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# Stonewall Teulon Tribune

VOLUME 7 EDITION 21

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## Planting a plenty



TRIBUNE PHOTO BY NATASHA TERSIGNI

Stony Mountain School Grade 6 students Katie Roy (left) and Katie Blanchette planted edible shrubs last week at Bedrock Park. See story pg. 3.

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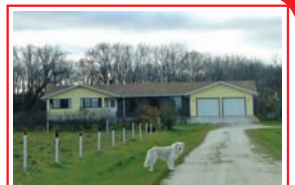
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# Grosse Isle church to celebrate heritage designation



By Jennifer McFee

Celebrations are in the works for a Grosse Isle church that recently received municipal heritage designation from the RM of Rosser.

Its representatives, including Frances Holm, are pleased to receive the heritage designation for St. Michael Anglican Church.

"We're very happy about it. The church has a long history. It was originally planned and built in 1891. The first service was in the spring of 1892,

and we celebrated the 100<sup>th</sup> year celebration in 1992. At the moment, it is the only church in Grosse Isle," Holm said.

"We've had it designated as a heritage site because we were not getting enough people to pay for having a regular service. We've had our hydro taken out of the building so it's back to old times again, and we're down to probably two services during the summer."

Continued on page 12



TRIBUNE PHOTOS BY JO-ANNE PROCTER

St. Michael Anglican Church in Grosse Isle recently received municipal heritage designation. Pictured from left to right, Carol Nichol, Frances Holm and Lois Doucette.

## Senior bowlers heading to nationals

By Stefanie Lasuik

Four Stony Mountain bowlers are packing their bags for Nationals after winning the 55-plus provincial five-pin tournament on May 4.

Phyllis Rossnagel, Mary Giesbrecht, and Trudy and John Magas earned the privilege to compete at provincials after posting the best scores when compared to their averages in their Thursday senior's

league at Quarry Bowling Lanes in Stonewall.

The league runs from September to August, but the bowlers spent two weeks in March vying for a Top 4 spot. Rossnagel, Giesbrecht and the Magases came out on top and headed to Winnipeg for provincials.

Continued on page 16



TRIBUNE PHOTO BY NATASHA TERSIGNI

Pictured left to right: Phyllis Rossnagel, Mary Giesbrecht, and Trudy and John Magas, became provincial bowling champions in the 55-plus five-pin on May 4.



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# Stony Mountain nature-themed park receives community makeover

By Natasha Tersigni

Thanks to the efforts of community residents, organizations and businesses, Stony Mountain's Bedrock Park has undergone a natural restoration, bringing the grounds back to their roots.

Last week, students from Stony Mountain School's Green Team added the final touches to the park by planting edible shrubs, including raspberry bushes, grape plants and fruit trees. Last year, the school's Earth Club held a "Nod to Nature Sale" that raised \$412.50 towards the park project.

With fundraising efforts organized by the Stony Mountain Community Association (SMCA), \$40,000 was raised to restore the aging park.

Renovations to the park began last fall with the financial help of the SMCA, RM of Rockwood, Community Places Grant Program, Richardson Pioneer Ltd, Interlake Community Foundation, Youth in Philanthropy and Stony Mountain Earth Club.

Instead of the traditional plastic play equipment, the committee opted for a nature theme, complete with stumps

and logs for children to play on. There are different surfaces such as wood chips, sand and pea gravel, a biking/walking path and even a bird feeder to attract local feathered friends.

To add to the beautification of the park, several different types of plants, shrubs and trees were planted to add to the greenery that was ready growing in the park.

So far, the reception by park users, including the nearby daycare that uses the park on a regular basis, has been great, said SMCA secretary Marcia Desmedt.

"The daycare has been using it all winter and they are really enjoying it. The park is really neat, something that most people have not seen before. We are pretty happy with the final results," added Desmedt, who headed the project.

"It is open and ready for use. I really like that the touch-ups to the park really went with what was already there. One of the features the children really like is the log spiral. They really enjoy jumping and climbing on that. We really like the patio area complete



TRIBUNE PHOTO BY NATASHA TERSIGNI

The natural wooden stumps are a new addition to Bedrock Park and a real hit for children of all ages.

with a picnic bench. It is a great area for parents and caregivers to come to with their children. We really like that there are edible plants too. We are

encouraging people to come and try them out and to help teach children the different kinds of plants that they can eat."

## Soon to be riding in style



TRIBUNE PHOTO BY JO-ANNE PROCTER

Thanks to the generosity of the Stonewall Oddfellows Lodge and the Stonewall Kinettes, 18-year-old Dustin Singh from Stonewall will soon have a new wheelchair. The Singh family is very grateful for the donation that will help purchase a chair that will be more comfortable for Dustin and easier for his caregivers to manage. On May 16, the Oddfellows and Kinettes made a donation to the Singh family of \$3,585. Kinette Jean Burchak said it is a pleasure to donate and fulfill a requirement to families in need.

Pictured from left: Ravi Singh, Al Nixon, Desiree Singh, Dustin Singh, Jackie Singh, Jean Burchak, Doug Livingston and Glen Bernardin.

“I'm a mother of three young kids and the wife of a self-employed dairy farmer, so I understand the path to financial freedom isn't always smooth. There are huge triumphs and challenges being self-employed and being a parent. Life isn't cheap! I love being able to help people overcome the bumps in the road and get themselves back on the right path.

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— Chantelle Grenkow, Stonewall branch

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# Internet company looking for space in Stonewall

By Jennifer McFee

High Speed Crow is looking for space in Stonewall's public works building to locate some equipment for a new fibre system that would service the local business park.

Since 2003, High Speed Crow has been providing wireless Internet with two dozen towers in southeast Manitoba.

Currently, their main offering is fixed wireless service, which uses towers and antennas to connect customers to the system. Most customers are rural homeowners who can't get landline Internet at high speed or business parks that don't have other high-speed options or need more upload capability.

High Speed Crow representative Colin Stanner told council at the May 18 meeting about the company's plans going forward.

"Our company has started on a fibre project for certain areas where there's more density," he said. "The goal is to jump into the future of our high-speed Internet with the fastest possible system to deploy Internet."

So far, they've had excellent responses from current customers who are using this service, he added.

Locally, High Speed Crow offers wireless Internet service to customers in the Stonewall Business Park from a tower in Stony Mountain. They are trying to set up a few more customers, but they are experiencing problems due to trees in the way as well as interference from other providers who share the same tower.

As a result, they're looking to extend their fibre system in the Stonewall Business Park to offer super fast speeds to customers there at a starting cost of approximately \$100 per month.

Later on, they would like to expand their fibre service to a residential area near Stony Mountain where they have a few wireless customers.

To move forward with their plans, they need a 10-by-10 space to set up

a cabinet with equipment that includes switches, routers and a power backup system. They also need about 200 watts of power as well as 24-hour access to the site in case of equipment failure.

They are hoping that they could locate their equipment at Stonewall's public works building. In exchange they would provide super-fast Internet service to the public works building. Companies could also benefit from the super-fast Internet service for a competitive cost, Stanner added.

Council will discuss the information and will get back to Stanner with their feedback.

## In other council news:

- The Rockwood Citizens Kurelek Tribute Committee thanked Stonewall council and citizens for their contribution towards the William Kurelek monument. "We appreciate your support in honouring this world-famous artist who was raised right here in the Interlake," said Michelle Schewe, who presented council with a plaque.

- Stonewall council passed a special service bylaw for waste and recycling removal. The rates are \$106.10 in 2016 per property with one to 80 dwellings. In 2017, the rate will be \$113.08, followed by a 2018 rate of \$121.01. These costs are down from the previous rate set at \$150 per residential parcel.

For people who live in properties with more than 80 dwellings, they will pay 60 per cent of the per-dwelling rate.

- Council met with MTS and the MMM Group to review the proposal for the cellular network tower to be located at Centre Avenue and First Street East. Council is in favour of the streamlined tower design for 356 1<sup>st</sup> St. East.

- Council authorized the installation of seven LED light standards in Phase 1 and 2 of Quarry Ridge Park Development. The town will accept



TRIBUNE PHOTO BY JENNIFER MCFEE

Rockwood Citizens Kurelek Tribute Committee presented a plaque to Stonewall council to thank them for their contribution towards the Kurelek monument. From left: Coun. Wally Badger, Coun. Sandra Smith, committee member Michelle Schewe and Coun. Jeff Levesque, who chaired the May 18 council meeting.

the monthly operating costs of \$12.41 per streetlight.

- Council heard from the Myers family, who would like to build a two-family side-by-side duplex at 516 4<sup>th</sup> Ave. South. Each unit would be approximately 1,500 square feet with two bedrooms and 1.5 bathrooms. Each unit would also include a single-car garage, and the target residents would be seniors. During a public hearing, Rob Sullivan spoke against the proposal, citing concerns about traffic, parking and children's safety. Council approved the project subject to conditions.

- Council opted not to participate in the upcoming Stonewall Odd Fellows Lodge #49 golf tournament. Coun. Sandra Smith said she is fine with the town sponsoring municipal golf tournaments. However, she said councilors and other town employees should pay their own way for other golf tournaments, especially for charities that already receive grants from the town. Smith and Coun. Jeff Levesque voted against participating in the tourna-

ment, while Coun. Wally Badger voted in favour. Mayor Lockie McLean and Deputy Mayor Clive Hinds were absent from the meeting. Badger said council will need to come to a decision about what to do for other upcoming golf tournaments.

- The Relay for Life will be allowed to play outdoor music on a sound system from 6 p.m. to midnight for their fundraising event at the Stonewall Collegiate track on Saturday, July 16.

- To honour the 60<sup>th</sup> anniversary of Kinsmen Lake, the change rooms will be getting a facelift. Council authorized \$5,275 for plumbing, \$1,200 for painting and \$16,249 for exterior partitions. This money will come from the Quarry Park reserve fund. Other plans will focus on the roof, counter-tops and an outdoor shower.

- Council approved spending up to \$8,625 plus tax for a multi-function document centre for the Heritage Arts Centre, with the money to come from the Quarry Park reserve fund.

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# Grosse Isle students fundraising for a place to play

By Stefanie Lasuik

The students of Grosse Isle are taking fundraising efforts for a play structure in their own hands.

Through an Interlake Community Foundation grant, municipal backing, and business donations, the school is on its way to covering the costs of a new play structure, but the students are going to close the gap.

They've brainstormed the ideas, teamed up, and organized activities like Movie Mondays, Watermelon Wednesdays, Fudge Fridays, and pyjama days throughout May and June.

"Everything came from them and their ideas. ... For the most part, they take full responsibility of their event. They've gotten right into it," said teacher Monica Baldwin.

On May 25, the students banded together to put on a barbecue and bake sale for the community. In preparation, the Grade 7 and 8 classes created posters, found equipment and planned budgets.

"By letting them take ownership, it's really good for them to be more motivated," said

Baldwin.

Currently, the school has a one-swirl slide and a swing set. When the students' fundraising is over, they hope to purchase a complete play structure that is suited to older students.

They've visited play structures in Winnipeg and flipped through catalogues to select one that will best benefit all the students. The designs they liked best would cost about \$55,000. If their fundraising efforts are successful, the structure could go up as early as the upcoming fall.

But Baldwin said the students would take more than a play structure away from the experience.

"If they ever want to raise funds again, they'll know they can do it themselves," she said.

Grade 7 student, Carlen M. has enjoyed the entire process.

"It's fun to create the events and know it'll help people have fun in the future," he said.



TRIBUNE PHOTO BY STEFANIE LASUIK

Grosse Isle students hope to turn their swings and slide into a full play structure that would be open to the community.

## letters

Letters to the Editor: [letters@stonewallteulontribune.ca](mailto:letters@stonewallteulontribune.ca)

### America needs fertile soil to sprout and grow

When Donald Trump announced his candidacy for the Republican nomination for the presidency this summer, it was met with derision by the "talking heads" and political pundits. His candidacy was labelled a circus and he was the head clown.

Over the last eight or nine months, each time Trump committed a gaffe the pundits predicted his demise.

"Obviously memories of his demise were greatly exaggerated." Very few so-called experts understood the Trump phenomenon. Trump is now the presumptive Republican nominee.

Today, the establishment is in full panic mode. Some are even using the "f" word — fascism. The term fascism is employed with such regular enthusiasm by everyone from politician to celebrities to academics that fascists are seen lurking behind every corner.

(American Conservative). Fascist has been used to describe politicians with desperate ideologies (Thatcher, Reagan, Bush, Obama and even Harper). Is Trump a fascist?

