and fast," he said. "They had no clue that this calibre of hockey was out there for aboriginal kids."

Rams open baseball season



By Brian Bowman

The Stonewall Collegiate Rams boys' baseball team had a chance to see how they matched up against a pretty good Selkirk Royals team last week.

And they fared pretty well.

The Rams lost 6-4 in their season opener in Selkirk and then played the Royals to an 8-8 draw at Grosse Isle in their second game.

"It was nice to play some close games and we made a few plays," said Rams' head coach Kyle Nixon. "We saw some areas that we need to improve on, for sure. But for the first couple of games of the year, it was more positive than anything else."

Nixon was optimistic about the Rams' pitching staff. The defence, however, still needs a bit of work.

"Pretty much everybody that is going to have a chance to pitch for us got at least an inning of work in

and, for the most part, were able to throw strikes, which is huge for us," Nixon said. "We also had some other guys, who saw some (live) pitching rather than me throwing batting practice, and they adjusted to that."

Nixon also liked how Stonewall's offence made contact, especially in their second game. Aiken Chop belted a double deep in the outfield, Nixon remembered, while Braden Groot had a couple RBI.

Stonewall travelled to Teulon for a mini tournament yesterday and then will participate in an Altona tournament this weekend. The Altona tournament is expected to attract some of the elite high school teams in the province.

"It should be more like real baseball and not having guys rotating around,"

Nixon predicted. "It should be a test, for sure, this weekend."

TRIBUNE PHOTO BY JO-ANNE PROCTER
Rams' catcher Quin Arsenault awaits for the ball at home during an exhibition game against the Selkirk Royals last Friday.

Teulon and Warren lacrosse players to join forces

By Stefanie Lasuik

Canada's oft-forgotten national sport is being revived by two Interlake high schools. Warren and Teulon collegiates are teaming up to create a lacrosse squad that will compete in the Manitoba High School Field Lacrosse League. Teulon Collegiate principal, Paul Magnan, has spearheaded the initiative and will serve as the team's head coach.

Magnan sparked students' interest when he began talking to them about lacrosse. He then invited Manitoba Lacrosse League representatives to put on a clinic and brought out his sons, lacrosse scholarship recipients, to speak to the boys. It was settled: Teulon would have a field lacrosse team. Magnan reached out to Warren Collegiate about the possibility of combining forces to compete in the league and Warren accepted. The joint team will practice two to three times a week for the month of May. Eight games are scheduled throughout the month, leading to playoffs in the first week of June and provincials the following week.

Magnan has seen first-hand the op-

portunities lacrosse holds. His sons, who began playing lacrosse in high school, now play at the university level on scholarship.

"They're getting a great education and a good portion of it is being paid for."

Bringing lacrosse into a high school setting encourages players to keep up their grades, Magnan says.

"If you go down to the States to play, you have to have good marks."

Magnan further noted that the number of Manitoban athletes leaving to play on American university lacrosse teams is growing.

This is Magnan's first time coaching a lacrosse team, but his knowledge of and experience in the sport is extensive. Magnan began playing lacrosse himself as a teenager and currently serves as the president of both the Manitoba Lacrosse Association and the High School Field Lacrosse League.

TCI/WCI will play their first home game in Teulon on Saturday, May 9—a double header that's set to square off at noon with a second game following at 3:45 p.m.



TRIBUNE PHOTO BY STEFANIE LASUIK

Teulon Collegiate principal, Paul Magnan (right) has spearheaded the lacrosse initiative and will serve as the Teulon/Warren team's head coach.

Badminton Zone 5 champs



TRIBUNE PHOTO SUBMITTED

The Stonewall Collegiate Rams captured the Zone 5 Junior Varsity badminton banner in Gimli on April 29 after accumulating the most points throughout the championships. Sarah Fines and Loren Proven came first in girls' doubles while Thomas Dunlop and Foster Bytheway won boys' doubles. Brett Lawrence and Veronica Carroll won mixed doubles and Brielle Cara placed second in girls' singles. Pictured, back row, left to right: Loren Proven, Shae Mulvihill, Rebecca Fox, Tatum Lindley, Brett Lawrence, Driano Silvani, Veronica Carroll, Alycia Palmer, Katie Shier, Brielle Cara, Derrick. Wall (coach), Foster Bytheway; front row: Sarah Fines, Shane Andries, Thomas Dunlop. Missing from photo, Scott Yeo.

