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TRIBUNE PHOTO BY NATASHA TERSIGNI

To introduce Teulon Elementary School students to sports that they can continue for a lifetime, the school is hosting several different clinics during the next two months. The first clinic was held last Friday by the Archers and Bowhunters Association of Manitoba and introduced students to archery. Grade 4 to 6 students learned technique and fundamentals of archery and then tried their hand shooting with a bow at indoor targets. Pictured left to right, Leanna, Carl, Anthony, Sam, and Rafael.

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Visit Teulon and District Museum for Manitoba Day

By Jennifer McFee

Come one, come all to Manitoba Day celebrations.

On Friday, May 12, the Teulon and District Museum and Historical Society will celebrate Manitoba Day with free admission, tours and refreshments from 1 to 3 p.m.

Located in Green Acres Park, the museum features an assortment of historical buildings, including country schools, a Ukrainian log house, a shoe repair shop, a machine shed, a Ukrainian Catholic church and a railway caboose.

It also includes the Hunter House, where local doctor Alexander Hunter lived for nearly 40 years. All of the buildings are wheelchair accessible.

The group's president Joan Trombo said visitors can look forward to seeing other

artifacts such as a 1919 Ford car, an iron lung, a movie projector, a hair wreath and vintage quilts that were created as fundraisers for the Red Cross during the First and Second World War.

"For Manitoba Day, you don't need to book in advance. You can just show up," Trombo said. "I think it will be a good day."

The museum is also open for school tours, and it will officially open for the season on June 30.

Fundraising barbecues are scheduled for the fourth Friday of the month in June, July, August and September at the Esso parking lot from 11 a.m. to 1 p.m.

On Saturday, July 8, the museum's annual tea and bake sale will take place from 1 to 3 p.m.

Plans are also in the works to participate in Cultural Days in September.



TRIBUNE PHOTO BY LANA MEIER

Teulon and District Museum and Historical Society president Joan Trombo is encouraging people to come out to celebrate Manitoba Day on May 12 while learning about Teulon's history.



there's a new VP in town!

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Lessons in citizenship



TRIBUNE PHOTO BY JO-ANNE PROCTER

The 301 Alan McLeod VC, Royal Canadian Air Cadet Squadron spent this past Saturday morning cleaning up Memorial Park in Stonewall. The park seemed like an ideal location to implement their citizenship work, where they give back to their community through volunteering. Next up for the cadets will be a survival exercise at Amisk Camp south of Winnipeg along the LaSalle River.



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Stonewall woman wins \$100K on trip to Winnipeg

Submitted

A Stonewall woman's trip into Winnipeg left her with plenty in her pocket to come back.

Connie Lynn Lowen picked up a Lot-to-6/49 and Extra ticket at the Giant Tiger on London Street for the March 25 draw.

She later returned to the store to find out she had won \$100,000.

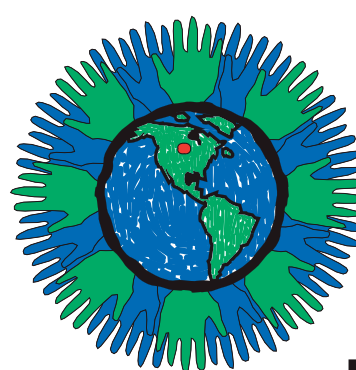
"I didn't know it was a winner until I took it to the store and scanned it," she said. "When I saw the amount I was shocked — it's unbelievable!"

Lowen plans to share her winnings with family.



TRIBUNE PHOTO CREDIT WCLC

Connie Lynn Lowen of Stonewall won \$100,000 on the March 25 Extra lottery draw.



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Community Living Interlake welcomes new executive director

By Jennifer McFee

A familiar face is moving up the ranks at Community Living Interlake.

Jimm Simon, who has been with the organization for three years, is now the new executive director. Tara Smith, who has held the position for the past decade, is working with Simon this month while she prepares to retire at the end of May.

"I think Tara is a great executive director and she did a really wonderful job here. I would've gladly worked with her for the rest of my career but she has chosen to retire," Simon said. "I'm thrilled and a little nervous about stepping into the executive director shoes."

During his time as director of operations, Simons has seen tremendous growth and transformation for the non-profit organization, which provides housing, employment and skills training to people living with intellectual disabilities.

"In the last three years, we've added two new houses. We've moved into the new building at 307 Main St., the old Home Hardware building, and done most of the renovations for that. We've opened up the Global Garage and Art House," Simon said.

"We've taken on more staff and more people to our day programs. So there have been big changes and growth, and I've been involved under Tara's leadership."

Simon brings to the role his business background, while most of the other staff members provide a social work perspective.

"It's grown into a job that involves a lot of human resources and finances and that kind of stuff. As an executive director, I'm relying on the long-term team, the senior management people who've been here quite a while to continue to do the excellent job they do in looking after the clients. That's our main focus," he said.

"This is 24 hours a day, seven days a week. People live with us and rely on our services and help for decades of their lives. It's not just a 9 to 5 job in any way, shape or form. It's quite a responsibility."

A point of pride remains the organi-

zation's ability to integrate its clients into the community.

"We have six houses and they're literally all over town, and the neighbours like having us for neighbours. People are using Global Garage and patronizing us because we're providing a service, not because we're a charity that needs their help," Simon said.

"We're part of the business community. We're part of the residential community. We're creating economic development on Main Street, and we're doing it all with the help and for the benefit of people who live with intellectual disabilities."

It's a daunting task, since there are approximately 75 employees and 55 clients.

"It's a responsibility to be part of the lives of all those people," Simon said.

A current challenge is the need for ongoing fundraising.

"We need to finish the front quarter of our building next to Global Garage, and that's really a prominent space on Main Street. We probably need \$200,000 to do that," Simon said.

"We have to raise that through donors and contributions and fundraising events like the Quiz Night."

Tickets are still available for Quiz Night, which is scheduled for May 26 at the Odd Fellows Hall.

"We've still got a lot of seats to sell for the Quiz Night. We're hoping that if people want to participate, they can come into Global Garage and get tickets there or call me directly," said Simon, who can be reached at 204-467-9169.

"Quiz Night's going to be great. It will be a fun night with lots of prizes and it's all for a good cause. There will be excellent quiz masters that most people in town are familiar with."

Going forward, the services of Community Living Interlake will



TRIBUNE PHOTO BY LANA MEIER

Community Living Interlake recently hired Jimm Simon as the new executive director. Pictured with Simon in the back row is Dustin Barbour, left, Angela Hueging, middle, and Gary Lawson.

be needed even more.

"We've got to finish our renovations. We've got a lot of clients who are graduating from the high school,

so we've got to get these new younger kids involved," Simon said.

"It's going to continue to be exciting and challenging in contributing to the community."

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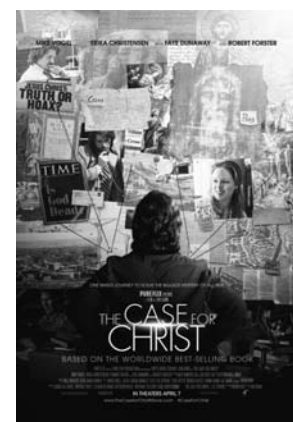


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Getting caught up in open water

Welcome, friends.

On one of the last days of winter fishing, I met three Americans checking their loaded equipment as they were about to head home after spending a weekend fishing on south Lake Winnipeg off Matlock.

Mike was a young, robust, pleasing chap. Shorter Scott, with grey hair, showed remarkable energy as he dashed about checking their gear as we talked. Matt was a tall, well-conditioned guy with piercing eyes, chiselled features and a short brown pointed beard.

During our brief hurried time together, the boys expressed anxiety about getting into trouble on our great Lake Winnipeg, so I gave them my card and told them they were "never alone here." I revealed, as I have with so many other out-of-towners, that if something difficult arises, call and we MIFA guys will try to help. That seemed to put them at ease as Matt remembered a fishing story about getting caught in open water during a summer rain storm.

It seems our three new friends were boat fishing years ago on Mille Lacs Lake in central Minnesota when a sudden powerful rain storm came upon them. They decided to hightail it back to shore and the comfort of the lodge where they were staying. Their little motor pushed their aluminum skiff along at an agonizing snail's pace as torrential rain began pounding down on them. White-yellow shafts of lightening ripped across the sky. Cracking thunder from the dark blue-grey boiling clouds made them duck involuntarily.

Finally, in the midst of this soak-



TRIBUNE PHOTO SUBMITTED

Gail Strauman of Selkirk with a sturgeon she caught at Lake Nutimik.

ing chaos, the drenched men made shore and ran for the lodge's bar. The lodge owner, a huge slow walking, slow talking guy (let's call him Bert), oblivious to the wet carnage, plodded down to their boat to bail it out before it swamped.

A couple of years later, the boys were at the fishing show in Minneapolis and ran into Bert. Matt asked him if he remembered them. The owner looked at them and slowly said, "You were the swamped guys!"

They laughed as the lodge owner held up a big hand and, with a half-smile, continued, "A funny thing happened in that boat while I was bailing it out. I bent down to get more water with my pail and was stunned to see fish swimming around my legs. I

stood up wondering how this could be until I saw your old cooler with a foam top that you had used as a live well. The top had floated off, releasing your fish, and I wound up with some unusual company as I saved your boat!" I wonder what ever happened to those fish.

Normally, getting your income taxes done isn't necessarily a pleasant experience; however, in my case, this year, it was. I was finished and about to leave H&R Block's office in Selkirk when I asked the lady at the front desk if she had a fishing story. Her eyes softened knowingly and, with a hushed voice, gave us this delightful story.

Continued on page 10

Tribune

The Selkirk Record

The Winkler Morden Voice

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Woodlands School ready for Outdoor Classroom Day

By Jennifer McFee

Woodlands School will take learning to a whole new level when classes head outdoor for a full day next week.

On Thursday, May 18, the local school is participating in Outdoor Classroom Day along with thousands of other schools around the world. The purpose of the international initiative is to celebrate and inspire outdoor learning and play.

The initiative began in 2012 when a handful of schools joined a campaign in London, England. The movement continued to grow, and last year, nearly 500,000 children in 52 countries celebrated outdoor learning.

This year, more than 818,000 children are already gearing up to participate, and the numbers for 2017 continue to grow.

Locally, Woodlands School teacher Morag Ivany took the reins to steer her school towards a day of outdoor learning.

"I saw it on Facebook as an internationally recognized day and I thought that it would be super cool to try. Schools across Australia, Europe and the States are all taking part," said Ivany, who teaches grades 6 to 8.

"We have to stick to our regular classes, so if you have Grade 6 math first period, they will be doing their math outside. There is a website with ideas for lessons if you're struggling about what you could do in that class."

Keeping their fingers crossed for lovely weather, the Woodlands students will be outside from 9 a.m. to 3 p.m., even enjoying their snacks and lunch outside as a picnic.

"There will be a letter going home about using sunscreen, hats and plenty of water," Ivany said. "It should be interesting. I think it will be lots of fun."

For most subjects, the outdoor environment lends itself well for teaching different lessons and concepts, she



TRIBUNE PHOTO SUBMITTED

Woodlands School is preparing to celebrate Outdoor Classroom Day on Thursday, May 18.

added.

"I think the kids are really going to like it. Maybe they'll be learning more from the environment that day. It's the perfect setup for science and even social studies as well," she said. "There's also lots of opportunities for reading, writing and reflecting."

So far, Ivany hasn't heard of any other schools that are participating in the

Interlake School Division — but if any schools are interested, it's easy to get involved. All they have to do is visit www.outdoorclassroomday.com and sign up. On the Outdoor Classroom Day website, they will also find an abundance of lesson ideas and other resources.

Rockwood council approves 2017 financial plan

By Jennifer McFee

Rockwood council approved a mill rate increase of 3.7 per cent, although the operating expenses only went up by \$23,000 over last year.

"We have to increase the mill rate in order to make up for lost revenue ... We've got \$188,000 less in revenue from two different brackets, one for CPR and one for sale of other assets because we don't have anything to sell this year," explained Rockwood CAO Chris Luellman at a special meeting on May 3.

"It's less than 0.3 per cent increase on the operating budget, but the mill rate increase is at 3.7 per cent increase."

Last year's mill rate was 7.8367, while this year, it's set at 8.1331.

In total, the 2017 budget has revenue and expenditures that are both set at \$7,776,015.12.

Some of the costs include transportation services (\$3,313,032), reserve transfers (\$1,779,000), general government services (\$894,800), recreation and cultural services (\$578,000), environmental services (\$570,300) and protective services (\$507,010).

Council passed second and third readings of the 2017 financial plan, but Coun. Mark Hidlebaugh was opposed.

Public Hearing

Share Your Views concerning proposed re-zoning in CentrePort

An application has been received to re-zone land in the rural municipality of Rosser from Inland Port Rural Zone to "I2" Industrial General Zone.

Proposed re-zoning of Lots 23 and 24, Plan 1249 Pt. SE ¼ Section 19 – 11- 2E in the RM of Rosser amending Schedule B, Zoning Map 2 of the Inland Port Special Planning Area Regulation 48/2016.

Public Hearing

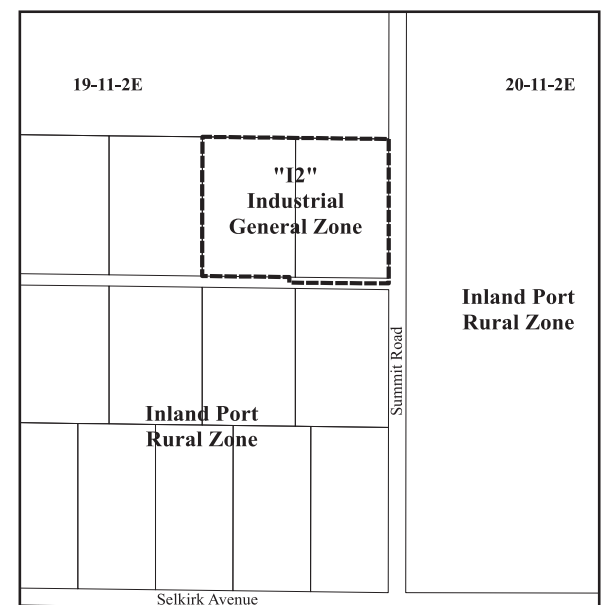
You are invited to share your views on the planned re-zoning at a public hearing on:

Wednesday, May 17, 2017 at 6:00 p.m. at the Victoria Inn and Conference Centre, 1808 Wellington Avenue in Winnipeg.

For more information:

If you would like more information on the proposed re-zoning, please contact:

Meagan Boles, Senior Planner
Inland Port Special Planning Area
Manitoba Indigenous and
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Canine companion contributes to RCMP traffic unit

By Jennifer McFee

It's a dog eat dog world, and no one knows that better than a hardworking German Shepherd named Hix.

Two-year-old Hix works alongside RCMP Const. Taylor Burns, who is part of the roving traffic unit that patrols highways across the province.

As part of his role, Burns is also a narcotics detection dog handler. He graduated with Hix from a nine-week course in Alberta at a police dog service training centre.

Hix was assigned to Burns there, and the canine has been his constant companion ever since.

"We're a highway safety unit, so we deal with everything from commercial motor vehicles right through to passenger vehicles and we patrol all throughout the province of Manitoba," said Burns, who has been with the RCMP for 10 years.

"Hix remains in the vehicle at all times. He has his own kennel in there. On a regular traffic stop, if there was suspicion for narcotics or grounds for narcotics, we would deploy Hix."

Hix would then try to locate narcotics in the vehicle based on odour recognition.

"Every odour has a profile, and these dogs are able to detect the profiles on which they've been trained," Burns explained.