The basic strategy of a fascist movement is to create a mass movement by appeals to emotion (demagoguery). Lace speeches with xenophobia, jingoism, racism and bigotry. Speeches are saturated with hate, anger, resentment, simplicity and repetition. Use scapegoats, specific groups such as Mexicans, Muslims, Chinese, etc. Tell a big lie to fan hatred. (Thousands of Arabs in New Jersey cheered the collapse of the Twin Towers).

Trump quotes Mussolini, struts around the stage like Mussolini, treats women like Mussolini (misogynist). Forces his followers to swear allegiance to him like Hitler. Admires Putin. Hitler wanted to make Germany

great again. Trump's mantra — make America great again. Trump disparages, derogates, belittles and besmirches his opponents. Is Trump a fascist?

For an extremist party to be successful, it needs fertile ground to sprout and grow. Is America fertile ground?

Most pundits predict that Trump's

chances of success in November are slim. Don't be too sure! What happens if Hillary is indicted for illegal use of her servers? If only white males voted, Trump would win. Thank God for visible minorities and women!

George Shadlock  
Stonewall

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## Mixing work with fishing, a good combination

Greetings, fellow anglers.

I was shooting the breeze with Jeff Grey Eyes at Brokenhead Wavers last Thursday when a short, beautiful cyclone of energy came bursting into the store. We fell silent as this dark-haired doll-faced gal tore up to the sales counter. While paying for gas, she declared to anyone within hearing distance that she had just been up north fishing and it was great. I became a mindless moth drawn to a flame as I glided to her side asking for her story. Her young, fresh face turned up to me as I gave her my card and without hesitation our new angling sister Jessica Haugerud of Beausejour waded into an experience she had at Little Grand Rapids a few days earlier.

She had gone there on business with others, including a working friend named Neil. Once their work was done, she and Neil went fishing. Jess did way better than Neil, bringing in three lovely pickerel. Luckless Neil decided they should move to a different spot, which they did. As Jess was about to throw out the anchor, Neil, with an evil smile, asked her if she was sure she wanted to do that. She turned inquiringly to Neil, who was pointing down to her leg and the anchor rope wrapped around her ankle.

Quick-witted Jess chided her friend, saying, "Just because I caught more fish than you doesn't mean you have to see me drowned."

Good old Hnaua — such a comfortable pier to fish from. I went there the other day and, as usual, many folks were sitting in chairs beside their cars or trucks, rods in hand, chatting back and forth as they took in the soothing spectacle of the rolling waves stirred up by the refreshing spring wind. As luck would have it I met a father and



**TRIBUNE PHOTO SUBMITTED**  
Jessica Haugerud of Beausejour with one of her catch at Little Grand Rapids.

son, Michael and Joseph Hondz of Winnipeg, who also had a northern fishing story.

This one was about Mickeal ice angling on Clear Water Lake by The Pas. He was with a friend when he caught a monster lake trout. He was holding it up so his friend could take a picture of the trophy when it twisted out his hands, flying straight up in the air and then heading nose-first for the ice hole and freedom. Michael was quick, though, and caught the big fish by the tail with both hands in a kind of golfers grip.

Immediately, Mick became engaged in a violent side-to-side flailing action, but the trout was stronger. In minutes, Mick lost his grip and the picture he

needed to prove to his friends at the lodge that he wasn't telling a whopper was lost.

So sorry, Mick.

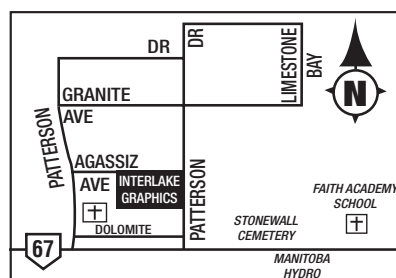
The Fort McMurray fires became very real to me on the weekend when I was out at Breezy Point. I met a thin, well-conditioned chap fishing on the Red's riverbank. He had on one of those Aussie outback-style wide-brimmed hats. His greying hair was accented by a moustache that went down the sides of his mouth to a well-trimmed goatee, completing the picture of a true outdoorsman. I walked up to him and identified myself. In turn, he said he was Wayne Foster originally from Winnipeg, now temporarily separated from his job at the oil patch. He said he had a fishing story not of the current fire but related to the 2011 Richardson fires.

It seems his friend went fishing at Gregoire Lake south of Fort McMurray and he no sooner began fishing when bears appeared. He beat a hasty retreat back to town. Apparently, the bears were forced in and around town by the fire and it was nothing to see them trying to find food in the garbage bins behind Walmart.

Now, I hope you won't mind if I mention a little something in the next few weeks about biodegradable fishing gear as a solution to solving the hazardous accumulation of snagged broken-off fishing gear at the bottom of our waterways. I noticed on the Net that Field Mate, Eagle Claw and Bio-line make fishing line that converts into water and carbon dioxide in anywhere from three months to a year. That could be a big help, don't you think?

Well, good fishing friends, bye for now.

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# School division celebrates Roots of Empathy

## Interlake School Division wraps up nine programs with a celebration

By Jennifer McFee

The Interlake School Division's youngest little teachers gathered for a celebration of the Roots of Empathy program last week.

The mission of the not-for-profit program is to build caring, peaceful and civil societies by developing empathy in children and adults. To do so, a parent and baby visits a classroom nine times over a school year, while a trained Roots of Empathy instructor guides the interactions around different themes. The instructor also visits the classroom before and after each family session for a total of 27 visits.

The baby, who must be between two and four months old at the onset of the program, acts as the teacher. The students, who could be in kindergarten to Grade 8 classrooms, observe the growth and changes of the baby. At the same time, they witness the nurturing relationship between parent and child, noticing how the parent responds to the baby's emotions and needs.

This parent-child attachment relationship serves as an ideal model of empathy — and acts as a springboard for the students to understand their own feelings and the emotions of others. As a result, this attention to emotions aims to create safer and more caring classrooms.

This school year, nine Roots of Empathy programs ran throughout the Interlake School Division. Guidance counsellor Heather Sanche said in addition to empathy, students have the chance to learn other important lessons about safety, development and individual differences.

"It's OK that a baby develops at different times. Then I try to relate that all back to them as students so they appreciate the differences. That way, they know that it's OK if you lose your tooth or learn to ride your bike and someone else hasn't," said Sanche, the key point person for the Interlake School Division.

"I also see a wealth of information about baby safety, like never shake a baby and if you're frustrated when a baby's crying to put them in the crib where they're safe and take a break.

So you get to talk about anger and how that feels and how to handle it. Lots of great things come up during the lessons."

Students also have the chance to practise math skills through tracking the baby's weight and height, as well as language arts skills through possible writing projects.

For Sanche, the program seems to be a positive experience for all involved.

"It's always very happy. It's a great program and it's a highlight for me. I believe in it," she said. "It's a joyful time for me and it's also a connection with the community. I think it's beautiful."

In Manitoba, Healthy Child Manitoba covers the costs of training instructors, which usually range between 60 to 80 people each year. Transportation and accommodation costs can also be covered for out-of-town participants.

Colleen Weibel, senior mentor and trainer for the Roots of Empathy program in partnership with Healthy Child Manitoba, said the first instructor in the Interlake School Division was trained 11 years ago. Since then, 35 people have been trained for the Interlake, with a commitment of each trainee to deliver the program for at least two years.

"Within the Interlake, there's been strong partnerships with the regional health authority. In fact, the first person that was trained in 2005 was a public health nurse. So we also have other people that have different capacities within the regional health authority train and then they go into the school to deliver the program," Weibel said.

"We've also had strong support with



TRIBUNE PHOTO BY JO-ANNE PROCTER

Families gathered for a Roots of Empathy celebration on May 20 at R.W. Bobby Bend School. Pictured back row: Heather Sanche, Kari Willey, Claudine Milbrandt, Brooke Darragh, Elaine Johnson; front row: Lexon and Cassarah Tesluck, Liam and Leslie Eastan, Kennedy and Jocelyn Mitchell, Finn and Amber Oughton and Zachary and Rebecca Good.

**"IT'S A JOYFUL TIME FOR ME AND IT'S ALSO A CONNECTION WITH THE COMMUNITY."**

programs in the Hutterian school system in the Interlake. There is one running this year, and we have had as many as five programs in one year on Hutterian colonies. That's been through a lot of dialogue and support from the Interlake School Division. We were very pleased that the program was welcomed into the colony schools, and the people that were delivering really saw the benefit of it."

Weibel said they are grateful for the families for volunteering their time as well as for the classroom teachers who accommodate the program. This fall, information sessions will be available for teachers, with added discussions for those

who might like to extend and expand the program in their classroom.

To date, the program has reached nearly 800,000 people worldwide, including 50,000 in Manitoba.

Families who would like to get involved in the Interlake School Division can contact Sanche at 204-467-5537 or [hsanche@isd21.mb.ca](mailto:hsanche@isd21.mb.ca). Babies must be between two and four months old in September.

## HUGE Community of Warren

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# Motorcycles to hit the street for Ride-In Rally

Project New Hope Canada motorcycle rally set for June 4 in Teulon

By Natasha Tersigni

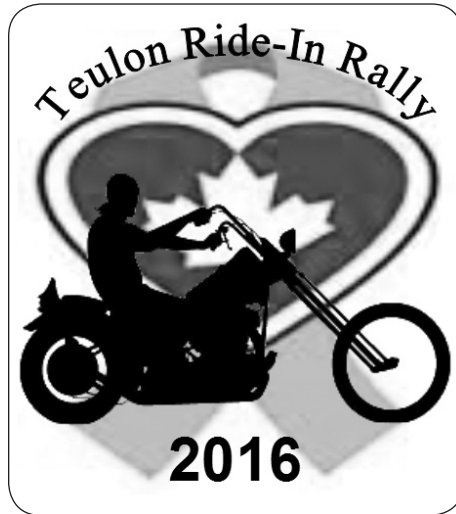
Motorcycle riders, prepare to start your engines.

After months of planning, organizers of Teulon's first Ride-in Rally are in full gear and ready for the multitude of events taking place at Green Acres Park on June 4.

The rally will kick off at with a pancake breakfast from 8 to 10:30 a.m. At 9 a.m., riders will depart on the motorcycle poker derby throughout the Interlake that includes stops in Winnipeg Beach, Gimli and Inwood.

When riders return at 1:30 p.m., there will be presentations and then motorcycle skill games including a slow race, a water balloon toss, circle toss, and a ball and cone course. Events and entertainment will continue at the park until 7:30 p.m. including a motorcycle show n' shine and beer gardens hosted by the Teulon Curling Club.

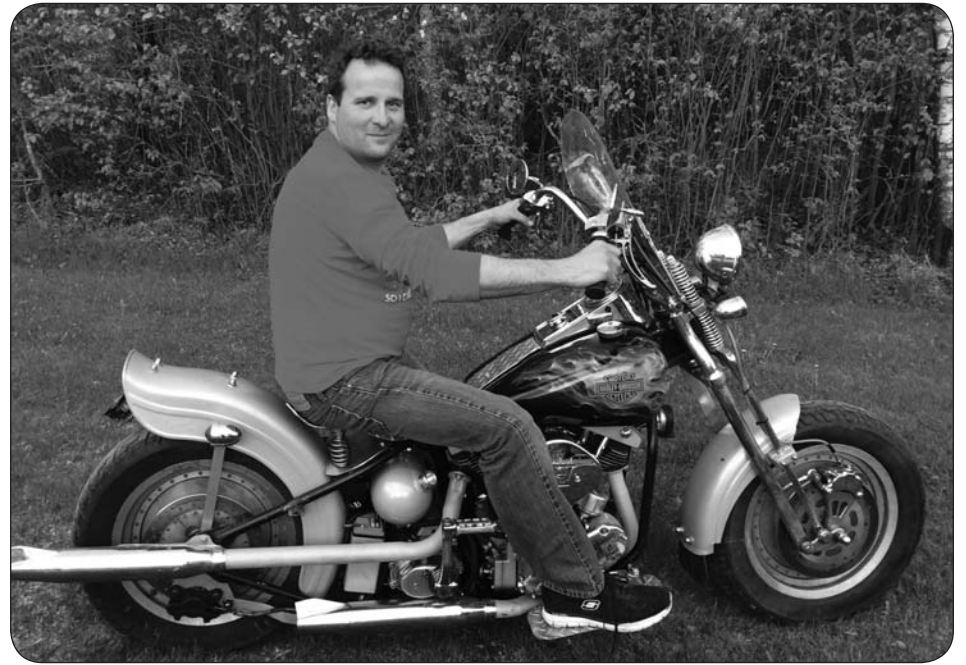
All proceeds from the event will go to Project New Hope Canada, a not-for-profit organization that provides combat veterans and their families the education, training and skills necessary to manage their lives after operational service through the provi-



sion of family retreats, seminars and workshops.