Teams tie at divisionals



TRIBUNE PHOTO BY SCOTT MCMURTRY

The 2014-2015 Zone 5 Junior High divisional badminton banner will be shared by both the Warren Wild and Stonewall Sentinels this year after they each earned 35 points. The Teulon Saints placed third with 25 points.

Individual winners pictured from left: Kyle Melo, Jacee Turner (mixed doubles), Emalia Sinclair (girls' singles), Chris Wiebe (boys' singles), Austin Persoage and Ryan Hill (boys' doubles), Payton Janke and Hannah France (girls' doubles). There were 128 students from eight schools participating in the five events.

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Downsizing garage sale - multi family. May 15, 3 - 8 p.m.; May 16th, 9 a.m. - 4 p.m.; May 18, 9 a.m. - 1 p.m. 39 Parkland Rd., Grosse Isle. Wide variety of items.

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5		4	9						
				2		4			
	7			8					2
			9						1

Fun By The Numbers

Like puzzles? Then you'll love Sudoku. This mind bending puzzle will have you hooked from the moment you square will so sharpen your pencil and put your Sudoku savvy to the test!

Here's How It Works:

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

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

Sudoku Answer

S	O	D		A	H	E	D	V	N
S	W	T		G	E	W	O	N	E
O	R	E		G	I	V	I	T	O
W	V	E	R	O	D	E	I	H	M
V	T	N	O	V	W	V	E	L	D
H	V	E	S		E	D	V	W	B
S	O	H	O	V	W		V	T	V
O	O	O	E	R		G	E	D	V
S	S	V	S		T	V	V	E	K
S	I	W		G	E	N	O	N	V
V	E	H	E	O	R	N	B	E	S
H	V	D	V		O	I	H	E	O
N	N	I	V	I	D	V		L	N
S	E	S	O	T	O			S	S

Crossword Answer

X CROSSWORD

CLUES ACROSS

1. Dried hemp leaves
5. Shuts
11. Golf shot
12. Emitting light
16. Maple genus
17. Integrated circuit
18. O'Reilly from "M.A.S.H."
19. SNL's Olympia Rest. dish
24. Liberal degree
25. Short task trip
26. Must have something
27. Prefix for wrong
28. Student furniture piece
29. Semitic fertility god
30. Back talk
31. Lost brightness
33. Reconnaissance (Brit. military)
34. A narrative song
38. Men who cannot lose face
39. Bastard wing
40. 55121 MN
43. Young sheep
44. Fashioned
45. Short fight
49. Large payroll service Co.
50. Fantasy video game
51. Blind spot or ___ lutea
53. 39th state
54. Dessert topping
56. Eyelashes
58. Touchdown
59. 2nd largest Spanish river
60. Made poisonous
63. Favorite old shade trees
64. Table linen
65. A measured portion of medicine

CLUES DOWN

1. Separated
2. 32-card game
3. Guides a vehicle
4. A brief run of luck

1	2	3	4		5	6	7	8	9	10				
11					12						13	14	15	
16					17				18					
19				20	21			22	23				24	
25							26					27		
28						29					30			
					31	32				33				
34	35	36	37						38					
39							40	41	42					
43						44					45	46	47	48
49										51	52			
53				54					55					
56		57						58				59		
60						61	62					63		
												65		

5. Baby bed
6. Manuscript gaps
7. Overdose
8. Yes in Spanish
9. Dog-___: shabby & worn
10. Mark with an asterisk
13. Potato state
14. Cereal giant
15. Lawn, sedge & cereal
20. Tin
21. ___, denotes past
22. Interpret written words
23. Jelly-like colloid
27. Speed of sound
29. Initials of "Jezebel" actress
30. Not wet
31. Supervises flying
32. In the year of Our Lord
33. Stood for election
34. A state of equilibrium
35. His magic lamp
36. Small sugar cube
37. Bachelor of Laws
38. Pa's partner
40. Wyatt ___, OK Corral
41. Device that makes 2 pieces compatible
42. NBC's parent Co.
44. Japanese apricot
45. Concrete leveling guide
46. Adobe dweller
47. Warning devices
48. Having many branches
50. ___ Vesh, "Star Wars"
51. Doc
52. Carrier's invention
54. German for Vienna
55. Contrary water movement
57. Roman 55
61. Out of print
62. Of I

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www.gng.ag

PRODUCT RECALL



Kidde Canada in conjunction with Health Canada has announced a voluntary recall to replace certain Kidde black plastic valve disposable fire extinguishers.

ABC and BC-rated fire extinguishers manufactured between July 23, 2013 and October 15, 2014 could be affected.