"Hix is trained on marijuana, hash, heroin, cocaine, methamphetamine, MDMA, mushrooms and fentanyl."

When Hix detects one of these eight substances, he simply sits down.

"All he's trained to do is sit upon detection. He'll sniff and pursue that odour to where he can get the closest to it," Burns said.

"All of our dogs are trained to pursue it to its source. Then once he's as close to it as he can get, he would sit and stare at it, whether it would be behind a seat or under a floorboard or whatever the case may be. That, to him, is confirmation."

It's not a daily occurrence or even a weekly occurrence that Hix gets put to work, Burns said.

"It's just a tool, a resource," he said. "My primary function isn't dog handler. My primary function is traffic safety, which is why I'm attached to the traffic safety unit."

Last week, Burns and Hix paid a visit to RW Bobby Bend School, where kindergarten students had the chance to learn about the unique partnership.

"I love my job. It's something different every day," Burns said. "It's nice to have the freedom to be part of a proactive unit that deals with road safety on a regular basis. It's probably one of the most rewarding jobs."



TRIBUNE PHOTO BY JO-ANNE PROCTER

RCMP Const. Taylor Burns and his two-year-old German Shepherd Hix are part of the roving traffic unit that patrols highways across the province.

Stonewall council bids fond farewell to CAO Doreen Steg

By Jennifer McFee

The Town of Stonewall is bidding a fond farewell to chief administrative officer Doreen Steg, who has accepted a position as CAO for the Town of

Teulon.

Steg served as Stonewall's assistant CAO for one year followed by approximately a year and a half as CAO.

She will start her new role in Teulon

on May 15, and she said the change is bittersweet.

For Stonewall Mayor Lockie McLean, Teulon is gaining a tremendous asset in Steg.

"Doreen has done a tremendous job. With my term as mayor, I'm thankful that I've had the support of someone that capable because she's the best," McLean said.

"She truly is a person that other people want to work with and be around. She is highly capable of all the role that is demanded of a CAO. She's rare in that she's very humble. The relationship we've had as a mayor and CAO was very, very positive."

He said that he is thankful that the Town of Stonewall has had Steg on board as an integral part of the team.

"The town is running very smoothly and our financial bottom line is in great shape," he said. "She's very conscientious when it comes to making sure that everything is well managed, and the town is definitely better off because of it."

The Town of Stonewall is looking to hire a new CAO, and the job description is posted online at www.stonewall.ca.

In other Stonewall news:

- Council passed third reading of the zoning bylaw.

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Continued on page 9

Stonewall attractive to film production companies

By Natasha Tersigni

While tax incentives may have been a factor at first, it is government co-operation and friendly residents that keep the film industry coming back to Stonewall.

Last week, Toronto-based production company Middle Child Films was back in town to film their new independent movie *Sorry for Your Loss*. Starring *The Hangover* star Justin Bartha, the movie is a comedy about a new dad that learns of his estranged father's death and must spread his ashes in his father's favourite professional sports team stadium. While the Investors Group Field stadium in Winnipeg is the set for the stadium, Stonewall and Selkirk will be the stand-in for many of the movie's home and residential street scenes.

The film crew was in Stonewall last Friday to shoot several indoor scenes at 170 2nd St. W. For the film's producer Tony Wosk, this is not his first visit to the town. Last year, Wosk took over parts of Main Street and the Legion for shooting the movie *Room for Rent*, which brought the television show *Suits* star Patrick J Adams to Stonewall.

"Filming in Manitoba, there are tax incentives that bring business into the province, which is so incredible because producers like me who can

partner with Manitoba-based producers. It helps us make the movie, but at the same time, it brings in business to the community. What we end up doing is bringing folks to Winnipeg, but to maximize on the financing side, you need to shoot outside of Winnipeg for a number of days. Last year with *Room for Rent*, we filmed for a week in Stonewall and it was great, so when we started scouting locations for this film, we wanted to see what was available in town," said Wosk, who added he again is partnered with Manitoba film production company Farpoint Films.

"Stonewall, in particular, has been one of my favourite places to film because it is so movie-friendly. We have been able to find great locations. The people are great to work with and it is a really easy town to work in and the government is great. They really work well with us and help accommodate us as much as possible, such as the closing of streets and allowing us to film pretty much anywhere in town."

The production crew will be back in Stonewall in a few weeks to film for a couple days at new locations and will be filming for two days this week in Selkirk. *Room for Rent* is expected to hit theatres this fall while *Sorry for Your Loss* is expected to be released in the spring of 2018.



TRIBUNE PHOTO BY NATASHA TERSIGNI

A film production crew was in Stonewall last Friday to shoot the independent movie *Sorry for Your Loss*. Middle Child Films writer and director Collin Friesen enjoys filming in Stonewall and has been on set to shoot several other movies in the past.

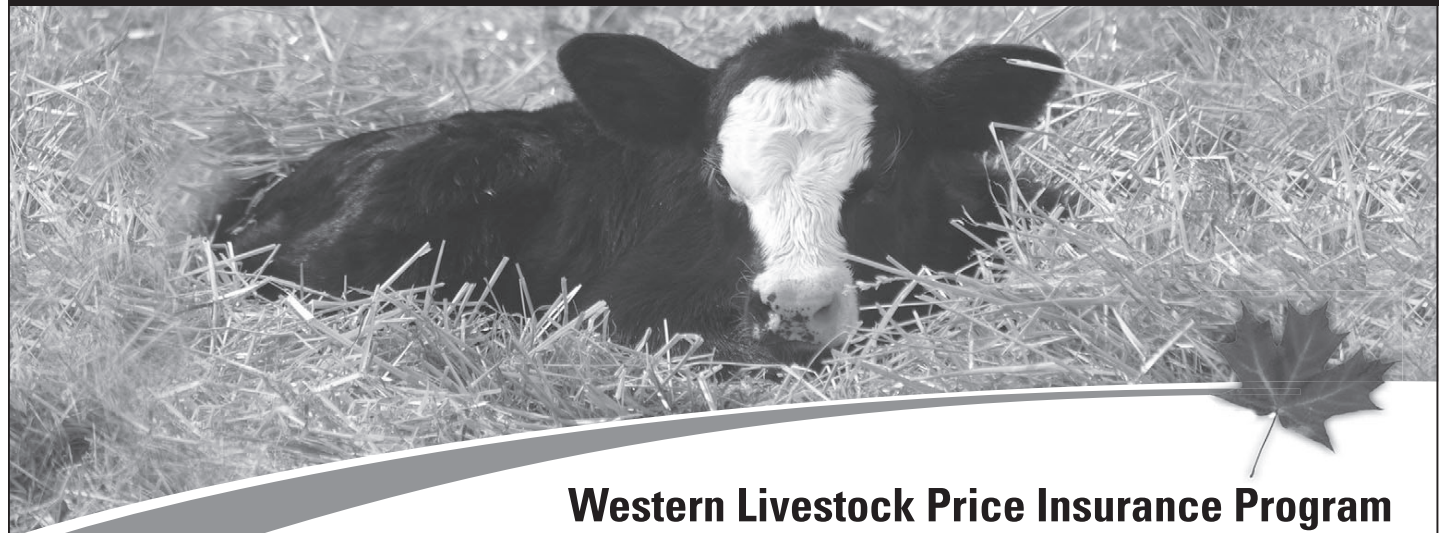
> STONEWALL COUNCIL, FROM PG. 8

- Stonewall, Rockwood, Rosser and Teulon are asking to change the library funding formula so that it is based on a combination of population and membership.

- The Interlake Eastern Regional Health Authority has identified the need for a task force to develop and recommend a solution to overcome the financial challenges associated with developing a doctor-in-residency training program. Coun. Sandra Smith has been appointed to represent the Town of Stonewall on this task force.

- Council gave the go-ahead to an individual who would like to set up a hotdog cart in various locations in town, such as Memorial Park during lunch hours (except during Quarry Days). The Quarry Park manager will also designate places and times for the hotdog cart to be set up in Quarry Park.

A variety of purchase and payment options are available.



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Stonewall celebrates government funding for lagoon project

Staff

The Town of Stonewall is flush with government funding towards its lagoon upgrade project.

On Friday, May 5, representatives from all three levels of government gathered in the Stonewall council chambers to officially announce \$3.45 million in funding for much-needed lagoon upgrades.

Through the Clean Water and Wastewater Fund, the federal government will contribute \$2.3 million, while the provincial government will provide \$1.15 million and the town will pay the balance.

Stonewall Mayor Lockie McLean is thrilled with the announcement.

"This is huge for Stonewall," he said. "During my time on council, it's one of the biggest grants this town has ever seen."

For the taxpayers, it means they will end up paying much less than the amount that was originally calculated, which was estimated at \$122.76 per parcel each year over a 20-year period. The calculations are currently being reworked.

McLean gave kudos to chief administrative officer Doreen Steg, who was instrumental in putting the grant ap-

plication package together.

"I want to thank Doreen, in particular, who worked the hardest and had to push at all levels to get this done," he said. "She gets top marks, for sure."

He also acknowledged the efforts of Lakeside MLA Ralph Eichler and Selkirk-Interlake-Eastman MP James Bezan.

Eichler noted that Stonewall was at the top of the list when the government was considering the application packages.

"Of course, we're very proud," said Eichler, the agriculture minister. "James and I worked on behalf of the constituents of both of our ridings, which we're glad to do and to partner with the town because we know it's going to boom even more than it already has."

Bezan added that the \$2.3 million federal contribution marks one of the largest infrastructure investments in Manitoba through the grant program.

"I'd like to congratulate the Town of Stonewall for putting together such a great application. You've got to have a solid application just to get considered going through any of the federal and provincial infrastructure programs, so it is critical," he said.



TRIBUNE PHOTO BY JENNIFER MCFEE

Three levels of government joined together on May 5 to officially announce the funding for Stonewall's lagoon upgrade project. From left: Coun. Wally Badger, Coun. Sandra Smith, CAO Doreen Steg, Mayor Lockie McLean, Lakeside MLA Ralph Eichler and Selkirk-Interlake-Eastman MP James Bezan.

"I also really have to thank Ralph. Being a minister now, Ralph has that influence that is so important."

In rural Manitoba, the future depends on making sure that communities are healthy so that they can continue to grow and prosper, Bezan said.

"Municipal infrastructure, the lagoon in particular, is so critical in continuing to allow the town to grow and

to provide the services that everybody here depends on. It also attracts so many other people that want to call Stonewall home because of all the services and programs that are available," he said.

"This is such a beautiful town and we can't take infrastructure dollars for granted."

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Rosser residents face property tax increase of 8.1 per cent

By Jennifer McFee

The RM of Rosser hosted a public hearing on May 3 for the 2017 financial plan.

The financial plan includes an increased mill rate to 8.432 mills from 7.801, with an 8.1 per cent increase to municipal property taxes.

A question and answer period followed the presentation, which included information about proposed revenues and expenditures, short-term and long-term goal, and a summary of activities to date.

In other Rosser council news, Orvel Currie and Jen-

nifer Hansen of DD West LLP and Rosser CentrePort Project manager Bob Brown attended the May 2 committee of the whole meeting to discuss local improvement No. 2 and Inkster Industrial Park South subdivision Phase 2 sewer system.

> GET FISHING, FROM PG. 6

She, Gail Strauman, and her husband, Larry, of Selkirk were boat fishing last summer on Nutimik Lake on a beautiful, quiet, sunny day when she caught a sturgeon.

"Honey, I think I got something!" she exclaimed to Larry, who hadn't yet had a chance to get his line in the water. His body came alert as he stopped preparing his rig to gape at a sleek white-grey, five-foot-long sturgeon breaking the water's

surface. It rolled on its side and then, tail high, dove for the bottom. To Gail, it felt like a rock as she tried to pull up and reel in. It tore to the right with frightening force for a couple of boat lengths. Then it would stop, rest and then take off to the left, always getting a little closer to the boat.

After 30 minutes of hard, careful work, Gail saw the fish's head pop up alongside the boat. Her arms, now aching,

slowly heaved up on her rig as the fish calmly surfaced right by her. Larry, without hesitation, got down on his knees and reached his arms over the side and under the fish, cradling it carefully into the boat. The fish surprisingly didn't move, so they switched places and took this lovely picture for us to enjoy. Well, next week I hope to see you out there fishing. For my part, I can't wait!

Till then, so-long.

Manitoba Hydro files general rate application with PUB

Utility requests 7.9 per cent increase in each of the next two years

Submitted

Manitoba Hydro today filed a Letter of Application for its 2017-18 General Rate Application (GRA) with the Public Utilities Board (PUB). The rate application includes a request to:

- confirm the previous 3.36 per cent rate increase approved by the PUB on an interim basis in 2016;
- an interim 7.9 per cent rate increase effective Aug. 1, 2017;
- and an additional 7.9 per cent increase effective April 1, 2018.

The utility's long-term financial plan includes a total of five years of 7.9 per cent rate increases starting in 2017 after which it projects much lower increases of two per cent annually.

For the average residential consumer using 1,000 kilowatt-hours per month, the 7.9 per cent increase in 2017 will result in a monthly increase of \$6.88 in their electricity bill. The 7.9 per cent in 2018 will result a further increase of \$7.43 per month for the same customer.

Kelvin Shepherd, president and

CEO of Manitoba Hydro, said the rate increases are absolutely necessary to protect the financial sustainability of Manitoba Hydro. Specifically, the rate increases will help address the corporation's large debt and cash flow issues during this critical period of major capital project investment.

"Without question, developing two major projects, the Keeyask Generating Station and Bipole III transmission line at the same time, has resulted in Manitoba Hydro taking on a significant amount of debt to finance the construction of those projects," Shepherd said. "The rates we are proposing today will help ensure that Manitoba Hydro's debt will continue to be self-supporting. This is critical as it protects both Manitoba Hydro and the province from the risk of higher borrowing costs and reduced access to capital."

"In addition, the best way to protect customers from even higher rates is to ensure we are financially strong enough to weather known risks such

as a severe drought, rising interest rates or other scenarios that could have a major impact on our operations and our financial stability," Shepherd said.

The proposed rate increases, coupled with an enhanced and accelerated cost-reduction program, form the core of a 10-year plan to restore Manitoba Hydro to a minimum level of financial strength, Shepherd added.

In its complete filing of supporting documents on May 12, the utility will explain how its business outlook has deteriorated since the last GRA in January 2015. In addition to the impact of developing two major projects concurrently, Manitoba Hydro has seen both projects increase in cost. As well, the utility is experiencing lower growth in Manitoba's demand for electricity and continued lower prices on the export market.

Without any rate increases, the utility will have negative cash flows in its core operations, which is unsustainable, Shepherd said.

"As part of our balanced approach to restore the financial health of the company and to protect our customers from more significant rate increases in the future, Manitoba Hydro

is also accelerating cost-containment measures, including reducing our staffing by 900 and looking for additional efficiencies in our operations, such as improved asset management measures and new ways to streamline processes," Shepherd said.

"Our plan to become a leaner, more customer-focused organization is underway and forms an integral part of our efforts to address Manitoba Hydro's finances."

Shepherd said that the PUB will ultimately determine the final level of rate increase Manitoba Hydro customers will see. The PUB is an independent tribunal that has broad oversight in balancing various stakeholder perspectives to determine rates for Manitoba Hydro customers.

"When you consider Manitoba has amongst the lowest electricity rates in Canada — as well as potential rate increases that other jurisdictions will have to meet the needs of their customers, renew their infrastructure and move away from carbon-based generation — Manitoba Hydro will continue to offer excellent value for our customers' energy dollar by providing renewable, safe and reliable electricity for years to come," he said.

