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Stonewall Teulon Tribune

VOLUME 10 EDITION 20

THURSDAY,
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Skipping for a beat

TRIBUNE PHOTO BY BECCA MYSKIW

École R.W. Bobby Bend School held their annual Jump Rope for Heart last Thursday. Jump Rope for Heart gets kids motivated and active with a day of fun skipping activities to raise awareness and money for the Heart and Stroke Foundation of Canada. Pictured left to right: Leven, Niam, Kashlynn, Carter and Jadyn.

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



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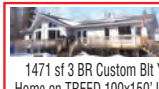
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Tribune brings home five community newspaper awards

Staff

The Manitoba Community Newspaper Association (MCNA) celebrated 100 years of connecting communities, and the *Stonewall Teulon Tribune* was honoured to receive a total of five awards during the MCNA's annual Better Newspaper Competition Awards last Saturday evening.

The *Stonewall Teulon Tribune* received first place honours for Best Layout and Design and second place awards for Best in Class and Best Front Page in their circulation category.

Publisher and Interlake Graphics owner Lana Meier also received the third place award for Photographer of the Year. The judges commented, "From sports to the arts, Lana's work captures an important moment in each of her frames."

Tribune reporter Jennifer McFee won the third place award for Best Arts and Culture Story for the June 7, 2018, article entitled "Local girl remembered in Churchill documentary." The judges commented that the story provides a

"multi-layered commentary."

Meier said winning these awards is always a huge honour for our staff and the communities we cover.

"Everyone's work ethic is second to none and clearly shines through in the job we do delivering the news and advertising in our communities," she said.

"Our newspapers are interesting, newsworthy, accurate and compelling. Our staff are professional, talented and committed, and we were rewarded at the MCNA Better Newspaper Awards 2019 ceremony."

The *Tribune's* sister papers also brought home multiple awards. The *Express Weekly News* received third place awards for Best in Class, Best Layout and Design, Best Front Page, and Best Christmas Edition. *Express* reporter Patricia Barrett also won first for Best Agriculture Story, first for Best News Story, and a second place award for Best Photo Essay.

The *Selkirk Record* brought home a first place award for Best Front Page



TRIBUNE PHOTO BY HALEY CVAR

Pictured back row, left to right: Lucy Kowalchuk, Corrie Sargent, Georgia Campbell, Stephanie Duncan, Michelle Balharry, Lindsey Enns, Ashleigh Viverois, Lana Meier, Patricia Barrett; front row: Justin Luschinski, Brett Mitchell, Rick Reimer, Jennifer McFee and Branden Meier.

and second place awards for Best in Class and Best Layout and Design in the 10,000 and over circulation category.

Record Reporter Justin Luschinski earned the first place award for Best First Nations Coverage and a second place award for Best Habitat Conservation Story, while Brett Mitchell received third place for Best Photo Essay. Editor Lindsey Enns received third place in the Reporter of the Year category.

The *Winkler Morden Voice* took home first place for Best in Class for newspapers with a circulation of 10,000 or more and also received the first place award for Best Layout and Design and a second place award for Best Front Page. Editor Ashleigh Viveiros received the second place award for Best Tourism Story, Peter Cantelon won second place in the Best Columnist category, and production staffer Tara Gionet received a third place nod for Best Advertisement. The *Voice's* Corn and Apple Festival special section also won a third place award for Best Special Section.

The awards were handed out on Saturday, May 11 during the 100th annual awards banquet at Canad Inns

Destination Centre and Club Regent Casino Hotel in Winnipeg, which was attended by Lt.-Gov. Janice C. Filmon.

"For more than a century and a half, Manitoba's newspapers have connected the people of this province," Filmon said during her address to the crowd. "They've alerted readers to danger, they have helped them to anticipate and understand changes, they've celebrated achievements in every field and endeavour.

"Manitoba's newspapers have chronicled the passing of years, people and generations."

Filmon said since before Manitoba's founding, newspapers have been essential to the understanding of our lives.

"Newspapers have been there through wars and economic upheavals, floods. ... They have helped us understand our growth, our neighbourhood and ourselves," she added. "So to all of tonight's award nominees and to all of those who make Manitoba's community newspapers possible, thank you for all you do to inform, connect and entertain people of this province.

"Here's to many more years of meeting deadlines and writing headlines."



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Avid quilters from the Interlake share about their trip to Kenya

By: Gabrielle Piché

Two childcare workers from the Interlake shared about their trip to Kenya at Gaynor Family Regional Library on May 7.

Marcia Desmedt, 53, and Nienke Kolster, 69, showed a PowerPoint presentation with pictures and videos they'd taken while overseas.

Their trip came unexpectedly.

Desmedt and Kolster went to Winnipeg Folk Festival last summer. They met a woman named Carla Unger selling quilts with patterns they'd never seen before. Being avid quilters themselves, Desmedt and Kolster spent time with Unger and asked questions about her quilts.

"She had nothing to gain by talking to us," Desmedt said. "We weren't buying from her. She just talked to us, and we made such a connection."

Unger lives in Kenya, but her in-laws live in Winnipeg. Unger made her quilts with African fabrics.

Desmedt kept in touch with Unger after the festival and tried to buy \$200 worth of fabric from her. However, Unger said it might take a year for the fabric to reach Desmedt — so Desmedt should just come to Kenya.

"I had lots of women going, 'Yeah,



Desmedt and Kolster placed mementoes from Kenya around the Gaynor Family Regional Library theatre on May 7. Desmedt's travel journal is one of the displayed items.

you do it," Desmedt said.

Unger called the trip a "quilt safari." Desmedt and Kolster agreed to travel to Kenya, and Unger began planning their stay. Unger found two more women from the United States to join their group, lowering the travel costs everyone had to pay.

Unger called Desmedt and Kolster to discuss the trip, and if the Canadians didn't want to do something, Unger left it off the schedule.



TRIBUNE PHOTOS BY GABRIELLE PICHE

Nienke Kolster, left, and Marcia Desmedt hold an elephant painting that was purchased in Nairobi.

The group flew to Kenya in February arriving at 1 a.m. The streets were still full of life, said Desmedt.

"Nairobi is a modern, bustling, spec-

Continued on page 12



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Janique has worked with athletes from many sports, including football, soccer, volleyball, running, powerlifting, Olympic lifting, Muay Thai, Ultimate frisbee, and floor hockey. Janique has a base knowledge of most sports and their movements patterns, and can work with athletes of all types.

Janique also enjoys working with active older adults, non-athletes, and children.

Athletic Therapy is also a highly effective tool to help you recover from



various types of injury and return to your usual activities. Services are covered by MPI in the event of a motor vehicle accident. If you suffer an injury at work, athletic therapy is covered under WCB as well.

Her schedule is currently open on Tuesdays and Thursday 12-6pm, and alternating Saturdays 9am-2pm. You can book an assessment with her by calling the clinic at 204-467-5523.



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Stonewall RCMP got involved in missing dog case

By Jennifer McFee

Owners of a lost dog were barking up the wrong tree while they searched far and wide for their precious pooch, who turned out to be much closer than they ever expected.

On Tuesday, May 7, Melissa Morden visited her sister in Stonewall and brought her dog Trigger to play with her sister's dog.

She said she arrived around 11:30 a.m., and 10 minutes later she discovered that her dog was no longer in the yard.

"I panicked. We got into our car and started driving around everywhere looking for him," she said. "We went around all of Stonewall asking anyone who'd been outside if they had seen a dog running around. No one had seen him."

Just before 1 p.m., she received a text from Homeless and Injured Animal Rescue of Canada (HIARC), the organization that she adopted the family pet from in September as a birthday present for her daughter.

The text said, "Are you missing something?"

"I was driving and I didn't answer her right away. I just kept on looking for our dog. I took my kids out of school. They were hysterical. We were all looking for him for approximately five hours," Morden said.

"At around 4:30, I re-read the text and all of a sudden I clued in that maybe they knew where she was."

Morden replied to the text, saying, "I'm not missing something, we're missing a part of our family. Do you know where he is?"

The pet rescue responded "Yes" and then the text conversation turned to the topic of kennelling the dog. After a back-and-forth exchange, the pet rescue said that if Morden would like her dog back, she would have to pay them \$150.

"I went to the police so they took over from there," said Morden, whose sister used to foster for HIARC.

"I didn't even respond to her text about the money. I just let the police handle it."

Sgt. Paul Maniagre confirmed that the Stonewall RCMP took action in the situation.

"At that point, it's technically kind of an extortion for a very small amount of money," said Maniagre, a media relations officer for the RCMP.

"So officers got involved, found out who was making the text, spoke to her, found out where the dog was and made sure that the situation was dealt with appropriately."

In the end, Trigger was reunited with his family and no money was exchanged for his return.

It turned out that Trigger was nearby in the neighbour's garage all along.

"He was 10 steps away from our house the entire time," she said. "He was in the neighbour's garage."

Michael Purkhardt, one of the directors of HIARC, explained that the neighbour contacted the organization after discovering the dog.

"It's a story that can be twisted in every sense. But basically what happened is we found a dog with a tag that's on our name," he said.

"We don't know if the person still has that dog, so we decided to text that person and see if they're missing something."

He added that the organization aims to investigate the reasons a dog ran away and to educate owners on how to prevent it from happening again.

"If the dog ran away, it could be something stupid like he just wants to go see the neighbour's dog or something, or maybe he ran away because he's been kennelled for too long and he wants freedom," Purkhardt said.

"So we investigate carefully and maybe it's not the right way to say 'Are you missing something?' but we've done it many times before without any issues."

As for the \$150 mentioned in the text, HIARC posted a Facebook entry on May 9 stating: "HIARC has never

charged a fee to anyone who we have found their dog even though the Pound, the WHS and WAS all require a fee to pick up your lost dog. Is it all wrong after being accused of stealing a dog that we found roaming around to charge a fee to bring him home and to investigate the reason he ran away and to educate the owner on how to prevent this from happening again and to make sure they still care for him?"

Purkhardt said that they are located in Beausejour, so there would be work involved to drive to Stonewall to pick up the dog from the neighbour's house and investigate why he ran away.

"It is very reasonable in this situation because, being accused of a crime we didn't commit strongly suggest negative behavior on the part of the owner," stated the May 9 Facebook post, which has since been removed, "and we feel the need to protect the animal and to make sure the owner is suitable to have the animal back."

He added that they got a phone call from the RCMP stating they "could be charged with extortion and kidnapping and theft and all that stuff" if they didn't return the dog.

"If we had stolen her dog," he said, "we would not text her and say that we had him."



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TRIBUNE PHOTO BY BECCA MYSKIW

The fourth annual Woodlands Childcare Spring Tea & Bake Sale was held last Friday. Community members enjoyed dainties and drank coffee and tea while being entertained by the Woodlands Elementary School and Daycare children. The annual fundraiser is their biggest event and hosts over 90 people.

Youth Going Green ask for ban on single-use retail plastic bags

By Jennifer McFee

A group of Stonewall youth are hoping to have an eco-friendly initiative in the bag after their recent presentation to Stonewall council.

Stonewall Youth Going Green filled the council chambers on Wednesday, May 8 to ask their elected representatives to fulfill an election promise to ban single-use retail plastic bags.

Liam Brown addressed council on behalf of the group, which has been together for about a year with a mandate to promote environmentally sustainable practices in the community.

He reminded council that during an election debate hosted by the Chamber of Commerce in the fall, all candidates agreed to address the problem of single-use grocery bags.

"We have lost the chance to be leaders when it comes to the use of our single-use grocery bags. It's nice that our Co-op grocery store charges the customers for the bags, but we wonder if this minimal sin tax is really bringing any real level of change," Brown said.

"I will end my speech with a simple request: Stonewall Youth Going Green is asking the Town of Stonewall to make it a priority to ensure that all retailers within the town's jurisdictions end the use of single-use plastic bags by no later than Dec. 31 of this year. We believe this will allow all the retailers more than the necessary time to find pollution solutions necessary to join the world in helping in some small way to stop climate change."

In response to questions from coun-

cil, Brown noted that reusable bags, paper bags or boxes could be used as alternatives to single-use plastic bags.

Stonewall Mayor Clive Hinds suggested that the group take the step to approach retailers about their proposal.

"Thank you for waking us up to this issue," Hinds said.

In other council news:

- The Stonewall Kinsmen provided an update to council about the splash pad, which it will be gifting to the town. Construction is expected to begin at the end of August.

The Kinsmen plan to put up a fence to separate the lake from the splash pad site, which will eliminate the need for lifeguards. As a result, the town shouldn't need to pay any additional staffing costs; however, the town would be responsible for ongoing fence maintenance.

The splash pad will have its own separate entrance, and a 2,000-gallon recycling tank will reduce water consumption.

"The Kinsmen splash pad is a \$250,000 recreational facility being built at no cost to the Town of Stonewall," said Kerry Hendry of the Stonewall Kinsmen.

"It will enhance the lives of our residents and thousands of visitors each year."

He noted that the Kinsmen have heard from residents that they would like to have free or low-cost admission to the amenity.



TRIBUNE PHOTO BY JENNIFER MCFEE

Youth Going Green attended the May 8 Town of Stonewall committee of the whole meeting to address the problem of single-use grocery bags in Stonewall.

"Our research tells us that communities such as Selkirk, Brandon, Ste. Rose and Winnipeg do not charge for admission to their splash pads," Hendry said.

"We encourage council and administration to adopt a no-fee or low-fee

admission policy.”

- During a special meeting of council on May 8, council passed third reading of the 2019 tax levy bylaw and of the special service waste and recycling bylaw.

Rosser council news in brief

By Jennifer McFee

- Fort Distributors will provide dust control for 2019 in the RM of Rosser at a quoted cost of \$0.0305 per litre. The application deadline for dust control is May 31 and the rate is \$275 for a 12-by-300-foot strip.
- The RM of Rosser will hire Cam Munroe as the gravel checker for 2019.
- The RM has accepted a quote from Way to Go Consulting for a utility rate

study for Grosse Isle at a cost of \$6,200 plus travel at 52 cents per kilometre.

- Council gave second and third reading for the 2019 tax levy bylaw. The 2019 financial plan maintains the mill rate at 7.508.
- The RM of Rosser will enter into an agreement with Hill Sokalski Walsh LLP, represented by Sherri Walsh, for advisory services for council in relation to the code of conduct.