If you believe you may have one of these fire extinguishers please contact Kidde Canada at 1-844-833-6394 (8am - 5pm) Mon-Fri or visit www.kiddecand.ca and click "Safety Notice."

NEWS TIPS Call 467-5836

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Sat May 9 @ 10:00 am

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Retirement Auction, Farm Sold!
Contact: (204) 372-6912

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Part Time Company Delivery Driver. Mon to Fri approx. 6 hours a day; new van provided; standard Class 5 license required; helpful, customer service focused; a team player in our fast paced environment; potential job share opportunity (2 to 3 days a week split). Please apply in writing to amy@arrowspecialties.com. For questions please contact Amy at 204-467-1800 ext. 225.

GPCC, Fairview Campus requires Heavy Equipment Technician Instructors to commence August 15, 2015. Visit our website at www.gprc.ab.ca/careers for more information!



HELP WANTED

Eddie's Gravel Supply Ltd of Winnipeg Beach is accepting applications for Asphalt Laborers. The applicants must have a valid drivers licence, work well with others and be in good physical shape. Local work 204-389-2023.

Part-time House-keeping Staff required. Call Sheri at Rockwood Motor Inn at 204-467-2354.

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!

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Kabeelo Lodge in NW Ontario needs a F/T cabin cleaner/waitress for 2015 season. Wage based on experience. Send resume to info@kabeelo.com or fax to 952-447-2194.

BUSINESS OPPORTUNITY

High cash producing vending machines 1.00 vend = .70 profit. Custom vending routes. Set up in your area. No competition. Details call 1-866-668-6629 WWW.TCVEND.COM

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TO GIVE AWAY

FREE FIREWORKS! Red Bomb Fireworks is looking for locations to erect portable advertising signage. We will position our non-intrusive signage on your property for a one-year renewable term, and you will receive free fireworks. Considering locations within a 50km radius of Selkirk. Email sales@redbomb.com with your geographic location (GPS coordinates or civic address) and your contact information today.



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REQUIREMENTS:

- Trucks must be 2010 or newer
- We will inspect older equip.
- Clean driver's abstract/CVOR/FAST Card
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OR CALL TOLL-FREE: 1-855-721-3962 For More Details

LUKE BRYAN

Citizens for Safety Bus is leaving
Rockwood Motor Inn
on May 6 & 7 at 6pm for the concert.

RESERVE YOUR SEATS TODAY.
Call Jocelyn at 204-782-8485

ROCKWOOD Motor Inn 467-2354
390 Main St. Stonewall

HELP WANTED

Truckdriver REQUIRED

Must provide drivers abstract. 3 ton and van deliveries with heavy lifting required.

Must have class 5.

Please apply in person to 391 Main St., Stonewall



THE RURAL MUNICIPALITY OF ROCKWOOD PUBLIC NOTICE

HAZARDOUS WASTE DROP-OFF

AT WINFIELD ROAD WASTE TRANSFER STATION

The Winfield Road Waste Transfer Station, located at 6091 E Winfield Road (Rd 76N) is accepting Hazardous Waste (used oil, antifreeze, filters, etc.) on the following days:

- 10 a.m. – 5:00 p.m. – Every Thursday and Saturday – May 1 to September 30
- 10 a.m. – 5:00 p.m. – Every Saturday – October 1 – April 30

Please contact the Winfield Road Waste Transfer Station at 204-467-9490 with any questions regarding the disposal of Hazardous Waste and what you can drop off.

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The Rural Municipality of Rockwood

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Wholesale Water Filters!! New Water-ite water softeners, 30,000 grain/\$550. All sizes avail. Reverse osmosis systems, \$220. Paterson iron removers/\$490. Greensand iron odour removal systems, \$690. All Seasons Furnishings 204-661-8581.

NOTICES

Following the resurrection of the Lord Jesus Christ, the first day of the week became a weekly reminder of His risen presence. Whereas the seventh day speaks of God's work in creation, the first day reminds us of His love in redemption. J.C. Ryle The Canadian Lord's Day Association www.clda.ca

WANTED

Buying older firearms. Single pieces or collections. Also western relics or dug-ups. Contact Stan 204-426-5272 Cell 204-326-7038 Email: sbarta4440@gmail.com.

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 stonewalldelk@hotmail.com

FARM MACHINERY

7700 Ford tractor, 86 h.p., 3 pth, \$12,000; New Holland 851 baler, \$1200; Vicor baler, \$1500; 21 ft. deep tiller cultivator; 10 ft. John Deere hay rake. Ph 204-322-5614.