Playground fundraiser



TRIBUNE PHOTO BY JO-ANNE PROCTER

Robert Magnifico, owner of Pizza Den Restaurant and Lounge, donated \$2,356 to the RW Bobby Bend Parent Advisory Council (PAC) president Beth Sugimoto on May 8. The PAC sold Pizza Den gift certificates as a fundraiser to help pay for a new play structure at the school with a portion of the total sales being donated back to the project.



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Local nurse urges students to apply for IERHA bursary

By Maggie Wysocki

With summer holidays right around the corner, most post-secondary students are dreaming of sleeping in and staying up late. But for others, summer also means finding a way to pay off student loans.

Post-secondary education students in Manitoba take on an average of \$8,000 in debt per year, which can add up to \$32,000 for a student who borrows for all four years of a degree, according to the Canadian Student Loans Program.

Clandeboyne resident Melissa Skrumeda understands the financial struggle.

Now a registered nurse at the Selkirk and District General Hospital, Skrumeda says she worried about paying off her loans when she was a nursing student at the University of Manitoba from 2012 to 2015.

"Obviously, schooling is expensive, and when I found this bursary, I immediately submitted my application," the 26-year-old said.

The bursary that freed Skrumeda from financial debt was the Interlake-Eastern Regional Health Authority's (IERHA) Grow Your Own bursary. Intended to support health-care stu-



TRIBUNE PHOTO BY MAGGIE WYSOCKI
Melissa Skrumeda, a registered nurse at the Selkirk and District General Hospital, says applying for the Grow Your Own bursary helped her pursue her dreams without the stress of paying off student loans.

dents within the Interlake region, the bursary covers up to \$2,550 per academic school year to full-time students.

"We currently have 26 students fulfilling their return of service agreements with us," says Brianna Dem-

chuk, the IERHA's human resources manager.

Applying for the bursary in both her third and fourth year in nursing school, Skrumeda says it allowed her to graduate debt-free and to see the potential she had as an RN.

"It's about growing as a person, finishing school and getting a career that will lead you somewhere," she says, regarding the bursary's title, Grow Your Own.

The bursary comes with the agreement that the recipient gives one year of service to the IERHA.

A two-time recipient, Skrumeda had to dedicate her first two years after graduation to Selkirk, but she says it worked out for the best.

"I started out thinking I'd want to work at a hospital in the city but now I'm glad I stayed close to home," she said, adding that she sees herself being a "lifer" at the Selkirk and District General Hospital.

Sticking around Selkirk also means that Skrumeda gets to work at the bigger and better new hospital set to open in June, which she says is "just beautiful."

This year's Grow Your Own bursary deadline application is June 30, and Skrumeda encourages other nursing students to fill out the "quick and easy" online application.

For more information and application forms, visit ierha.ca.

National Hospice Palliative Care week celebrates 'Top Five While I'm Alive'

Submitted

National Hospice Palliative Care Week is May 7-13. This year's national theme, Top Five While I'm Alive, incorporates the philosophy that hospice palliative care is about living your life and living it well, right to the end.

Resources found at <http://www.chpca.net/week> will help you work through a bucket list of your "Top Five While I'm Alive." As I was reading through the resources, I considered my own top five while I'm alive list as well as the Top 5 items I am thankful for when I think of the Interlake-Eastern RHA's palliative care program. I can proudly say my Top 5 thankful items (not in any particular order) are 1) our community volunteers, 2) our social workers, 3) our volunteer co-ordinator, 4) our nurses and 5) our physician support. All of these people work together to make our program what it is today.

Palliative care is the provision of skilled, compassionate interdisciplinary professional and volunteer care for people whose illness is not responding to treatment. The goal is the best possible quality of life for clients and their families. We all work together to make this statement a reality.

Interlake-Eastern RHA invests approximately \$5 million annually to care for palliative care patients in hospitals, long-term care facilities and at people's homes in the region. The palliative care program functions under the umbrella of home-care services, which is funded through Manitoba Health.

Palliative care uses services offered through home care such as nurses, home-care attendants and occupational therapy. Interlake-Eastern RHA's palliative care program has two full-time and one half-time nurses, who provide specialized support to our clients. The program also has the support of a community physician who is available for consults in pain and symptom management and available to the region's physicians, nurse practitioners and the palliative care nurses. Outside of the available time of this physician, we encourage physicians to utilize the 24-hour consult services offered through Winnipeg Regional Health Authority.

Bereavement support is offered to all clients and families who are involved with the program. Two social workers, one full-time and one half-time, provide this specialized service to our clients and families. We have partnered

with Palliative Manitoba that has created an education document to help community members provide support to people who are grieving. I encourage community members to connect with our program if they would like a copy.

Our volunteer co-ordinator educates and supports the various volunteers who work with us. She also does the work and organizes volunteer resources required for us to host Camp Stepping Stones for a weekend every year. Camp attendees are children aged seven to 17 who have experienced the death of someone significant in their life during the previous year. Volunteers who donate their time are a blessing to the program as they sit at clients' bedsides in hospitals or their homes and they help us with various program related needs and support the philosophy of palliative care. The co-ordinator also acknowledges, with letters of thanks, those who donate to palliative care.

Funds donated to palliative care help us provide end of life education to communities, families and volunteers and they are used for extras that enhance how we can help such as the purchase of specialized equipment like mattresses that are more com-

fortable for clients who remain in bed most of the day. This equipment may not be available otherwise.

I encourage you to make your Top 5 while you're alive list and connect with me if you'd like more information about the palliative care program, Camp Stepping Stones or volunteer opportunities: 204-467-3361, TRogowski@ierha.ca.

Visit www.chpca.net/week for your downloadable bucket list.

Bucket List Guidelines

1. Print the "bucket list" template (or create your own) and fill out your Top 5 While I'm Alive list.
2. Take a selfie or photo of your list, or of you holding your list.
3. Post your photo to your social media accounts (Facebook, Twitter, Instagram, etc.) using the hashtag #Top5WhileImAlive and tag the Canadian Hospice Palliative Care Association.
4. Encourage your social media contacts/friends/family to create and share their own list on their social media accounts.

Submitted by Tammie-Lee Rogowski RN CHPCN(C)® CCHN(C)®, Clinical Team Manager, Interlake-Eastern Regional Health Authority Palliative Care Program

Woodwork on display at Teulon library for May

By Jennifer McFee

Victor Medwid has carved out a niche for himself through his unique woodworking projects.

And the public will have the chance to view his pieces at the Teulon library, where he is the artist of the month for May.

Medwid has honed his skills for more than three decades, and his dedication to details is evident in his work.

"I started this 30-some years ago. It was something I found interesting to do. I'd see a lot of these artworks and I figured I could probably do something like that," he said. "So I started into it, and right up to now, I've made quite a few instruments and other things."

One example of fine craftsmanship is his Hardanger fiddle, which is a Norwegian folk instrument dating back to the 1800s or even earlier. Medwid has also made an Appalachian mountain dulcimer, which he can play a little bit, as well as a five-string bluegrass banjo.

With his grandchildren in mind, Medwid also created a collection of toy trucks, loaders and excavators using plans that he got from Lee Valley.

"I figured that they look really great. I've got grandkids now, so I made them to be played with, but they're too great of pieces of work to be handled

roughly," he said. "I still let them play with them, but under supervision."

Adding to his artistic offerings, Medwid also creates German Christmas carousels.

"There are three layers of different ornaments on them. They've got candles on the bottom, and the heat from the candles turns all the layers around," he said.

"It's really interesting looking, and they're all intricately dressed up. I think they look nice."

In addition, Medwid has created a collection of Looney Tunes characters, which he has drawn and painted. He also makes Adirondack chairs, tables and canopy swings.

"Since I've been retired, I've spent a lot of time doing stuff like this," he said. "I enjoy the challenge of making something out of wood and seeing the results."

At home, there is definitely an appreciation for the arts since his wife Maureen displayed her colourful quilts at Teulon library in March when she was the artist of the month.

"We each have our own interests," Medwid said. "You've got to have something like that to do."

To view Medwid's woodwork, drop by the Teulon library at 19 Beach Rd. during the month of May.



TRIBUNE PHOTO SUBMITTED
Victor Medwid's artwork is at Teulon library.

Rockwood municipality council news in brief

By Jennifer McFee

- Council defeated a resolution to request that Manitoba Hydro install two 90-watt LED street lights at the intersection of PTH 67 and PR 322 at an estimated cost of \$11,000 plus a \$30 monthly fee.

- The RM of Rockwood will sign the 2017 road works contract with Maple Leaf Construction for an estimated cost of \$271,859.70. Couns. Terry Hartle and Lyle Willis voted against the resolution.

- Council defeated a resolution to accept Yardvark Lawn Care's proposal of \$998 per month to maintain the parks in Stony Mountain. Instead, council accepted Big Daddy Enterprises' proposal of \$1,250 per month to maintain Stony Mountain's parks.

- The RM of Rockwood will accepted gravel hauling as needed by the public works department from C. Slater Construction Ltd., Dola Brothers Trucking Ltd., Glen Medwid, Armstrong Construction Ltd., Interlake Excavating Inc., Pasak Farm Ltd. and Blackstone Contracting.

- The RM of Rockwood's dust control program will be a full user-pay program. The municipality will no longer subsidize the application of dust control to roads for the 2017 season. The 2017 cost will be set at \$400 per 100-metre site, with additional requested metres for an extra \$4 per metre. Costs are re-evaluated annually. Couns. Art Goudy and Mark Hidlebaugh opposed the resolution.

- Council is suspending stabilizing roads for the 2017 season except for approved construction projects.

- The Partnership of the Manitoba Capital Region has been able to get better prices for fire equipment than the City of Winnipeg. The fire reporting system is working well since it is cheaper and is saving time.

- The RM of Rockwood authorized the Stonewall-Rockwood Fire Department to sell used SCBA equipment to the Fisher Branch Fire Department for \$2,000 and to the Eriksdale Fire Department for \$3,000. The fire chief has deemed the equipment safe for resale.

- The RM of Rockwood entered into an agreement with the Town of Stonewall for Peter Bullivant to be the emergency co-ordinator. The budgeted fee for emergency services is \$20,900 plus taxes.

- Ed Vandekerckhove requested a variance to build a new 16-by-16-foot deck onto his existing home. Council approved the variation, which would allow the minimum rear yard setback to be eight feet rather than 25 feet.

- Council approved Carly Keating's request to keep a maximum of 20 sled dogs on a property owned by Victoria Evans. Previously, Keating was granted permission to keep 15 sled dogs. If there are any noise issues, the maximum number of permitted dogs will be reduced to three. An eight-foot-high fenced enclosure needs to be installed to house the dogs.

- Council authorized Kenton Byle of North Mountain Storage to apply to the South Interlake Planning District to put up a temporary business identification sign on property owned by the RM of Rockwood. The RM is considering putting up a community sign for the business park. If that happens, then Byle's sign must be removed.

- Council authorized up to \$2,000 to be paid to the Grosse Isle Heritage Site for Canada 150 celebrations.

- Council approved a request from Marc Fournier to organize a Manitoba Cycling Association sanctioned bicycle road race in the Townsite of Stony

Mountain on Wednesday, June 7 from 6 to 10 p.m. Fournier will need to get a permit from the Highway Traffic Board and will need to ensure that the race is covered by liability insurance.

- Council defeated a resolution to authorize a burning ban in the RM of Rockwood effective May 3.

- Council passed third reading of a bylaw to establish policy and standards for constructing private approaches and installing culverts.

- Council passed second and third readings of a bylaw to augment the machinery replacement and repair reserve fund.

- Council passed first and second readings of a bylaw to augment the fire fighting equipment, building, renovation and replacement reserve fund.

- The RM of Rockwood entered into land lease agreements with Joyce and Jim Mott as well as with Ljubo (Leo) and Barbara Kozar.

- Council renewed an agreement with Armstrong Construction Limited for carrying out a quarry operation.

- The director of operations will speak with representatives at the Sno Man organization about where snowmobile routes should be amended since they appear to be affecting drainage.

- Council would like developments in urban areas to have civic addressing on their homes instead of the municipality installing green addressing signs at the end of driveways.

- The RM of Rockwood will host a public meeting to receive input about the Stony Mountain sewer and water rate study and the Stony Mountain metre replacement program. The meeting will take place at the Stony Mountain Recreation Centre (117 School Rd.) on May 23 at 7 p.m.

Green Acres Art Centre annual dance recital



TRIBUNE PHOTOS BY LANA MEIER

ParticipACTION 150: Mountain biking with KOM



TRIBUNE PHOTO SUBMITTED

I was able to complete activity # 2 Cycling while riding with the South Interlake Kids of Mud last Tuesday.

By Natasha Tersigni

The past couple of weeks have been a bit on the slower side for me. Not that I have anything against gardening or

golf it is just not my usual cup of tea. All that changed this week when I was invited for a ride with the South Interlake Kids of Mud (KOM); a program that teaches youth aged six to 14 years the fundamentals and techniques for mountain biking.

I went out with KOM last year, when I covered their program for an article. Now in its third year the group has grown tremendously and has riders of all ages and abilities. The group meets every Tuesday evening for a skill session and a group ride and encourages bikers to head to races on Wednesday nights at Birds Hill Park or weekend races held on various trails throughout the province.

The best part of riding with the group, besides the great coaches and awesome youth, is that they find these awesome trails just minutes from Stonewall. Last year, I joined them when they were out on this fun, hilly trail at Oak Hammock Marsh. Last

Tuesday, I met up with the group at the old quarry trails in Stony Mountain to cross # 2 Cycling off of my list.

I am pretty sure I have explained my carefree attitude when it comes to safety precautions, but that is one of the reasons why KOM is a great program. Every ride they focus on a new skill and there are levels of progression depending on your ability. On rides, you are pushed out of your comfort zone, but by no means in an unsafe manner and I can see why the riders have so much fun and learn a lot.

The Stony Mountain trails were a great way to christen my mountain bike for the season, although I had a few issues sitting for the next couple of days. I think it is time to invest in a gel seat.

For my second activity of the week, I headed to Teulon Elementary School for activity #10 Archery. On Friday, the Archers and Bowhunters Association of Manitoba came out to the school to

introduce students in Grades 4 to 6 to the sport. While the Hunger Games book and movie series really brought archery to the forefront for many youth, the workshop focused on the fundamentals and techniques needed to be like Katniss Everdeen and not so much on the hunting down of people. Also, did you know Jennifer Lawrence, the actress who played Katniss in the Hunger Games movies, trained with an Olympic archer for two years before the first Hunger Games movie? Talk about dedication to your work.

Anyways, the clinic was a ton of fun and I got to try out a long bow. It was also very humbling when I could barely get on the paper and the Grade 4 student next to me kept nailing the middle of the target.

Well, that's another week. Please keep those invites coming to natasha@stonewallteulontribune.ca. I need to get in as many activities as possible before my summer hiatus.

Teulon ski club named best in the province



TRIBUNE PHOTO SUBMITTED

Members of the Teulon Cross Country Ski Club proudly display their Manitoba Ski Club of the Year award presented to the local club by the Cross Country Ski Association of Manitoba.

By Natasha Tersigni

This past winter, the Teulon Cross Country Ski Club proved to the rest of the clubs across Manitoba that it is not about the size that makes a club successful.

At the recent Cross Country Ski Association of Manitoba's (CCSAM) annual general meeting, the Teulon club received the association's Manitoba Ski Club of the Year award. The local club was nominated by a CCSAM ski instructor who has held clinics and workshops in Teulon and was impressed by how the club has grown over the past number of years and is able to offer a number of programs for skiers of all ages and abilities.

The award recognized the club's programs that continue to develop skiers, including the learn-to-ski Jack Rabbit program and the club's competitive junior racing team made up of youth ages nine to 15 that compete in the Manitoba Cup Series.