"With it being the first event, it is very exciting and I am hoping for a great turnout from the community and riders from across the province," said organizer Dave Leduchowski, who is hoping that the motorcycle rally can turn into an annual event.

"Pretty much anyone who rides a motorcycle in Manitoba, if you ask them about the Cavalier Motorcycle Ride-In, they will know what you are talking about. Every summer, it takes place in Cavalier, N.D., a town about



TRIBUNE PHOTO SUBMITTED

Dave Leduchowski, one of the organizers of the Teulon Ride-In Rally for Project New Hope Canada, is looking forward to the event on June 4, which features a pancake breakfast, motorcycle poker derby ride throughout the Interlake, motorcycle games and an antique motorcycle show n' shine.

1,500 people, and in 20 years, it has grown to where 6,000 people attend the event and there are 4,000 motorcycles there for the rally. We are hoping for our rally to grow over the years and be a similar event in Manitoba."

Admission for the event is \$15 per person at the gate or \$12 if you pre-register online at the Project New

Hope Canada website. With gate admission, tent camping in the park is free Friday and Saturday night for rally attendees.

For more information, contact Leduchowski at 204-206-0297 or by email at davidleduchowski@gmail.com.

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Warren Golf Course

Registration: 11:00 am

12:00 pm Shot gun start

- Texas Scramble
- Special Event Prizes
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\$100/golfer includes Green fees, Cart & Supper  
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Contacts:

Glenn Berardin Ph. 204-888-9823  
glennber@mts.net

Doug Livingston Ph. 204-467-2690  
dwliving@mts.net

Proceeds: Youth Drop in Center, South Interlake  
Food Bank and Christmas Cheer Board

## Province's core deficit reaches \$1 billion

By Austin Grabish

Manitoba's core deficit is expected to tip past the \$1 billion dollar mark this year, according to the province's new Tory government.

The Progressive Conservatives say the previous NDP government hid just how deep Manitoba was in the hole.

But the NDP is accusing the Tories of cooking the books and the actual deficit remains anyone's guess.

That's because the numbers Manitoba Finance Minister Cameron Friesen released last Wednesday only

reflect finances from key government departments and not Crown corporations or universities, for example.

Friesen told reporters last Wednesday he doesn't think Manitoba's ever been this deep in the hole before.

The province's core deficit for 2015-16 is now \$1.012 billion — \$346 million dollars higher than what previous finance minister Greg Dewar had pegged it at in March.

Friesen said the deficit is higher in part because revenues were exaggerated by the NDP.

"This was not accidental," Friesen

said. "It was not a one-off. It was reckless."

NDP MLA James Allum said the Tories are playing games and questioned why more detailed information wasn't given last Wednesday.

The PCs released a five-paragraph press release announcing the deficit. The release didn't include a detailed financial breakdown backing up the government's claims.

"They're probably inaccurate in some manner," said Allum.

The PCs are set to release their first budget on May 31.



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Stonewall United Church  
Basement**

*Amendments to the SWDPC Inc.  
Constitution will be presented  
for ratification at this  
annual general meeting*



# Concerns surround proposed assisted-dying legislation

'If we're doing this, we gotta get it right,' Bezan says

By Austin Grabish

In just a few weeks, it will no longer be illegal to help someone die in Canada.

And as the clock continues to tick, concerns with Bill C-14, the federal government's proposed assisted-dying legislation, remain mounting.

Cheri Frazer is the co-ordinator of the Winnipeg chapter of Dying With Dignity Canada and is deeply concerned about the legislation put forward by the governing Liberals.

She cited a heartbreaking conversation she recently had with an Interlake man living with multiple sclerosis.

The man, in his mid-30s, uses a wheelchair and has seen his health deteriorate steadily over the last 10 years, Frazer said.

Frazer said as the proposed legislation stands, his death wouldn't be considered "reasonably foreseeable," meaning he wouldn't be eligible for a physician-assisted death.

She said that's left him wondering if he needs to apply for a court order to end his life now.

"He called to ask if he needs to die before June 6 because he wasn't eligible," she said choking back tears during a telephone interview with the *Record* on May 8. "So that was deeply upsetting."

Frazer said the wording in the proposed legislation has caused a rash of confusion for those who want to continue to live but also have measures in place for when their pain becomes



FACEBOOK PHOTO/DYING WITH DIGNITY CANADA

People stand in support of the right to die at a rally last fall on Parliament Hill in Ottawa. In just a few weeks, it will no longer be illegal to help someone die in Canada, but concerns are mounting about how assisted deaths will be handled.

unbearable.

"He's going downhill fast, and he's losing his ability and he's in pain, and there's only so much more of this that he's willing to take," she said. "But for now, he would like to keep going as long as humanly possible ... because he does want control over his death."

Frazer said there are other patients in Selkirk suffering from pain that are interested in a physician-assisted death.

She noted that many patients chafe at the word "suicide" and prefer the process be referred to as a "physician-assisted death."

Conservative Selkirk-Interlake-Eastman MP James Bezan said he's also concerned about the proposed legislation.

He said the House of Commons almost always gives issues of conscience a full hearing so every MP can have his or his voice heard, but the Liberals shut down debate after just two days.

The federal government is scrambling to meet a June 6 deadline that the Supreme Court of Canada imposed last year when it ruled the Criminal Code's current ban on assisted deaths violated the Charter.

Bezan said while the Liberals have already received a four-month extension to their original deadline, they should have asked for another one given the gravity of the situation.

"I'm still hearing from the different organizations representing people with disabilities that have huge concerns of what this could entail," Bezan

said.

He said safeguards are not in place and people with morality issues and health-care professionals are not protected under the proposed legislation.

"If we're doing this, we gotta get it right," Bezan said.

Ron Van Denakker, Interlake-Eastern Regional Health Authority CEO, said the RHA is waiting to see the government's legislation to get a better grasp on the situation.

"Until we actually see the legislation, it's going to be difficult," Van Denakker said.

Van Denakker said if a patient requests a physician-assisted death before June 6, he will handle the request directly in consultation with a provincial health-care team that's been established to handle such matters.

But he noted that until then, it remains against the law to help someone die unless a patient gets a court order, which at least two Manitobans have done in recent months.

Van Denakker said the RHA doesn't anticipate receiving a significant number of requests for physician-assisted deaths, so it won't be creating a team to handle the practice.

Instead, he said, the RHA will work with its provincial counterparts to ensure patients' needs are met.

"We're working our way through some things right now through our medical advisory committee," Van Denakker said. "We're really waiting to see what the legislation is going to say."

MPs will make a final vote on the proposed legislation sometime in the coming weeks after Bill C-14 returns to the House of Commons.

It's currently being studied in a government committee.

## Stony Mountain students fast to raise money for food bank

By Stefanie Lasuik

Nineteen students at Stony Mountain School have a new appreciation for hunger.

Two o'clock on Friday marked the 30th and final hour the students went without food in an effort to raise money for the Interlake Food Bank.

The students could drink water and 100 per cent fruit juice, but they refrained from anything else. By 10 a.m. Friday morning, they felt the effect.

"It's hard because you don't eat so your body gets tired," said participant Taylor S, noting she felt weak and her muscles hurt.

The Grade 7 and 8 students asked to

participate in a famine because they remembered the older students had put one on two years ago. In order to take part, each student had to create a presentation on why the cause mattered to him or her.

"They were really keen in trying to experience it," said vice-principal Brooke Darragh. One student did her own 30-hour famine Monday and Tuesday since she wasn't able to participate on Thursday and Friday, Darragh noted.

On Thursday night, the students went bowling, played laser tag, took part in dodgeball and played hide-and-seek in the school. They slept in

a classroom overnight and celebrated their success with a school meal on Friday.

The students raised \$320 for the food bank and said their hunger was worth it.

Taylor S. and classmate Haily P. said they've gained perspective on hunger as a world issue.

"They don't just do it for 30 hours; they do it for a long time," said

Haily P. of those who suffer from daily hunger. "I don't understand how people go to school without eating," said Taylor S.

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# Local musician sharing his roots

Darryl Brunger wows with early Western

By Stefanie Lasuik

Darryl Brunger played to a full house at Meadow Lea United Church on May 18.

A night that featured early Western had people tapping their toes along to the tunes of artists like Jimmy Rogers and awing over Brunger's voice while raising \$460 for the church's 125th anniversary celebration.

"It comes from practice," said Brunger of his spot-on vocals.

Brunger, who is from the Meadow Lea area, grew up listening to Western songs. When he was in his late teens, he began singing and song-writing. He then took two years of private opera lessons before quitting to raise a family.

Although Wednesday's performance was Brunger's first coffee house at the church, he's been sharing his talents on piano with the Meadow Lea congregation for years.

In 2009, Brunger formed a band called Woody Holler and his Orchestra. Woody Holler is Brunger's stage name when he's singing and playing guitar with his primarily Western

Swing group.

"The guys that play in my band are some of the best in Canada," said Brunger.

His band has released two CDs: *Western Skies* and *Jazz From The Saddle*, the first of which was nominated for a Canadian Folk Music Award in 2010. But there isn't a lot of demand for the type of music his band performs, so they perform in showcases for arts councils across Canada.

This year, however, scouts from the English touring council saw Woody Holler and his Orchestra perform and offered them a tour in England. The band just returned from this tour, having played 12 shows in small towns during April.

"I got to see a lot of the countryside. It was amazing," said Brunger. One night, he stayed at a bed and breakfast in a 600-year-old house in Herefordshire, England.

"It's just fantastic to see something so old," Brunger said.

Now the group is looking forward to playing in the Jazz Festival in Winnipeg in June and to continue show-



TRIBUNE PHOTO BY STEFANIE LASUIK

Meadow Lea's Darryl Brunger, 46, plays to a full house during a coffee house fundraiser for Meadow Lea Church last Wednesday evening. For those who missed hearing Brunger, he will be performing at the church this fall.

casing their talents. Brunger hopes to land more tours like the one earned in England.

## Gears in motion for Touch-A-Truck fundraiser

Saturday, June 11 event will raise funds for the Stonewall Children's Centre

By Jennifer McFee

Families are getting all revved up for the upcoming Touch-A-Truck event as organizers get in gear to welcome droves of people from the Interlake and beyond.

The second annual Touch-A-Truck fundraiser is set for Saturday, June 11 from 10 a.m. to 3 p.m. at the Stonewall Agricultural Grounds (Red Barn). All funds raised will go towards completing the outdoor play space at the Stonewall Children's Centre.

This family-friendly atmosphere allows kids to truly experience vehicles they usually only see from afar. They have the chance to climb aboard and explore emergency vehicles, helicopters, construction trucks, farm equipment and much more.

Pam Kozokowsky, assistant director of the Stonewall Children's Centre, said their inaugural event raised

nearly \$10,000.

"Last year, we'd never done it before. We had one board member who'd been to one in Nova Scotia, and we decided to try it," said Kozokowsky, who is also a member of the Touch-A-Truck committee.

"We thought it would be awesome if 200 people showed up and I think we had 1,800 people go through the gate last year. It was just crazy."

In addition to a field full of large vehicles, the fundraiser features face painting, temporary tattoos and a barrel train. Organizers are also waiting for confirmation for a bouncy castle.

To satisfy hungry tummies, hotdogs and drinks will be available for purchase.

Tickets cost \$5 each (free for children under age two). They will be available at the gate on the day of the event or in advance at the Stonewall Chil-



TRIBUNE FILE PHOTO BY JENNIFER MCFEE

At last year's Touch-A-Truck event, three-year-old Samuel enjoyed his time in the driver's seat.

dren's Centre. To get advance tickets, drop by the children's centre Monday to Friday between 6:30 a.m. and 6 p.m. or call 204-467-2214.

For more information, check out the "Touch-A-Truck Stonewall" Facebook page.



# Katie Munro hopes to make Crohn's stop for life

## Gutsy Walk for Crohn's and Colitis to take place in Winnipeg June 5

By Stefanie Lasuik

While some seniors in high school were dieting to fit grad dresses, Katie Munro was losing weight without trying. But it wasn't nearly as wonderful as it sounds.

Munro had stomach pains and made irregular trips to the washroom. After doctors couldn't give her an answer, Munro saw a specialist who diagnosed her with Crohn's disease.