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FRI-SAT-SUN-MON MAY 17-18-19-20 (CLOSED TUES) AND WED-THURS MAY 22-23		AT 8:00 pm EACH NIGHT <i>Ryan Reynolds Justice Smith</i> <i>Animated & Live Violence</i> PG
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FRI-SAT-SUN-MON MAY 24-25-26-27 (CLOSED TUES) AND WED-THURS MAY 29-30		AT 8:00 pm EACH NIGHT <i>Diane Keaton Pam Grier</i> <i>Coarse Language, Sexual Language</i> PG
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Stonewall Teulon
Tribune



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Thanks to all the mothers

By Evan Matthews

A pair of mothers who have kids playing in the NHL reflected on raising elite hockey players with CBC this past week.

Anne Brown and Kelly McDavid — mothers of Connor Brown and Connor McDavid, respectively — told reporter Dwight Drummond they hadn't sacrificed anything in order to be mothers of two pro hockey players.

The article read that despite out-of-town commutes, early mornings and late nights in cold rinks, it was all worth it. While no one questions whether or not parenthood is "worth it," to say those mothers did not make any sacrifices to have their kids be where they are today just wouldn't be true.

That's what mothers do. They wake

their kids up in the morning. Mothers guide their kids through the day, from what clothes to wear and what foods to eat to following their hearts and dreams in everything their kids do.

They think not of themselves first but of their kids. They think about how to improve the existence of their child, and then themselves. We thank them formally only once a year, but our mothers sacrifice every day.

Sometimes it is conscious, and sometimes it is not. But without our mothers, we would not be.

I was recently told a story second-hand, about an immigrant mother who fled to Canada in 1907.

With nothing but uncertainty, a pregnant mother got on a boat, travelled to a very young country and gave birth to a child. It would have been easier

for her to stay in her homeland. But she risked and sacrificed everything so her child may have a better life.

A friend of mine posted a photo of his mother on social media, captioned, "I will love you forever."

It resonated with me because for so many of us, it's one of the few and far between times where someone can say that, unconditionally. My friend's commentary was beautiful.

Whether a mother raises a pro hockey player, crosses international borders (for what could be an array of reasons) or raises your average, everyday Manitoban, they are the glue that holds our society together.

Our mothers raised us. Our mothers nurtured us. Our mothers will care for us as long as they live.

We love you. Happy Mother's Day.

Teulon presents 2019 financial plan, no tax increase

Staff

The Town of Teulon presented its 2019 financial plan at the public hearing on May 9.

The town's municipal mill rate will remain the same as in 2018 at 13.757 mills (0 per cent increase). The mill rate was 14.092 mills in 2016 and 14.232 in 2017.

The total municipal tax levy in-

creased from \$753,200.46 to \$771,604.14 because of a 2.1 per cent growth in assessment.

Teulon's capital projects include a street and sidewalk project for \$130,000, a 68" angle broom for \$7,225, a bobcat for \$42,155, and, of course, the fire hall which comes in at \$700,000.

The fire department also requires a total (estimated) cost of \$47,200 for

self-contained breathing apparatuses (SCBA), which will be shared 50/50 with the RM of Rockwood.

Teulon will transfer a total of \$210,000 from various reserve funds (ex: Gas Tax Reserve, Crescent Creek Park Reserve, Centennial Reserve, General Reserve, Equipment Reserve, Fire Reserve, etc.), to fund capital projects like the street and sidewalk project.

Selkirk to host 24th annual Kids Fishing For A Cure Derby June 1

By Lindsey Enns

A special fishing derby that helps children battling cancer be kids for a day will mark its 24th year in Selkirk next month.

The 24th annual Kids Fishing For A Cure Derby will take place in Selkirk Park on Saturday, June 1.

The event kicks off at around 8 a.m. with a pancake breakfast for the par-

ticipating children and their family members before volunteer boat operations and avid anglers take children and a family member out on the Red River to fish.

Selkirk resident Bobbi Carter, who has been helping organize the derby in some capacity since its inception, said the free event is all about letting kids who are currently undergoing

cancer treatment just be kids for a day.

"That to me is what it's all about. It's very rewarding working with these children," said Carter, who is currently the event's secretary and derby chairperson. "These kids are in the fight for their lives and at the end of the day when you see them going home with

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Call Arnie Weidl at 204-641-2210
sanarn@mymts.net



That's the way of life

Hi gang.

I hope you didn't mind my toying with you these last two weeks by bringing to life Nikki Benish's story of her love of fishing with her father and Larry Skoleski's story of watching his friend Jackie Pyle catch masters after announcing they had won. We needed time to get everyone rounded up for this week's photo in front of Selkirk Canadian Tire but we finally did it. Nikki and Larry, enjoy your prizes!

Life-awakening spring and open-water fishing is once again ours! The pier at Hnaua was jam-packed with anglers last Saturday when I arrived mid-afternoon. The sun was high and bright, the wind fair with folks sitting in folding chairs beside their cars or trucks jiggling their fishing lines, snacking and chatting with family and friends having a fine old time.

A tall young chap waved me over as I got out of my car to visit with everyone. I walked over to him as he held out his hand to shake mine saying, "Boy, everybody all along the pier is catching walleye."

"Yeah," I returned, smiling, "the pickerel are all along the shoreline in Lake Winnipeg's south basin."

"Pickerel?" my new friend looked at me inquiringly.

"Oh, yeah, walleye and pickerel are generally known as the same thing," I said. "What's your name, pal, and do you have a fishing story for your fellow anglers?"

"My name's Jonathan Buckolz from Winnipeg and, yes, I remember a time

years ago one of my sisters changed from a frightened child to a lover of the outdoors and angling in one day."

He went on. It seems he was fishing with his two very young sisters off the dock at Wendigo by Lac du Bonnet. Little spindly, rosy-cheeked, blond-haired Jessica was playing with her little fishing rod laying on her tummy, raising and lowering her lure and slapping it on top of the water.

Without warning, a jack maybe a foot and a half long broke from the water, its mouth gaping, its eyes locked on the lure. Though the child was quite a bit higher on the dock than the water, she was terrified. She sprang up screaming and ran from the dock to the safety of the grass of the lake bank.

Jonathan knew this was a moment that would mould Jessica's view of the outdoors and fishing for some time to come. Slowly he walked from the pier to her side and sat down on the ground. He spoke gently to his sister until she became calm and then led her back hand in hand onto the pier. He picked up his rod, cast it out into the glassy water and then scooped up her floating rod.

He handed it to her saying, "Jessica, look around us. Those nice spruce trees find their food in the ground. That seagull over there on the water searches for minnows. The fish that scared you was only after the lure because it thought it was food. Fish catch food to live and we need food to live. That's the way of life, Jessica. Now what do you say we try and catch



TRIBUNE PHOTO BY ROSE BLAND

MIFA award ceremony in front of Selkirk's Canadian Tire, from left to right, MIFA board members Guy Proulx, Chuck Reuther, Lawrence Proulx, Canadian Tire rep. Dylan Collins, portable ice shack winner Nikki Benish, ice auger winner Larry Skoleski and Arnie Weidl of the *Selkirk Record*, the *Express Weekly News* and the *Stonewall Teulon Tribune*.

some fish for dinner?"

Jessica smiled, nodding her head. She wiped away the last of her tears and cast her lure a little ways out in the water.

Not long ago, I met Bev Gardener and his buddy Ken Leochko, who had an unusual experience when they were ice fishing on Sandy Bar by Riverton. Ken, a stocky, powerful chap, got a hard hit on his baited hook. Bev, a big easy-going guy, made room for him to play his fish in the small portable ice shack. Ken braced his legs wide as best he could on the slippery floor, the ice having melted with the warmth of the propane heater. He tightly gripped his short rod, which was whipping with great force. He played his catch slowly, reeling in

careful not to break his line.

In time, the head of a great jack appeared in the ice holes water. With his gloved hands, Ken reached down and grabbed it by its gills. Unfortunately, Ken's legs weren't as long as the jack. Lifting it as high as he could, only three quarters of the fish was out of the hole. Suddenly, the strain on his legs from the slippery floor and the weight of the fish were too much. Ken seized with excruciatingly painful leg cramps and let go of the fish. As they parted company, Ken took a bath on the wet floor while the fish disappeared back down into the ice hole's water as it slipped the hook. He was too big to eat anyway, Ken!

Till next time, my friends. Bye for now.

Local chef to participate in fundraising dinner

By Jennifer McFee

A locally connected catering company is cooking up support for a friend who is fighting for her life.

Loaf and Honey, made up of Dustin Peltier and Rachel Isaak, will be involved in the Breathe Easy event on May 26 at Manitoba Institute of Trades and Technology in support of Jolene Neufeldt. After the birth of her child in 2015, Neufeldt was diagnosed with pulmonary hypertension. Over time, her condition worsened and doctors

discovered that the initial diagnosis resulted from primary biliary cholangitis in her liver, which also led to autoimmune hepatitis.

She now requires a double lung and liver transplant, so she and her husband will be moving to Toronto to be waitlisted for the process. They will need to cover significant costs for accommodation, moving and living.

Peltier and Issak are among about 20 chefs who will be putting together a five-course meal with contributions

from local food suppliers, including Watersong Farms, which is donating fish for one of the courses. Local wine and beer distributors are also contributing to the cause.

"Manitoba is a community of close-knit communities — perhaps none more so than those of us who make our living creating with food," states the Eventbrite page.

"So when we heard our good friend and fellow foodie, Jolene Norton, was in a fight for her life, we decided to

rally behind her the best way we know how: by bringing people together for the love of food and to show our love for a great friend and peer."

Tickets cost \$75 and are available on Eventbrite under the heading "Breathe Easy — An Evening in Support of Jolene Neufeldt."

All the proceeds will be donated to Neufeldt's GoFundMe page at <https://www.gofundme.com/joleneneufeldt-transplant>.

Local Dalmatian gets part in 'A Dog's Journey'

By Becca Myskiw

A Dalmatian from Warren recently acted in the upcoming film *A Dog's Journey*.

The two-year-old Dalmatian named Moose was trained for the part by his owner Ashley Peltz, a local dog trainer. She graduated from Animal Behaviour College and runs four of her own dog training courses in Warren where she lives. Peltz said training Moose for his role was easy.

Moose's role in the film was to sniff out cancer. He had to go through a few people then cross his paws and lay his head on them when he got to the sick person. To get him ready for the role, Peltz said they first had to complete a Level 1 and 2 acting course.

When teaching Moose the actual trick, she used a lot of treats and got him to paw at a target on the floor. Peltz said he learned the trick in less than three days.

"He's pretty food-motivated," said Peltz. "So, he picks it up pretty quick-

ly."

Peltz wasn't on set with Moose for filming and doesn't know anything else about his role or how big it is. She's taking her son on opening day to see the film with hopes of seeing their pup on the big screen.

Peltz has two other dogs, Roxy, the oldest, and Luka, her rescue dog. Moose and Luka are in The Ruff House Rowdies travelling trick show out of Teulon. Moose is a fan favourite with the kids. In the show he goes by the nickname "Marshall Moose," relating to the Paw Patrol Dalmatian, Marshall.

Moose is currently working on agility training and Peltz's hopes to go competitive with him. He also had a small role in *A Shoe Addict's Christmas*, a 2018 Hallmark movie where he played the firehouse dog.

Moose has his own portfolio with hopes of landing more movie roles in the future. Peltz enjoys training dogs and would like to train full-time and



TRIBUNE PHOTO BY BECCA MYSKIW

Ashley Peltz chooses difficult breeds when getting a new dog to give herself a challenge when training.

educate more people on "how to have a good dog."

A Dog's Journey hits theatres on May 17.

Spring cleaning

TRIBUNE PHOTO BY BECCA MYSKIW

Thirty members of 301 Royal Canadian Air Cadet Squadron spent over half the day cleaning Stonewall Memorial Park last Saturday. They picked up garbage, raked leaves and got the park ready for summer. The cleanup was part of the Cadets' community service initiatives and this was their third year doing it. The local air cadet squadron has 54 members and operates out of Stonewall.



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WES garage sale for Siloam Mission 10 years strong

By Becca Myskiw

Warren Elementary School Grade 3 students held the 10th annual garage sale for Siloam Mission last Friday.

Teacher Kim Anderson said her students raise \$600 to \$900 for Siloam Mission every year, and she expects nothing less from this year's sales.

"[The garage sale] is always really successful," said Anderson. "And the students just really enjoy it."

Every year, Anderson leads into the garage sale by talking to her Grade 3 class about homelessness. She uses the Ladybug Foundation as an example of the impact young people can make.

The students had a month to prepare for the sale and started by sending a note home with all WES students asking for one or two donations. A lot of students bring more and community members come in with items to donate after seeing their posters around town.

The annual garage sale happens around Mother's Day weekend every year, so students and community members have a chance to buy something for their mom, said Anderson.

Anderson plans on continuing with the garage sale in the future to help the less fortunate and educate her students on the difference they make.



TRIBUNE PHOTO BY BECCA MYSKIW

WES Grade 3 students Katie Atchison, left, Duncan Grassinger, middle, and Jersey MacMillan were in the class running the garage sale.

International Migratory Bird Day at Oak Hammock Marsh

By Becca Myskiw

Birders from across the province came to Oak Hammock Marsh on May 11 for their 15th International Migratory Bird Day.

International Migratory Bird Day is traditionally the second Saturday in May. It's the time of year when most birds around the world are migrating back home and is a chance to introduce the public to bird conservation.

Resident naturalist Paula Grief works at Oak Hammock Marsh. She said International Migratory Bird Day is a week too early for Manitoba, but they celebrate it regardless as a way to "kick off spring."

International Migratory Bird Day reminds everyone that birds are a shared part of the world.

"Birds are not just our birds," she said. "We share birds with all kinds of places."

Oak Hammock Marsh kicked off the special day with a shorebird survey walk guided by Christian Artuso, Manitoba projects manager at Bird Studies Canada and Tim Poole of Manitoba's Important Bird Area Program.

Dorothy Paryzek is a birder from Winnipeg. She saw many types of birds on the shorebird walk like the willet, the American avocet, the sandpiper and many more. Seeing the peregrine falcon was the highlight of the walk.

After the shorebird walk, Oak Hammock Marsh had a Manitoba Breeding Bird Atlas presentation with Artuso. He wrote the atlas, which is the province's first of its kind and features birds native to



TRIBUNE PHOTOS BY BECCA MYSKIW

Dorothy Paryzek has been a birder for three years. She said most birders make a life list where they write down the birds they want to see in their life.

Manitoba.

The day also included a songbird banding with Grief, a bird survey walk with an interpreter and a three-hour live parrot presentation with the Parrot Club of Manitoba.