Operating for more than 25 years, the ski club located on Road 91 west of Highway 7 between Gunton and Teulon offers four and a half kilometres of groomed trails for both classic and skate skiing. Over the past few years, with new programs, the club has been able to grow and now boasts over 100 members.

"While we are much smaller than most Winnipeg clubs, when it comes to the racing season, our skiers are right there with them during races. As well, we offer the same programs to families that the city clubs offer and we have two streams of programs members can choose from: recreational or competitive. To aid in our athletes' development, we having

coaching from our jackrabbit program right up to our youth racers. We also host workshops and clinics for adults who may not want to race but enjoy skiing recreationally," explained Club board member Marlene Bodnarus, who added the club has seen a lot of change in the last few years.

"Over the last number of years, we have quadrupled in size. In our Jack Rabbit program alone, we have gone from 15 skiers to over 30. We now have an active adult program, and the biggest thing to happen over the winter is that we have brand new

ski chalet set up. With the help of grants, we had the chalet set up for opening season in November."

With a core group of members and dedicated volunteers, the club hopes to continue its growth and be able to offer an opportunity for all cross-country skiers in the Interlake.

10 Commandments from Home Purchase to Possession Date

You've purchased your new home, the mortgage has been approved and you've got more than 30 days before you move in. Here's some tips to avoid any problems with your mortgage funding on possession date:

1) **Don't change jobs, the way you're paid or quit your job.** Your employment may be re-verified within 30 days of possession date and if anything has changed, it could affect your mortgage approval and it's ability to fund.

2) **Don't co-sign a loan for anyone.** Co-signing any type of car, student or other loans will result in inquiries to your credit bureau and added financial obligations that you must be able to debt service for your mortgage to fund.

3) **Don't buy a vehicle.** Applying for credit to purchase a vehicle will result in an inquiry to your credit report. This could decrease your credit score and the mortgage amount you qualify for.

4) **Don't use your credit card or lines of credit excessively or make any late payments.** Using more than 70% of your credit card or line of credit limit decreases your credit score. Any recent late payments will also significantly affect your score, regardless of the amount.

5) **Don't spend the amount you have set aside for closing.** Having enough money for down payment and closing costs is critical to getting your keys on possession date, as well as some reserves after closing.

6) **Don't omit debts or liabilities from your mortgage application.** Disclose all debts and liabilities early in the mortgage process. Details are checked and double-checked so they will likely turn up at some point in the process and could jeopardize your mortgage approval when discovered.

7) **Do not buy furniture, appliances or household items before closing.** Large purchases causing deductions to your bank account, inquiries to your credit report or additional debt could cause your closing to be delayed or denied. Confirm with your mortgage professional before you commit to such purchases before your mortgage funds.

8) **Don't apply for new credit.** Credit reports can be refreshed within 7 days of closing and new inquiries could cause more documentation to be required before your mortgage can fund.

9) **Don't make large deposits.** Abnormal or large deposits into any of your bank accounts must have sources verified and may result in more documentation being required.

10) **Don't pay off any collection or bad debt accounts prior to closing.** Any negative credit accounts that weren't addressed in the mortgage approval shouldn't be paid until after closing. This will reduce your credit score immediately due to the date of last activity becoming recent.

For a free, no obligation consultation to discuss your mortgage options, please contact me by phone @ 204-479-6064 or email @ shelleys@onelinkmortgage.com.

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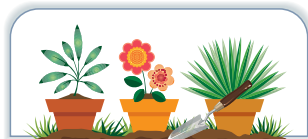
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Determining Your Insurance Needs!

When considering mortgage insurance upon purchase of your new home or renewal of your mortgage you may want to consider combining all your insurance needs together. Often people are paying separately for insurance on a car loan or line of credit as well as adding mortgage insurance to the list. It may be more economical to look at placing all your insurance needs into one package. Generally the more insurance you purchase the lower your costs. It doesn't cost you anything to have an insurance broker give you a quote. For a free quote call Linda at 467-8490.



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Stephanie
Duncan



GET A TASTE OF OUR REGION by eating someplace new

This month's feature: PIZZA DEN RESTAURANT AND DEN LOUNGE

Here's the dish by Stephanie Duncan

Dining at Pizza Den Restaurant & Lounge in Stonewall is always an inviting experience. The restaurant is open, airy and bright and the lounge has a new, relaxing atmosphere to enjoy lunch or some drinks with friends. Lunch for us last week was both a sample platter of appetizers from the lounge and a house specialty, Mexi Den pizza.

The Appetizer Sampler Platter was a great option and had plenty of treats for 2-4 people. The number of items and assortment made a great first impression. The bruschetta was freshly made on a perfectly toasted piece of bread with a burst of flavour with my first bite. Boneless Dry Ribs were meaty with a touch of breading, light and crispy. Veggy Spring Rolls were a favourite with the Sweet Thai Chili Sauce for dipping, and the Frickles were a first for me, lightly breaded pickles deep-fried with honey dill sauce. The platter was a definite must for a great starter or snack.

The Mexi Den is one of my favourite pizzas ever not to mention the biggest taco you've ever seen. The pizza begins with a perfect layering of marinated tomato sauce with 12 herbs and spices, taco seasoned ground beef, pepperoni and hand blended Napoli and brick mozzarella cheese with authentic Italian taste and texture spread edge to edge on freshly hand tossed dough. On top was a burst of colour with fresh, crisp lettuce; diced red and green peppers; freshly chopped bright red tomatoes with blue, red and white nacho chips crackled overtop. Each bite was as good as the first. This was a mouth-watering masterpiece...go ahead, give it a try! The menu also includes a daily special, wraps, burgers, pastas, ribs, chicken, fish and steak. Gluten Free pizza, pastas and fresh Manitoba pickerel available too!



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Miss Interlake Pageant looking for contestants

By Jeff Ward

With the 2017 Lunder Agricultural Fair fast approaching, the search is on for contestants to represent their community in the 2017 Miss Interlake Pageant.

Organizers of the Miss Interlake Pageant are once again searching for Interlake girls to be a part of the 50th anniversary to represent their community. Tara Law, one of the organizers, said that the pageant is a fun character-building event that gives these girls the opportunity to show the Interlake who they are. Law said

that the feedback from previous contestants has always been positive and that the pageant tends to bring out the best in the contestants as they make their way through the day.

Contestants must perform a talent at the showcase, ride on the Miss Interlake float during the parade, attend a luncheon at the Lunder Legion Hall, be interviewed by the judges and perform an impromptu speech at the grandstand.

The deadline for registration is May 30, and the Lunder Agricultural Fair takes place June 9 and 10.

"It's the kind of event that is going to be important to people for many different reasons," said Law.

"For us, it's really been a labour of love to organize this every year. This is 50 years of history here and I don't think I've met anyone who wasn't proud of representing Miss Interlake."

Currently, Law has five communities already on board: St. Laurent, Lake Francis, Eriksdale, Lunder and Teulon. Contestants must be between 16 and 21 years old.

Law said that potential contestants shouldn't be worried about not hav-

ing a talent or lacking in any one specific area because the judging is done as an overall representation of the person, not of any one skill.

"I'd encourage them to talk to last year's contestants because it is such a rewarding experience. Ask them what they got out of the day and how it shaped them," said Law.

Anyone interested in taking part in this year's pageant can visit the Lunder Agricultural Society website, <http://www.lundaragsociety.com>, or they can contact Law at missinterlake@outlook.com.

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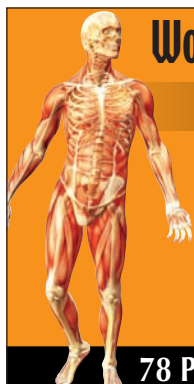
Did you know that more than 20,000 practicing physiotherapists come to the aid of patients in need every day in clinics across Canada? National Physiotherapy Month (held annually in May) is the perfect opportunity to recognize the exemplary work that these rehabilitation specialists do and to learn more about this constantly evolving field.

A diverse clientele

Physiotherapists work in a number of practice settings, such as hospitals, shelters, rehabilitation centres, private clinics, sports clinics, schools and seniors' residences. They work with patients of all ages who demonstrate functional limitations affecting their musculoskeletal, cardiorespiratory or neurological system. When it comes to treating developmental delays in children, loss of balance in seniors, muscle injuries in athletes or motor skill disabilities in handicap patients, physiotherapists are always there to help!

Personalized treatment plans

Thanks to their extensive knowledge of the workings of the human body, physiotherapists are able to properly assess their patients' physical abilities and draft a personalized treatment plan adapted to their specific recovery needs. They may recommend a variety of therapeutic treatments that involve exercises and manual techniques, as well as more specialized courses of action, such as electrotherapy, hydrotherapy and thermotherapy.



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How to choose the right landscaping specialist

A beautiful exterior designed by a professional landscaper is a sure way to enhance your home's curb appeal and increase its market value. Here's how to find a landscaping expert that will know how to interpret your preferences and respond to your needs accordingly.

First, determine what it is that you want — an intimate, Zen-inspired terrace? A garden bursting with colour, or perhaps a functional yard for entertaining guests? The choice is yours! For inspiration, tour your neighbourhood, search the web or flip through landscaping design magazines. Next, find out which businesses offer landscaping services in your area. Ask to see a portfolio of their past creations to figure out if their style matches what you have in mind. A professional landscaping artist that values their clientele will take the time to answer all of your questions.

Ideally, you want to get a price estimate from at least three different companies. Each estimate should



include the landscaping design plan, estimated duration of the project and, of course, total cost (including materials, warranties and labour).

No matter which company you end up choosing, a written contract for your review should be made available before any work commences. Make sure to read each line attentively before signing away! Lastly, ensure the company will supply you with all of the pertinent information regarding the proper care of your new plants. Better yet, ask if they offer maintenance services so that you can enjoy your beautiful new yard without having to lift a finger!



The art of lighting your property and landscape

Embellishing your deck, yard or garden with lighting involves more than simply lining your pathways and flowerbeds with light fixtures. Indeed, there are certain rules you should follow for your landscape lighting to effectively show off your property come sunset.

First, let's focus on safety. Your steps and pathways need to be clearly visible so that you can walk around with ease while staying out of harm's way. Wall-mounted sconces and embedded ground lights are extremely useful for lighting dark areas with style. Next, think about which elements of your landscape you would like to showcase. A beautiful plant that you're particularly fond of? The entrance gate? The fountain? The statue? To add a bit of magic, play with the lighting and install your fixtures (lights, lanterns, projectors, etc.) at random. All it takes is a well-focused beam of light to create an illusion of depth and volume in any yard, big or small.

Above all, it's important to note that it isn't necessary to illuminate the entire garden to create a warm atmosphere. An attractive yard that you'll enjoy admiring from your patio or upstairs bedroom window is but the result of a careful blend of shadow and light.

For a healthier home, join the fight against chemical contaminants

Did you know that the air inside your home is more polluted than the air outside? Exposure to common household contaminants like dust, asbestos, mites, mould spores and formaldehyde can lead to allergies, respiratory disorders and other health problems for you and your family. So, how do you improve your home's air quality?

Start by airing out your house for at least ten minutes every day, and keep your interior as clean as possible. Next, eliminate as many sources of chemical contaminants as possible:

1. Forfeit harsh cleaning products (laundry detergents, dish soaps, bathroom cleaners, etc.) in favour of certified "green" ones (in Canada, look for the EcoLogo label), or make your own using household ingredients like baking soda and vinegar.
2. Avoid air fresheners, as most contain a great deal of volatile organic compounds (VOC) that are harmful to your health and the environment. Use essential oils instead to make your home smell divine.
3. Purchase VOC-free paints, glues and dyes whenever possible, and apply a natural oil-based finishing coat to wood furniture and floors. Seek out building materials that contain low levels of formaldehyde, a gas that, in high concentrations, can irritate the eyes, ears and throat as well as exacerbate asthma symptoms.



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ISD students showcase artwork at legion



The Ecole RW Bobby Bend Grade 3 choir provided entertainment at the Visual Expressions grand opening reception.



TRIBUNE PHOTOS BY JO-ANNE PROCTER
The Johnston siblings (left to right) Sophia, Katelyn, Xander and Emma search the displays for their artwork.

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ISD Visual Expressions committee member Sarah Hadfield, right, serves cake, made by parent Crissy DeBin, to Samara Schenker, Preston Grandmont and Reid Ives.

By Jo-Anne Procter

"Art is not just a talent; it is a learned skill that takes time and effort to learn," said artist Sandra Wiebe at the Interlake School Division's Visual Expressions reception and gallery Walk on May 2.

"Just like learning math or learning to spell or learning composition skills, it is not handed to anyone on a silver platter."

Wiebe, a member of the Visual Expressions committee and an Interlake School Division trustee, explained that through art, students communicate in a straightforward, honest fash-

ion because that is just who they are.

Visual Expressions is held every second year ISD and is an opportunity for each student in the division to showcase one piece of artwork. This year, over 2,000 pieces of art were on display for the public to admire.

Throughout the week student volunteers from Stonewall Collegiate ran art workshops, which included henna tattoos on gloves, model magic clay.

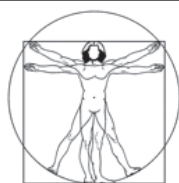
The Ecole RW Bobby Bend Grade 3 Choir performed for guests before cake and beverages were served.

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(Missing from photo - Josh Schellenberg)

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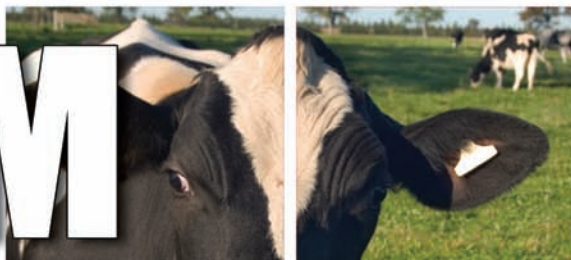
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Enjoy this monthly feature and watch for the next edition in the Tribune on June 8

Your FARM



Manitoba company launches prebiotics

By Harry Siemens

MSPrebiotics Inc., a privately-held natural health product company in Manitoba, recently announced results from their clinical trial that will shake up the emerging field of prebiotics.

Results from the trial, published in the *Clinical Nutrition* journal, demonstrate the potato-derived digestion-resistant starch supplement MSPrebiotic meets prebiotic criteria.

"Specifically, the publication shows patent-pending MSPrebiotic significantly increased the abundance of several species of healthy Bifidobacteria, which are known to promote numerous health benefits," said vice president Derek McLaren. "Elderly people taking MSPrebiotic also saw reduced constipation and an increase in the relative abundance of butyrate, a type of short-chain fatty acid that is the main source of energy for cells in

the colon".

Dr. Michelle Alfa at the St. Boniface Albrechtsen Research Centre led the collaborative study that evaluated daily consumption of MSPrebiotic versus a digestible cornstarch placebo over the course of the twelve-week trial in middle-aged and elderly individuals.

Other data from the trial, currently still under review, may show the most valuable benefits of MSPrebiotic: Elderly individuals taking the product saw significant and meaningful decreases in blood glucose levels and insulin resistance. Increased blood glucose and insulin resistance are both parameters associated with the development of type two diabetes.

"We are delighted to have a clinically-backed prebiotic that will assist people struggling to find a solution to their gut health issues," said

Earl McLaren, president, and CEO of MSPrebiotics. "The role our gut health and microbiome play in our overall wellness has become one of the hottest topics in health care."

MSPrebiotics Inc. is becoming a global leader in the research, development, and commercialization of prebiotic supplements.

The product MSPrebiotic is a digestion-resistant starch prebiotic derived from *Solanum tuberosum* tuber extract and is manufactured in a Natural Health Products site license approved facility near Carberry,

The supplement stimulates the growth of healthy bacteria and probiotics, and is fermented in the gut to serve as a glucose-independent source of energy.