Like many people, Munro didn't know what Crohn's was. Now, two years later, she tries to explain it to people by identifying the symptoms.

She gets sores on her legs, acid reflux, diarrhea, back and stomach pain, fatigue, hair loss, nausea, arthritis, and she vomits.

A year ago, her arthritis prevented her from walking up the steps of her porch. Even when her arthritis isn't acting up, her disease prevents her from playing softball, her favourite sport.

"I just don't have the stamina or the strength anymore," said Munro.

All this stems from Crohn's, which is inflammation of gastrointestinal tract. It's chronic and there's currently no cure.

Munro visits a doctor in Winnipeg once a month to receive intravenous medication, but she never knows when the symptoms are going to flare

up.

It's this uncertainty that keeps her from going out with friends. On the rare occasions she does, she goes with her sister, Emily, who helps calm her fear of her symptoms striking.

But Munro faces a fear of another kind. Her illness causes her to miss work, and she doesn't want to look like a poor employee. Munro had to quit a recent job because she felt her boss wasn't giving her shifts due to her illness.

"I don't want to be discriminated against because of it," said Munro.

Fortunately, Munro has found a new job with bosses and coworkers who understand her condition and help her when she needs. She hopes her position at Best West Pet Food will help her become a veterinary office assistant, the diploma for which she will receive in July.

Right now, Munro is turning her attention to the Gutsy Walk on June 5. She is currently too weak to participate in the walk but will attend and see how far she gets.

Purple jars can be found at several businesses in Stonewall and Warren for monetary donations. All funds will be for the Gutsy Walk for Crohn's and Colitis. Those who wish to donate can call Munro's cell at 204-513-1131 or email her at katiebain@live.ca.



TRIBUNE PHOTO BY STEFANIE LASUIK

Katie Munro is collecting donations via email, phone and through purple jars in local businesses for the Gutsy Walk for Crohn's and Colitis on June 5 in Winnipeg.

To register a team for the walk that starts at the Canadian Mennonite University in Winnipeg or to donate

to Crohn's and Colitis Canada, visit [www.gutsywalk.ca](http://www.gutsywalk.ca).

## Francis moves to Dolomite



TRIBUNE PHOTO BY JO-ANNE PROCTER

With a little help from Marty Meyers and Interlake Salvage, Francis, the 11,000-pound former "Bear from Broadway" belonging to Nolin's Garden and Landscape Supply, moved to his new home at 2 Dolomite Ave. last Thursday.



TRIBUNE PHOTO SUBMITTED

In an effort to beautify the school grounds, Warren Elementary School staff, students and parents spent last Thursday afternoon putting their green thumbs to work by installing flower beds at the front of the school. The project was organized by Principal Chris Gamble as a way to add some colour and greenery to the school grounds.



# Balmoral artist releases adult colouring book

By Natasha Tersigni

As an artist and yoga instructor, Gail Spencer Lamm knows the importance of relaxation.

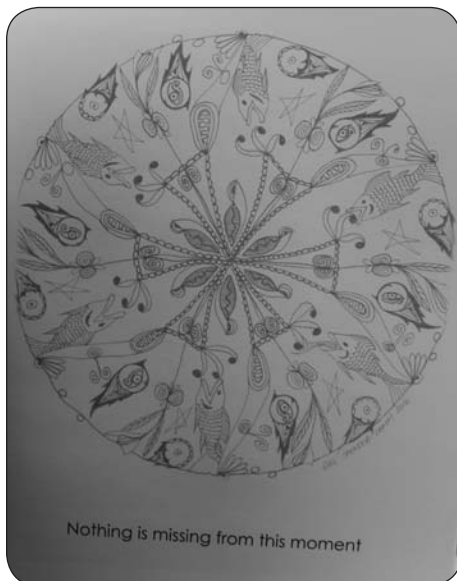
While daily stresses can often weigh heavy on a person's mind, Lamm knows how activities such as yoga, meditation or even colouring can go a long way to reducing tension and worry. To continue to promote relaxation and to encourage others to take an active role in their own stress management, the Balmoral resident has released her own adult colouring book called *Adult Colouring Book for Happiness & Healing: Mandalas*.

The colouring book was a winter project for Lamm, who got the idea to create one after she took an on-line course in adult colouring books that focused on mandalas, which are intercut circular patterns. The course inspired her to create her own colouring book that is in line with her philosophy of relaxation.

"People seem to be using colouring to help them relax, decompress and relieve the stress of everyday life. I think that is what a lot of the adult colouring books are about — people wanting to do something that makes them focused and because they are focused on something simple, they are letting go of other thoughts that might be worrisome, such as work issues or family life," said Lamm.

"While you are focused on this simple activity, you can't really think too much about other things and it rests your mind and allows for you to let go for a little while."

The 33-page colouring book offers different patterns that will aid



in stress relief. Upon completion of a page, you will have created your own piece of artwork.

"The lines in my colouring book are fairly gentle and faint and copied in greyscale. They are not super hard black lines that are going to jump out at you, so anyone who colours them in will be the colouring that shows. They can frame it afterwards and really see what they brought to the work," said Lamm, who added there are pages in the book that can be used for some quality time colouring with children.

"Some of the pages in the book are a little more fun for children to do. A lot of pages are for grown-ups, but there is a sprinkling of pages appropriate for mom-and-me colouring sessions."

Since the book's release, the reception has been great, said Lamm, who has even received an order from an educational assistant in Victoria, B.C. that will be using the colouring books in a program at the school she works



TRIBUNE PHOTO BY LANA MEIER

Balmoral resident Gail Spencer Lamm has created the *Adult Colouring Book for Happiness & Healing: Mandalas* that helps to promote relaxation.

at.

"They feel that the pictures in it are not too challenging for the students and it will help them relax and settle down at school when they are having a rough day," added Lamm.

To purchase your own *Adult Colouring Book for Happiness & Healing: Mandalas* for only \$10, email Gail Spencer Lamm at [gailaroonie@hotmail.com](mailto:gailaroonie@hotmail.com).

## > GROSSE ISLE CHURCH, FROM PG. 2

The church remains in good condition, thanks to ongoing attention to maintenance and upkeep.

"It's actually in nice shape," Holm said. "We have been attentive. We try to keep it painted inside and out. It's there for anyone to attend."

They also take pride in the church's cemetery, where the first burial took place in 1892 before it was consecrated.

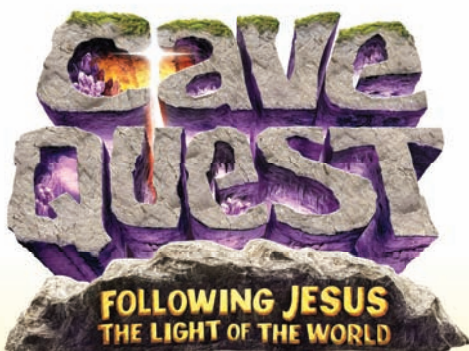
"The cemetery is not just an Anglican cemetery. It's there for all residents or former residents," Holm said.

"It's always been in use. It's well maintained by the municipality and we're proud of our little spot."

To celebrate the heritage designation, the church will host a special service on Aug. 28 at 2 p.m., presided over by Bishop Donald Phillips of Rupert's Island.

"We want to invite residents and families to come out and join us for our special service," Holm said. "If people are interested in coming, they can mark their calendar. Everyone is welcome. We're hoping for a full church."

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# Day at the den

By Patricia Barrett

Red-sided garter snakes were out in full force last week at the Narcisse Snake Dens north of Inwood.

So were locals and visitors from away.

"They're enjoying finding snakes," said Kaoru, who drove up from Winnipeg with her two children to watch thousands of snakes writhing around in deep pits and soaking up the sun.

"We did it two years ago," said Kaoru, referring to the first time she brought her children to the provincially managed preserve, "but they were too young to remember."

The Narcisse Wildlife Management Area has tens of thousands of red-sided garter snakes, the highest concentration of snakes in the world.

The non-venomous snakes — which can nip you if they feel threatened — emerge from below ground in the spring to warm themselves and find mates. They winter underground in

1,000-year-old limestone caverns. A single den can have up to 20,000 snakes.

The snakes use small outcroppings on the rock face to climb out of the dens or they slither up nearby vines and tree branches. Some use other snakes.

In the fall, they can travel from 20 kilometres away back to the winter dens. Some juveniles, who've struck out on their own to roam the summer range, won't follow the pheromone (chemical) trails laid down by adults that say "This way to the dens," according to educational signs posted at the trailhead.

They instead have to find suitable underground crannies and burrow like squirrels for the winter.

There were hundreds of escapees, young and old, snaking through the grass and scrub along the three kilometres of walking trail, some brazenly sunning themselves in the middle of



Snakes propel themselves up the sides of limestone rock faces using nicks and fissures — and other snakes — and slither up overhanging vines and tree branches to reach the broad scrubland of the provincially protected wildlife preserve.



TRIBUNE PHOTOS BY PATRICIA BARRETT

Kaoru drove from Winnipeg with her two children to enjoy the red-sided snakes at Narcisse last week.

the gravelled paths.

A number of visitors moved youngsters off the path to prevent them from being trampled. They're easily overlooked unless you keep your eyes fixed to the ground.

Kaoru's son and daughter were fascinated with the snakes, unafraid to gently move a snake from the path to the cover of long grasses near one of the dens.



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## How to discourage cats from visiting your yard

Does it seem as though all the neighbourhood cats have turned your backyard into their very own meeting place? Are you faced with the problem of cats eating your plants or using your flowerbeds as giant litter boxes? Here are some tips that will help you keep cats away from your yard without hurting them.

- Sprinkle your garden with citrus peel or pepper, or cover the soil with a thin layer of coffee grounds or human hair. Cats don't like these smells.
- Set up some aluminum plates that will bang together in the wind.

- Cover the soil with rough mulch, branches or small stones.
- Plant types of vegetation that cats hate, such as garlic, onion, lemon thyme, geraniums or lavender.
- Install a sprinkler system with a motion detector —cats hate getting wet.
- Protect seedlings by covering them with chicken wire or a trellis.

You could also create a "cat zone." Organize a small corner of your yard especially for your four-legged visitors by planting some catnip well away from your flowerbeds. This perennial is easy to grow and attracts



To keep cats away from your garden, plant some garlic, onions, lemon thyme, geraniums or lavender.

cats, who love to lick, chew and rub against it. As a last resort, you could use a repellent containing piperine and oil of black pepper, which is readily available in stores. This kind of product should be used with care, and you should always follow the manufacturer's instructions to the letter.

## Go green with an alternative ground cover

More than ever, North Americans are turning their backs on the quintessential grass lawn. And for good reason — traditional turf is high-maintenance, resource-hungry and has

a dreadful impact on the environment. Choosing to go grass-free doesn't mean sacrificing your home's curbside appeal, either. There are many kinds of ground cover that make it



easy to achieve a healthy-looking and attractive yard that doesn't cost a lot to water.

White clover, also known as Dutch clover, is perhaps the most cost-effective replacement option for grass. It covers the ground with a thick, green carpet that doesn't need to be mowed as often as its traditional counterpart; nor does it require nearly as much water. In fact, you shouldn't even need to water it at all, and when extreme drought does occur, it simply stops growing rather than turn brown and dry. And you can also say "goodbye" to costly aeration treatments, as clover grows quite well in compacted soil.

Creeping thyme is another excellent choice. Not only does it tolerate foot traffic very well, but it also produces a lovely aroma when stepped on. Creeping thyme is a rugged herb that



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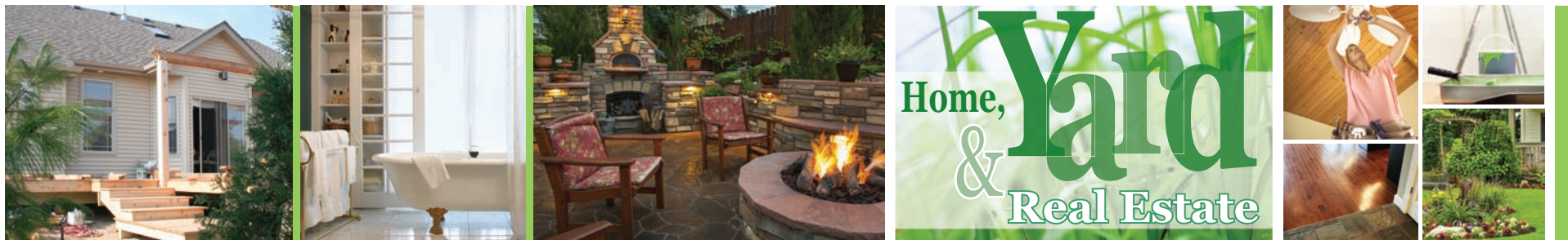
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# Decorate your rockery with style

In horticulture, a plant is said to be variegated when its foliage displays two different colours. Using colourful foliage brings elegance and light to your flowerbeds and rockeries. Here are some tips to help you show off your variegated plants to advantage.