POTATOES FOR SALE

Red, Yellow & Russett potatoes for sale. Beets, cabbage & onions. Sunflower seeds, wild bird seed & deer feed. Call 204-886-2676 Interlake Potato Farm.

LIVESTOCK

Salers bulls from the top performance Canadian Salers herd, black or red. Semen tested & guaranteed. Can deliver. Ken Sweetland 204-762-5512 or 204-739-3958.



MORTGAGE SALE

The lands and premises located at NE 28-19-1W, Narcisse, Manitoba and as described in Certificate of Title No. 2731182/1 will be sold at an auction on Thursday, the 4th day of June, 2015 at 10 a.m. at McSherry Auctions, 12 Paterson Drive, Stonewall, Manitoba.

The property is 160 acres fronting onto Highway 17 approximately 1 hour north of Winnipeg and just south of the town of Narcisse. Located on the property is a 1 storey 3 bedroom home which is 920 square feet. The home has 100 amp electrical service and one 3-piece bathroom. The master bedroom is approximately 10 feet by 12 feet and the other two bedrooms are approximately 10 feet by 7 feet. The home has an attached 22 x 22 foot garage with one overhead door.

Also on the property is a detached insulated 26 x 32 foot workshop with wood heat, a concrete floor, 12 foot high walls, and sliding doors. The property is mostly open grazing land with a small amount of bush and a dugout. The property has its own well and septic system.

TERMS: Twenty (20%) per cent of the purchase price in cash or certified cheque and the balance owing according to conditions to be announced at the sale.

The taxes for 2013 and 2014 are owing in the amount of \$2,428.13.

The following encumbrances are registered on the property:

-Caveat 256445/1 from Manitoba Telephone System;

RESERVE BID WILL BE ANNOUNCED PRIOR TO THE AUCTION.

Further information may be obtained from:

MONK GOODWIN LLP
Barristers and Solicitors
800-444 St. Mary Avenue
Winnipeg, Manitoba R3C 3T1
Erica Haughey (204) 956-1060

ANNOUNCEMENTS

BRIDAL SHOWER

Community Bridal Shower for

Alyssa Priestley

Bride-Elect of Ryan Mariani on Sunday, May 17, 2015

at 2:00 p.m.

at the Anglican Church Hall 62nd Street, Teulon

Hosted by Grandma Lorna Priestley
Everyone is welcome!

Got a SPORTS TIP?
Call Lana at 204-467-5836

Is your Company looking to recruit Aboriginal job seekers?

Advertise your job title and location in the classified section of 130 newspapers across Saskatchewan and Manitoba (950,000 Circulation). Have the position referred to www.firstnationsjobsonline.com and your company website for the full job description. Email: dansbully@sasktel.net for more information

First Nations Jobs Online

ANNOUNCEMENTS

BRIDAL SHOWER

Community Shower for Jacquie Proctor

Bride-Elect of Jesse Gardiner Sunday, May 24th at 2:00 p.m.

Woodlands Community Hall

(Gift Registration at The Bay-Home Outfitters-Canadian Tire)

Bridal Shower
in honour of
Megan Mankewich
(bride-elect of Jesse Fallis)
May 31, 2015 at 2:00 p.m.
at Warren Community Hall
Megan & Jesse are registered with Sears & Bed Bath & Beyond OR Canadian Tire Gift Cards optional
Everyone Welcome



THE RURAL MUNICIPALITY OF ROCKWOOD 2015 DUST CONTROL PROGRAM

When requesting application of dust control, the Applicant acknowledges and accepts the following:

1. The product to be used for dust control purposes is Magnesium Chloride. The Municipality does not guarantee any dust control product.
2. For safety purposes, the maintenance of roads by the Municipality takes priority over anyone's application of dust control.
3. The Municipality shall not be responsible to replace anyone's application of dust control.

The Rural Municipality of Rockwood will accept requests for the application of dust control, on a **PRE-PAYMENT BASIS ONLY**, on municipal roads in front of residences in the Rural Municipality of Rockwood. **This includes residences in the Rural Residential Zones.**

Ratepayers may obtain dust control on the basis of **\$300.00** per application. **Orders and pre-payments** for same to be made to the Rural Municipality of Rockwood Administration Office by **Friday, May 29, 2015**. The application will consist of actual width of road x 100 metre strip. The area to be serviced **must** be staked out prior to application. Dust Control will be applied during the early part of June, 2015, **weather permitting**.