"The key benefit is that, what you're doing is feeding your own organisms, like bifidobacteria, and those are the

good ones, and when you feed them and they increase, your gut health is much, much better," said Dr. Alfa. "One of the things it looks after is if you have constipation it reduces the risk of that. It also ensures that your gut will stay healthy for a longer period of time, so you don't start having inflammatory issues related to it."

"I was really excited to see that the bifidobacteria increase because this is scientifically solid," Alfa said. "We had a placebo control there, to see that change means it is really due to the MSPrebiotic. And so I'm excited because it's solid science, behind something that will improve the health of elderly, and now that I'm in that age group I'm really happy to be part of coming up with the information for others."



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Slow start to south Interlake building season

By Natasha Tersigni

Development across the South Interlake Region is down substantially for the beginning of the year, but officials are hoping the current construction slump is not an indication of the rest of 2017.

For the first quarter of this year, January to April, South Interlake Planning District issued 22 building permits valued at \$990,010 between the four municipalities it serves. For the same quarter in 2016, 80 building permits were issued valued at \$6.3 million, resulting in a 73 per cent decline in permits this year. Permits were relatively the same from 2015 to 2016 with 95 building permits valued at \$6.7 million issued in 2015.

The decline in construction has affected the entire region. For this first quarter of 2017, 11 permits were issued in the RM of Rockwood compared to 28 issued in 2016; one permit was issued in Rosser (15 in 2016); nine for the town of Stonewall (34 in 2016); and one for Teulon (three in 2016).

While building value has declined 84 per cent (\$5.3 million) from 2016,

SIPD general manager Eric Shaw is hopeful of the outlook for the next three quarters.

"As you can see with the data, early 2017 has been considerably slower than early 2015 and 2016. Having said that, we are still processing permits in

late April 2017, which are not yet reflected in the above numbers. While the data might be an early indication of a 'down' year in terms of permit numbers, I do think it's too early to draw that conclusion," explained Shaw.

"We've recently received a number of new applications, suggesting things are starting to pick up. By end of July, we should have a better sense of what kind of year

we're having."

While it is still early to say that SIPD is in a construction slump for 2017, there are a number of reasons that can be attributed to declines. Development levels often fluctuate and can be affected because of housing demand, interest rates, economic conditions, shifting demographics and weather.

"AS YOU CAN SEE WITH THE DATA, EARLY 2017 HAS BEEN CONSIDERABLY SLOWER THAN EARLY 2015 AND 2016."



TRIBUNE PHOTO BY NATASHA TERSIGNI

While construction continues in Stonewall's new Quarry Ridge Park housing development, the issuance of building permits across South Interlake Planning District for the first quarter of 2017 has declined 73 per cent compared to the first quarter of 2016.

	Building Permit Volumes & Values					
	2015 (Jan – April)		2016 (Jan – April)		2017 (Jan – April)	
	Volume	Value	Volume	Value	Volume	Value
Rockwood	28	\$2,661,760	28	\$1,576,385	11	\$475,965
Rosser	15	\$1,327,212	15	\$3,110,327	1	\$58,530
Stonewall	50	\$2,435,415	34	\$1,556,423	9	\$405,515
Teulon	2	\$337,700	3	\$76,626	1	\$50,000
Total	95	\$6,762,087	80	\$6,319,761	22	\$990,010

CHART SUBMITTED BY SIPD

Woodlands resident awarded \$500 for staying smoke-free

Submitted

Brandy Ukena of Woodlands is cashing in after staying smoke-free for the first week of the month of March.

Her \$500 prize is a reward for her participation in the Canadian Cancer Society's First Week Challenge Contest in association with Nicorette® and Nicoderm®, a monthly initiative that encourages tobacco users to make a quit attempt for the first seven days of the month.

"If I can do it, literally anyone can do it," said Ukena. "You have to be ready to quit and stick to it. I'm still not smoking after two and a half months."

Quitting smoking is one of the biggest challenges a smoker will face, and the cravings and withdrawal symptoms will be the toughest during the first week. Once a smoker makes it through the first week smoke-free, they are nine times more likely to quit for good.

Participants are encouraged to take

advantage of the free support services of Smokers' Helpline to help them with their quit attempt. Quitlines, such as Smokers' Helpline, more than double the likelihood of quitting successfully.

"Many people want to quit smoking but need the type of support provided through Smokers' Helpline. The prize is really about getting them to take that important first step," says Sharon Mulder, Interlake regional rep.

"Many people have to quit and quit again, so having a monthly challenge means that they can keep entering until they have quit smoking for good."

Anyone looking to quit smoking is encouraged to register with the First Week Challenge Contest online at www.firstweekchallengecontest.ca and get support by connecting with the Canadian Cancer Society Smokers' Helpline, toll-free at 1-877-513-5333 and SmokersHelpline.ca.



TRIBUNE PHOTO SUBMITTED

Brandy Ukena of Woodlands won \$500 for staying smoke-free in March in the Canadian Cancer Society's First Week Challenge Contest. First Week Challenge is a monthly national Canadian Cancer Society initiative that encourages tobacco users to make a quit attempt for the first seven days of the month.

Producing luscious gardens with the help of straw

South Interlake Regional Library to host a series of gardening workshops during May

By Natasha Tersigni

An economic and eco-friendly new trend has sprouted in the world of gardening and can now be seen growing in the Interlake.

Instead of using expensive pots or spending hours rototilling soil beds, gardeners are now opting for wheat straw bales to grow their vegetables and flowers.

To kick off South Interlake Regional Library's (SIRL) gardening series last Wednesday, Jen Beirnes hosted a Straw Bale Gardening workshop. On her family farm just outside of Stony Mountain, Beirnes has been using wheat straw bales for the past few years with tremendous success and was sharing her knowledge with those in attendance.

There are many positive factors including minimal weeds, moisture retention, and the fact that pots will never flood and they drain naturally. With wheat straw, there is lots of space for roots to grow, and at the end of the season, the bales are easy to compost.

"Instead of building a raised garden with wood and filling it with soil, you just need to use the bales and it is the container and soil in one. One of the major positives of straw bale gardening is that since you are using a small amount of potting soil for seeds, there is little to no weed growth. The time it takes to condition the bale far outweighs having to weed your garden all summer," explained Beirnes, who added that bale gardens grow vegetables, root crops, vine crops, herbs and flowers in their bales and the best plants are annuals.

Using straw bales is a lot cheaper than building a raised garden and hauling in soil. A small rectangular wheat straw bale can cost \$2 to \$8 and can be used on pavement or gravel, said Beirnes. Bales can be purchased from either a greenhouse or local farmer and must be conditioned before they are

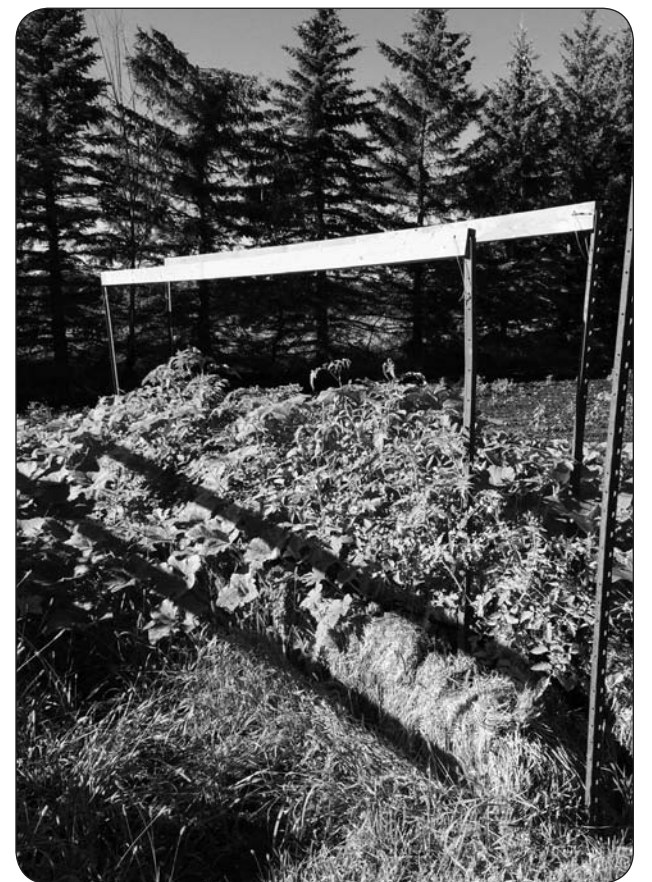


Stony Mountain resident Jen Beirnes hosted a gardening workshop at the South Interlake Regional Library in Stonewall last Wednesday to introduce fellow gardeners to the new trend of straw bale gardening. Those that missed the workshop in Stonewall can catch Beirnes' presentation at the Teulon branch at 6:30 p.m. on May 24.

ready for planting. It is recommended to use wheat straw bales because the straw will absorb the water, stay wet and break down better than other types of straw. This simple process of conditioning the bale includes placing lawn fertilizer on the bale, soaking with water and letting the bale sit for 10 days.

"Once your bale is conditioned, you then put about an inch or two of potting soil on top of the bale and you can plant your seeds. If you have seedlings, you can transplant them directly into the bale," added Beirnes.

If you missed Beirnes' first presentation, she will be holding another Straw Bale Gardening work-



TRIBUNE PHOTO BY NATASHA TERSIGNI

shop at the Teulon library on May 24 at 6:30 p.m. Other gardening workshops being held this month in Teulon include Beekeeping with Dave Weselak at 7 p.m. on May 10; Gardening with Kids at 11 a.m. on May 30; and Fantastic Forest Forage at 6:30 p.m. on May 30. All workshops are free to attend and open to the public.

The SIRL branch in Stonewall will also be hosting a series of free gardening workshops from 7 to 8 p.m. in May including Uses for Herbs from Your Garden on May 10; Composting with Lloyd Jensen on May 11; and Veggie Gardening with Bruce Jasperson on May 17.

worship *with us* > FAITH

PHILIPPIANS 4:8

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

The mind. It can be the most confusing yet intriguing parts of a human body. In one way, it's incredible because of how it works. The fact that it is like the motherboard

of our body controlling movements, thoughts and action. The brain is also like a sponge in that it absorbs information for us to remember. Unfortunately, it often remembers the things we don't want to remember and forgets what we really need. The brain can also be sad in that 80 per cent of its thoughts that it thinks is negative. Negative can be many things, though. Negative can mean thoughts that tear us down, but negative can also be thoughts that tear our lives down — thoughts of

Beauty and the Brain

anger, lust, jealousy. Our verse today challenges us on the thoughts that we think. May they be pure, not contaminated with garbage; may they be lovely, not ugly thoughts. May our thoughts be admirable, not something that needs to be ridiculed. May our thoughts be excellent and praiseworthy. Now this is near impossible to do on our own. The evil one is constantly attacking our thoughts with flaming arrows of lies. In Ephesians 6:10-18, we discover the armour of God. One piece that God

has given us to protect our minds is the helmet of salvation. May we choose salvation today. May we give our lives to God. As we invite Christ into our lives, may we be encouraged that He guards our minds with the Holy Spirit. So choose Christ today and may we also choose to be mindful of the thoughts we think and desire to have a thought life of Phillipians 4:8.

Nathan Young
Alive Family Church

TCI celebrates school culture with food and dance

By Natasha Tersigni

To explore and recognize the many cultures that make up the student body at Teulon Collegiate, the TCI Indigenous Club hosted a Cultural Celebration last week. The week-long event encouraged students to share their heritage and culture with their classmates. The week included a variety of activities including a flag mosaic exhibit that was made up of flags from the different countries where students and their families come from as well as Cultural Food Day where students were able to sample dishes from countries around the world. On Thursday, a variety of different cultural dances were performed by guests, students and staff at a school-wide assembly.



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Teulon Collegiate teacher Teresa Melnychuk has been Ukrainian dancing for 25 years. Melnychuk has performed for the Queen of England during a Royal trip to Winnipeg; Former Teulon Collegiate student Alex Knott kicked off Teulon's Cultural Celebration with a traditional Aboriginal hoop dance last Thursday; Teulon Elementary School Grade 6 student Damien Atkinson performed a traditional Aboriginal grass dance. Damien has been dancing for three years at powwows throughout the province, and later this month, he will perform in Winnipeg at the Manito Ahbee Festival; Brea McMahon performed a dance from the Poltava region of Ukraine. McMahon is a member of the Rosedale Ukrainian Dance School.



Fighting cancer one glass of lemonade at a time



TRIBUNE PHOTO BY TANYA SWANSON

Logan MacDuff, Evan Deprez and Cole Swanson were kept busy last Friday when they decided to run a lemonade stand for Cancer Care. The trio raised \$73.80.

Simba helps out Lion King Jr.



TRIBUNE PHOTO BY JOHN GOOD

The Stonewall & District Lions donated \$400 to Ecole Stonewall Centennial School music director Bambi Rutherford to help cover expenses for this year's musical Lion King Jr.

Barrel racers gearing up for provincial circuit

By Natasha Tersigni

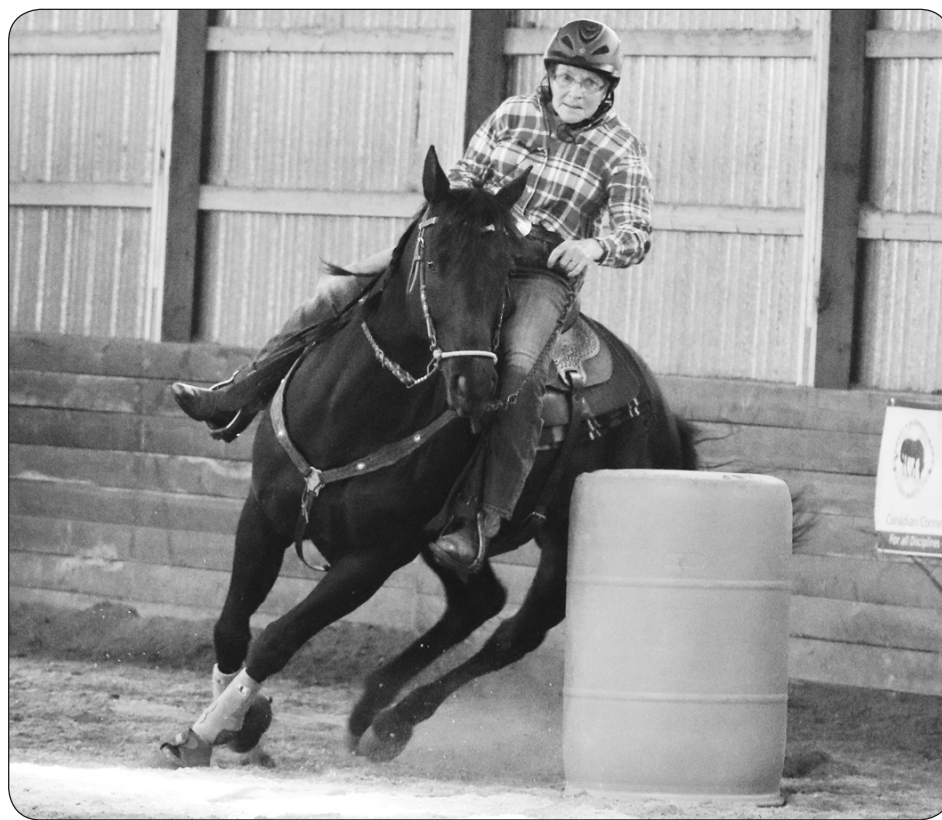
To warm up for the upcoming barrel racing season, riders and their horses gathered in Teulon at the end of April for the annual barrel racing clinic hosted by Marilyn Kubinec.