First of all, to preserve the bi-coloured foliage, you need to be very careful about respecting the needs of the plant, especially hours of sunshine, soil type and watering. You should also apply a low-nitrogen fertilizer. Remove any completely green leaves that appear as soon as you notice them; this is a phenomenon called reversion, and it can affect all variegated plants.

For a more striking effect, variegated plants have to be showcased. Plant them next to species with dark green foliage, and play with contrasting colours and textures. In small spaces, opt for quality, not quantity; too many variegated plants in one place may not give the desired effect. Use them to liven up shaded or semi-shaded areas and in planters or pots to give your deck a sophisticated look. An esthetic tip: grow golden variegated plants in white resin pots and cream-based mixes in terracotta pots.



Variegated plants add elegance and light to flowerbeds and rockeries.

Garden centres introduce new species of variegated plants every year in order to meet the growing demand for them. A sales associate or landscaping specialist can help you find perennials, annuals, trees, shrubs and conifers that will make your yard the envy of your neighbourhood.

## > GROUND COVER, FROM PG. 14

requires virtually no maintenance after it's planted, as it thrives in dry, rocky soil. It may become patchy in shady areas and so should be avoided if your yard doesn't get much sunlight.

Inorganic materials, such as synthetic grass or gravel, are durable and low-maintenance. Landscaping with gravel, volcanic rock or crushed stone can give your yard a unique look that requires very little resources. While the initial cost of this type of landscaping can be quite steep, it lasts for decades with very little upkeep.

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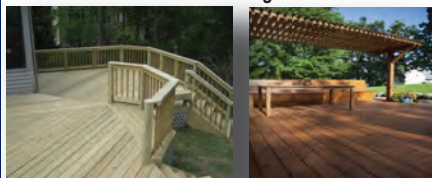
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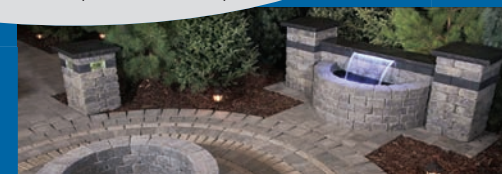
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# Fishing guide helps anglers catch massive albino catfish

By Lindsey Enns

Over the years, Donovan Pearase has caught thousands upon thousands of fish, but last weekend he finally helped land his "great white whale."

Pearase, owner of Blackwater Cats Outfitter based in Winnipeg, was out guiding a group of anglers along the Red River north of Lockport on Sunday, May 15 when they suddenly got a bite and saw something white in the water.

"I saw this flash of white in really dark chocolate water ... but I could tell it was a catfish by the mouth," Pearase said. "It was pretty cool."

A Winnipeg man then reeled in a 34-inch long albino master angler catfish, Pearase said.

The avid fisherman says he's been catching fish for nearly 30 years but has never come across anything like this.

"I've never seen an albino. I've seen

colour variations but this thing was a true albino," Pearase said, adding that over the years, he's pulled all kinds of things out of the Red River.

"Garbage and trash, we've pulled up lawn chairs, bowling balls, fishing rods, all kinds of stuff. But as far as fish, there's a huge variety of fish in the Red River."

Pearase added there are about 25 different species of fish who call the Red River home.

"I've heard of bass being caught, pike, walleye ... but that albino was a fish of a lifetime, no doubt about it."

Shortly after reeling the fish into the boat, Pearase uploaded some photos of it onto Facebook, which have been getting lots of attending online.

As of Monday, the original post had been "liked" nearly 1,000 times and shared nearly 800 times.

"After almost 30 years of catfishing, I actually got my great white whale in



FACEBOOK PHOTO

A Winnipeg man holds up a rare 34-inch long albino catfish that he and a group of anglers caught in the Red River north of Lockport on May 15.

the boat today," Pearase wrote in his original post. "I may have seen 15 to

20,000 cats in my life and not one that looked anything like this."

## Arbour Day Celebration

**Saturday, May 28 at 10 a.m.**

Located in Memorial Park  
(across from Bobby Bend), Stonewall  
(Rain Date: Sunday, May 29 at 2:00 p.m.)

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## > SENIOR BOWLERS, FROM PG. 2

The team bowled eight strong games and then waited in Rossmore Lanes to hear the results. When they heard their names called for first place, they didn't believe it.

"John says, "Are you sure we won?" " said Giesbrecht, recalling the moment.

"We were all shocked like crazy."

The team had bowled the highest combined score above the averages they posted going in to the tournament.

They accepted their gold medals, and with it, the opportunity to bowl in Oshawa at the 55-plus nationals.

Giesbrecht said the team hasn't set any goals for the tournament scheduled for July 2 and 3.

## Do you have a suggestion for our news team?

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

**Call 204-467-5836**



# get inspired

> MEAL IDEAS

## Zippy chicken thighs for the grill

**THE Marketplace**  
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### Ingredients

- 1 tbsp (15 mL) canola oil
- 2 tbsp (25 mL) sodium reduced soy sauce
- 2 tsp (10 mL) curry powder
- 2 cloves garlic, rasped or pureed
- 2 tsp (10 mL) pure maple syrup
- 1/4 tsp (1 mL) grated lemon zest

- 1 tbsp (15 mL) lemon juice
- 1/4 tsp (1 mL) cayenne pepper
- 2 lb (1 kg) boneless skinless chicken thighs
- 12 cups (3 L) spring mixed greens
- 8 lemon wedges

### Directions

In a resealable bag, combine oil, soy sauce, curry powder, garlic, maple syrup, lemon zest and juice and cayenne pepper. Add chicken thighs, close bag and massage marinade into chicken.

Refrigerate for up to 2 days or freeze for up to 2 weeks.

Place chicken thighs on greased grill over medium heat and grill, turning twice for about 12 minutes or until no longer pink inside.

Serve over greens with lemon wedge.

## Teriyaki Chicken



### Ingredients

- Serves 4
- 1/2 cup shoyu (Japanese soy sauce)
- 2 tablespoons mirin
- 1/4 cup sake
- 1 tablespoon sugar
- 8 boneless, skinless chicken thighs

Essential equipment: 8 attached pairs presoaked wooden chopsticks or 8 10-inch presoaked bamboo skewers.

Combine shoyu, mirin, sake, and sugar in small pan over medium heat. Bring to a boil, stirring to dissolve the sugar.

Lower heat and simmer until thick and syrupy, 5 to 10 minutes. Cool. Set aside half the sauce for glazing the chicken. Reserve remaining half to drizzle over before serving. Cut each thigh into three even-sized pieces. Insert the blade of a small, sharp knife through the middle of each chicken piece to make a slit. Thread three slit pieces onto each pair of attached chopsticks. Brush all over with the cooled sauce to glaze. Grill according to instructions below, basting with sauce. Drizzle with reserved sauce. Serve hot.

### Outdoor

Grill over medium hot coals until the chicken is opaque with no trace of pink, about 7 minutes per side.

### Indoor

Preheat broiler. Broil until the chicken is opaque with no trace of pink, about 7 minutes per side.

### Think Ahead

Make sauce up to 3 days in advance. Cover and refrigerate.

### Cooks' note

We like to serve teriyaki chicken on pairs of chopsticks for a fun and impressive presentation. Since they do not have sharpened ends, use a knife to make an incision through the chicken to help you slide the chicken pieces onto the chopsticks. Alternatively, use presoaked bamboo skewers.

# Raising Self-Esteem

"YOU YOURSELF, AS MUCH AS ANYBODY IN THE ENTIRE UNIVERSE, DESERVE YOUR LOVE AND AFFECTION."

BUDDHA

Self-esteem is a measure of how much we value and appreciate ourselves. Undoubtedly our childhood experiences have a major impact on this attribute. We may have received negative messages, or given ourselves negative messages as a result of our experience or how we were treated.

So, we can arrive at adulthood not feeling very good about ourselves. This can block us from achieving the success we desire, or alternatively, can prevent us from acknowledging the success we have created.

Once we become adults, our self-esteem is our responsibility. We can no longer blame others for how we feel about ourselves. We must decide to "esteem" ourselves: to hold ourselves in high esteem in our own minds.

In order to do this, we must become aware of the criticisms and judgments we make of ourselves. Then, we must commit to stop abusing ourselves in this manner. Sadly, often our own inner critic takes over the role from those who criticized us in the past. This process may even be subconscious.

Next, we must decide to unconditionally love ourselves right now; not when we have lost the weight, gained the promotion, or found the right person. We need to eliminate all conditions we have placed on our worthiness.

Finally, we must be independent of the good opinion of others. We can decide to value ourselves regardless of what others may say or feel about us.

When these things have been accomplished, we can begin to like ourselves more. We can even start to love ourselves. With this, self-esteem takes a big leap forward. (See below for information on where to get my Raising Self-Esteem CD.)

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books or cds, visit [www.gwen.ca](http://www.gwen.ca)

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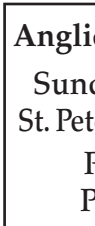
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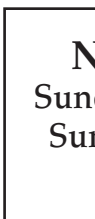
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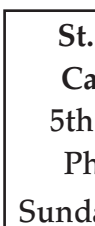
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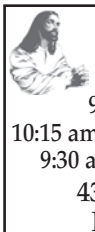
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## Queen Victoria's faith

This past Monday our nation celebrated Victoria Day in honour of Queen Victoria's birthday and reign as the longest reigning monarch (1837-1901) in England's history. On September 9, 2015 her great, great, granddaughter, Queen Elizabeth II broke this record (1952-present) as England's longest reigning monarch (I think this calls for a new national holiday in honour of Queen Elizabeth!).

Queen Victoria's monarchy had a strong emphasis on morality and family values. This was in contrast to the sexual, financial, and personal scandals that had been associated with the previous royal household. 63 years later she left us the Victorian era with its moral values, ideals, styles, and decorations. Her name lives on in places across the world and in Manitoba including Victoria Lake, Victoria Beach, the R. M. of Victoria, and the Victoria General Hospital. She leaves behind a great legacy, but more than that she leaves behind a legacy of faith.

On ascending the throne at the age of 18, Queen Victoria realized that God ordained this moment and wrote in her diary "Since it has pleased Providence to place me in this station, I shall do my utmost to fulfil my duty towards my country." God gave her wisdom and success as she followed Him.

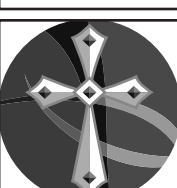
It is said that Queen Victoria was one asked the secret of Britain's greatness. She replied "the Bible—our greatest possession." Without her keen observance of God's law, Queen Victoria may never have accomplished what she did. The author of Ecclesiastes who wrestled with the meaning of life and success ends his book by saying "here now is my final conclusion: Fear God and obey his commands, for this is everyone's duty" (Ecclesiastes 12:13).

As "Defender of the Faith" Queen Victoria was concerned with practical results and not with theories. She greatly approved of a sermon she heard in 1855 from Romans 12:11: "Not slothful in business; fervent in spirit; serving the Lord." The lesson learned was not about theological hairsplitting, which preoccupied the church of that day, but one of "being and doing good" which she saw as the proper British manner.

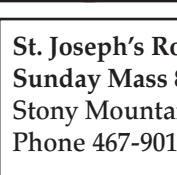


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# Stonewall and Teulon youth job centres open for business

## Open house events in Teulon and Stonewall planned for June 9

By Natasha Tersigni

Whether it is to assist with a resume, to help with a job search or to give advice on how to ace an upcoming interview, the Manitoba Youth Job Centre (MYJC) in Stonewall and Teulon are open and ready to help local youth and students aged 12 to 29 with all their employment needs.

Local MYJC youth engagement leaders Ainslee Willis, who will be running the Stonewall centre, and Gavin Leduchowski, who is looking after the Teulon centre, are already hard at work educating local youth and students about the opportunities and services available to them through the job centres. An open house for interested job seekers and their parents to find more information about the job centres is planned on June 9 between 5 and 7 p.m. and will be held at both the Town of Stonewall office and Teulon Civic Centre.

The Odd Job Squad will be running throughout the summer, providing youth aged 12 to 16 years old an opportunity for first-time employment through causal work experience including organizing and working barbecues and car washes, picking strawberries at local fields and Canada Day window painting.