"[The parrot presentation] is a way to bring tropical birds into our celebration," said Grief. "It's the international aspect."

Grief said Saturdays are usually pretty quiet at Oak Hammock Marsh, but the centre was busy and booming on International Migratory Bird Day.



The Canada Goose migrates south for the winter and returns at the beginning of April.

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Sat., May 25th, 9:00 am - 1:00 pm
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513 1st Ave. N., Stonewall, MB

Settlers, Rails & Trails applies for public library and cultural exhibit approval

By Jennifer McFee

Settlers, Rails & Trails is one step closer to opening its museum north of Argyle.

At the May 8 council meeting, Rockwood council heard favourable comments during a public hearing for a conditional use application that would allow a “public library and cultural exhibit” on the property, which is located in an agricultural limited zone.

In his letter of intent, president and executive director Shayne Campbell explained that the museum plans to buy 12 acres of land from New Haven Colony. The wedge-shaped property is located between the Interlake Pioneer Trail and Prime Meridian Road.

“A permanent home for the museum is paramount to our organization’s future growth; so we can continue to preserve, interpret and protect our shared cultural history,” Campbell states in the letter of intent dated March 17.

“We require land to accommodate current/future promised buildings and artifacts, a large space to preserve native prairie and other ecological heritage vegetation, adequate acreage for historic/current agriculture promotion and appropriate parking, physical activity and storage areas.”

Campbell notes that the conditional use as a museum will fit well with the nearby farmland, heritage railway, recreational trail and more.

“We intend to use outdoor storage for our equipment and artifacts that are awaiting exhibition,” Campbell’s letter states. “This storage will be discretely landscaped and hidden behind our building structures.”

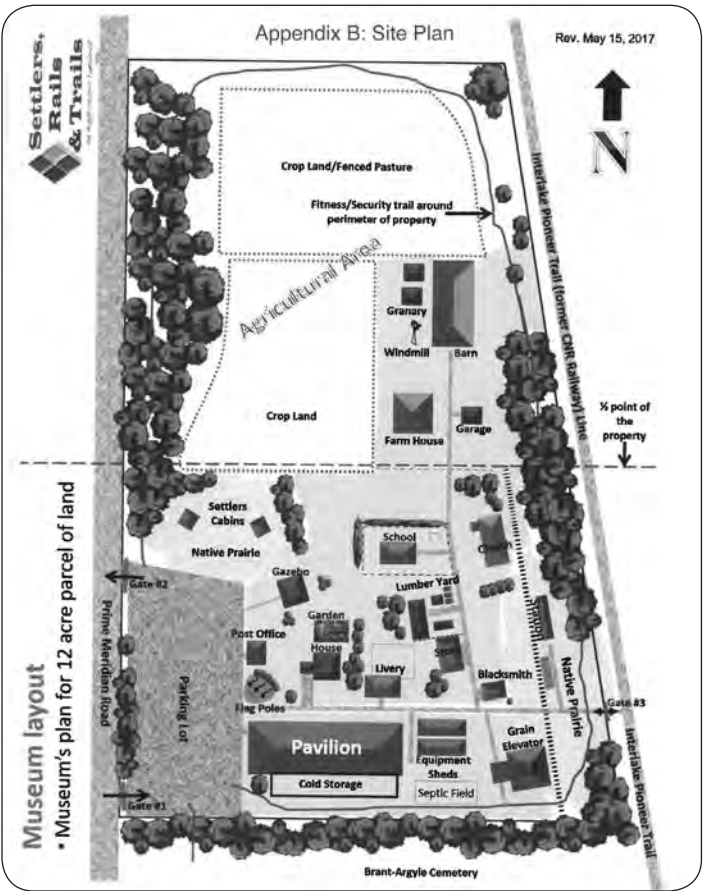
This summer, they plan to move three heritage buildings to the property. Then by next summer, they expect to begin landscaping and cleaning up the property to transform it from an agricultural field “to a mix of lawn, gravel, parking pad, trees and native flowers.”

Drainage will be incorporated in ponds and ditches that run alongside the mini-village roads.

The South Interlake Planning District suggested that the RM of Rockwood enter into a development agreement with the applicant.

Looking ahead, the non-profit organization plans to have regular operating hours on the first Saturday of each month, with expanded daily operations from May to August. Visitors can also arrange outings by appointment.

Shandy Walls of STARS Air Ambulance spoke to council about the organization and its need to purchase a new aircraft in Manitoba as well as five in Alberta and three in Saskatchewan.



Map of the site plan for Settlers, Rails & Trails museum.

The current helicopters are more than 30 years old, and each new Airbus H145 helicopter costs approximately \$13 million. The organization recently received \$1 million from the Richardson family to be divided among its six bases in three provinces. A fundraising campaign is underway, and STARS is also seeking support from municipalities.

Each year, STARS flies about 720 missions in Manitoba. In recent years, it has flown 22 missions to Rockwood, 22 to Teulon and 32 to Stonewall.

STARS is also the first helicopter air ambulance service to stock blood in advance for transfusions on its missions.

In 2016, a helipad opened at the Health Sciences Centre to allow for direct patient transport.

In other council news:

- Art Dykstra and Catherine Waterer requested permission to vary the minimum site area of residual land in the agricultural general zone from the required 80 acres to 68.7 acres. The South Interlake Planning district had no concerns with the variance application.

- Edward “Craig” Hillaby requested permissions to vary the maximum accessory building to 1,200 square feet from 800 square feet for a proposed garage on his 26,000-square-foot property in Stony Mountain. The proposed garage would be used as shelter for restoring cars. The garage would be insulated to help alleviate noise concerns, and it would also have its own self-contained septic



TRIBUNE PHOTO BY JENNIFER MCFEE
Shandy Walls of STARS Air Ambulance spoke to council about the organization and its need to purchase a new aircraft in Manitoba as well as five in Alberta and three in Saskatchewan.

tank system.

The applicant expects that other considerations such as dust, smoke and traffic should all be within the range of personal garages.

The South Interlake Planning District does not have any concerns with the variation.

- At the May 8 council meeting, Rockwood council agreed to add Road 78N, half a mile east of PR 236 to Road 5E, to the non-truck route list. Rockwood council also plans to approach the Town of Stonewall about the possibility of entering into an agreement about road stabilization due to the additional truck traffic caused by its lagoon upgrades.

Council also passed first reading of a bylaw to regulate routes of truck travel within the RM of Rockwood.

- The RM of Rockwood accepted Big Daddy Enterprise’s proposal of \$1,250 per month to maintain the parks in Stony Mountain due to their experience in maintaining these parks for the past three years.

- Council passed second reading of a bylaw to amend a bylaw that authorizes the borrowing and expenditure of money for the construction of sewage and treatment facilities, as well as water supply treatment and distribution facilities, in the Townsite of Grosse Isle as a local improvement.
- Rockwood council passed first reading of a bylaw to establish the Teulon-Rockwood Recreation Commission.

- Council passed second and third reading of the 2019 budget and financial plan.

PUBLIC NOTICE

Notice of dust control program

Homeowners along gravel provincial roads and main market roads in unorganized territories may apply to have dust control applied in front of their homesites at a cost of \$200 for a single application.

The formal application is available from your local Manitoba Infrastructure office. The deadline for these applications will be **no later than May 31, 2019.**

For more information, please contact one of the following Infrastructure offices:

Steinbach	204-346-6266	Dauphin	204-622-2061
Selkirk	204-785-5040	Swan River	204-734-3413
Portage la Prairie	204-239-3292	Brandon	204-726-6800
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Hong Kong commemorative plaque unveiled in St. Laurent

Submitted

Fifty members of St. Laurent Métis Branch 250 were welcomed to witness the unveiling of the Hong Kong Commemorative plaque on May 11.

Yvette Carriere, daughter to Albert Boyer WG, Hong Kong removed one chair and Laureen Carriere granddaughter to Albert Boyer removed the other in the protocol service. The ladies also unveiled the plaque.

St. Laurent Reeve Cheryl Smith and Interlake MLA Derek Johnson

addressed the crowd, while Selkirk-Interlake-Eastman MP James Bezan spoke about the brave men from this area who fought for our freedom.

Branch president Randy Smith and the members provided refreshments and hospitality.

Also attending the ceremony was Carol Hadley of the Prairie Region Hong Kong Veterans Commemorative Association, Barry Mitchell, Marilyn Gelinas, Marleen Bell, Stan Lopata and Alex Taylor and Allan Hadley.



TRIBUNE PHOTO SUBMITTED

Pictured left to right: president Randy Smith, Laureen Carriere, Selkirk-Interlake-Eastman MP James Bezan, St. Laurent Reeve Cheryl Smith, Interlake MLA Derek Johnson and Yvette Carriere.

You can now call

toll-free 1-866-267-5818

to hear about the availability of a doctor in your emergency department this summer.

These schedules are also posted online at www.ierha.ca under "Care in your hospital" and "Emergency department schedules".

THIS SUMMER, WHAT DO YOU DO WHEN A DOCTOR IS NOT AVAILABLE IN YOUR EMERGENCY DEPARTMENT?

1. Nurses are available in emergency departments to assess your condition and to identify your care options.

If you come to an emergency department on suspended service, come inside and speak with a nurse.

2. When an emergency occurs, always call 911 or your local 10 digit number.

Paramedics will care for you and transport you to the care providers you require. Visit www.ierha.ca, "Care in your community", "Clinics and frequently called numbers" for a listing of 10 digit numbers.



We continue to recruit doctors to our region, however, services in some emergency departments may be temporarily unavailable if a doctor is not onsite.



Interlake-Eastern
Regional Health Authority

Vous pouvez maintenant composer le 1-866-267-5818, numéro sans frais, pour connaître la disponibilité d'un médecin dans votre service d'urgence cet été.

Ces horaires sont également affichés en ligne au site Web www.ierha.ca sous la rubrique « Care in your hospital » et « Emergency department schedules ».

Veuillez noter que ce service est actuellement offert en anglais seulement.

QU'EST-CE QUE VOUS FAITES QUAND UN MÉDECIN N'EST PAS DISPONIBLE DANS VOTRE SERVICE D'URGENCE CET ÉTÉ?

1. Les infirmiers et infirmières sont disponibles dans les services d'urgence pour évaluer votre état de santé et déterminer vos options de soins.

Si vous vous présentez à un service d'urgence dont les services ont été suspendus, veuillez entrer et parler avec une infirmière ou un infirmier.

2. En cas d'urgence, faites toujours le 911 ou le numéro local à 10 chiffres.

Les ambulanciers s'occuperont de vous et vous transporteront auprès des prestataires de soins dont vous avez besoin. Visitez le site Web www.ierha.ca, « Care in your Community », « Clinics and frequently called numbers » pour obtenir la liste des numéros à 10 chiffres.



Nous continuons à recruter des médecins dans notre région, mais il est possible que les soins dans certains services d'urgence ne soient pas offerts temporairement si un médecin n'est pas sur place.



Office régional de la santé
d'Entre-les-Lacs et de l'Est

4-H members excel at communication

Staff

Local 4-H members showcased their skills during the South Interlake 4-H Area Council Communications Competition at Teulon Collegiate on March 17.

"This is an annual competition in which young 4-H members between the ages of eight and 25 can practise their communication skills through speeches and visual presentations," explained executive member Christine Tronrud in an email.

"Communications is a life skill which is incorporated into the 4-H program in order for members to complete their projects. All members participate in communications at the club meeting level and may choose to move on to inter-club competition in their area."

South Interlake 4-H Area consists of approximately a total of 100 members, which come from the Teulon 4-H Club, Balmoral 4-H Club, Argyle Beef 4-H Club, East Selkirk 4-H Club and Minerva 4-H Club, she added.

In the Junior Speech category, first place went to Jaelin Taylor of Balmoral 4-H Club for "Procrastination" and second place went to Sari Brown of Balmoral 4-H Club for "My Dog Ginny."

In the Intermediate Speech category, first place went to Keira Waldbauer of Teulon 4-H Club for "Happy Birthday" and second place went to Otilja Yankech of Teulon 4-H Club for "The Rule of Three."

In the Senior Speech category, Luc Perreault of East Selkirk 4-H Club won for "My Trip to France."

For Junior Two-Person Visual Presentations, first place went to Ella and Alexa Loehmer of Balmoral 4-H Club



Intermediate Speech winners, first place Keira Waldbauer, left, and second place Otilja Yankech.

for "Super Squishy Slime" and second place went to Jude Bennett and Ben Krochenski of East Selkirk 4-H Club for "Sunday."

For Junior One-Person Visual Presentations, first place went to Kristen Greigson of Balmoral 4-H Club for "Kaboom."

For Intermediate One-Person Visual Presentations, first place went to Kaitlyn Greigson of Balmoral 4-H Club for "Fight for Rights."

First and second-place winners each received medals. Then the first-place winners from each category moved ahead to compete at the Provincial Communications Extravaganza, which took place in Portage La Prairie on April 27. There were no provincial placings from the South Interlake area, but congratulations are in order for all who participated.

Then on May 6, the Teulon 4-H Club held its Annual Achievement Night



TRIBUNE PHOTO SUBMITTED

The Teulon 4-H Club held its Annual Achievement Night on May 6 with 12 members being recognized with the following projects: Exploring 4-H, Scrapbooking and Small Animals. The Exploring 4-H group celebrated with a fashion show modelling their pyjama bottoms and pillows they sewed during the year. All members displayed work completed during the 4-H year. Pictured back row, left to right: president Otilja Yankech, secretary, Kaleigh Watson, Isabella Smith, treasurer, Keira Waldbauer; middle row: head leader Christine Tronrud, leaders Kim Watson and Dorothy Farmer; front row: Kate Rawlings, Madison Leahey, Zuri Cook, Jade Cook, Charlee Tronrud, Ainsleigh Hutchinson, Madelyn Smith. Missing from the photo is Violet Cook.

at the Teulon Rockwood Centennial Centre. All members displayed work completed during the 4-H year, and 12 members achieved in projects for Exploring 4-H, Scrapbooking, and

Small Animals.

The Exploring 4-H group celebrated with a fashion show modelling the pyjama bottoms and pillows that they sewed during the year.

> KENYA, FROM PG. 3

tacular city."

Men wore suits all the time, despite the blazing heat, and everyone was well-dressed.

Nairobi had traffic lights, but they were new, so many people ignored them, Desmedt said.

The Canadians explored Nairobi's markets and tried fresh fruit like pomegranates, coconuts and watermelon.

"You don't even know fruit is supposed to taste like that," Desmedt said.