Horse trainers and competitors Jim and Elaine Hyde have been travelling from Saskatchewan for the past 20 years to run the clinic. With the couple's impending retirement, the clinic held last month will be their last. While it is an end of an era, local riders used the two days to learn from the barrel-riding experts.

The clinic attracts local riders of all ages and abilities and focuses on the fundamentals needed to be a successful barrel racer. Barrel racing is a popular rodeo event that has the horse and rider attempt to complete a cloverleaf pattern around barrels. The horse and rider that completes the entire circuit in the fastest time wins the event.

"During the clinic, we do a lot of exercises to prepare a horse to make the run. There are different exercises to ensure that the horse is focused, to develop their muscles and to get the animal to think about what the rider wants them to do," explained Kubinec.

"The clinic has been leaning more towards barrel racing over the last few years. In the beginning, the clinic



TRIBUNE PHOTOS BY JO-ANNE PROCTER
Clinician Elaine Hyde demonstrates how important it is that a rider's horse stays focused.

focused on horsemanship to get the horse and rider prepared for barrel racing and now we focus on the run itself. The group of riders that come out is very diverse. While the majority have been coming for years, this year

there were three young riders that are just getting into barrel racing and are very keen."

Riders will be competing in the provincial racing circuit hosted through the Manitoba Barrel Racing Asso-



Marilyn Kubinec hosted a barrel racing clinic last month.

ciation. As well, riders will be at local races over the summer including the South Interlake Rockwood Ag Society Horse Show June 3 and 4 and the Teulon Rodeo Aug. 26 and 27.

Raising funds for end-of-life care



TRIBUNE PHOTOS BY
JO-ANNE PROCTER

More than 20 hikers stretched together before heading out on the annual five-kilometre South West District Palliative Care (SWDPC) fundraising Hike for Hospice last Sunday morning. Following the hike, everyone was treated to a pancake breakfast. Walkers raised just over \$2,800 through pledges and donations. All monies raised will go directly to SWDPC to help provide care through supporting the needs of families and individuals "living with dying." National Hospice Palliative Care Week is May 21-28 and this year's theme is "You matter, your care matters."

Winnipeg couple looks to reel in catfish, cash for ALS

By Scott Billeck

They have yet to cast their first line, but if husband and wife duo Dan and Eileen Coates are to reach their goals, they might just be sick of rods, bait and the smell of fish by the time they cross the finish line.

That proverbial line should take them into October, but what will be there at the end of the rainbow? Hopefully around \$100,000, some 10,000 pounds of fish caught and released on the Red River, and the satisfaction that a passing joke with their son has turned into a lot of money in support of ALS, also known as Lou Gehrig's Disease, something the family knows all too well.

Catfish Buy the Pound will attempt to catch five tonnes of fish this year, with Dan estimating somewhere in the region of 450 to 500 fish needed to hit the milestone. The couple lives in St. Norbert but plans to fish primarily in St. Andrews and Selkirk.

Dan's day job has him working for Valley Fashions in Winnipeg. It might not sound angling-related, but his company designs and supplies fishing jerseys and market display products for boat companies and he travels North America to all the big fishing shows.

"I decided I needed something to exploit our local fisheries," Dan said. "I was coming upstairs one day and told my youngest son Iain, for kicks and giggles, I'm going to catch 5,000 pounds of catfish next year, just so when I'm standing at the shows next to these guys and they ask how the



TRIBUNE PHOTO SUBMITTED

Dan and Eileen Coates hold up Eileen's first-ever catfish catch in Lake Conroe, north of Houston, Texas, this past March. The St. Norbert couple is hoping to raise \$100,000 while catching 10,000 tonnes of catfish as part of their Catfish Buy the Pound fundraiser for ALS.

season was, I can tell them I caught 5,000 pounds of catfish."

Iain eventually said Dan should do it for a cause. ALS was a no-brainer after the disease had taken the life of Eileen's father. Eileen, who hadn't caught catfish in her life, was hooked.

"She said that if I'm going to catch 5,000 pounds of catfish, then she's going to catch 5,000 pounds of catfish," Dan said.

A quick call to the ALS Society of Manitoba got them on board and Cat-

fish Buy the Pound was born.

"It's really that simple — \$10,000 seemed like too little and \$1 million seemed like too big a stretch, so we settled on \$100,000," Dan said. "Four zeroes is not enough and six zeroes is too many, so we went with five. There's no magical formula. It doesn't get any easier."

The couple won't cast their first line until the end of May, but they've already caught the attention of several sponsors.

"The industry thinks is the craziest thing that's ever been done," Dan said. "Everyone in the industry has been talking about it."

And the industry is acting on it.

Dan and Eileen have a nice new boat to use for the season courtesy of MirroCraft, a truck to drive it around, thanks to Chudd's in Gimli (that a couple purchased for themselves) and a motor to get it up and down the Red from Suzuki. Olympic Building Centre is covering their fuel for the season.

"People are asking to be a part of this thing," Dan said.

Dan and Eileen expect to be on the water for 100 days this season and they expect to catch and release up to 500 fish. It's going to be a busy summer.

"It's not a gimmick," Dan said. "We're not guides; we're not professional fishermen. We're two people raising money for ALS."

Dan and Eileen plan to be at the Manitoba Boat Show, the Winnipeg Goldeyes game on June 2, likely Canada Day at The Forks in Winnipeg and the Icelandic Festival in Gimli.

"We're trying to get to as many social events as we can," Dan said. "The fishing is secondary, that will be the fun part."

"But it's really getting out there and getting awareness."

For more info visit:

<https://www.facebook.com/catfish-btp/>

Land purchased in St. Laurent for site of new fish plant

By Brian Bowman

St. Laurent has drawn the interest of another new company looking to set up and operate a fish processing plant to sell Lake Manitoba fish on the world market, and this group has already purchased the land.

Wildnorth Fishery Limited is a new company looking to make a name for themselves internationally by processing and selling fish caught in Lake Manitoba. Once the province moves away from the Freshwater Fish Marketing Corporation monopoly, now slated for Dec. 1 of this year, companies like Wildnorth Fishery Limited hope to begin production right away.

Director and shareholder Eva Luk

said that St. Laurent is a great place to set up their facility because it has all the pieces they need to make the plant work. She said skilled labour and a long history of commercial fishing are big attractors to the area and that a blue-sky scenario would have them operational at the plant by December.

Luk said that fish like mullet, pike and tullibee, among others, are the ones her team is looking to establish a market for and that the plant would process 10 to 15 containers a month.

"Realistically, we want to start moving on this plan ASAP," said Luk.

"The planning itself takes time and we're in that stage right now. The

other things that take time is our application for conditional use and then getting our land properly zoned. We want to start small, find our footing and then expand."

Luk is a lawyer by trade and also is the founder of the water filtration company Tré Pure based out of Steinbach. She said that she has been waiting 10 years to explore this industry. In that time, she has spoken with dozens of fishers about what their needs are. Her strategy for this plant takes into consideration all of those opinions so that she and her team can build something fishers and the community of St. Laurent will want to be a part of.

Wildnorth Fishery Limited is the

second company to be interested in St. Laurent as a location for a fish processing plant. Community Development First (CDF) has been working on a similar strategy for the last few years but at a much bigger scale. Luk said that there is a great opportunity for multiple companies, including her own, to work together and maximize the market potential of Lake Manitoba fish.

"In my view, the more people who get into the industry the better it will be for everyone. It'll force us to make things very efficient and it will give the best experience to the fishers," said Luk.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Interlake curlers get final crack at Olympic qualifier



Kerri Einarson



Vanessa Foster



Colton Lott



Jared Kolomaya

Staff

Gimli's Kerri Einarson, Arborg's Vanessa Foster, Stonewall's Jared Kolomaya and Winnipeg Beach's Colton Lott are among the local curlers still with a chance to represent Canada at the 2018 Winter Olympics in South Korea in February.

Last week, six Manitoba teams were invited to participate in the 2017 Road

to the Roar Pre-Trials in Summerside, P.E.I. in early November. It will be a last chance to qualify for the Canadian Olympic Curling Trials the following month in Ottawa.

The field will include 12 men's and 12 women's teams.

Along with Einarson's rink, the other Manitoba teams feature Darcy Robertson, Briane Meilleur, Jason Gunn-

laugson, Pat Simmons and William Lyburn.

Meilleur's spot is not guaranteed, however. She finished tied with Kamloops' Karla Thompson for the 12th and final invitation based on results of the Canadian Team Ranking System over the last two seasons.

If no team ahead of the pair declines an invitation, Meilleur and Thompson

will play a tiebreaker for the berth.

Four Winnipeg teams have already earned their way to the Canadian trials in Ottawa from Dec. 2-10. Nine men's and nine women's teams will compete in Ottawa for a chance to represent Canada at the Olympics.

Warren places eighth at U16 volleyball provincials

By Brian Bowman

The Warren Wildcats spiked their way to an impressive eighth-place finish at Volleyball Manitoba's U16 girls' provincials at Red River College in Winnipeg last weekend.

"We went in ranked dead last at 24th and didn't have the best round robin," said Warren coach Tyler Oliver.

Warren placed fourth out of four teams in their pool and advanced to play the Lightning Elite, a second-place team from another pool, Saturday evening.

The Wildcats won that match over the Lightning Elite and then beat another second-place club in the second round of the playoffs to qualify for the top-eight bracket.

"We had some really close battles in that last qualifier," Oliver noted.

In the final qualifier, Warren was defeated 2-0 by the top-ranked Bison Gold and then 2-1 by WinMan. The Wildcats then were defeated 2-1 by the Storm in the seventh/eighth place

game.

That top-eight bracket consisted of the top U16 provincial girls' teams in Manitoba. It was a great test for Warren, the only school-based team competing at provincials.

"The calibre of competition was absolutely outstanding," Oliver stressed. "We learned and definitely got better as the tournament went along. It was an outstanding weekend for us as we set a goal of being in the top 16."

"We played outstanding to get into that top-eight bracket."

The Wildcats became a much better team by season's end, said Oliver, which should bode well for them when they begin their school season in the fall.

"We have some really outstanding individual athletes," Oliver said. "But they really started to jell as a team (this past weekend) – and they noticed that. The girls really started playing as a team."



TRIBUNE PHOTO BY MARGARET-ANN BRAD

Pictured back row, left to right; Tyler Oliver (coach), Alex Chester, Mackenzie Turner, Jacee Turner, Laura Brad, Emma Goodman, Grace Goodman, front row; Joy McCutcheon, Hannah France, Madeline Boonstra, Jennifer Fossay and Payton Janke.

Teulon terrific at MHSAA badminton provincials

By Brian Bowman

Teulon Collegiate may be a small school, but they sure made a major impact at the MHSAA Badminton Provincials last Friday and Saturday in Brandon.

The Saints won their third consecutive A/AA aggregate provincial banner after finishing the two-day competition with 35 points. That was ahead of Warren Collegiate (20) and Grand Rapids (18).

"They did very, very well," said Saints' badminton coach Rod Ledochowski. "When you start playing in those finals and playing against nothing but city schools, and you are a small school, you know that you have done something pretty well."

Winning three consecutive aggregate provincial banners is a very special accomplishment.

"It shows that the kids at TCI like badminton and participate and come out in numbers," Ledochowski said. "You need numbers to win those banners... so we're pretty fortunate that the kids in Teulon like their badminton."

The Teulon athletes are also very good in badminton.

Mark Shinnie and Jake Ledochowski were outstanding at the provincials, cruising to the championship in the boys' doubles division. The talented duo defeated the Garden City pairing of Cole Penner/Luis Rivamonte 2-0 by scores of 21-6 and 21-13.



TRIBUNE PHOTO BY DIANA LEDOCHOWSKI

The Teulon Saints captured the provincial badminton banner last weekend in Brandon. Pictured left to right, Kailen Ledochowski, Ryan Hill, Katrina Carter, Ale Mejicanos, Jake Ledochowski, Mark Shinnie, Austin Spulnick, Brittney Hill and Austin Persoage.



Pictured left to right, the Saints' Austin Spulnick and Brittney Hill placed second in the mixed doubles while Chris Wiebe of Stonewall placed third in the boys' singles division. Mark Shinnie and Jake Ledochowski won the boys' doubles division. Dale Kinley (coach) on the far right.

"You anticipate that the match could go either way, but for whatever reason, sport is sport and our guys dominated and won handily," Rod Ledochowski, who is Jake's father, said.

It was the first year that Jake and Mark had played together as a doubles unit.

Meanwhile, Teulon was also very well represented in the mixed doubles final as the Saints pairing of Austin Spulnick and Brittney Hill lost to

the Winnipeg Vincent Massey duo of Daniel Liew/Julia Tan by scores of 21-10 and 21-17.

"It was a great match," Rod Ledochowski said. "They played well. Austin kind of hurt his leg a little bit and was not quite 100 per cent. When you're not quite 100 per cent at that level, things won't always go your way."

Teulon's girls' doubles team of Katrina Carter and Ale Mejicanos also

had a good showing, placing seventh, while the Saints' Kailen Ledochowski finished 14th in the girls' singles division.

Stonewall Collegiate, meanwhile, had a top-three performance as Chris Wiebe placed third in the boys' singles division. Wiebe defeated Owen Rivard 2-0 in his final game by scores of 25-15 and 25-18 to finish with an 8-3 overall record.

Jr. High badminton champs Banner finish for Warren



TRIBUNE PHOTO BY CHERYL KOONING

The Stonewall Centennial Sentinels, pictured, captured the 2016-2017 Interlake Divisional Jr. High Badminton championship banner last week after earning 53 points. The Warren Wild placed second with 28 points and the Woodlands Mustangs placed third with 18 points. Winners included the girls' doubles champions Emma Goodman and Bobbie Fairlie of Woodlands while the boys' doubles champions were Graeme and Gabe Perrie of Stonewall. Stonewall's Maddy Fines and Logan Resch won the mixed doubles. Abby Enns of Argyle won the girls' singles and Kaiden Stewart of Warren won the boys' singles.



TRIBUNE PHOTO SUBMITTED

Warren Collegiate's junior varsity badminton team won the zone championship banner last week. All team members played well, scoring wins over rivals Teulon and Stonewall as Warren finished with 52 points. That total was ahead of Stonewall (35), Teulon (23) and Arborg (15). The Wildcats' girls' doubles teams swept the medals — finishing first through third — with Alex Chester and Grace Goodman winning gold and Hannah France and Payton Janke capturing silver. Emalia Sinclair and Maddie Boonstra had the same fate in girls' singles with Sinclair finishing on top. Warren's Kyle Melo and Jacee Turner, meanwhile, won silver medals.

Interlake athletes on track in Stonewall



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The Interlake Invitational track and field meet in Stonewall last Thursday was a huge success with over 500 athletes taking part. Far left photo, SCI's Scott Yeo, right, finished the senior men's 800 metre race in 2:14.79 just ahead of Sisler's Alex Brandt-Ganding 2:15.19. Second from left, SCI's Taryn Jackson threw 29.3m in the junior women's javelin while second from right, WCI's Ryenn Lobb jumped 4.55m in senior women's long jump. Far right, WCI's Alex Chester, left, and Grace Goodman finished first and second in the junior women's 100m with times of 13.25 seconds and 13.30.

Home run celebration



TRIBUNE PHOTO BY DEREK FROST-HUNT

The South Interlake U16 Phillies celebrated Jayce Ledochowski's (4) inside-the-park home run, bringing home Kenzie Bremner, during fastpitch action last Sunday at the John Blumberg Complex. South Interlake lost 11-9 to the Lightning in Game 1 and then were edged 8-7 by Central. The Phillies' home opener doubleheader is May 24 (6 p.m. and 7:30 p.m.) versus the Angels.