"In the past, a lot of the programs, especially Odd Jobs Squad, have been

based in Stonewall, and this year, one of my goals is to offer at least one event in each community that we serve so not everybody always has to come to Stonewall," said Willis, who added that the Stonewall centre serves youth and students in Argyle, Balmoral, Stony Mountain, Woodlands, Warren, Grosse Isle and Rosser.

"Another aspect of the Odd Job Squad is that homeowners can call in to ask for a youth to come and do jobs around the house such as painting a fence, pulling weeds or mowing the grass. We are here to co-ordinate those jobs as well."

While youth employment has been a mainstay of the centres, Willis adds that another main objective is to help students, even recent university graduates, build their resumes and find work

"The main focus of the job centre in the past has been the Odd Job Squad. The centre is open for anyone 12 to 29, so for those older people, the focus will be on resume building, interview prep, job search and networking with local employers to match job seekers with the right position. A lot of people have the misconception that I find jobs for them; I find openings and then refer them for a particular position," added Willis.

The Stonewall Manitoba Youth Job



**SUBMITTED PHOTOS**  
Balmoral resident Ainslee Willis has been hired as the youth engagement leader for Stonewall's Manitoba Youth Job Centre.

Centre, located in the Town of Stonewall, and is open Monday to Friday 9 a.m. to 5 p.m. For more information, contact Stonewall's youth engagement leader Ainslee Willis at 204-461-1364 or by email at stonewallmyjc@gov.mb.ca.

The Teulon Manitoba Youth Job Cen-



Teulon resident and recent Teulon Collegiate graduate Gavin Leduchowski is this year's Teulon Manitoba Youth Job Centre youth engagement leader.

tre, located in the Teulon Civic Centre, is open Monday to Friday 8:30 a.m. to 4:30 p.m. For more information, contact Teulon's youth engagement leader Gavin Leduchowski at 204-861-0132 or by email at teulonmyjc@gov.mb.ca.

# Recognition continues for local youth advocate

By Natasha Tersigni

For her advocacy work in organizing mental health initiatives along with her continued efforts in bringing awareness to Missing and Murdered Indigenous Women (MMIW) in Canada, Tracie Léost was awarded a Manitoba Teachers' Society (MTS) Young Humanitarian Award this past Wednesday.

The annual awards presented by the MTS honour students across the province who have been involved in humanitarian projects in their school or community. This year, 10 students from four school divisions in Winnipeg and Brandon were honoured for their humanitarian work.

Léost, a Grade 12 Garden City Collegiate student who spends her summers in Oak Point with her grandparents, was nominated for the award by her high school teacher and coach

Jacqueline McDonald. Léost made headlines across the country this past summer for her four-day, 115-kilometre run from Oak Point to Winnipeg to raise money and awareness for MMIW.

During the school year, her focus and attention turned to work with the Youth Against Mental Illness Stigma (YAMIS) group at Garden City Collegiate. Most recently, Léost spearheaded the #7OaksTalks Mental Health initiative, a co-ed All-Star Game featuring Seven Oaks basketball teams.

"YAMIS wants to eliminate the stigma around mental health and what better way to talk about it than at a sporting event with a crowd of staff, students and parents? We chose basketball because it's one of the biggest sports here at Garden Collegiate and this event will be taking place on May 24, the day before the YHA gala eve-

ning," said Léost.

This fall, Léost will be attending the University of Regina where she will be pursuing a degree in social work, a career that she hopes will allow her to continue her advocacy for Indigenous issues in Canada.

"I want to tackle the statics, including that 90 per cent of those in foster care are Indigenous and our system is failing our children. Although one day I will be campaigning to be prime minister, I would like to begin my post-secondary education in social work," said Léost.

"The YHA itself was a huge surprise and I never thought I was going to be one of 10 recipients out of the thousands of students in Manitoba. I hope other students hearing about my journey will inspire them to do things to help others so one day they can be young humanitarians too."



**TRIBUNE PHOTO SUBMITTED**  
Tracie Léost was awarded a Manitoba Teachers' Society Young Humanitarian Award for her humanitarian work.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Interlake duo heading to Hawaii with Team Canada

By Stefanie Lasuik

For the first time ever, Manitobans have made Canada's national inline hockey team. And they're both from the Interlake.

Warren's Bryce Allary and Stony Mountain's Christopher Vinck will don the maple leaf in the 14U Amateur Athletic Union (AAU) Junior Olympics in Hawaii from July 6 to 18.

Allary, a member of Warren Collegiate's ice hockey team, began inline hockey at the beginning of April. On April 22, he attended tryouts for the national team, not believing he would make it.

"It's insane. ... We've cut NHL players before," said national team coach Michael Hunt. They couldn't make the transition to roller hockey as well as Allary has seemed to, Hunt explained.

Hunt is excited about the hockey sense, speed and stick-handling skills Allary will bring to the team, noting Allary's work ethic and "good guy" attitude stood out during his tryout.

He presented Allary with a mock jersey during a presentation at Warren Collegiate on Tuesday.

Allary said he feels honoured to be one of the first Manitobans to accomplish this feat. In addition to playing

every Friday and working on his skills weekend mornings, Allary plans to run to get his legs ready for the international competition.

On Friday, Hunt came to Stony Mountain School to present Vinck with his Team Canada jersey and explain the magnitude of his accomplishment.

"Well, this boy's only 11 years old," said Hunt, noting he and the evaluators were worried about him playing against 14-year-olds with much more experience.

But to assuage the evaluators' fears, Vinck scored five goals in the tryouts.

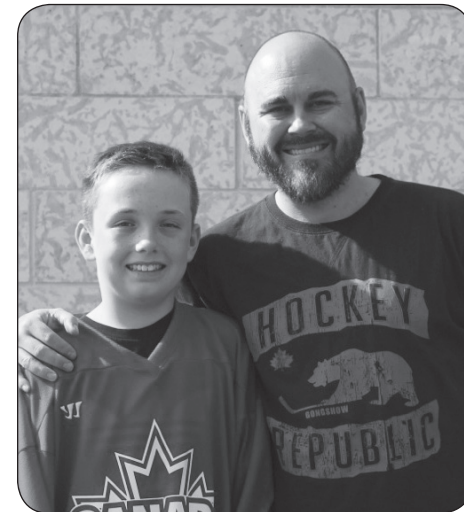
"They said, 'Jeez, we can't ignore what he's doing,'" said Hunt. And they didn't. Vinck made the team, making history as the youngest player ever to do so.

Hunt is most excited about Vinck's ability to put the puck in the net, his good decision-making and his enthusiasm as the youngest player on the team.

Like Allary, Vinck began inline hockey a few months ago in Hunt's Winnipeg-based program, but Vinck has skated on rollerblades since he was three. "I tried to look for roller hockey leagues online, but there was



TRIBUNE PHOTOS BY STEFANIE LASUIK  
Michael Hunt (right) presented Bryce Allary (left) with his national team jersey at Warren Collegiate.



Michael Hunt (right) welcomed youngest national inline hockey player Christopher Vinck (left) into the Team Canada family at Stony Mountain School on Friday.

never enough interest," said Vinck's mom, Natalie. When Vinck discovered Hunt's new program, he was instantly interested.

Hunt, a 13-time national champion, brought inline hockey to Manitoba when he established Central Canadian Roller Hockey this year. He's now looking to start an Interlake league out of Warren during the summers.

"It's great conditioning for kids who play ice hockey," said Natalie, explaining she likes inline because it forces players to use their skills since body contact isn't allowed.

This is only the start of Vinck and Allary's inline hockey careers. They both plan to continue playing and will have the chance to try out for Team Canada every year.

## Midget Blue Jays off to great start this season

By Brian Bowman

Every team looks to have a good start to their season.

But for the Interlake Blue Jays Midget "AA" baseball team, their start to the season has been a great one.

The Blue Jays have come out chirping loudly, compiling a 6-1 record to sit in second place behind only Bonivital (8-1) in a Winnipeg league.

Interlake notched its sixth win of the season Monday after soundly defeating Springfield 14-1. The Blue Jays broke the game wide open with nine runs in the fifth inning.

Quinn Arsenault earned the win on the mound for the Interlake.

"We went with a younger group to start (the game) and then we injected a group of older players," said Blue Jays' head coach Kent Klimpke. "It's their third year in the league so they're used to the pitching and speed of the game."

The older players will play an inte-

gral part in the success of the Interlake team this season. But Klimpke was quick to note that the young guys also have plenty to contribute to their team.

"The young guys are still learning and they're progressing very well," he said, noting their players reside in Stony Mountain, Stonewall, Warren and Grosse Isle. "They're having some good swings at the plate and when we put them on the mound, they're throwing hard, too."

Pitching, as it often is, has been a key to the Blue Jays' success this season. Interlake has also generated a good dose of offence, especially from their older players.

Emerson Klimpke and Jason Peltz are two veteran Blue Jays' players that also picked up some "AAA" experience with the North Winnipeg Pirates at both the provincial and western championships last season.

The experience the pair gained at

that level should help them this season, and also in their baseball careers.

Besides playing in the Winnipeg circuit, the Blue Jays will also play three doubleheaders against Teulon and

Lundar in the Interlake league.

That schedule begins this Sunday in Lundar and the regional tournament between the three teams is slated for June 18-19 in Stonewall.

## Stonewall senior soccer teams in action

### Staff

Stonewall United FC evened its record to 1-1 after a 4-2 home win over the Hanover Sting in Manitoba Major Soccer League action May 15.

Stonewall began its regular season May 6 with a 4-2 road loss to FC Russia.

With the .500 record, Stonewall was tied for fourth place in the Major League Division 4 standings with four other teams heading into this week's slate of games.

Stonewall United FC will next see action on Tuesday when they battle

the YFC Saints at Shaughnessy Park in north Winnipeg. Game time is 7:30 p.m.

Meanwhile, Stonewall Impact FC is winless after a pair of games in Major League Division 2 play. Stonewall lost 4-1 to Burussia FC on May 8 and then was beaten 7-0 by the Bandits FC on May 13.

Stonewall Impact FC will be looking for their first win of the season this Saturday when they host Kildonan Athletic Club at the Veterans Memorial Sportsplex. Game time is noon.



# Team Interlake wins 16U provincial title

By Brian Bowman

Team Interlake had a great performance at Basketball Manitoba's club provincials last weekend, winning the female 16U Manitoba Games Division.

Interlake defeated Team Central 57-41 in the championship game Sunday evening.

"The game was close for the majority of time," said Interlake head coach Sue Gilmour. "Towards the fourth quarter, though, we shortened the bench a little bit and went with the kids that were getting the job done in that game."

Interlake was very good defensively in that final win. Interestingly, though, they struggled on the defensive end before wisely deciding to dump their man-to-man defence for a zone system.

"Part of the reason (we struggled) was the kids not knowing each other," Gilmour said. "Players are coming from different programs...so it took a couple of games for the girls to get used to how each other played."

"By the end of the weekend, we gelled together and figured out the best rotations and whose strengths are where."

Interlake struggled early in games

at the beginning of provincials, said Gilmour, but things really started to click for the squad after a slim one-point win over Westman.

Interlake began play last Thursday with a 42-38 victor over Central. On Saturday morning, Interlake edged Westman 48-47 before pounding Parkland 53-14 later that day.

On Sunday morning, Interlake soundly defeated Eastman 65-39.

Gilmour said Julia Ignagni of Petersfield and Callista Howard of St. Andrews each played very well throughout the provincials.

Five of the eight Manitoba Summer Games teams took part in the provincial tournament.

The majority of the Interlake athletes on the 16U female team are from West St. Paul, East St. Paul, Selkirk and the surrounding area. Olivia McCowan of Grosse Isle and Jayda Campbell from Gimli are the two exceptions.

Gilmour and her girls will be busy this summer preparing for the Manitoba Summer Games, which will take place Aug. 7-10 in Steinbach. Team Interlake currently has 14 players on its roster but that number will be trimmed down to 12 by mid-June.

"We might have a few exhibition games between now and then," Gilmour said.



TRIBUNE PHOTO SUBMITTED

Front row, left to right: Sarah Buchan, Tessa Chezick, Julia Ignagni, Tess Skarban, Jayda Campbell, assistant coach Renee Stokowski; back row: assistant coach Annette Harman, Annika Loeppky, Emily-June Feeke, Callista Howard, Jillian Tompkins, Kelysian Warmington, Charlotte Wilmott, Olivia McCowan, head coach Sue Gilmour, Renee Partyka. Missing from the photo: Madeline Mann and Alyssa Porco.

our said. "But mostly we'll just be getting ready for the Games over the next few months."