Unger took her group to Amani Gardens Inn, a bed and breakfast built by Mennonite missionaries. She also took them to different cottages around Kenya. Some had cold-water showers and salamanders on the walls.

The places where they stayed were beautiful, even though they lacked some luxuries Canadians take for granted explained Desmedt.

The group went to Amani Yaa Ja, a space where African women made and sold placemats to pay for kids' school expenses, like books and uniforms.

"We have everything so automatized and mechanized," Desmedt said. "It was amazing to see them do it by hand."

The women at Amani Yaa Ja came from different African countries like Rwanda and Sudan. Sometimes, the tribes these women came from fought against one another; the women would be working with people their

home countries would consider enemies.

The women created a unity quilt for their workspace to remind themselves of peace. Each patch depicted a different tribe's way of solving conflict.

On their breaks, the African women would sing together.

"This was a real place for us to be inspired," Kolster said.

Desmedt and Kolster bought fabric to bring home. They planned to use the fabrics for making their own quilts.

The Canadians went to another local business run by women. This time, the Africans made and sold beads to pay for school costs.

"The people were really an enor-

mous, important part of our trip," Kolster said.

Desmedt and Kolster's group went on an African safari, where they saw many animals — lions, cheetahs, jaguars. There were so many zebras in Kenya, seeing one became like seeing a deer in Manitoba, Desmedt said.

Desmedt and Kolster said they knew they were taking a risk by going on the trip, but it was an "unbelievable" experience.

"There's a lot of travel advisories on government websites, and if you follow all of them, you'll never go anywhere," Kolster said.

Both women plan on going overseas again in the future.

Wood and soapstone carvings on display at Stonewall Library

By Becca Myskiw

Peter Symchuk, a self-taught wood carver living in Stonewall, is the Stonewall library artist of the month.

His carvings are mostly made from bark, and he's started trying his hand at soapstone. He started carving over 20 years ago and has since sold approximately 800 pieces.

Symchuk got into carving by accident while at his cabin.

"I just picked up some wood one day and started carving," said Symchuk. "It just turned out that I actually could do some carving."

Symchuk uses cottonwood and diamond willow bark, which he cuts down himself in the bush. He grew up around those types and they're easiest to carve with. There's an abundance of them by Lake Winnipeg where he finds most of it.

"You just got to know where to find it," said Symchuk. "And where there's a lot of it."

The first thing Symchuk carved was a face. He has great facial memory and uses it to his advantage.

He won a few awards for his work

including the Eastman Region Juried Art Exhibition in his first year of carving. Today his carvings can be found all around world to collectors and galleries as far as Germany. Symchuk's favourite pieces are always the fastest to sell.

Symchuk works full-time as the director at Seven Oaks Hospital and carves in his free time. There's no deep meaning to his work; it's just enjoyable for him. He also spends a lot of time giving presentations at schools and teaching carving classes at Artists Emporium in Winnipeg.

"When I first started doing the teaching at the Artists Emporium, I thought, 'I wonder how many people will show up,'" said Symchuk. "And it turns out it sold out right away."

For the last three years, every class has been sold out and he receives really good reviews about his classes too.

Symchuk's most recent carvings went to Calgary for the winners of the Indspire Awards. The Indspire Awards recognize young First Nations, Inuit and Métis people who in-



Symchuk's favourite piece is made from soapstone. It's the first piece he successfully created from the stone.



TRIBUNE PHOTOS BY BECCA MYSKIW
Peter Symchuk started carving in 1998. He uses basic carving tools like the chisel to create his artwork.

spire others in their daily life.

Symchuk does have a Facebook page, Carvings by Peter, and for anyone interested in viewing some of the carvings in person, they can stop by the South Interlake Regional Library in Stonewall throughout the month of May.

MYJC open for the summer



Melaina Harrison



Eric Shinnie

Staff

The Manitoba Youth Job Centres are now up and running.

Melaina Harrison will be the youth engagement leader in Stonewall and

Eric Shinnie will be the youth engagement leader in Teulon.

According to the government of Manitoba website, Manitoba Youth Job Centres provide community-based summer employment referral services throughout rural and northern Manitoba. Local employers, as well as students and youth from 12 to 29, receive free assistance matching qualified job seekers with summer employment.

The centres also provide students

and youth with important information and education on career development and employment-related skills such as labour regulations, workplace health and safety, resume preparation, interview assistance and job-search techniques.

Offices are open from mid-May to late August each year and they are operated by the Manitoba government in cooperation with community-based sponsoring committees in 40 rural locations throughout Manitoba.

The Stonewall office is located at 293 Main St. and the phone number is 204-461-1364. The Teulon office is at 44 4th Ave. and the phone number is 204-861-0132.

Helping the hungry



TRIBUNE PHOTO BY DR. MIKE LOUDON

Teulon Collegiate's Helping Hands committee not only volunteered their time serving dinner at Siloam Mission in Winnipeg on May 5, but also made a \$160 donation. The committee held an Easter bake sale and raffled off a large plush Easter bunny. Every day, hundreds experiencing poverty and homelessness in Winnipeg walk through the doors of Siloam Mission. The Mission runs on volunteers and donations and always welcomes packages of men's and ladies' socks and underwear, men's t-shirts (all sizes) and travel-sized toiletry items. Items can be dropped off at Teulon Collegiate during the school year. Pictured with TCI's Helping Hands and staff members Brenda Bawdon and Carolyn Szun, students Megan L., Quintin H., Maddie C., Amanda G. Ashley B. and Siloam Mission's volunteer services Chrissy McVety.

SCI students return home after studying in Quebec

By Gabrielle Piché

Two Stonewall Collegiate students are back home after spending three months in Quebec.

Chloé Morrison, 15, and Chloe Hunter, 16, came back from the Manitoba-Québec Exchange Program on April 27. The program, run by the provincial government, matches Manitoban students with students in Quebec.

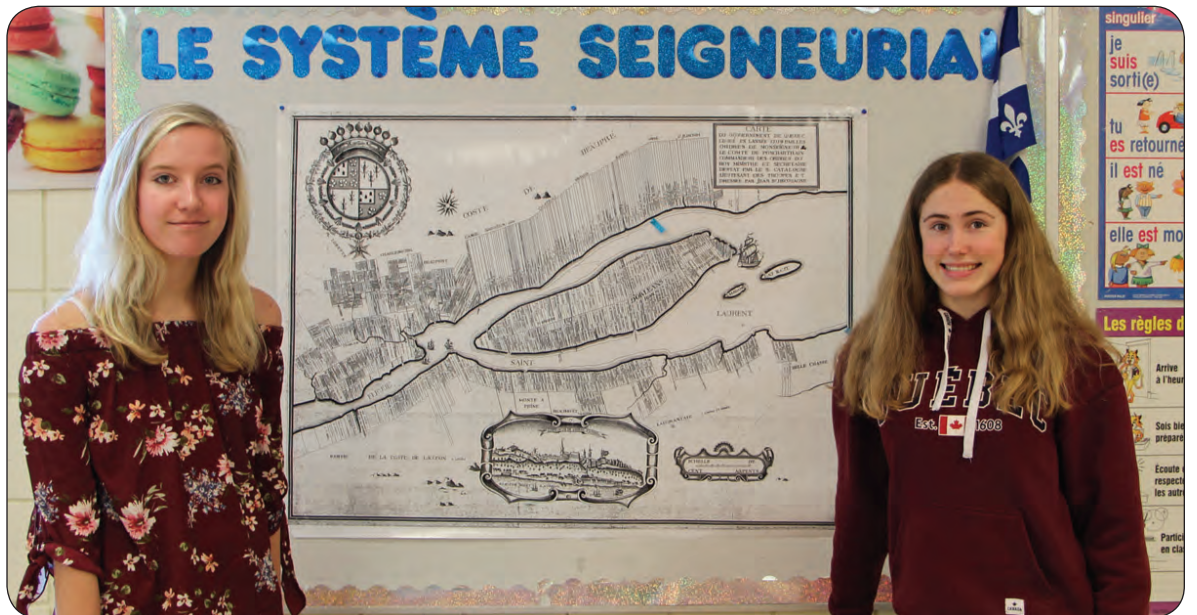
The paired students spend six months together — three in Manitoba and three in Quebec. The program aims to improve students' language communication skills, according to the Manitoban government's website.

Hunter stayed in Quebec City, while Morrison lived with her French hosts in Montmagny. The girls went to school with their Québécois partners and explored the province in their free time.

"It was a really good experience, and our French improved, which is good for our French here," Morrison said.

The girls took tests and handed in assignments at the schools they attended in Quebec, but the marks they got didn't affect their grades back home.

"It wasn't really as stressful there," said Hunter.



Chloe Hunter, left, and Chloé Morrison stand beside an old map of Quebec in Stonewall Collegiate on May 9.

TRIBUNE PHOTO BY GABRIELLE PICHE

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Instead, the girls were evaluated on their participation and effort in speaking French. They got a journal and portfolio, which they filled with mementoes from their trip and handed in.

Morrison and Hunter received one credit toward their high school diplomas, which is equal to completing a year-long school course.

Monica Conger-Morrison is a French teacher at Stonewall Collegiate and she's Chloé Morrison's mother. Though Conger-Morrison doesn't teach Morrison and Hunter, she has seen students in her classes go through the French exchange program.

"In the past, students who have come back have definitely had an improvement in their French oral skills, and they just have a confidence in speaking," said Conger-Morrison.

The program affects more than just the students involved — it affects the whole community.

"It was this ripple effect," Conger-Morrison said. "We gained a wider perspective about the Québécois culture

and the people who live there."

Morrison's match, a student from Quebec, stayed in Conger-Morrison's household. Conger-Morrison said her family grew close to the Québécois family because the households talked often.

Students from Stonewall Collegiate benefited because they met the students from Quebec too.

"I think having some people in our community who have participated in this, you get more knowledgeable," Conger-Morrison said. "There's this sense of, 'Well, if their kids did it, our kids can too.'"

Both Morrison and Hunter plan to continue French throughout high school. Morrison hopes to go back to Quebec this summer.



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Home & yard

Local vegetable farmer filling a growing demand

By Becca Myskiw

Kevin Nikolaishen, a local farmer with a hunger for growing fresh, well-priced food is now providing an opportunity for others with that same hunger.

Nykolaishen started Beach Boys Berries five years ago with the intent of running a "you pick" fruit farm but started with something a little more inexpensive.

Today, Beach Boys Berries sells farm fresh vegetables at a store-matched price in a Community Shared Agriculture system.

A CSA-operated farm distributes its products to local area members on a shared basis. Nykolaishen sells vegetable subscriptions. People sign up at the beginning of the summer and pay weekly.

Each week, members receive a box of seasonal, local produce.

Beach Boys Berries sells three different packages: half-share (five pounds), half-share premium (five pounds and herbs) and a full-share (two half-share premiums). All packages contain what's growing at the time and look different as they are based on weight.

In the spring, Nykolaishen grows leafy greens including various types of lettuce, spinach, arugula and more. Root vegetables like potatoes and yams in the summer and winter squash later in the season. Basil, summer savoury and dill are a few of the herbs he grows.

"I really try to stress to people it's what's in season," said Nykolaishen. "It's what I have an abundance of."

Nykolaishen was excited to get his first cookbook for Christmas when he was 10 years old and started cooking when he was 12. Beach Boys Berries has become his way of helping people cook decent meals at home for a good price.

"[Children] hate so many vegetables because they've never had them fresh from the garden prepared in a really well way," said Nykolaishen.

Nykolaishen has 40 acres to farm and grows all of the vegetables he sells at his garden in Winnipeg



Five pounds of vegetables makes up a half-share for \$15 and includes the best vegetables in season.

Beach. Planting begins inside, before being moved outside to grow when the weather's right. Selling the produce usually begins at the end of June.

Nykolaishen went to Red River College to study greenspace management. He said Beach Boys Berries is as sustainable as it can be with what he's got.

Compost is the only input to his garden and is 100 per cent zero-spray.

"The only pest control is squishing things and a hard blast of water," said Nykolaishen.

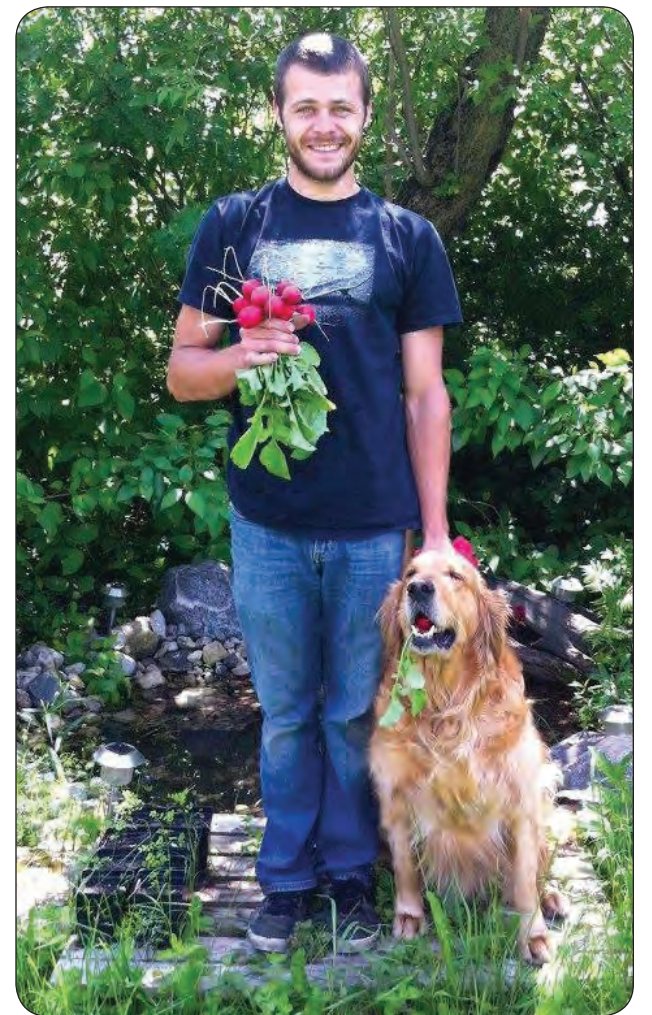
Nykolaishen had had to deal with lost crops because of his zero-spray rule and plants extra seeds knowing he'll lose some.

Buying local is important because you get the vegetables fast, fresh and nutritious.

"There's a huge variety of beautiful things that we can grow in Manitoba," said Nykolaishen. "Everything always tastes better when it's fresh."

Beach Boys Berries has reached its cap at 40 customers this year, but Nykolaishen will have a night market every Friday this summer at his home in Winnipeg Beach starting at the end of June.