Manitoba golden at 2017 National Aboriginal Hockey Championships



TRIBUNE PHOTO SUBMITTED

Stonewall's Bianca Zak, right, made 21 saves in the gold-medal game to lead Manitoba to a convincing 7-0 win over Saskatchewan at the 2017 National Aboriginal Hockey Championships last Saturday.

Staff

Team Manitoba swept this year's 2017 National Aboriginal Hockey Championships in Cowichan, B.C. by winning gold in both the male and female divisions.

Justin Nachbauer scored the game winner in overtime to lift Manitoba to a thrilling 6-5 win over Ontario in the male final last Sunday.

Manitoba led 3-0 after the first period and 4-2 after two. But Ontario tied the score at 4-4 with just over 11 minutes left to play in regulation time.

A goal by Shadow Reuben put On-

tario ahead with six minutes remaining but Manitoba's Mason Martin scored with 1:10 seconds left to play to force overtime.

Manitoba, which finished the nationals with a 4-1-1 record, defeated Saskatchewan 4-0 in a semifinal game to earn a berth into the gold-medal contest.

In the female gold-medal game, Manitoba blasted Saskatchewan 7-0 on Saturday.

Warren's Mallory Harvey led Manitoba with a hat trick while Stonewall's Bianca Zak's made 21 saves.

Classifieds

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

Stonewall Teulon
Tribune

METAL RECYCLING

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

RECYCLING

Buying scrap metal, cars, farm scrap, loose scrap, any metal material. For sale: 3130 JD, 3 pth, VGC, \$10,500; 567 JD baler, VGC, \$18,500 obo. Ph 204-886-3407 lve. message or cell. 204-861-2031.

MOTORHOME

Rockwood Class "A" M.H. 33'6", 5.9 Cummin diesel, Freightliner, sleeps 4, Onan generator, central vacuum, back up camera, two roof a/c, inverter, all oak interior, Allison trans, 84,000 kms. Asking \$20,000 obo. Call 204-467-7021.

HOUSES FOR SALE

Will design & build your home, your way! Small Faces Home Construction. www.smallfaces.ca or call 204-295-2866.

SHOP LOCAL



EF MOON is a second generation Heavy Construction Company founded in 1961 and located in Portage La Prairie Manitoba.

We are currently seeking experienced, goal oriented individuals for immediate employment in a number of areas:
Supervisors, Skilled Laborers, Class 1 Drivers, excavator, dozer, grader, rock truck, loader and packer operators.

We offer competitive wages, comprehensive benefits plan, Safety training and a hostile free work environment.

Requirements are; minimum class 5 driver's license, positive work attitude, able to work well with others or alone, Safety oriented, work extensive summer hours including some weekends, work away from home, pass a drug and alcohol test.

If you are interested in joining a well-established and growing company with room for advancement, please visit us at 1200 Lorne Ave. E. in Portage La Prairie, Mb. to fill out an application, apply online at www.efmoon.ca, or email a resume to info@efmoon.ca

HOUSES FOR SALE

3 bedroom house for sale in Stonewall. This 1,120 sq. ft. home on 66 x 99 lot features new floors, newer appliances, a deck and fenced back yard, mature trees and shrubs and a double detached insulated garage in a quiet neighborhood. Asking \$239,900, phone 204-467-9306 for more information.

MANUFACTURED HOMES

2 only 16 x 80, 3 bed, 2 bath. Starting at \$89,900. Altona Mobile Homes, 1-800-582-4036, 1-204-324-6776 Email amhl@mymts.net

MANUFACTURED HOMES

New modular homes starting under \$90,000 delivered! Best Buy Homes Winnipeg/Brandon/Grand Beach - WWW.BESTBUYHOUSING.COM - Canada's largest selection of in-stock homes, quick delivery factory orders! Text/call 204-800-0065.

CAMPGROUND

Hill Top Resort camping. 600 treed acres with sand beach lake, any size RV. Quads, ok. Live music. May to Sept. starting at \$400. Site visits info@hilltopresort.ca

HOUSE CLEANING

Do you need assistance with cleaning? Relax & allow me to help! Thorough, deep or lite cleaning with great references available. Call 204-322-5136 ask for Shaunda.

GARAGE SALES

Multi family garage sale at Parochial Hall, Stonewall on May 20th from 9 a.m. - 2 p.m.

Huge garage sale coming in Warren. Household, tools, antiques and more. May 25 & 26 on Hwy. 6, west of 67. Watch for signs.

GARAGE SALES

Garage Sale - Saturday, May 13, 10-5 at 85029 Road 6E, Balmoral. Furniture, electronics, clothing, books, CDs, artwork. Call 204-513-1109 to sell your treasures!

MOVING SALE

Friday, May 12, 8 a.m. - 2 p.m.; Sat., May 13, 8 a.m. - 2 p.m. 328 3rd St. West, Stonewall. Miter saw, Workmates, solid wood kitchenette table, china, silverware & more.

TREES / SHRUBS

Nursery Sell-Off. 5,000 tree pots. Shade trees, fruit trees - apple, cherry, plum, hedge plants, shelterbelt trees, Spruce/Pine, shrubs, \$5-\$35. Quantity discounts. Free local delivery. 204-771-4211.

HELP WANTED

In search of a seasonal Gravel Hauler. Class 1 drivers license required. Experience with belly dump and end dump trailers as well as tandem truck. Seasonal full-time employment. Position available immediately. Contact Ron 204-886-7248.

HELP WANTED

Truss Designer position available. Experience and knowledge in design and construction considered an asset. Send resume to careers@prairietruss.com

HELP WANTED

General labourer wanted to assemble trusses. Send resume to careers@prairietruss.com

NEWS TIPS? CALL 204-785-1618

SHOP LOCAL

CLASS 1A & 3A TRUCK DRIVERS REQUIRED to operate semi vacs and straight vacs in SE Sask. Full or part time positions available. Wages based on experience. Resume's and work references to:

Competition Environmental Ltd.
PO Box 609
Carnduff, SK. S0C 0S0
Email: competition@sasktel.net
Office: 306-482-3558
Fax: 306-482-3574
Charlie: 306-482-7897
Greg: 306-485-7833

Thinking of Relocating?

Call the municipality of Pembina home. Located in south central Manitoba, we welcome you to our warm and safe community. Raise your family here - retire here. Affordable housing - low taxes. Great amenities - local shopping, education, health care, indoor and outdoor sports & recreation, culture & arts. Short drive to many employment opportunities.

Live Here- Grow Here - Play Here!

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take a break > GAMES

SUDOKU

4						2		
	1							
						1		3
	8			6				
9	5			3				
1			2	7		8		
	6			5				9
	3		7	2				5
		7			1			

Level: Intermediate

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, 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!

8	2	8	1	4	9	7	6	5
4	9	5	6	2	7	1	8	3
6	1	7	8	5	3	4	9	2
9	6	8	5	7	2	8	4	1
2	7	4	8	1	9	5	6	3
1	8	9	4	7	6	2	8	7
8	4	1	7	6	5	9	8	2
7	9	6	2	8	4	5	1	8
5	8	2	9	1	8	6	7	4

Sudoku Answer

N	O	I	L	V	C	I	L	S	O	N	G	O	R	D
I	D	A	L	I	R	V	E	N	I	T	O	W		
V	D	Q	S	H	O	L	I	J	V					
H	V	L	V	T	V	B	L	B	E	A				
W	S	B	O	W	C	V	W	V	E					
S	O	E	W			S	E	I	T	E	H			
S	I	N	T			O	T	I	H					
S	E	S	I	V	O		E	H	V	W				
E	T	V	C	V	S	W	D	I	W					
I	J	E	H	B	E	I	T	V	S	S	E	S		
V	J	L	E	I	N	V		S	W	E	C			
T	V	A	T	E	A	I	S	N	B	V	D	V		
E	N	I	W	V	L	E	H	D	W	V	H	I	E	W
S	L	S	H	N	B		V	L	S	V	H			

Crossword Answer



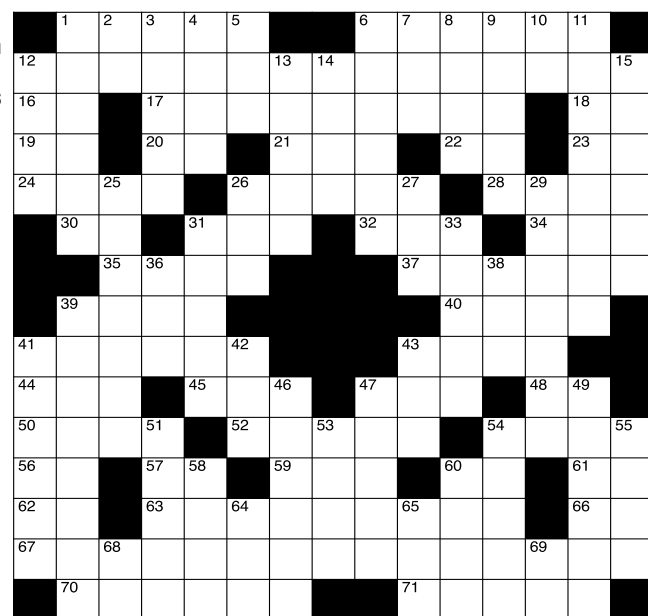
CROSSWORD

CLUES ACROSS

1. Member of Jamaican religion
6. Explodes
12. "Walter White" produced this
16. Promo
17. In a harmful way
18. Aluminium
19. Cerium
20. Female title
21. Singer DiFranco
22. Beloved alien
23. Free agent
24. Tax
26. Change
28. Heaviness
30. Third note of the solfège
31. Printing speed measurement
32. Pouch
34. Brew
35. Female of a horse
37. Platforms
39. Type of hemline
40. "Traffic" actor Guzman
41. Counts on
43. Inhabitant of Media
44. Pitcher's statistic
45. Beloved dish ___ and cheese
47. An association of criminals
48. Samarium
50. Describes an action
52. About oviduct
54. Holy fire
56. Audio frequency
57. Stephen King novel
59. Rocky peak
60. South Dakota
61. Gallium
62. Larry and Curly's buddy
63. One-dimensionality
66. Soldier
67. Act of foretelling future events
70. Envisaged
71. Establish by law

CLUES DOWN

1. Regain possession of



2. Indicates position
3. Con games
4. Checks
5. Atomic mass unit
6. Large groups
7. Utah athlete
8. Abnormal sound
9. Scandal vocalist Patty
10. Atlanta rapper
11. Takes without permission
12. Apple computers
13. Hymn
14. Clue
15. Makes happy
25. Close to
26. Mimic
27. Cool!
29. Simplest
31. Preface
33. Represents the Tribe of Judah
36. Boxing great

38. Birth control means
39. English cathedral city
41. Refurbish
42. Test for high schoolers
43. "Boardwalk Empire" actress Gretchen
46. Most adorable
47. Large Pakistani tribe
49. Enemy to grass
51. Along the outer surface of a hull
53. Travels on water
54. Innermost Greek temple sanctuaries
55. Fire and ___
58. Singer Turner
60. "___ the Man" Musial
64. ___ de plume
65. Frozen water
68. An alternative
69. Intensive care

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SHOP LOCAL and help your local economy

Rural Municipality of Woodlands 2017 Dust Control Program



The Rural Municipality of Woodlands will accept requests for the application of dust control, on a **PRE-PAYMENT BASIS**, on municipal roads in front of residences within the Municipality. Application forms are available at the Municipal Office or our website www.rmwoodlands.info. The application will consist of a 16' x 300' strip at a cost \$300.00 plus GST (\$315.00).

Deadline to submit application forms is **Friday, May 26, 2017**.

In the event of insufficient requests, payments will be refunded.

NOTE: Any property owners undertaking Dust Control privately **must** provide Public Works with 5 days notice prior to commencement of any works and road prepping will only be undertaken during the same time frame when the Municipality is undertaking its dust control.

COUNCIL
Rural Municipality of Woodlands



THE RURAL MUNICIPALITY OF ROCKWOOD

PUBLIC MEETING COMMUNITY OF STONY MOUNTAIN

The Council of the Rural Municipality of Rockwood invites interested residents to attend a Public Meeting to receive local input regarding:

1. Stony Mountain Sewer and Water Rate Study; and
2. Stony Mountain Metre Replacement Program

The Public Meeting will be held at:

Stony Mountain Recreation Centre
117 School Road
May 23, 2017
7:00 p.m.

Council,
The R.M. of Rockwood



THE RURAL MUNICIPALITY OF ROCKWOOD

2017 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 \$400.00 per application. Orders and pre-payments for same to be made to the Rural Municipality of Rockwood Administration Office by **Friday, May 26, 2017**. 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, 2017, **weather permitting**.

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

COUNCIL
The Rural Municipality of Rockwood

HELP WANTED

Dream job. Live in caregiver/housekeeper in Winnipeg and Florida! Needs a driver's licence and be able to travel. (204) 997-4629.

Evening Housekeeping, approx. 10 hrs a week. Call Sheri at Rockwood Motor Inn 204-467-2354.

HELP WANTED

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

BOOKKEEPING

Prairie Bookkeeping offers bookkeeping solutions to small business 204-998-4789.

INCOME TAX

Prairie Bookkeeping offers personal & small business income tax preparation. Certified to efile with CRA. 204-998-4789.

BUSINESS OPPORTUNITIES

Just listed, Lounge and Restaurant, good turnover. Listed at \$595,000. Smalley Realty, ph. 204-339-1665.

MISCELLANEOUS

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

Stock, cancelled, mis-measured and custom kitchens in Oak, Maple, MDF, Cherry Alder, Walnut, Melamine, painted, lacquered, stained, glazed custom finishes. We do them all! Fehr's Cabinet Warehouse 1-800-758-6924

For sale - cabin & lot, 39 - 2nd Street South - Old Campground, Clear Lake. New windows, doors and shingles. Fully furnished. 14x24 with side and back deck. Asking \$73,500. Phone 204-582-2407.

MISCELLANEOUS

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

UPCOMING EVENTS

Cluck and Quack Poultry Club Annual Spring Auction. Poultry, small animals & equipment. May 13, 2017 commencing 12 noon at Assiniboia Downs, Winnipeg (see signage). Consignment only, limited entries. Contact 204-467-8654.

Telus Manitoba Motorcycle Ride for Dad. Fighting Prostate Cancer Saturday, May 27 10 a.m. Official start Polo Park Shopping Centre. Register online: ridefordad.ca/manitoba

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or Email
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REMEMBER
YOUR LOVED ONES
WITH A MESSAGE IN
THE TRIBUNE

RURAL MUNICIPALITY OF ROCKWOOD UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING



On the date and at the time and location shown below, a PUBLIC HEARING will be held to receive representations from any person(s) who wish to make them in respect to the following matter:

R.M. OF ROCKWOOD BY-LAW NO. 09/17 Being an AMENDMENT to the R.M. OF ROCKWOOD ZONING BY-LAW NO. 17/09, as amended.

HEARING

LOCATION:

DATE & TIME:

GENERAL INTENT: To:

R.M. of Rockwood Council Chambers

285 Main Street, Stonewall, MB

Wednesday, May 24, 2017, at 10:30 AM

1. Add a definition for "Wildlife Rehabilitation Centre"; and
2. Add regulations for "Wildlife Rehabilitation Centre"; and
3. Allow "Wildlife Rehabilitation Centre" as a conditional use in the "AG" Agriculture General Zone; and
4. Re-number references, page numbers and Table of Contents accordingly.