# Former Sandy Hook golfer Olympics-bound

By Stefanie Lasuik

Before golf re-entered the Summer Olympics, Derek Ingram knew he wanted to be there. So when the world's best golfers hit the Olympic course in Rio de Janeiro, he will be the head coach of Canada's Olympic men's squad.

"I always wanted to be that person when golf got back in the Olympics," said Ingram, the former pro of South Interlake Golf Course.

Ingram called his time in Warren "some of the best years of (his) life."

"I loved the people, loved the area, loved the golf course," said Ingram. He saw himself being there forever, he explained.

But the game of golf had a bigger stage in mind for him.

After leaving Warren, Ingram spent two years on the Canadian Tour before co-founding the University of Manitoba golf teams with Golf Manitoba's director of player development Garth Goodbrandson. He then opened the Golf Central training and practice

facility shortly before locking in a spot with Golf Canada as an assistant coach of the men's program. He then transitioned to the women's side of the national program where he served as head coach.

In 2011, Ingram was named as the Team Canada's men's head coach, positioning himself nicely for the Olympic call when golf made its re-entry into the Olympics.

Ingram's titles come with many accolades as well, such as the Golf Canada Teacher of the Year award in 2003 and 2007 and an induction into the Manitoba Golf Hall of Fame.

In addition to working in his full-time position as Canada's head coach, Ingram operates Derek Ingram Golf and spends time teaching at Elmhurst Golf and Country Club.

Teaching golf is Ingram's calling, he said.

"It's who I am."

Ingram has a unique way of interacting with people and is motivated to help people achieve their goals.

In his role as Olympic coach, Ingram will help familiarize his golfers with the Olympic atmosphere.

"It's so different than any other professional golf tournament they'll play in," said Ingram, citing the increased security, athletes' village and unfamiliar country.

Ingram has already scouted out the course, snapping 400 pictures and videos to analyze with the team members, who have yet to be named.

"We'll maximize their skill level and build a plan that'll help them do well," said Ingram.

Ingram will prepare the players mentally and help them with their technique through consultation with the players' regular coaches.

From Aug. 5 to 21, Ingram will walk among the world's best athletes and coaches in Rio.

But his goals for the Olympics don't stop at simply being there. After golf's 112-year absence from the Olympics, he hopes Team Canada can bring home a medal in golf.



TRIBUNE PHOTO SUBMITTED

Former South Interlake Golf Course pro Derek Ingram will be heading to the Olympics in Rio de Janeiro as the head coach of the men's golf squad.



# Bettof wins gold, bronze at Manitoba Open

Warren resident loving the sport of jiu-jitsu

By Brian Bowman

At one time in her life, Jayna Bettorf was a nervous newcomer to the sport of jiu-jitsu.

Now, she's a multi medalist at an elite competition.

Bettof, 32, had a great performance at the Manitoba Open Jiu-jitsu Championships — winning a gold and bronze medal — earlier this month.

She won the gold in women's nogi beginners division (- 141.6 pounds to 152.5 pounds) in a back-and-forth battle before Bettorf managed to submit her opponent with an inversed arm bar.

"I am much better in nogi as that's how we train at Interlake MMA (in Stonewall)," said Bettorf, a Warren resident, in an email. "I love (the sport) and I love taking on bigger people."

For her bronze medal, Bettorf finished with a 1-1 record in the women's Gi white belt competition (- 141.6 pounds - 152.5 pounds).

"There was only one girl that I was nervous to fight," admitted the 5-foot-5 Bettorf. "She's a judo girl and I was so scared that she was going to send me flying. My first fight turned out to be against her (and) I beat her by points."

"Then I lost the next one (and) ended up getting the bronze medal in the Gi completion. I haven't had a lot of experience in the Gi, so I was just happy that I didn't break my arm or anything and, as they say in jiu-jitsu, you don't lose, you learn."

There was also an absolute division added, meaning that anyone of any

weight class, can compete. Bettorf finished second in that division.

She admittedly was nervous at the weigh-in before the competition.

"I was really nervous about making weight," she said. "If you were over, you'd be automatically disqualified. You get weighed in your Gi, which adds about four pounds. I was at the top of my weight class, so I had to watch what I ate for a week (and) then I ended up being at the bottom of my weight class."

The Manitoba Open had 165 athletes competing at the event, with fighters coming from across the Canadian prairies and the U.S. It was the first time that Bettorf ever competed at a major event.

"I was always interested in learning to fight but had never pursued it," said Bettorf. "When I first saw the advertisement for a local jiu-jitsu class I thought I'd give it a try."

Bettof had no idea what to expect when she went to her first class. Would she be surrounded by a bunch of teenagers or guys, she wondered?

Bettof was joined by her husband to attend her first class. She is currently the only female who regularly attends classes at Bobby Bend School.

"By the end of that first class I was hooked," she beamed. "I wasn't sure about my husband, though. (Instructor) Curt (McKinnon) had us rolling (fighting) on the first class (and) I looked over at my husband and he was not doing so well — grunting and groaning."



TRIBUNE PHOTO SUBMITTED

Warren's Jayna Bettorf, left, and Interlake MMA instructor Curt McKinnon.

"I was sure he was going to be upset that I made him come with me. Once we left, I hesitatingly asked what he thought of the class and he turned to me and exclaimed, 'I loved it.'"

"We've been attending Curt's classes at Interlake MMA ever since."

Bettof loves the instruction that the athletes receive during their classes.

"Curt is an amazing teacher," she exclaimed. "When I first went to his class, fighting to me was pinching and biting. Everything I know about fighting is because of him. He's a black belt in jiu-jitsu, a brown belt in judo and also an accomplished wrestler (with the University of Manitoba)."

"He also teaches a kick-boxing class that we attend."

Bettof would love to see more females get involved with jiu-jitsu.

"It's unfortunate that not a lot of women are involved in jiu-jitsu," she said. "It's a perfect martial art for women. It concentrates on using your opponent's strength and momentum against them."

"For each move, you have a counter. It's a human chess game. With more thinking involved, it's great for us women as we can go up against much larger guys. I'm 140 pounds and I regularly go up against 230-pound guys and hold my own."



## Under attack

PHOTO BY STEFANIE LASUIK

TCI's Jarrett Gulka pushes past a defender during the second half of Teulon's lacrosse game last Friday against Miles Mac.



# sports&recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Warren young guns impress at Royal Rumble

By Brian Bowman

For many athletes on the Warren Collegiate Wildcats' track and field team, the Royal Rumble was the first time that they have experienced a major high school meet.

But they didn't look awestruck one bit.

Warren had several outstanding performances against a talented field of about 1,200 athletes at the Royal Rumble last week in Selkirk.

"It's intimidating for our kids, especially since we're such a young team," said Wildcats' longtime track and field coach Rene Comeault. "We have 16 Grade 9s on our team."

"Half of our team is in Grade 9, so to go out there and see 1,200 athletes is pretty intimidating. But a lot of them stepped up and did incredibly well."

Warren had several athletes finish with personal bests and Comeault was extremely pleased with Warren's athletes competing in the junior girls' long jump.

Olivia McCowan, a Grade 10 student-athlete, broke her aunt's 32-year-old record in the junior girls' long jump while placing fifth overall.

Warren's 4X100 junior varsity girls' relay team also ran very well, said Comeault, although their final placing was not known at press time. That group included Hannah France, Alex Chester, Grace Goodman, and McCowan.

"They're going to continue to improve as they get more and more practice," Comeault said confidently.

On the boys' side, Josh Granberg finished first overall in the varsity boys' long jump with an impressive leap of 6.75 metres.

"He's really jumping well," Comeault praised. "His 6.75m is one of the tops in the country, never mind the province, at this point. He's definitely the best jumper that we've had in our school and he's getting lots of letters from colleges."

Lee Stewart said Granberg is a very talented – and determined – athlete.

"Mental preparation is the key to his success,"



The Wildcats' Olivia McCowan broke her aunt's (Susan McCowan) 32-year-old record in the junior girls' long jump while placing fifth overall.

Stewart said. "He sets goals that are realistic for him and he's unfazed until he meets that goal. If he doesn't get it in the first jump, that's OK, he'll get it in the second one."

The Royal Rumble, meanwhile, was the third meet of the season for the Wildcats. Warren competed in the Interlake Invitational in Stonewall on May 5 and then participated in the Garden Valley Collegiate Invitational in Winkler on May 11.

"It was early in the year, so we didn't know what to expect," Comeault said. "We heard that these young



TRIBUNE PHOTOS BY STEFANIE LASUIK  
Warren's Josh Granberg took flight and first-place in the varsity boys' long jump with a leap of 6.75 metres.

kids in Grade 9 were a talented bunch and we saw some glimpses of that.

"But since we started (four) weeks ago, they are really starting to merge into the talented group that we were told that they were."

Warren will get another opportunity to show off its skills at the Zone 5 championships May 30 and June 1 in Stonewall. The MHSAA provincial track and field championships will then take place June 9-11 in Brandon.

## Jets hire Margetts as new GM

By Brian Bowman

Fresh off winning a Manitoba Major Junior Hockey League championship, the Stonewall Jets have announced the hiring of a new general manager.

And he is no stranger to the organization.

The Jets announced last week on its website that they have hired Ryan Margetts as the club's new GM, taking over from Ralph Nespor. Margetts played for Stonewall for three seasons during its inception into the MMJHL, captaining the team for two of those

years.

"I am looking forward to re-joining the organization and am excited about the competition and quality of players in the MMJHL as it continues to improve and move forward," Margetts said on the team's website.

Following his playing years with the Jets, Margetts earned his education degree and began teaching at Warren Collegiate.

Over the last 10 years, he has been managing and coaching the Warren Collegiate Wildcats of the Winnipeg

High School Hockey League.

### Interlake Minor Hockey Coaches

Meanwhile, the Interlake Minor Hockey Association announced that Dwayne Swanson will return as head coach of the Interlake Lightning Midget Provincial team for the upcoming season. Al Chop will serve as an assistant coach.

On the girls' side, it was announced that Chantal Larocque will become the head coach of the Interlake Lightning Female Midget team for the

2016-17 season. Jessica Jones will be an assistant coach.

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## COMING EVENTS

Manitoba Motorcycle Ride for Dad - Fighting Prostate Cancer. Saturday, May 28, 2016, 10 a.m. official start. Polo Park Shopping Centre. Register online: [ridefordad.ca/Manitoba](http://ridefordad.ca/Manitoba)

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## Meal Program Assistant

The Stonewall Lions Manor Meal Program is looking for a casual & vacation relief worker to assist the Meal Coordinator with the preparation, serving and clean up of the noon meals for seniors. The program operates weekdays from 9:30 to 1:00. Position could become P/T.

Please forward resume to: [manager@stonewallmanor.ca](mailto:manager@stonewallmanor.ca)



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Please email resume, to [hr@vidir.com](mailto:hr@vidir.com). or mail to: Box 700, Arborg, MB ROC 0A0 or fax to: (204) 364-2454

Only those selected for interviews will be contacted.

[www.storevertical.com](http://www.storevertical.com)

## R.M. OF WOODLANDS PUBLIC HEARING



### PROPOSED EXPENDITURE FROM THE BUILDING RESERVE FUND

In accordance with Subsection 168(2) of The Municipal Act the Council of the Rural Municipality of Woodlands shall hold a PUBLIC HEARING in respect of a proposed expenditure from the Municipal Building Reserve Fund at

**6:15 P.M.  
June 7, 2016**

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

The RM is proposing to use up to \$225,000 of the Municipal Building Reserve Fund to pay for part of the Woodlands Lagoon Expansion project. The RM will be replenishing these funds with future gas tax funds as follows:

- 2017 - \$190,000
- 2018 - \$35,000

The purpose of the Public Hearing is to allow any interested person to make representation, ask questions, or register an objection.

Information concerning the proposed expenditure from the building reserve fund is available for review after **May 19, 2016**, Monday to Friday between the hours of 8:05 a.m. and 4:30 p.m. at the Municipal Office at the corner of Main Street and Railway Avenue in Woodlands, Manitoba.

Adam Turner, CMMA  
Chief Administrative Officer  
RURAL MUNICIPALITY OF WOODLANDS

## R.M. OF WOODLANDS PUBLIC HEARING



### REGARDING THE 2016 FINANCIAL PLAN

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

**6:30 P.M.  
June 7, 2016**

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

The Rural Municipality of Woodlands 2016 Financial Plan consists of:

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

The purpose of the Public Hearing is to allow any interested person to make representation, ask questions, or register an objection in respect of the Rural Municipality of Woodlands 2016 Financial Plan.