For more information, contact Nykolaishen at beachboysberries@gmail.com.



TRIBUNE PHOTOS SUBMITTED

Kevin Nikolaishen's dog, Hunter is the "D.O.G." — The Director of Greetings for Beach Boys Berries.



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Home & yard

A growing family business

By Evan Matthews

Allan and Karen Sabados say they are proud of their bountiful greenhouse and the family business is certainly growing.

When the Sabados started the greenhouse nearly 20 years ago, the couple didn't expect the business to bloom into what it has become today.

"There will always be a bigger and better set up," says Allan, co-owner of the facility.

"But this is what we do. We are in every one of these plants," he says, adding many of the trees for sale will live to be 100 years or older and likely outlive him.

While Allan does a lot of the seedling and planting, Karen spends a lot of her time watering and maintaining the plants, tending to their daily needs.

The couple's daughter, Emily, also plays an integral role in the day-to-day operations.



The Sabados have a large variety of flowers and colours for sale.

The Sabados Greenhouse has everything from annual bedding plants including perennials, trees and shrubs, baskets and vegetable plants. The Sabados also cultivate the trees for The West Interlake Watershed Conservation District's Community Tree Nursery Program.

The key, according to Karen, is ensuring the plants they've grown are



TRIBUNE PHOTOS BY EVAN MATTHEWS

Allan and Karen Sabados have operated their greenhouse business since the early 1990s.

native to Manitoba, so that the vegetation can handle the harsh prairie climate.

"We always had grown our own plants, but it really started as a hobby. It just grew and grew. For years it was very small, we would sell an extra tomato plant or two to cover the cost of the seeds," says Karen.

"Tomatoes are king (in terms of fruits and vegetables). Purple flowers are best sellers. Purple flowers and perennials. Everyone loves perennials."

The greenhouse sits at 20003 Road 108N, just outside of Lundar, on the

Continued on page 17



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Home & yard

> FAMILY BUSINESS, FROM PG. 16

family's property.

It was an easy choice in terms of location, according to Karen.

"It's home," said Karen, noting the love that goes into building a home can be felt in the greenhouse and its plants, too.

"It all just grows right in the backyard."

Much has changed in the 20 years of operation, and Allan says the change will continue, as the greenhouse moves towards automation.

The business has just purchased a "CNC planter," which will allow the

machine to do the seeding and planting with a mechanical arm, saving the couple "hours and hours" of time planting, giving them the opportunity to focus their attention in other areas.

"TOMATOES ARE KING (IN TERMS OF FRUITS AND VEGETABLES)."

The greenhouse serves a wide demographic, according to the couple, from people using walkers to young people. More and more, young people seem to be taking an interest in growing, Allan said.

Some people, over the course of their visit to the greenhouse, become visibly relaxed after spending time in



This wing of the greenhouse is specifically designated for garden vegetables.

what Allan calls "an oxygen rich environment." They come in tense and tight, and seem to relax and loosen up during their stay.

With such a peaceful and relaxing ambience, and a fresh pot of coffee always going, The Sabados Greenhouse

is a popular spot for locals to come visit, according to the couple.

"One woman came in on a rainy day and just sat, knitted, and enjoyed," said Allan. "We fully encourage it."



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Home & yard

Getting to know succulents

Succulents can be just what indoor or outdoor gardens need.

Even though succulents are becoming more popular, there are still some people who are unaware of their attributes. By learning more about succulents, people may become devotees of these unique plants.

The word "succulent" brings to mind juicy, savory foods. But succulents aren't meant to be consumed. In fact, they get their mouth-watering name from their uncanny ability to store water in fleshy stems or leaves. That means they do not require frequent watering like other plants might. Succulents also may prove more durable in the face of drought and are a handy plant for forgetful gardeners or those

who travel often and want something more hands-off in their gardens.

According to the succulents resource Succulents and Sunshine, most succulents prefer warm temperatures and are not very cold-tolerant. However, there are some varieties that can survive freezing temperatures. Still, for most succulents, it's best if they are kept in warm, moderately sunny conditions. The DIY Network says succulents grow best in bright light, but not always in full, hot sun.

Succulents also may attract gardeners thanks to their diverse looks. Better Homes & Gardens says that color variations of succulents are quite varied and include green, yellow, burgundy, white, blue-green, pink, red and variegated combinations. Their shapes can be just as diverse, with many having pointy, rounded, spiky or ruffled leaves.

People may be particularly familiar with one type of succulent: cacti. These tra-



TRIBUNE PHOTO SUBMITTED

Succulent plants can enhance gardens, and they require minimal care and water.

ditional desert-dwellers are prized for their water-retention abilities, but some seem downright scary with their prickly exteriors. While all cacti are succulents, it's important to note that not all succulents are cacti. Less needle-like succulents include

aloe, jade, snake plant and agave. Hens and chicks (sempervivum) and wax plant (hoya) are other succulents to consider.

Searching for succulents online is another great way for gardeners to discover these wonderful plants.

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Lentils with Spinach

the lentils are mushy, about 35 minutes.
2. In the meantime, place the spinach in a pot along with a little hot water and heat it for a couple of minutes. Add it to the lentils.
3. In a separate pan, heat half the oil and fry the coriander seeds until they turn dark, then add the chiles and coconut. Reduce the heat and stir for a couple of minutes. Remove from the heat, let it cool slightly, then tip it into a blender along with the tamarind and a few tablespoons of water and blend until you get a fine paste.
4. Add this to the lentils, along with the turmeric and the salt.
5. Heat the remaining oil in a small saucepan and fry the onions until golden, then add them to the lentils. Reheat thoroughly and serve hot with rice.

Serves 4
3/4 cup yellow lentils (toor dal), washed
3 large handfuls spinach, chopped
2 tablespoons sunflower oil, divided
1 teaspoon coriander seeds
3 dried red chiles
1/4 cup freshly grated coconut
1 teaspoon tamarind concentrate, diluted in 1/4 cup water
1/2 teaspoon turmeric
Salt, to taste
1 medium onion, sliced
1. Put the lentils and 1 1/2 cups of hot water into a saucepan and bring to a boil. Reduce the heat and simmer until



Creamy Ham 'n' Broccoli

1 jar processed cheese sauce
1 can sliced water chestnuts, drained
1 1/4 cups uncooked instant rice
1 cup milk
1 celery rib, chopped
1 medium onion, chopped
1/8 to 1/4 teaspoon pepper
1/2 teaspoon paprika
In a 3-quart slow cooker, combine the first 10 ingredients. Cover and cook on high for 2 to 3 hours, or until the rice is tender. Let stand for 10 minutes before serving. Sprinkle with paprika.

Serves 6-8
3 cups cubed, fully cooked ham
1 10-ounce package frozen chopped broccoli, thawed
1 can condensed cream of mushroom soup, undiluted



Crab Salad-Stuffed Tomatoes

1. Cook orzo according to package directions, omitting salt if desired. Drain and rinse under cold water; drain again.
2. Meanwhile, cut thin slice off tops of tomatoes; reserve tops. Using spoon, carefully scoop out seeds and pulp; reserve for another use.
3. Gently toss together crabmeat, olives, feta, dill, vinegar, salt, and pepper in medium bowl. Spoon crabmeat mixture evenly into tomato shells and cover with reserved tomato tops.
Cook's note: Scoop the seeds and pulp from the tomatoes into a storage container. Cover and freeze up to 4 months and toss them into a soup or stew.

Serves 2
1/3 cup orzo
2 large tomatoes
1 cup crabmeat, picked over for pieces of shell
1/3 cup chopped black or green olives
2 tablespoons crumbled reduced-fat feta cheese
2 tablespoons chopped fresh dill
2 teaspoons balsamic vinegar
1/8 teaspoon salt
1/8 teaspoon black pepper



Therapy is Not About Fixing Something Wrong

Therapy, for me, is not about 'fixing' something that is 'wrong' with a person. It is about recognizing what is strong, whole and wise within each person. It is about helping people to utilize their own resources to create healthier, more desirable outcomes.

The aim is to bring out the best in each individual, which naturally improves the situation. Individuals who are open to new learning, willing to look at their own processes, and capable of understanding a broader perspective are anything but 'crazy'. I think I would call them wise.

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

Sometimes my clients tell me that a partner or relative of theirs could really benefit from therapy, but would never come. When I ask why, the answer always has something to do with the idea that only people who are crazy require therapy. Nothing could be further from the truth.

Generally, I find, thoughtful, intelligent and solution-oriented individuals request my services. They recognize some aspect of their lives that would be working better, and accept that what they have tried is not working. They are the ones who are less likely to put the entire blame for a situation onto the others involved.



Garbanzo-Carrot Hummus with Grilled Yogurt Flatbread

1 teaspoon ground coriander
1 teaspoon ground cinnamon
1 teaspoon ground smoked paprika
1 teaspoon finely grated lemon peel
In a small resealable glass or plastic container, combine all of the ingredients.

Yogurt Flatbread
Serves 4

1 cup all-purpose flour
1/4 teaspoon baking powder
1 teaspoon coarse salt
2 1/2 cups plain yogurt
Olive oil

Sift the flour, baking powder and salt into the work bowl of a stand mixer fitted with the dough hook. Add the yogurt and mix on low speed for 2 minutes. Cover the work bowl and allow the dough to rest at room temperature for 30 minutes.

Preheat a gas or charcoal grill to medium. Scrape the dough from the work bowl and turn it out onto a lightly floured surface. Roll the dough into a long log and divide it into 12 equal pieces. Roll each piece into a ball and use a rolling pin or tortilla press to flatten it into a 1/4-inch-thick tortilla shape. Brush each "tortilla" lightly with olive oil. Grill each for about 40 seconds then turn and cook another 40 seconds.

Makes 2 cups
2 medium carrots, peeled and chopped
Salt
1 cup cooked garbanzo beans, drained
4 teaspoons chopped cilantro plus 1 teaspoon for garnish
2 tablespoons chopped red onion
2 1/2 teaspoons ground cumin
1 1/2 teaspoons ground coriander seeds
2 tablespoons lemon juice
4 teaspoons olive oil
2 teaspoons chile flakes
2 teaspoons Moroccan Spice Blend (see below)

Coarse salt and freshly ground black pepper
1 batch Yogurt Flatbread (see below)
In a medium saucepan, combine the carrots with 2 quarts water and 2 teaspoons salt. Bring the mixture to a boil then reduce the heat and simmer for 8 to 10 minutes, until the carrots are tender. Remove the pan from the heat and allow the carrots to drain and cool in a colander.
Combine carrots and remaining ingredients, except for Yogurt Flatbread, in the work bowl of a food processor and puree until smooth. Season to taste with salt and pepper and garnish with the remaining cilantro. Serve with fresh, hot Yogurt Flatbread cut in wedges.

Moroccan Spice Blend
Makes about 2 tablespoons
1 teaspoon ground cumin
1 teaspoon ground turmeric
1 teaspoon saffron threads

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Profiling the Interlake's art exhibits riding the WAVE

By Evan Matthews

Over the next five weeks, *The Express Weekly News* and *The Stonewall Teulon Tribune* will profile many of the Interlake's artists as part of the WAVE Tour.

WAVE is a non-profit organization working toward promoting the Interlake's artists.

On June 8 and 9, and then again on Aug. 31 and Sept. 1, the WAVE Artists' Studio Tour is taking place in a variety of locations across the Interlake region.

On Friday, May 3, WAVE launched its brochure at First Friday's in Winnipeg's Exchange District. The brochure cites locations for each artist's studio. The brochure is available online at <https://www.watchthewave.ca/brochure>.

With the help of the brochure, guests are encouraged to plan their route visiting the studios. Most areas have a number of studios within a close proximity, so guests can maximize the number of studios and exhibits they take in.

Tours will run from 10 a.m. to 6 p.m. and guests are encouraged to watch for the blue and white WAVE signs and flags along the highways and within the towns.

This week's feature showcases the work of Teulon's Heather Dawson and Arborg's Jerry Maryniuk.

Glass by Heather

Not everyone can look at a piece of glass and see all its potential and beauty.

But Heather Dawson can.

Specializing in glass staining and silkscreening, Dawson began her glasswork 15 years ago as a hobby but recently left her full-time job to focus on the craft she loves.

"I do glass fusing, too, which is heating up sheet glass or glass powders in a kiln until they melt together," said Dawson.

"Most recently I've been working at silkscreening."

Silkscreening is comparable to screen-printing, say on T-shirts, according to Dawson. However, the silkscreening is done right on the surface of the glass, she said.



Retired Winnipeg Police Officer Jerry Maryniuk holds up his book *Snowbird Sketches*, along with one of his handmade thunder gourds.

"You pull the enamel through the screen and lift the screen up off the glass. Then you're left with a print," said Dawson.

Dawson will be providing various demonstrations throughout the WAVE Tour dates, showcasing the different processes, tools and materials used in art glass.

"Stop by for a cup of tea and a famous butterscotch cookie and leave a little more enlightened," said Dawson. "My studio will be open for both WAVE weekends."

Dawson will occupy Studio #7, located 545 Temple Ave., Winnipeg Beach.

Multi-talented Maryniuk

A visual artist by the age of six, Jerry Maryniuk made sure to put his talents to use.

Maryniuk had joined the Winnipeg Police Service by age 22 and quickly became a police composite sketch artist. He trained at the FBI Academy and the Scottsdale Arizona Artist School.

He has been retired for almost 19 years, but keeping art as a mainstay in his life is a priority to Maryniuk.

Having drawn caricatures since



TRIBUNE PHOTOS BY EVAN MATTHEWS

Teulon's Heather Dawson will be demonstrating the techniques used to make her glass art.

youth, Maryniuk went back to his roots.

"I switched gears. I've been working on a book most recently, *Snowbird Sketches*," said Maryniuk.

"My wife and I go to Arizona for a few months every winter. The book talks about and shows what it's like getting old, and jokes about getting old, rather than crying about it," he said, emphasizing the element of humour.

Many of Maryniuk's friends from the Arizona community he lives in would ask him to draw caricatures of their significant others, or of themselves, whether it be for Christmas gifts or birthday gifts.

Maryniuk said, all of a sudden, he had a giant cache of funny drawings relating to seniors and the lifestyle associated with Arizona living.

"People would ask, 'Hey, can you do a caricature of Bill? He just turned 70 this week.' So I'd do one of Bill," said Maryniuk.

"Before I knew it, I had a library of cartoons. ... I kind of wondered what I'd do with them. ... I have a comedic mind."