FOR INFORMATION CONTACT:

Eric Shaw, General Manager
South Interlake Planning District, 285 Main Street,
Stonewall, Manitoba, R0C 2Z0
Phone: 204-467-5587

A copy of the above by-law and supporting material may be inspected at the South Interlake Planning District, 285 Main Street, Stonewall, Manitoba during normal office hours (8:30 AM to 4:30 PM), Monday to Friday. Copies may be made and extracts taken therefrom, upon request.

Note: Property owners are responsible for notifying lessee

PUBLIC NOTICE



Public notice is hereby given that Teulon golf and country club intends to conduct the following control program between May to December, 2017.

To control Pests such as weeds, turf diseases and damaging insects, these products will be used;

Roundup, Par III, Insignia, Banner Max, Compass, Civitas, Instrata, Trilogy, Rovral, Merit, and Permethrine.

The public may send written submissions or objections within 15 days of the publication of the notice to the department below.

**Manitoba Conservation
Pesticide/Fertilizer Section
Suite 160, 123 Main St.
Wpg, Mb R3C 1A5**

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

Stonewall Teulon
Tribune

WATER TREATMENT PRODUCTS

New Waterite water softeners, 30,000 grain/\$550. All sizes avail. Reverse osmosis systems, \$220. Undersink water systems, \$75. Paterson iron removers/\$500. Greensand iron odour removal systems, \$700. Ecoli ultraviolet systems, \$290. All Seasons Furnishings 204-661-8581.

BOOK YOUR ANNOUNCEMENT TODAY

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- OBITUARIES •
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- NOTICES •
- BIRTHS •
- ANNIVERSARIES •
- MARRIAGES •
- ENGAGEMENTS •
- THANK YOUS •

Stonewall Teulon
Tribune
Call 467-5836

HEALTH

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

FARM PRODUCE

Local honey for sale. Sold in various sizes, 1 kg. & up. Call 204-461-1267.

Potatoes - Red, Russet, Yellow; bird seed & deer feed; seed potatoes. Ph Interlake Potato Farm, 886-2676.

LIVESTOCK

Red & Black yearling & 2 yr. old Angus bulls for sale. Will semen test. Delivery avail. Also for sale Mammoth Jack donkey. Call Wayne 204-383-5802 or 204-383-0100.

FARMLAND

For sale - 518 acres, fenced, power, well, corrals. 6 miles West of Teulon on 415. Call 204-461-1610.

HAY

Small squares, Alfalfa, Courtney & June Grass mix. Leave message 204-482-5101.

FARM MACHINERY

3 used Ritchie water fountains; 2000 bushel grain bin; 5' 3 pth finishing mower; 6 - 12' metal gates; round bale feeders. Ph 204-322-5614.

FARM MACHINERY

1981 IH 886, cab, dual remotes, 550/1000 PTO, near new 18.4x34 tires, 5330 original hours, nice unit. \$12,500 obo. Ph 204-278-3392.

Book Your Classified Ad Today

Call 467-5836
or Email
igraphic@mts.net

Don't forget to put in a message for your loved ones

McSherry Auction Service Ltd WESTERN SPECIALTY CONTRACTING OSC

Saturday May 13th @ 10:00 am
Riverton, MB
390 Reggie Leach Drive 1
Block North of Jct Hwy #329
& Hwy #8 on 8
Contact # (204) 250-4817
Gravel Truck * Construction Equip * Trailers * Vehicles & Recreation * Construction Misc * Tools * Stuart McSherry Stonewall, Manitoba (204) 467-1858 or (204) 886-7027 www.mcsherryauction.com

McSherry Auction Service Ltd

AUCTION SALE CLAYTON KUNZELMAN

Saturday May 27th @ 10:00 am

Inwood, MB
North 4 Miles on Hwy 17 Then
3 Miles West on Road 106
Contact # (204) 206-0334

Tractors & Crawler CAT 941 FEL Crawler * 12 Farmall 95 Cab 3PH 3,703 Hrs. * Kubota M-110 MFWA 3PH FEL * Case 2590 Cab Duals * Int 684 3 PH FEL * INT 1066 Cab 3PH * M. M Jet Star 3 * Ford 8N * Cockshutt 40 * Equip Buhler Inland 12 Wheel V Rake * Gehl 2680 RD * JD 535 RD Baler * Gehl 16' Disc Bine * Tube-O-Later * NH 1033 Bale Wagon * NH 276 Square Baler * JD 350 9' Sickle Mower * Sitrex 9 Wheel Rake * Bale Forks * Int 715 * White 5542 Combine * Vers. 400 Swather * 12' W 4'H Packer * Crown Rock Picker * JD 12' Offset Disc * JD 1000 25' Cult * JD 1600 26' Deep Tiller * JD 3600 5B Plow * Coop 203 16' Deep Tiller * Farm King 70' Diamond Harrows * Amazone NT375 Zero Till Seeder 12' x 2 * Discer Seeder * Sprayer * Auger * More Equip * Trailers 01 Wilson 53' Alum Stepdeck * 77 Arnes 22' Gravel Trailer * 40' Semi Hay Trailer * 93 Penner 5th Wheel 24' Tandem Flat Deck * 86 Clement 5th 40' Horse Trailer * Trucks * 04 Chev LS2500 Quad 4 x4, 211,000 Sft * 75 White Western Star Wet Kit * 91 Ford 800 Dsl w 12' Deck * 72 GMC 6500 w 16' B & H * 79 GMC 1 Ton w 12' B & H * Livestock Equip 14 "Tuff" Squeeze Chut w Alley & Tub * NH 680 Manure Spreader * 3PH Post Pounder * Creep Feeder * Oilers 1 * 25' Panels * 25' Self Standing Wind Break Panels * Corral Panels * 9 RD Bale Feeders * Sheep Equip: Sheep Handling Alley * Lakelands Creep Feeder * Wood Equip Can Car C50 Tree Skidder * 40'Tandem Pulp Trailer Center Mount Picker * Box Hyd Slasher * Along w More Equip * Trailers * Farm Misc * Tools * Go To Web!

Stuart McSherry - Stonewall, MB
(204) 467-1858 or (204) 886-7027
www.mcsherryauction.com

McSherry Auction Service Ltd ESTATE & MOVING AUCTION

Wednesday May 17th, 4:00 PM

12 Patterson Dr.
Stonewall, MB
Stuart McSherry
Stonewall, Manitoba
(204) 467-1858 or
(204) 886-7027
www.mcsherryauction.com

McSherry Auction Service Ltd AUCTION SALE DON CHESLOCK

Tuesday May 16th @ 5:00 pm

St. Andrews, MB
Jct Hwy 67 & 8 North
2 Miles on Hwy 8 Then 1 1/2 Miles East on Cloverdale Rd.
Contact # Walter (204) 485-6292
Tractor & Snow Blower 08
Case IH JX1100 U Cab MFWA
Shift w F & R Shuttle 3PH
540/1000 Dual Hyd. w FEL
1297 Hrs * Buhler/Farm King
966 3PH Snow Blower Car &
Yard 91 GMC 1500, 155,000
KM * 85 Buick Le Sabre 2D
70,000 KM * JD X 530 Multi
Terrain 22 HP Hydro P Steer
54" 186 Hrs * Yard Windmill
* Yard Tools * Misc & Guns
Honda EG 1400 Generator *
2900lb Pressure Washer *
Building Jack * Mandrel Blade
* Some Lumber * Farm Misc *
Some Tools * Ashdown DB 12
GA * Rem BA 22 Cal * Some
Household & Antiques *
Stuart McSherry Stonewall, Manitoba
(204) 467-1858 or (204) 886-7027
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PETER Z. & ERNA HOEPPNER HOBBY FARM AUCTION

SAT., MAY 20, 2017 • 10 AM
9 MILES SOUTH ON FIRST ST., MORDEN MANITOBA
ON ROAD 28W ON TOP OF THE HILL. YARD #28061
PH. 204-822-4976



All tractors in running condition. John Deere 4010 diesel stanard axle with 46A Loader and add on 3 pth. John Deere 820 Diesel pup start, pto, new crank shaft, running tractor, John Deere 60 gas wide front row crop, Rock shaft with shop built 3 pth, lpto 54705. John Deere 60 Gas wide front row crop, rock shaft with shop 3pth std, pto. John Deere model D 3 speed #148548. John Deere model 440 Crawler, Detriot Diesel , with loader and bucket industrial model street tracks. Recent new clutch. IHC model H, NF, pto. John Deere 7700 Diesel combine Hydrostatic Drive, belt pick up and chopper. John Deere 222 Ridged header with Finger reel. 1956 GMC 9500 one ton 18" duals wooden box and hoist, 6 cylinder 4 speed, hasn't run for a few years. In shed. 2 - 1928 Chev cars, projects, have engines, transmission, one extra differential.

MANY MORE ITEMS!

See www.billklassen.com for more information.

Ph: (204) 325-4433
Cell: (204) 325-6230
Fax: (204) 325-4484
Bill Klassen Auctions Ltd.

McSherry Auction

Stonewall, MB
#12 Patterson Drive

Consignment & Equipment Auction
Sunday June 4 @ 10 am
Consignments Welcome!

Tractors * Trailers * Vehicles
* Farm Equip * 3PH Equip *
Yard * Recreation * Building
Supply * Tools * Misc *

Stuart McSherry
(204) 467-1858 or
(204) 886-7027
www.mcsherryauction.com

Do you have a NEWS TIP??

Is there someone you would like to see recognized in the newspaper for their accomplishments - athletic, academic or community service.

Call 204-467-5836

THE RURAL MUNICIPALITY OF WOODLANDS UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING

Conditional Use Application No. C17-02
Technical Review Committee File No. TRC-12-024

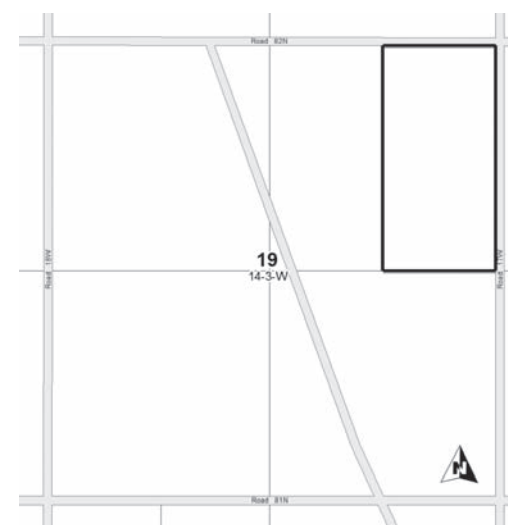
On the date and at the time and location shown below, a PUBLIC HEARING will be held to receive representation from any persons who wish to make them in respect to the following matter:

APPLICATION FOR CONDITIONAL USE under the RURAL MUNICIPALITY OF WOODLANDS ZONING BY-LAW 2648/14 AND AMENDMENTS THERETO

HEARING: Meadow Lea Community Centre
12006 PR 227, RM of Woodlands
(Junction of PR 227 and PR 248)
DATE & TIME: 7:00 P.M. Thursday, May 25, 2017
OWNER: Topigs Norsvin Canada
APPLICANT: (sale conditional upon approval of C17-02)
DGH Engineering Ltd.

PROPOSAL: Establishment of the Delta II Boar Test Station, a new hog research facility proposing a maximum of 1872 grower/finisher pigs and 958 boars, totaling a maximum of 459.3 animal units.

AREA AFFECTED: E½ NE 19-14-3W, R.M. of Woodlands



SUBJECT PROVISION: Conditional Use required, as per Bulk Table 4.6 of Zoning By-law 2648/14. Provincial Technical Review required by the Province of Manitoba, according to the Planning Act (completed: TRC-12-024)

FOR INFORMATION CONTACT: Kaitlyn Fleury, Planning Clerk:
204-383-5679 or planning@rmwoodlands.ca

The Technical Review Committee report and other documents related to this matter are available for inspection and copying at the Woodlands Municipal Office (57 Railway Ave, Woodlands, MB) during regular office hours. The Technical Review Committee report and associated information is also available at: <http://www.gov.mb.ca/imr/mr/livestock/trc-12-024.html>

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BIRTHDAY



Happy 10th Birthday
Owen James Shymko
Wishing you a "FISH"tastic birthday!
-With lots of love,
Auntie Nicole, Mom, Aidan, Ethan and Dad

ANNOUNCEMENT

BIRTHDAY



Happy 10th Birthday
Ethan Logan Shymko
Wishing you a "FISH"tastic birthday!
-With lots of love,
Auntie Nicole, Mom, Aidan, Owen and Dad

ANNOUNCEMENT

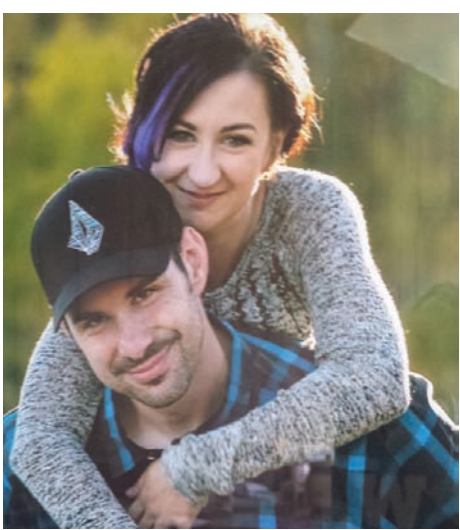
IN MEMORIAM



Lovingly Remembered
Bob Barker
1935 - 2015
Time speeds on, two years have gone
A silent thought, a secret tear,
Keeps his memory ever dear.
Time takes away the edge of grief,
But memory turns back every leaf.
Forever in our hearts,
Till we meet again.
-Joyce, Tracy, Rob (Diane), Doug (Tracy),
Brittany, Tyler, Travis, Wes, Kobie,
Paxdyn and Kyra

ANNOUNCEMENT

ENGAGEMENT



Werstiuk - Sikorski
It brings us so much happiness to announce
the upcoming wedding of our daughter,
Julie Diane Werstiuk, to the love of her life
and wonderful man, Darrell Jason Sikorski.
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sweeter! Wishing you both the best life
together always, our little Julie D.
-Mom and Dad



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Stonewall Teulon
Tribune

OBITUARY



John W. Kathler
April 19, 1935 – May 5, 2017
John W. Kathler, 82, of Winnipeg, formerly of Arnaud, Steinbach, and Stonewall, passed away Friday, May 5th at Bethania Mennonite Personal Care Home.

He is survived by his wife Eleanor, one daughter, two sons, and their families and a large extended family including four brothers.

The memorial service will be held on Thursday, May 11, 2017 at 11:00 a.m. at Steinbach Mennonite Church. A family committal service will take place prior.

In lieu of flowers, donations may be made to Bethania Spiritual Care, MCC, or Canadian Diabetes.

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Edna Florence Fletcher (Smaldon)

A private family graveside service will be held on May 19, 2017 at 1:00 p.m. at the Stonewall Cemetery. Followed by a Celebration of Life from 2:00 p.m. – 4:00 p.m. at the Gunton Memorial Hall. Everyone is welcomed.

In lieu of flowers, if friends so desire, memorial donations may be made to CancerCare Manitoba, 675 McDermot Ave. Winnipeg, MB. R3E 0V9 or a donation in Edna's name to the charity of your choice would be a welcome tribute to mom.

kl
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OBITUARY

Donald Alvin Procter

It is with heavy hearts we announce the sudden passing of Donnie from Winnipeg and formerly of Warren, MB., after a lengthy battle of diabetes.

There will be a Celebration of Life for Donnie held on Saturday, May 20, 2017 at 11:00 a.m. at the Stonewall Legion Hall.

kl
KEN LOEHMER
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OBITUARY

Terrence William Merritt

Suddenly on Sunday, April 30, 2017 Terry Merritt passed away at Teulon, Manitoba. Cremation has taken place and there will be no service.

kl
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