Information and documents concerning the 2016 Financial Plan are available for review after May 19, 2016, Monday to Friday between the hours of 8:05 a.m. and 4:30 p.m. at the Municipal Office at the corner of Main Street and Railway Avenue in Woodlands, Manitoba.

Adam Turner, CMMA  
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## NOTICES

Winners of the 2016 Rosser Fire Department Cash Calendar May draws are as follows: \$200 Trevor Sherry; 5 - \$25 prizes were awarded to Rhys vanKemenade, Kevin Beaulieu, Lois Doucette, Rhonda Manchulenko, Wayne Carriere.

## WATER TREATMENT PRODUCTS

Wholesale Water Filters!! New Waterite water softeners, 30,000 grain/\$550. All sizes avail. Reverse osmosis systems, \$220. Paterson iron removers/\$520. Green-sand iron odour removal systems, \$720. All Seasons Furnishings 204-661-8581.

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

## LIVESTOCK

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

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## FARM MACHINERY

Wanted- we are buying Massey Ferguson discers model #3601 & 36. Contact 204-619-0335 or email [massey-disc36@gmail.com](mailto:massey-disc36@gmail.com)

John Deere M tractor with No. 8 Siskle bar mower & M cultivator. Runs well. \$5500 obo. Call 204-771-6710 or 204-467-4525.

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## FARM MACHINERY

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Sun, May 29 @ 10:00 am

Prince Albert Saw Mill  
\* Vehicles \* Trailers \*  
Construction Items \*  
Generators \* 2 Post Hoist \*  
1920 Diamond T Truck \*  
47 Bosak Power Toboggan \*

Winnipeg, MB  
½ Mile on 101, of 101 &  
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Go To Web!

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## AUCTION SALE CORBETT FAMILY

Sunday May 29th 10:00 am

Winnipeg, MB

1/2 Mile on 101, of 101 & Inkster Overpass

Prince Albert Saw Mill \* Vehicles \* Trailers  
\* Construction Items \* Generators \* 2 Post  
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## AUCTION SALE BRIAN & DEBRA GUDGE

Sunday June 5th @ 10:00 am

Meleb, MB

1 Mile North on Hwy 7 Then  
East 1 Mile On Trakalo Rd  
Contact: (204) 643-5460

Crawler & Tractors Int. T D 6 Crawler 540  
PTO FEL w Blade 3821 Hrs \* Case 930 Dsl  
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Hrs. \* Int 414 Dsl HL 3PH w FEL \* MH 44  
Dsl Hyd 540 PTO \* MH 44 540 PTO w FEL  
\* Ford 9 N HL 3PH NR \* McConnell 3PH 540  
PTO Drive Backhoe \* Equip MF 31 3PH 7'  
Sickle Mower \* McKee 3PH 6' Snowblower  
\* Imco 5' P Type Rotary Mower \* 3PH 8' Cult  
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## RETIREMENT AUCTION SALE FOR

Victor & Doreen Lamoureux, Eriksdale, MB

Saturday, June 18, 2016 at 9:30 a.m.

Sale site: 8 km East of Eriksdale on PR #68. Turn South  
on Rd 23W for 3.6 km. (follow signs)

**Tractors & Equipment:** 1985 J.D. 4050, cab, 3pth, 6740 hrs, (ser #RW4050H005493); 1986 J.D. 2950, loader, cab, 3pth, 5613 hrs, (ser #L02950T571075); 1977 J.D. 2130 w/146 Loader, 3 pth, (ser #140732); 1974 J.D. 2130 w/loader, (ser #2130A125769L); 1970 J.D. 710 (ser #163007L); 1981 Belarus 420, 3pth; 1956 TD9 Crawler w/track, (ser #63103158362); Heston Haybine (ser #HP94128); 9 wheel Rake (ser #470051925); 2 wheel Swath turner; 1980 Verstile 4000 Swather (ser #002518); J.D. 800 14ft Swather (ser #283040); 2004 Inland Baler - only 1000 bales (ser #04RB60722017); Approx 2008 Chaas Baler; (2) J.D. #37 9ft Mowers; J.D. #37 9ft Mower (for parts); Vibra shank Cultivator; 5ft Rock picker; 12ft Hutchmaster disc; 14ft Rock press land leveler; I.H. Seeder; J.D. Dump rake; Various Harrows; 5ft pull-type Brushmower; Bale picker- 10 bale; 18.4 38" Dual wheels; Pick up reel; Pencil Auger (new); Grain Auger; (2) Grain hoppers; 3pth Bale fork; Bale fork (loader); Bucket for #7 Loader; Wooden bale elevator; Mower knives **Vehicles & Trailers:** 16ft Sokal gooseneck stock trailer; Plate for gooseneck trailer; 1 ton Truck; ½ ton Truck **Tools & Shop,** Cattle, Horse & stock equipment, Yard & miscellaneous & some Household **Antiques:** Potato hiller; Moline & Buck-eye tractor seats; Mirrored Collar & hames; 2 bottom plow; Washstand; Wood cookstove; Annex heater; Butter churn; 10 gal Crock; Cream cans - 8.4, 5, 3 & 1 gal; (5) Milk buckets; Wooden school desk; Sheep shears; Broom maker; 1947 Calendars (mint cond); Cabbage cutter; Cotton sugar bags; Salt & pepper sets; Old milk & pop bottles; Desk; 303 British rifle

(For full listing check website)

Auctioneer's Note: Vic & Doreen have sold the farm.

For more info: call Victor or Doreen at (204) 739-6392

Lorne (Buddy) Bergner, Auctioneer Box 721, Ashern, MB ROC OE0 Ph: (204) 768-2669/ Fax: (204) 768-3237

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## AUCTION SALE FOR

Wayne Johnson, Oak Point, MB

Saturday, June 4, 2016 at 9:30 a.m.

Sale site: Just south of the Oak Point turnoff on Hwy #6. North of St. Laurent

**Tractors & Equipment:** Pettibone Model B-66 Telehandler w/33 ft boom, 6000 lb capacity, new J.D. Engine, work platform, crab steering/creep, weighs 20460 lbs (Ser #T04039D565935); Hyd pumps for swather; Brand new tractor seat (w/suspension); F10 Framhand; 400 Versatile Swather (for parts); Cockshutt tractor cab; 3pth 2 furrow plough **Vehicles & Trailers:** Aljo by Sylvine, Model 308 bumper hitch 30ft Trailer - sleeps 8 w/bunkbeds, 18ft awning; Cameo by Carri lite, Ser #6848763 - bumper hitch 33ft Trailer - sleeps 4, 22ft awning (both units have 12ft elec. slide & equipped w/air cond, batteries & prop. tank, levelling jacks, & are self-contained, 9460 lbs gvwr (can be towed w/half-ton); 3 ton 1998 Dodge Ram 2500, diesel w/Cummings engine; Dump truck w/hoist; Suzuki Sidekick (off road); 1970 Buick Lesabre, 2 dr; Fencing trailer; Trailer type, PTO driven saw mandrel; Ford F350 Custom truck; 5th wheel Trailer w/tilt & 16 ft deck; Hi beams w/wheels & hitch; 7ft Canade Dozer blade; Hoist mechanism for dump truck; (2) 1970 Build Wildcats (for parts - (1) 2dr & (1) 4dr); Volkswagen dune buggy; Front flip off MGA; Ford Courier converted to mud truck w/dump box; Passe Par Tout - Argo on tracks **Tools & Shop,** Yard & Building materials, Household **Antiques:** 1947 Willies Army Jeep (frame off body restoration); J.D. #37 9ft Sickle bar mower; Washing machine w/copper tub; Schwinn Bicycle; Snow shoes; Horseshoes; Remington typewriters; Milk jugs; Telephone; Signs; Toaster; Shoe makers frame; Wooden darts; Wooden chairs; Washboards; Seven Up door sign; Binoculars; Radios; Cash Register; Barn lanterns; Gasoline cans; Old planes; Old bob skates; Children's sleigh; International stationary engine; Press drill; Vice; Horse drawn cultivator; Horse drawn seed drill (converted) **Consigned:** Allis Chalmers D17 Tractor loader, 3pth, diesel, runs perfect, big bucket; Allis Chalmers 200 cab, loader, 3pth, new multi power trans (slips); MF One-way; Various heavy duty disc, snowblower, rear mount blade, & rear mowers w/3pth; 1965 Ford 1 ton w/box & hoist (runs); 1975 Chev 3 ton w/box & hoist, 66,000 km (n/s); 1975 Winnebago 20ft Motorhome, 6 new tires, new canopy, roof damage-leaks, (n/s); 1998 SL 1050 3 cyl Polaris watercraft w/double wide trailer; 2000 Arctic Fox, 11ft inside box, truck camper 17ft long w/ slide roof, air (needs repair); 2002 Cavalier, runs (n/s); 1985 Vanguard Boat w/70 hp Mercury motor & trailer (runs); 1998 Dodge ½ ton, reg cab, 210,000 kms, runs (safetied); 1989 Yamaha 650 motorcycle, runs (needs new gas line); Honda 200 3 wheeler; 1998 Polaris Quad, 4wd, runs; 1984 Chrysler Fifth Ave New Yorker, red interior, mind cond, runs perfect, safetied (collector veh); 2002 Pontiac Montana Van, 220,000 kms, safetied; 1999Chev ½ ton ext cab, 4wd (n/s); 1997 Chev ¾ ton 4 wd, needs motor (n/s); 1986 Camaro, runs, V6-IROC ground effects, needs rear end fixed (n/s) **Some Household**



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ANNOUNCEMENT

BIRTH ANNOUNCEMENT



**Juliana Rose Chartrand**  
Corey and Nicole of Teulon, MB. are pleased to announce the birth of their healthy baby girl, Juliana Rose Chartrand, born March 7, 2016 at St. Boniface Hospital. Weighing 7 pounds, 6 oz. and 19.5 inches long.  
-Mom, Dad, big brother Jayce, family and friends are so happy you are here. We love you.



ANNOUNCEMENT

IN MEMORIAM

**In Memory**  
**Dorothy Martin**  
**March 5, 1927 – March 23, 2015**  
**Mom, Grandma and Great-Grandma**  
I will miss your feisty, no nonsense view of the world and all the life lessons you taught me.  
**Ken Wait**  
**June 20, 1943 – May 22, 2015**  
**Husband, Dad and Grandpa Extraordinaire**  
I will miss your endless fund of weird facts, your ability to make anyone laugh and all the Sunday picnic excursions exploring the Interlake.  
To all our friends and neighbours, thank you for all your kindness and support over the past year. Sincere thank you to everyone who donated to various organizations in memory of both Dot and Ken.  
-Bev Wait

ANNOUNCEMENT

IN MEMORIAM

**Neumann (Nick)**  
**June 10, 1933 – May 23, 2014**  
The gates of memory,  
Will never close;  
We miss you more,  
Than anyone knows.  
With tender love,  
And deep regret;  
We who love you,  
Will never forget.  
-Justina, Cheryl, Deb and family

ANNOUNCEMENT

IN MEMORIAM



**Robert F. Knickle**  
**December 7, 1931 – May 25, 2015**  
Though his smile is gone forever,  
And his hand we cannot touch;  
We still have so many memories,  
Of the one we loved so much.  
His memory is our keepsake,  
With which we'll never part;  
God has him in His keeping,  
We have him in our hearts.  
Proverbs 20:7  
The righteous man leads a blameless life:  
Blessed are his children after him.  
We miss you.  
-Your loving family

ANNOUNCEMENT

IN MEMORIAM



**Fern Hradowy-Werth**  
**September 5, 1940 – May 22, 2011**  
**If Roses Grow in Heaven**  
If Roses grow in Heaven,  
Lord please pick a bunch for us;  
Place them in my Mother's arms,  
And tell her they're from us.  
Tell her we love her and miss her,  
And when she turns to smile;  
Place a kiss upon her cheek,  
And hold her for a while.  
Because remembering her is easy,  
I do it every day;  
But there's an ache within my heart,  
That will never go away.  
-Love Stacey, Ron and Maryna

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

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ANNOUNCEMENT

IN MEMORIAM



**In memory of Walter Minaker**  
**who passed away May 26, 1994**  
Those we love don't go away,  
They walk beside us every day;  
Unseen, unheard, but always there,  
Still loved, still missed and very dear.  
-Forever loved and missed by your family





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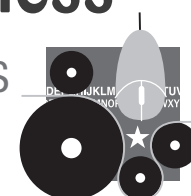
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