Maryniuk decided to put it all to-

gether in a book, *Snowbird Sketches*, which is available at McNally Robinson.

Maryniuk is currently working on *Snowbird Sketches* sequel, *Snowbird Sketches: The Rusty Years*, as opposed to the golden years.

But the multi-talented artist hasn't stopped with books and caricatures, as he does acrylic paintings on wood he grows himself, too.

"I grow my own boards. ... A lot of people don't think it's possible," Maryniuk said, holding a painting done on tree bark.

"I also make my own thunder gourds," he said, holding an instrument that began to mimic the sound of thunder.

Maryniuk also makes "Interlake trolls," a doll-like figure wearing what he calls "Walleye leggings," from the shores of Lake Winnipeg.

Though living in the Arborg area, Maryniuk's studio will be located in a unique location. From Highway 8, go one mile west on Highway 67, then nearly two miles north on Early Grey Road (just down the road from Stonewall).

Inwood's Women's Institute gears up to celebrate a century of service

By Gabrielle Piché

The Inwood Women's Institute will celebrate its 100th anniversary on Saturday, June 1.

The event will happen at Inwood Memorial Hall, with registration from 9 to 10 a.m. The day will consist of speakers, entertainment and lunch

catered by Rosie's Cafe. The celebration wraps up at 4 p.m. with cake from Blue Skies Pastry Shop.

Sophie Eskilson is an organizer of the event. She said she hopes the centennial party will attract members and people who haven't been part of

the Women's Institute before.

Lorna Priestly, 79, has been a member of the Inwood Women's Institute since 1968.

"I think it's wonderful that we get to have an organization for 100 years," Priestly said.

The Inwood Women's Institute began in 1919 for farm wives to meet and socialize.

"At that time, women learned things like proper cleaning and the impor-

Continued on page 21

SCI students receive recognition at Red River Heritage Fair

By Becca Myskiw

Three projects by Stonewall Collegiate Institute students received awards recently at the Red River Heritage Fair held at the University of Winnipeg on May 2.

SCI's Grade 9 student Michael Sullivan won an award from the Aboriginal Circle of Educators for his project on Cree Medicine. Ethan Caners won a Veterans Association Award for his project on investigating his family's role in the Second World War while Deaghan McLeod and Kaylyn McDougall won the Best Project award for "No Planet B," which was about climate change.

The fair is an annual event that gets students exploring Canadian history by retelling stories of people and events. Projects are submitted by students in grades 4 to 11 and can be 3-Dimensional, written or an audio and visual presentation. Sullivan's project was a speech with a backboard that included the medicine wheel, descriptions on the remedies and pho-

tos.

Sullivan's project on Cree medicine focused on the fact that Cree medicines are the basis for most Western medicine.

"I had background knowledge before I started the project," said the 14-year-old. "I learned a lot of it from my auntie."

Sullivan said he was raised around Cree people and picked up a lot of their teachings growing up. A few years ago, he went to a camp in Thompson where he learned and eventually taught about the Cree medicine he focused on in his project.

His project outlined 12 traditional medicines made from natural remedies that use the same base but are made from synthetic materials today. Sullivan went over where and when to find them and how to use the remedies to make common products. One product Sullivan used as an example was lip balm.

The traditional Cree way of making lip balm involves three materi-



TRIBUNE PHOTO SUBMITTED

Michael Sullivan plans to use his knowledge on Cree medicine in the future and pass it down to future generations.

als: poplar buds, bear grease and beeswax. Poplar buds are best when they're still sappy. You can find them in the spring and really early summer. Bear grease is essentially bear fat and comes in open bear season when you harvest the fat from the animal and render it down.

To start the lip balm, Sullivan explained how you put the bear grease and poplar buds in a pan over a fire. When it becomes soupy, you take out any solids, then add the bees wax, which you can get from an annual

honey harvest. Once the beeswax is melted and mixed in with the poplar buds and bear grease, you let it cool in containers, then you have the lip balm.

Sullivan said the Cree started recording their teachings like the ones in his project 10 years ago. Before that, they were all oral, but when more people started leaning away from synthetics, Sullivan said the Cree didn't want their ways to die and wrote them down to share.

Pizza Den shares dough



TRIBUNE PHOTO BY JO-ANNE PROCTER

Ecole Bobby Bend School parent advisory council chairperson, Heather Petrychyn graciously accepted a cheque for \$1,868 from Pizza Den owner Robert Magnifico last Monday. The local restaurant teamed up with the school in a gift certificate fundraiser. Students sold gift certificates to the eatery and, in turn, Pizza Den donated 20 per cent of the sales back to the school to help with Phase 2 of the playground. Pictured left to right: Magnifico, Petrychyn and her sons Gavin and Wyatt.

> FISHING DERBY, FROM PG. 6

their loot smiling and laughing it's just great."

Derby day includes a pancake breakfast, boat operators taking participants out to fish on the Red River, followed by a lunch of hot dogs, hamburgers, drinks and treats.

Children are also treated to face painting, a visit from local and area mascots as well as RCMP and members of the fire department. The event also includes a raffle and silent auction, then a presentation of trophies,

medallions and the presentation of a bicycle to the overall derby winner.

Kids Fishing For A Cure is a non-profit organization, with net proceeds going to benefit pediatric cancer patients.

Anyone interested in volunteering or taking part in this year's event can call 204-785-8526 or 204-482-6706 or register online at <https://kidsfishingforacure.com/>. You can also find "Kids Fishing For A Cure Manitoba" on Facebook.

> CENTURY OF SERVICE, FROM PG. 20

tance of having pasteurized milk for babies," Priestly said.

The topics of discussion have changed over the years, but one thing has stayed the same — the institute has donated to towns surrounding it throughout its history.

It's an organization that's for your community.

The Women's Institute donates to art festivals, schools and build-

ing repairs after fires, among other things. They give a scholarship to a high school graduate every year.

People who want to attend the institute's 100th anniversary party should get a ticket before May 21, according to event organizers.

Tickets can be purchased for \$20 at Rosie's Cafe, Hwy. 17 service, or by calling Sophie Eskilson at 204-278-3204 or Valerie Watt at 204-278-3714.

worship *with us*

> FAITH



Teulon United Church
11:15 a.m. Teulon
Phone 886-2382
teulonpastoralcharge@mymts.net



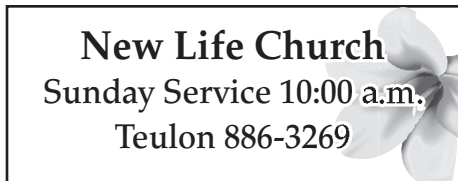
Stonewall United Church
369-1st Ave. N., Stonewall
Service and Sunday School
Sundays 10 a.m.
Phone 467-5469 (office)
www.stonewallunited.ca



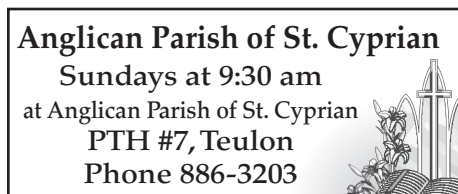
St. Peter Lutheran Church
Anglican Parish of St. Cyprian
Sunday Service - 9:30 am
PTH #7, Teulon
886-2159



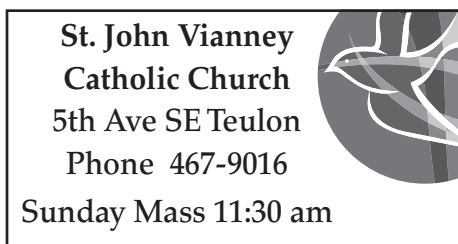
Interlake Full Gospel Assembly
Teulon
Sundays at 11:00 am
Phone 886-2680



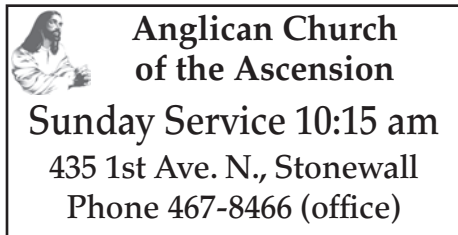
New Life Church
Sunday Service 10:00 a.m.
Teulon 886-3269



Anglican Parish of St. Cyprian
Sundays at 9:30 am
at Anglican Parish of St. Cyprian
PTH #7, Teulon
Phone 886-3203



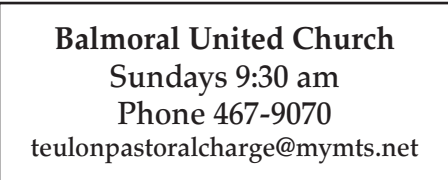
St. John Vianney Catholic Church
5th Ave SE Teulon
Phone 467-9016
Sunday Mass 11:30 am



Anglican Church of the Ascension
Sunday Service 10:15 am
435 1st Ave. N., Stonewall
Phone 467-8466 (office)



Grosse Isle and Rosser United Church Services
Rosser Sunday 9:45 am



Balmoral United Church
Sundays 9:30 am
Phone 467-9070
teulonpastoralcharge@mymts.net



Alive! Family Church
Sunday Hymn Sing 10:00 a.m.
Sunday Worship 10:30 a.m. at
Sunova Auditorium, Quarry Park
Interpretive Centre, Stonewall
Phone 467-2870
www.alivefamilychurch.ca



Warren & Meadow Lea United Church Services
Joint Services
Alt. Sundays at 10:30 am
Call 322-5752 for location of service.



New Life Church
Sunday Service 9:00 & 10:45 a.m.
Sunday Morning Classes
9:00 a.m. - All Ages
10:45 am - Nursery - Gr. 4
Childcare for Nursery School to Gr. 4
1 km East on Hwy 67, Stonewall
Phone 467-5529 (office)



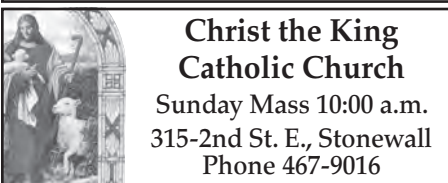
Woodlands Gospel Chapel
Service 7 p.m.
Sundays
Hwy 6 + Rd 82,
Woodlands
Phone 383-5372



Cornerstone Pentecostal Church
Sunday Worship &
Sunday School 10:00 am
Thursday Bible Study 7 pm
308 2nd Ave. N., Stonewall
Phone: 204-872-2813



Christ Church Anglican
97 School Rd,
Stony Mountain
Service 10:15 am
Phone 489-4847
or 344-5220



Christ the King Catholic Church
Sunday Mass 10:00 a.m.
315-2nd St. E., Stonewall
Phone 467-9016

Grace flows



If I asked you to explain grace what images or words come to mind? You might think of grace before a meal—thanking God for his provision; you might picture a kind act—a neighbour who shovels your driveway, weeds your garden, or mows your lawn; you might think of words like kindness, generosity, and forgiveness. To me grace is a gift that flows into someone's life to make it better. Grace is unmerited favour to those who do not expect or deserve it.

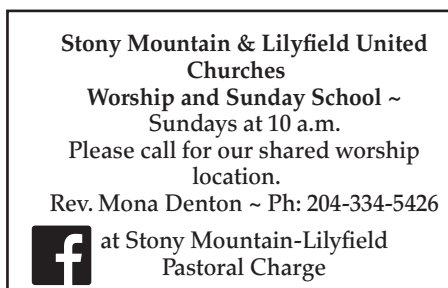
Ephesians 2:4-5 states, "But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved." God doesn't want you just to know about grace, but for you to experience grace and extend this grace to others.

God's grace is meant to flow into your life and out to others. Your life becomes the conduit to show kindness to someone else. The Apostle Paul wrote, "You have heard about the administration of God's grace that was given to me for you" (Eph. 3:2). From God, Paul experienced God's grace, and through Paul God's grace flowed to others.

As you inhale God's grace, you will exhale it to others. You can only take in so much air before you have to breathe out; you can only experience so much grace before grace flows to others. Kyle Idleman writes, "The grace that flows to us through Jesus can flow from us to others" (Grace is Greater, 118).

Our world would be a much better place if we simply extended grace to each other. And grace is a gift given that comes in many forms—it might be forgiving someone who has hurt you; it might be encouraging someone who is down; it might be a simple courtesy that allows someone to merge into traffic. The Apostle Peter said, "Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms" (1 Peter 4:10). And so this week how can you extend grace to someone, and how have you experienced it from someone?

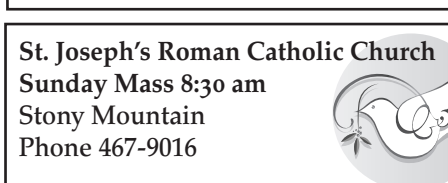
Dr. John Harrison
Pastor at New Life Church
Chair of the Stonewall Ministerial
www.disciplesmatter.com



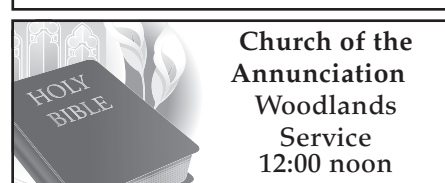
Stony Mountain & Lilyfield United Churches
Worship and Sunday School ~
Sundays at 10 a.m.
Please call for our shared worship location.
Rev. Mona Denton ~ Ph: 204-334-5426
at Stony Mountain-Lilyfield
Pastoral Charge



Immanuel Lutheran Church (LCC)
Service 10:00 am
Childrens Sunday School
after Worship
Inkster & King Edward, Winnipeg
632-6911



St. Joseph's Roman Catholic Church
Sunday Mass 8:30 am
Stony Mountain
Phone 467-9016



Church of the Annunciation
Woodlands
Service
12:00 noon

To participate in this monthly section please call 467-5836

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Phillies phenomenal in Regina tournament victory

By Brian Bowman

When a team hits the ball well, plays good defence, and gets great pitching, they usually win the game.

In this case, that type of stellar play resulted in a tournament championship.

The South Interlake U12 Phillies were outstanding as they cruised to a tournament victory in Regina last weekend.

South Interlake capped off a great weekend with an exciting 10-8 win over the Regina Storm in the championship game on Sunday.

"We got down early 6-2 at one point and then we battled back to go up 9-7 going into the top of the sixth," explained Phillies' head coach Jason Cassils. "We got down a few runs early all weekend and then battled back and we won pretty easy in some of our other games. It doesn't faze the girls, they don't get down or down on each other at all. They just kept battling and they played really good defence all weekend."

The Storm scored one run in the sixth inning to pull to within 9-8 but the Phillies answered with a run in the bottom half of the inning.

South Interlake then shut Regina down in the seventh.