In the event of there not being sufficient requests for a truckload, payments will be refunded.

NOTE: In 2016, Council may contract the 2016 Dust Control Program to a private company. The rates may be increased and Applicants would make application directly to the Contractor, **not** the Municipality. Information will be provided on the municipal website at www.rockwood.ca in April and/or May, 2016.

COUNCIL

The Rural Municipality of Rockwood



SOUTH INTERLAKE PLANNING DISTRICT BOARD A DISTRICT COMPRISED OF THE R.M. OF ROCKWOOD, R.M. OF ROSSER, TOWN OF STONEWALL AND TOWN OF TEULON REQUIRES:

PLANNING DISTRICT MANAGER

The Manager is responsible and accountable for the overall supervision, coordination and operations of the District. The applicant must be proficient in providing technical analysis and conducting planning assessments as they pertain to applications which includes rezonings, plan amendments and plans of subdivision. This position requires strong communication, interpersonal skills as well as demonstrated management and leadership experience. Familiarity with the Planning Act and Municipal Act is required. Salary range to be between \$62,000.00 and \$71,000.00 depending on qualifications and experience. Education skills, abilities and experience required:

1. Completion of a program for municipal administrators or equivalent combination of training experience;
2. Computer skills;
3. Staff management and leadership;
4. Ability to conduct research and write reports;
5. Knowledge in finance and budgeting;
6. Planning experience;
7. Ability to work well with a Board and Municipal Councils;
8. Conflict Resolution;
9. Dealing with the public;

We thank the applicants who apply but advise that only the applicants to be interviewed will be contacted by telephone.

Please apply in writing to Chair, South Interlake Planning District Board, to Box 1219, Stonewall Manitoba, R0C 2Z0, or by email to info@sipd.ca, giving full particulars as to education, experience and expected salary.

Applications must be received by May 15, 2015



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Agricultural Service Technicians Rosetown, Sask.

Please visit westernsales.ca for full job description

Email resume's to: careers@westernsales.ca

or fax 1 306 882 3389

Attn: Rome Molsberry

THE RURAL MUNICIPALITY OF ROSSER



2015 REQUESTS FOR GRANTS

The RM of Rosser is now accepting requests for grants under the 2015 Recreation and Culture Grant Program. Request for funding may be for capital expenditures, operating expenditures, or recreational and/or cultural activities. Application forms are available at the Municipal Office or by calling 467-5711. The deadline for making application to the Municipality is **June 1** and **December 1** in each year.

Council
The Rural Municipality of Rosser

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

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ANNOUNCEMENTS

ANNIVERSARY



Happy 50th Anniversary
Henry and Alice Meier
1965 - May 8 - 2015

-Love from Jeff and Lana, Mollie, Branden,
Chanele, Annaliese, Matthieu
Judy and Kim
Joy, Tom and Saige

ANNOUNCEMENTS

ANNIVERSARY

65th Wedding Anniversary

in honour of

Gerald (Les) and Annie Scharf

of Oak Point, Manitoba

You are invited

to a come and go celebration

to be held at the Parish Hall in St. Laurent

on Sunday, May 17 from 1:30 - 4:00 p.m.

Everyone welcome. Lunch included.

No gifts please, just the pleasure

of your company.

ANNOUNCEMENTS

BIRTHDAY



Happy 2nd Birthday
Jase!

-Love Mom and Dad

ANNOUNCEMENTS

BIRTHDAY



Congratulations David Borthistle (Papa)
on your 80th birthday!

Since contracting polio in 1953 you have inspired us all with your courage, fighting spirit and the determination with which you have lived with your illness while always showing your concern and passion for others. All the while you never lost your sense of humor! In an article written by the late Bobby Bend in 1982 you were quoted as saying "In the early stages of my illness my main concern was whether I was going to live or die. This gave me no time to feel sorry for myself. Once past that crisis it was necessary to use a positive approach. The more time you spend on developing the capacities you have left to their utmost the less time you have to feel sorry about the capacities you have lost."

You have been feisty and relentless in all your ventures including your "agitation" for a more acceptable entrance and exit for the old King George Hospital, organizing the Polio 53 Club which raised funds for repairing and buying wheelchairs for other patients and for your personal development of "frog breathing" which allowed you and others to have daytime life without the help of a machine. You have used your great intellect to take full advantage of modern computer technology.

You have made a lifelong friend and become part of her family. They have given you support and love for over 30 years. Today the grandchildren inspire their Papa and make you laugh. You have always said that you have been fortunate to have a family around you, including parents, siblings, nieces and nephews who have supported you throughout your life.