The Phillies really hit the ball well in the final two games of the tournament despite facing "some decent pitching."

South Interlake reached the final after crushing the Regina Saints 12-5 in a semifinal matchup earlier Sunday.

The Phillies finished first in their pool of eight teams with a perfect 3-0 record. South Interlake won by scores of 17-7, 15-7, and 15-3.

"That's a credit to our pitching and defence," Cassils said. "They didn't make a lot of errors all weekend and, at that level, that is really, really good. They played well and it's a good group of girls. They stick together as a team and they pick each other up and that's probably one of the best things about it."

South Interlake plans to attend a tournament at the John Blumberg Softball Complex on June 14-16. The Phillies will then head south for a Fargo tournament in July.

In league play, the Phillies have played just one game as of Tuesday afternoon. In that game, South Interlake defeated the Thunder 17-3 on May 7.



TRIBUNE PHOTO BY LYNDSEY BERESFORD

The South Interlake Phillies U12 fastpitch team won gold, for a second year in a row, at the Regina Season Kickoff Tournament last weekend. Pictured back row, left to right, Jason Cassils (head coach), Mike Walker (coach), Morgan Walker, and Jamie Dowsett (coach). Middle row Mia Cassils, Chloe Beresford, Scarlett Dowsett, Danica Chaske, Alivia Drohomereski, Lauren Voth, Lucy Hoff, and Emma Wirgau. In the front row is Ruby Harrisko. Missing from the photo is Brenda Woods (coach) and Kaitlyn Beasley.

Thunder well represented at RMFL all-star game

Staff

The Interlake Thunder were very well represented at the Rural Manitoba Football League's all-star game last Saturday at the East Side Eagles Field.

Team East had 18 Thunder players on the roster, more than any other team. The game was played as 12-man compared to the nine-man played during the regular season.

Interlake players name to the team included Joshua Charison, James Crate, Brady de Laroque, Karsen Karish, Keenan Karish, Brandyn Linklater, Tanner McCallen, Aden McLean, Colton Meisner, Colton Nedomiafko, Benjamin Olafson, Andrew Perrier, Graeme Perrie, Jesse Pretau, Corey Proctor, Gabriel Simard, Cordell Sumner and Eric Zotter.

The East coaching staff was also primarily Thunder coaches. They included Mitch Obach (head coach), Ed de Laroque (defensive co-ordinator, Derek Charison (offensive co-ordina-



TRIBUNE PHOTO SUBMITTED

The Interlake Thunder was well represented at the Rural Manitoba Football League all-star game last Saturday. Interlake players were on Team East, which lost 18-6 to Team West.

tor), Walter Stewart (defensive line), Kurt Karish (offensive line) and Richie Arndt (offensive line).

Team East was comprised of the

Interlake, Dauphin, Southwest and Neepawa. Team West included Swan Valley, Park West, Virden and Moosomin.

In preparation for the game, two days (four hours of practice each day) were held in Neepawa the previous two Saturdays.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Fearless off to fantastic start in the WWCFL

By Brian Bowman

The Manitoba Fearless have been the talk of the Western Women's Canadian Football League so far this season.

The Fearless improved their record to 2-0 after a convincing 54-0 victory over the Winnipeg Wolfpack last Sunday at the East Side Eagles Field.

"It was amazing and a really good game," said Fearless linebacker Isabelle McDonald, who lives in Woodlands. "Our receivers were catching the ball and our rookie quarterback Maddie Siwicki was throwing the ball amazingly. We all bonded together and we got things done. It was great."

Manitoba's defence was tremendous in the shutout win.

"We were gang tackling and following our reads," McDonald noted. "We did our jobs — it was great."

Manitoba started its regular season with a surprising 34-9 road win over the Regina Riot at Mosaic Stadium. It was the first time that the Fearless have defeated the Riot.

"We made history," McDonald said. "Over the years it was like, 'Let's do our best and see what we can do.' But we've been improving every year and this year we did it. We have some amazing athletes on the team and the rookies that came up are absolutely phenomenal. We have such an amazing group of athletes this year and



Fearless' linebacker Isabelle McDonald sideswipes a Wolfpack player.



Quarterback Maddie Siwicki carried the ball in for a touchdown in their 54-0 win.

TRIBUNE PHOTOS BY LANA MEIER

we're not just girls that want to wear football jerseys, we're actual football players and it's great."

The Riot and the Saskatoon Valkyries have dominated the eight-team league over the WWCFL's eight-year existence.

The Valkyries have won five league championships while the Riot have captured three of the last four titles, including last year's win over Saskatoon in the final.

The only losses the Riot and Valkyries had suffered in their history were to each other.

"It was a massive win," McDonald said. "It was phenomenal to make history. I can't get over it."

McDonald said having more competitive teams will be a big plus for their league. Having parity in the WWCFL will

be a huge boost for the league and its future.

"It shows Manitoba is in the game and it shows other Manitoba girls that want to play football that they have a competitive team to go play for and not just a team that gets pummeled all of the time," she said. "We're a competitive team now and it's great."

Manitoba is back in action May 26 when it hosts Saskatoon at St. Vital Mustangs Field. Kickoff is noon. It will be a great battle between a pair of 2-0 teams.

"That'll be the matchup of the season," McDonald said. "We're really excited for that."

Stanley commits to Manitoba Bisons

Staff

The Manitoba Bisons men's hockey team have added to their Western Hockey League talent with the signing of defenceman Matthew Stanley for the 2019-20 season.

Stanley, 21, was the assistant captain of the Swift Current Broncos in 2018-19, wrapping up his third year in the WHL.

The 6-foot-2, 185-pounder also played three games with the East Coast Hockey League's Jacksonville Icemen.

"I am very excited to receive a commitment from Matthew Stanley, who chose Manitoba over several other

Canadian universities," said Bisons' head coach Mike Sirant on the U of M website.

"He is a solid defenceman who is a tough competitor and is hard to play against. I believe he has a lot of potential to keep growing his game with the Bisons.

"Matthew will add passion and leadership in the dressing room and brings a strong will to win," he added.

In 54 games with the Broncos last season, Stanley had three goals and three assists. In 2017-18, Stanley split time with the Broncos (40 games) and Lethbridge Hurricanes (33 games), scoring twice while adding nine as-

sists.

Making the playoffs with the Hurricanes, Stanley had two goals and two assists in 16 games.

The Balmoral product also played 36 games in the Manitoba Junior Hockey League with the Steinbach Pistons in 2015-16.

Stanley is looking forward to playing university hockey.

"I'm excited to join the U of M Bisons and continuing my development under coach Mike Sirant," said Stanley. "I look forward to the challenge this year playing in a strong Canada West division."



TRIBUNE PHOTO SUBMITTED
Balmoral's Matthew Stanley has committed to play hockey for the University of Manitoba Bisons men's hockey team for next season.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

W.C. Miller Aces the Rams in baseball tournament semifinal

By Brian Bowman

The Stonewall Collegiate Rams were eliminated from the W.C. Miller Classic on Saturday in Altona after getting doubled 6-3 by the host W.C. Miller Aces in a semifinal game.

W.C. Miller won the tournament title with an 8-2 victory over the Steinbach Sabres.

"They're always one of the best teams and it's no different this year," said Rams' head coach Kyle Nixon. "In their round-robin games they (only gave up one run). We knew we were in pretty tough but we hung around with them and scored some runs late and actually brought the tying run to the plate in the top of the seventh inning.

"It was good for us to play one of the best teams in high school ball and compete with them. It was good."

The Rams started tournament play last Friday with an impressive 11-2 win over the Selkirk Royals. The Royals took a 2-0 lead but the Rams stormed back to score 11 unanswered runs.

"Selkirk started, I'm guessing, one of their better guys ... and we eventually started putting some hits together," Nixon said. "We scored four in the



Rams's Chris Fines delivers a pitch.

fourth or fifth inning and then we got into their bullpen."

The Rams then lost their next game, 14-3, to a very good Steinbach Sabres' team.

"We made a few plays that we would have liked to have back," Nixon said. "They're good, for sure. They got some hits and guys on base. I don't think they're 14-3 better than us but we didn't play well and they hit the ball."



TRIBUNE PHOTOS BY LANA MEIER

The Stonewall Collegiate Rams' Devon Cassan slides into home safely against the Northlands Parkway Nighthawks during tournament action last Friday in Altona. Stonewall reached the semifinals where they lost 6-3 to the eventual tournament-champion, W.C. Miller Aces.

The Rams then defeated the Northlands Parkway Nighthawks 9-7 in a must-win game. That victory gave Stonewall a 2-1 record in pool play and a spot into the playoffs.

"We were down most of the game," Nixon recalled. "It was 4-0 for them at one point and then it was 5-2 for them. We chipped away a little bit and then late in the game we went up 6-5.

"They're a pretty good team, too, so for an early-season tournament it was a pretty good win for us."

On May 7, the Rams defeated the Warren Collegiate Wildcats 10-9 in exhibition action in Stonewall.

Stonewall took part in a Zone 5 mini tournament in Grosse Isle this past Tuesday but no scores were available.

The Zone 5 championship will take place May 22 in Stonewall.

The winner of the zone will advance to the MHSAA provincials, which will take place from May 30 to June 1 in Winnipeg.

Hockey excellence



TRIBUNE PHOTO SUBMITTED

The Stonewall Jets' Ryan McMahon and Braden Groot were honoured at the Manitoba Major Junior Hockey League's annual awards banquet last Thursday. McMahon was named the league's hardest-working player while Groot was selected as a first-team all-star defenceman.

Orioles drop to 0-5 in 18U AAA baseball league play

Staff

The Interlake Orioles saw their record drop to 0-5 after losing a home doubleheader to the Bonivital Black Sox in 18U AAA baseball action last Sunday.

Bonivital won by scores of 9-2 and 6-0.

The Black Sox (5-2) are currently

tied for first place with the Winnipeg South Chiefs (5-0).

On May 7, the Orioles lost 16-3 to the St. James A's.

Interlake hosted the Elmwood Giants (1-6) this past Tuesday but no score was available at press time.

The Orioles will then visit the South Chiefs this Friday. First pitch is 7 p.m.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Rams place third at Garden Valley fastpitch tournament

Staff

The Stonewall Collegiate Rams had a good showing at the Garden Valley Invitational Fastpitch Tournament last weekend.

Stonewall slipped past the Sanford Sabres 7-6 in the third-place game on Saturday.

Stonewall was earlier defeated 8-6 by the Carman Cougars in a semifinal game on the championship bracket.

The Rams opened tournament ac-

tion with a 4-1 win over the Neepawa Tigers last Friday. Stonewall then posted wins over the Morden Thunder (10-0) and Pilot Mound/Cartwright (6-4) to place first in their four-team pool with a 3-0 record.

The Zone 5 championship is set for this Thursday and then the Rams will be in Boissevain for a tournament May 24-25.

The MHSAA provincials will take place May 30 to June 1 in Russell.



TRIBUNE PHOTO BY LANA MEIER

Stonewall Rams Maddy Fines executes a precision slide to get around the tag of the Pilot Mound player.

Blue Jays struggle to start MJBL season



TRIBUNE PHOTO BY LANA MEIER

The Interlake Blue Jays' Quinn Arsenault scores a run against the Elmwood Giants during Manitoba Junior Baseball League action last Friday in Stonewall. Elmwood won the game 16-9.

Staff

Mother's Day wasn't too kind to the Interlake Blue Jays.

Interlake lost both ends of a doubleheader Sunday to the St. Boniface Legionaires at Whittier Park in Winnipeg.

St. Boniface won Game 1 of the twinbill 3-2 and then were victorious in the next game 5-3.

Interlake started its season with a 16-9 home loss to the Elmwood Gi-

ants last Friday.

Meanwhile, in Interlake's home opener, the Blue Jays' Brittney Langlais made MJBL history as being the first female player to be on a roster in the league's 43-year history.

The Blue Jays (0-3) will host the first-place Carillon Sultans Wednesday and the sixth-place Pembina Valley Orioles (1-2) on Friday. Both games start at 7:30 p.m.

Interlake wins first game of 15U AAA baseball season

By Brian Bowman

The Interlake Orioles are off to a slow start so far in the 15U AAA baseball season.

Interlake saw its record fall to 1-4 after a pair of losses to the North Winnipeg Pirates in a doubleheader last Sunday at the Sunova Centre in West St. Paul.

But no one is ready to push the panic button just quite yet.

"The kids are going to be really competitive, we'll be OK by towards the end of the season," said Orioles' head coach Dave Meyers. "We'll be fine. We just need a little more practice time. It's about getting yourself motivated from playing A ball to AAA because you have to be at your best when you're playing AAA and if you're not, there's mistakes."

The Pirates defeated the Orioles 6-0 and 17-6 on Mother's Day.

"The first game was a really good game," Meyers said. "The score really didn't dictate the game because we gave them four runs. It was actu-

ally 2-0 because we created four errors that cost us four runs and they're probably the best team in the league. They have a lot of pitching."

Interlake started its season May 5 with a doubleheader loss to the Red River Pioneers. Red River won games by scores of 3-0 and 11-10 while both teams played in cold temperatures.

"We probably should have won both those games," Meyers said. "We were up 5-1 and 10-7 in the second game but it was just little mistakes and at that level, you can't make those mistakes or it will come back and bite you right away."

Last Friday, the Orioles beat the Winnipeg South Chiefs 8-5 on the road. Interlake had some great pitching in that game and hit the ball well.

"That was a good night and they played really well," Meyers said. "The pitching was good and stuff like that."

Interlake will visit the St. James A's (1-2) on Friday (6:30 p.m.) and then will play the Bonivital Black Sox (5-0) Monday (2 p.m.)

Rams rolling in girls' high school rugby league

By Brian Bowman

The Stonewall Collegiate Rams' girls' rugby team has been playing a lot of games recently.

And they have been doing a lot of winning.

Stonewall is now 8-0-1 after winning twice and playing to a draw during last Saturday's action.

The Rams defeated Maples Collegiate (10-5) and Westwood (15-5) while tying Lorette (5-5).

"The girls have been doing amazing," said Rams' head coach Kathleen Lamb. "We have some exceptional players that are great on breakaways and they're doing well with communication."

Stonewall started its season with wins of 41-0, 14-5 and 17-5. The Rams then won another three games last Wednesday, defeating Maples Collegiate 20-0 in a game that was more like a scrimmage because Stonewall had to lend the Marauders players due to a shortage of players.

The Rams then beat Lorette 20-5 and College Beliveau 29-0.

As the scores would indicate, Stone-

wall has been fantastic defensively so far this season.