Bravo David! We are so proud of you.

Should you wish to send congratulations to David his address is:

2E - 28 Riverview Health Centre

1 Morley Avenue

Winnipeg, MB R3L 2P4 or by email

(john333@mymts.net)

ANNOUNCEMENTS

BIRTHDAY



Happy 8th Birthday
Owen James Shymko
Wishing you a great birthday!

-Love Auntie Nicole, Papa,
Mom, Dad, Aidan and Ethan

ANNOUNCEMENTS

BIRTHDAY



Mary Kowalchuk
Happy 93rd Birthday
on May 7th

Thank you Mom for being our inspiration.
When we grow up we want to be just like you!

-With all our love and admiration,
your children, grandchildren and
great-grandchildren

ANNOUNCEMENTS

BIRTHDAY



Happy 8th Birthday
Ethan Logan Shymko
Wishing you a great birthday!

-Love Auntie Nicole, Papa,
Mom, Dad, Aidan and Owen

ANNOUNCEMENTS

IN MEMORIAM



In loving memory of
Blanche Siska

November 20, 1927 - May 9, 2005

Remembering you is easy,
I do it every day;
But missing you is a heartache,
That never goes away.
I hold you tightly within my heart,
And there you will remain;
You see life has gone on for ten years
without you,
But will never be the same.

-Lovingly remembered by your
children and their families



Early Advertising Booking Deadline

for the May 21st Edition is May 15th at 4 p.m.

Classified announcements and word ads: Friday, May 15th at NOON

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ads@stonewallteulontribune.ca

Announcements

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OBITUARY



Gladys Marion Petlock
February 19, 1922 - May 1, 2015

The Beirnes families are saddened to announce the passing of their aunt Gladys Petlock on May 1, 2015 in the Stonewall Hospital.

Gladys was born in Narcisse and raised in the Rockwood area. After her marriage to Walter Petlock, they purchased a farm in the Rosser area in 1946, and became lifelong friends with their neighbors the Klimpke's. She worked at various jobs, including waitressing for the Bill Klimpke family. But what she enjoyed most was gardening, which she developed into a small business growing fruits and vegetables, with her specialty being growing gladiolas of many sizes and colors. Later she met Jack Breuer and they spent the winters at his apartment in Winnipeg and the summers out at her farm.

Following Jack's passing she was able to move into the Lions Manor where she was so pleased with, and appreciative of, the Home Care help she received.

Gladys was the last surviving member of her family. She was predeceased by her only child, Lloyd Petlock in 1947, as well as parents William and Mary Jane Beirnes; sisters Dorothy Stephen and Winnie Harrison; brothers Russel, Lloyd, and Cyril. She leaves behind many nephews, nieces and friends all of whom have special memories of times spent with Gladys. Rest in peace Auntie.

A memorial service will be held in the MacKenzie Funeral Chapel in Stonewall, MB. on Friday, May 8th, 2015 at 11:00 a.m.

MACKENZIE FUNERAL HOME STONEWALL
(204) 467-2525 • mackhome@mts.net



OBITUARY



Cole Douglas Gaudry
February 14, 1996 - May 1, 2015

It is with deep regret that we announce the sudden passing of Cole Gaudry on Friday, May 1st, 2015, at the age of 19 years from Stonewall.

He is survived by his loving parents Doug and Kelli; his brothers Tyler and Brett; his grandmothers Laverna Gaudry and Marilyn Moskal; his aunts and uncles, Chris and Tracey Moskal, Cam Moskal, Adrienne and Raymond Chiupka, Chad and Michelle Gaudry and Angel Hermay. As well as numerous cousins and friends.

Funeral Service will be held on Saturday, May 9, 2015, at 2:30 p.m. at MacKenzie Funeral Chapel, Stonewall.

Honorary Pallbearers are Tyler Gaudry, Brett Gaudry, Shawn Bellin, Lane Futz and Derek Davies.

Special thank you to all our family, friends and neighbours for your compassion during this difficult time.

In lieu of flowers, donations may be made to CancerCare Manitoba.

His Smile

Though his smile is gone forever
And his hand I cannot touch,
I still have so many memories
of the one I loved so much.
His memory is my keepsake
with which I'll never part,
God has Him in His keeping
I have him in my heart.
Sadly missed but never forgotten.

MACKENZIE FUNERAL HOME STONEWALL
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with an Announcement in the

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