"The tackles have been really great this year," Lamb noted. "They have been shutting down other teams before they can get their breakaways and tries."

"They're very good if someone breaks away and takes advantage of the hole that they created. My girls can tackle them from behind, which is a very hard skill to do and hard to teach. It's something that the girls are naturally good at."

Besides the strong tackling, the Rams are also blessed with a lot of speed.

"We have a couple of girls that are very strong players and they are also very fast," Lamb said. "Not only can they break through some of the tackles, they can also deke out players."

The Rams are playing a seven-person game, which means a lot of running and their players have to be in good shape. Stonewall has had good numbers in terms of players this season, with "13 or 14" coming out on a regular basis.

"It's definitely a fast-paced game



TRIBUNE PHOTO BY LANA MEIER

The Stonewall Collegiate Rams' Jorja Wheddon breaks through a tackle during recent rugby action. Stonewall is off to a great start this season with an 8-0-1 record.

and a shorter game," Lamb noted. "That's why you have multiple games in one night."

Nice save



TRIBUNE PHOTO BY LANA MEIER

Stonewall United goalkeeper Jesse Chupka makes a good save against SC Riot while teammate Omar Castillo, far left, looks on during MMSL 5th Division last Sunday. Stonewall is back in action Thursday when they battle Les Bleus at Buhler Park. Game time is 7:30 p.m.

Manitoba teams win gold, silver at NACH

Staff

It was a golden moment for Manitoba at the National Aboriginal Hockey Championships in Whitehorse last weekend.

Manitoba's male team defeated Saskatchewan 6-1 in the gold-medal game on Sunday.

But the gold didn't come without controversy.

Alberta was disqualified from the tournament because of a scheduling issue. Alberta's flight home was scheduled a couple of hours before the gold-medal game was to be played. They refused to change their flight plans and tournament organizers refused to alter the tournament's schedule.

The result was Manitoba earning a spot in the gold-medal game just a few hours after beating B.C. 5-3 for the bronze.

Manitoba had lost 6-4 to Alberta in a semifinal contest last Saturday.

Manitoba head coach Kevin Monkman, in his sixth season at the helm of the provincial team, previously was the bench boss for the Keystone Junior Hockey League's Peguis Juniors.

Manitoba's women's team, meanwhile, brought home silver from the championship after a 4-1 loss to Saskatchewan.

Manitoba cruised to three consecutive victories to qualify for the semifinals and then shut out Ontario 7-0 to reach the gold-medal game.

Manitoba's female team has medalled at 10 of 17 national Aboriginal hockey championships while Manitoba's male squad has brought home nine medals since 2002.

The annual Aboriginal hockey championships attract teams from across Canada, with players aged 15-18.

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> GAMES

SUDOKU

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

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

Sudoku Answer

	D	E	T	E	S	T	E	S	T
V	T	O	G	E	O	R	I	T	
T	S	E	A	N	I	M	V	N	I
E	M	E	P	E	T	K	O	V	H
S	N	E	D	D	V	S	D	C	E
D	V	D	S	U	T	U	S	C	C
O	D	N	E	S	T	L	M		
O	B	E	N	M	F	B	U	H	T
N	V	M	E	R	O	F	T	N	V
S	S	E	T	S	U	O	I	N	V
		V	T	N	V	N	O	N	
H	O	L	V	H	T	V	N	V	
S	S	O	H	C	V	S	V	H	

Crossword Answer



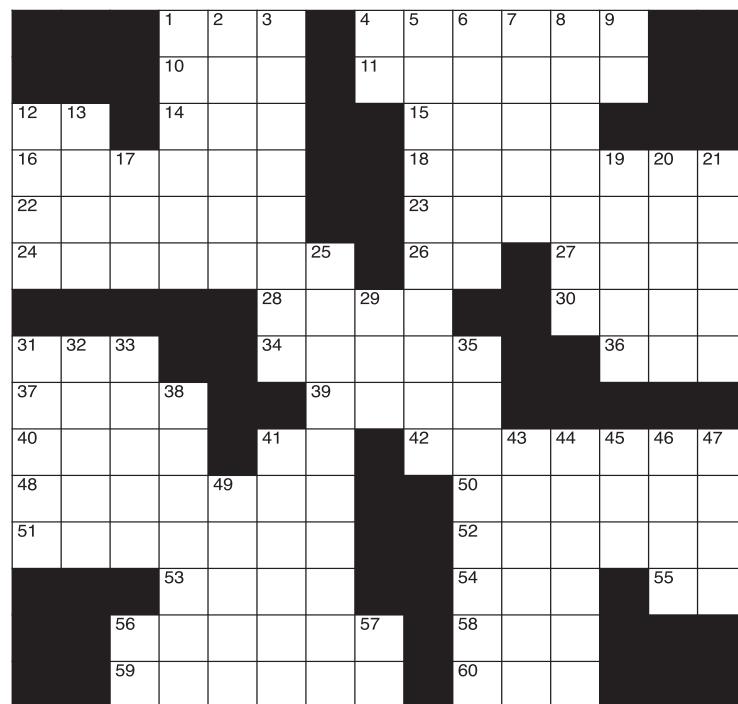
CROSSWORD

CLUES ACROSS

1. Maintains possession of
4. Other side
10. Comedienne Gasteyer
11. Lawn buildup
12. Southeast
14. Negative
15. Greek temple pillar
16. Blue
18. Pointless
22. Complete
23. Supervisor
24. Where kids bathe
26. Radio frequency
27. Cruel Roman emperor
28. Young woman (French)
30. Within
31. Civil Service Commission
34. Sarongs
36. Father
37. It grows on heads
39. A Spanish river
40. Boundary
41. Contains music
42. Causes to feel sorrow
48. Used to restrain
50. Fictional kids character
51. South American country
52. Devote resources to
53. Beginner
54. Everyone has one
55. University worker (abbr.)
56. Resist an attack
58. Unifying Chinese dynasty
59. Blood-sucking African fly
60. CNN's founder

CLUES DOWN

1. ___ and her sisters



2. Smear or rub with oil
3. Holy places
4. Indicates position
5. Drives around
6. Price
7. Semiaquatic mammal
8. With three uneven sides
9. Sacrifice hit
12. Covers a wound
13. Jaguarundi
17. Works produced by skill and imagination
19. A way to improve
20. River along India and Nepal border
21. Hairnet
25. DePaul University athletes
29. Bachelor of Laws

31. Game of skill
32. Holy man
33. Cylinder of tobacco
35. Most ingratiating
38. Repeats aloud
41. Red wine
43. Debilitating tropical disease
44. Entirely lacking
45. Female sheep
46. Where a bird lives
47. Stalk that supports the capsule
49. Cutlery
56. Symptom of withdrawal (abbr.)
57. Delaware

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Teulon & Area Advocates for Active Living AGM on June 19, 2019 at 5:30 p.m. at Fry Days Restaurant, Teulon. Everyone welcome.

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NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF DONALD ROBERT BLOODWORTH late of the Town of Teulon, in Manitoba, Deceased.
ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at his office, Box 149, 70 Main Street, Teulon, Manitoba, R0C 3B0, on or before the 15th day of June, 2019.
DATED at Teulon, Manitoba, this 6th day of May, A.D. 2019.
STEVEN R. SHINNIE
SOLICITOR FOR THE EXECUTOR

IN THE MATTER OF: The Estate of DEVAN BRIAN DIES, late of the Rural Municipality of Armstrong, in the Province of Manitoba, Labourer, deceased.
All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at PO Box 1178, #201, 203-5th Ave. N., Swan River, MB R0L 1Z0, on or before the 19th day of June, 2019, after which date, the estate will be distributed having regard only to the notices then received.
Dated this 10th day of May, 2019
David Gray Law Office, Per: David N. Gray,
Solicitor for the Administrator

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Employment Opportunity

In cooperation with the Interlake-Eastern Regional Health Authority and the Manitoba Métis Federation, the following summer student position is available:

Activity Assistant: IERHA MMF 900/19
(Location to be determined)
• Must be Metis, Non-Status or Inuit.
• Must be students between the ages of 16-29

Please refer to complete job posting in Careers at www.ierha.ca
Please apply on-line at www.ierha.ca or fax (204) 785-4736, stating competition number on resume.
Deadline for submissions is Thursday, May 30, 2019 at 4:00 pm.



Interlake-Eastern
Regional Health Authority



Summer Camp Assistants

Green Acres Art Centre is a non-profit offering art, culture and wellness programs for people of all ages in the community of Teulon and surrounding area.

Job Description:

As part of a Canada Summer Jobs Grant, GAAC is seeking FIVE mature outgoing individuals who are creative, enthusiastic and reliable individuals with a positive attitude to provide summer camp support under the direction of the GAAC Events Coordinator. ONE student will also be responsible to assist with coordinating the Teulon Farmers Market.

Qualifications:

- Experience & interest in working with children of ages
- Experience in a Leadership Role an asset
- Art skills – interest & skills in drawing/painting, playing musical instruments such as piano, drums, dancing experience an asset
- Athletic skills – interest, knowledge & ability to assist with hockey, soccer, baseball, basketball an asset
- Excellent organizational and time management skills with the ability to multi-task
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- Excellent interpersonal, written and oral communication skills
- Experience with Organizing Events an asset
- Experience with farmers market an asset
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The position will be for a total of 40 hours/week for 7 weeks from July 8th to August 30th, 2019. Salary will be paid hourly and will be determined based on experience and responsibilities. The hours for this position will be daytime Monday to Friday. Applicants must be between the age of 16 and 30. Priority will be given to Indigenous students and members of a minority group.

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BIRTHDAY



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-Lots of love,
Your family and Friends

ANNOUNCEMENT

BIRTHDAY



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BIRTHDAY



Happy 80th Birthday
May 16th
Mary Sveistrup!
-Love from,
The family

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BIRTHDAY



Happy 6th Birthday Jase!
-Love,
Mom, Dad and Aubrey

ANNOUNCEMENT

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At The Red Barn - Stonewall
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Saturday, June 1, 2019 10 am Balmoral, MB

Directions: 1 Mile East From The Town Of Balmoral To Road 7 E Then 1 Mile North To Road 86 / Or From Junction Of Highways #236 & #7, 1 Mile North To Road 86, Then West 2 Miles. Please Watch For Signs On Sale Day!

TRACTORS 1949 Allis Chalmers WF, S/N 8106* 1946 Oliver 60 Standard, S/N 412016*1959 John Deere 730 Diesel, pup start, good straight tin, S/N 7308286*1942 International Farmall M, S/N 59483*1954 Allis Chalmers WD 45, w/ Allied loader*Allis Chalmers WD 45,cab w/ Wallis loader, tire chains*Allis Chalmers WD 45*1948 International Farmall H, S/N 269063*1948 Cockshutt 60 Row Crop, S/N 621541*Fordson 800 w/3ph*John Deere D on steel*John Deere D fenders, rad, rice tires on rims*Allis Chalmers wheel weights*misc tractor parts* **EQUIPMENT** 1928 John Deere Threshing Machine, good working order w/ belts* threshing machine belts* Allis Chalmers spring tooth mounted cultivator* IH 16" Vibra Shank Cultivator* Case 6' one way* JD Big #4 horse mower* (2) JD binders 7" JD binder 5" Graham 9' deep tiller* Robyn 14' chisel plow* 20 run press drill (on steel wheels)* steel wheel hayrack* Farm King 6' finishing mower* fuel tanks & stands*harrow bar w/ harrows* bale elevator* wood elevator* McKee 6' snowblower,3ph* wood splitter on wheels w/ gas engine* JD 2 cylinder combine motor* ATV pull behind discer* **YARD** 2001 Yamaha Big Bear 400 4x4 quad, winch, windjammer* EZ GO golf cart* John Deere L110,17.5 hp,42" cut, auto* pull behind yard sprayer* 2 wheel grass/weed cutter* Allis Chalmers windmill* **HORSE HARNESS & EQUIPMENT** neck yokes* whippie trees* walking plow* sleigh bunk poles* sleigh* horse drawn wagon on rubber tires* bridles* harness* collars* spread rings* cow bells* sleigh bells* bells* scotch tops* wagon wheels* saddle* halters* **ANTIQUES** (2) stationary motors, 1.5 hp,1hp* (3) IH stationary motors* (4) beam scales* phone* cast tractor seats* cans-Allis Chalmers, Esso etc* milking machine* chainsaw* retro signs* Oliver clock* Allis Chalmers wind chimes* anvil* sausage stuffer* tools* ringer washer* milk cans* Ertl JD tractor, hayrack, rake* Diecast Camaro SS* BA gas bowser glass* cookstove* Viking Duplex seed cleaner* licence plates* **SHOP** Husky 60 gal upright compressor* Chicago drill press* upright tool box* tool boxes* hand tools* 20 ton press* portable sand blaster* jacks* power tools* valve grinder* barrel pump* goose neck 5th wheel hitch* battery charger* Forney arc welder* Simoniz electric pressure washer* Campbell Hausfeld 4hp gas pressure washer* vice* chains* load binders* radial arm saw* ladders* hedge trimmer* tractor umbrella* saw blades* jack alls* chain hoist* Stihl chain saw* assorted lumber* mags* carburetor* wood stove* barbecue* Christmas lights* golf balls*

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OBITUARY

Marvin Rueben King

Our hearts are broken once again as we announce the peaceful passing of Marvin Rueben King on May 10th, 2019 with his family by his side.

He will be lovingly remembered by his wife of 62 years Eileen; daughter Marlene; son Lawrence (Kelly); grandchildren and great-grandchildren, Robert (Braylinn) (Emmalyn) Jeffrey (Linda) Kristina, Craig Katie (Rhys) Laura; sister Doris (Jim); sisters-in-law Shirley and Doreen and extended family Evelyn, Jean (George) Jack (Isabel) Kathy as well as numerous nieces, nephews and cousins.

Predeceased by son Wayne April 30, 1976 age 17; parents Ben and Marjorie King; siblings Jennie, Myrtle, Annie, Ron, Elsie, Harold as well as Bert and Edna Lawrence; sister-in-law Isabel and brothers-in-law.

A memorial service will be held at Warren United Church on Tuesday, May 21 at 2:00 p.m. officiated by Rev. Joanne Kury.

Flowers gratefully declined, if desired donations may be sent to a charity of one's choice or Warren United Church, Box 324, Warren, Manitoba, R0C 3E0.

"Happy Trails to you till we meet again"

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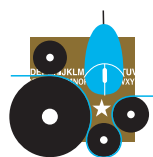
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