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VOLUME 7 EDITION 22

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Fancy footwork and fiddling frenzy

TRIBUNE PHOTO BY STEFANIE LASUIK

The St. Ambrose Youth Steppers performed two dances for friends and family during a fundraiser May 26, helping to raise approximately \$1,000 for St. Laurent's School fiddling program.

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



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Night of talent raises \$1,000 for St. Laurent fiddling program



TRIBUNE PHOTO BY STEFANIE LASUIK

The Grade 3 and 4 St. Ambroise Steppers performed two dances for the audience during the talent show on May 26.



The St. Laurent youth steppers showed off their steps on May 26.

PET of the Month

Meet Brooke

Brooke loves to chew everything!
Brooke will receive a \$10 Gift Certificate from Quarry Pets.

By Stefanie Lasuik

The St. Laurent community came together on May 26 to enjoy an evening of fiddling, stepping and acts from magic to singing. A fundraiser put on by the school's Parent Advisory Committee, the St. Laurent Talent Show and BBQ raised about \$1,000 to support the school's fiddling program.

About 110 of St. Laurent School's 186 students take part in the program led by Mark Morisseau, an Aboriginal Peoples Choice Music award winner. Morisseau, with the help of guitarist Lionel Vouriot, teaches eight classes of students once a week. Over 30 of those students took the stage on May 26 to play for their family and friends in the St. Laurent gym.

"We're proud of them for taking the time to promote their culture," said Morisseau.

The students promoted their culture alongside Brandon Nast and Ryan Gaudry, former students of the program turned recording artists. Nast



St. Laurent School's fiddlers, led by Mark Morisseau, played a set of songs.

and Gaudry are members of the band The Gaudry Boys, who've opened for country acts like Johnny Reid. The band has three CDs.

Over the past 16 years that Morisseau has been at St. Laurent School, the student fiddlers have released two CDs of their own. He hopes they'll

release a third on the program's 20th anniversary.

On May 26, however, the students were focused on showing off what they've learned over the past nine months.

"It's a long way from Twinkle, Twinkle," said Morisseau. After the school's fiddlers played songs traditional to the St. Laurent fiddling program, the St. Laurent and St. Ambroise steppers demonstrated their fancy footwork.

A night of music and dance continued when the school's talent show began. Pianists, singers and dancers took over the St. Laurent gym, competing for first place. Grade 5 and 6 girls Caitlyn Combot, Alicia and Alexis St. Goddard, Mikayla Gregory, Alyssa Lily and Tatiana Allard danced their way to the title.

Some of Morisseau's student fiddlers now look forward to performing with Morisseau's group, the Prairie Fiddlers at the Red River Ex on June 23 at 5:30 p.m.

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By Ashley Peltz

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Seven successful years of fundraising for the homeless



TRIBUNE PHOTOS BY NICOLE KAPUSTA

Helping others has been on the minds of Warren Elementary Grade 3 students. For the past seven years, Grade 3 classes have been involved in The Ladybug Foundation Program that is derived from the experience and example of Hannah Taylor. It teaches young children to get involved and make changes in their community. On May 27, students held a bake/garage sale to raise funds for Siloam Mission as part of their social action project. During the week of May 24-27, each classroom had a "ladybug" jar to collect loose change and in total over \$700 was raised and will be donated to Siloam Mission in June. Pictured from left to right: Talon Hogg, Nathan Mudge, Ethan Shymko and Owen Shymko, and Abbi Kaplar and Sadie Walsh.

Bezan runs in Rosser



TRIBUNE PHOTO BY BELINDA MCNAUGHTON

James Bezan, MP for Selkirk Interlake Eastman, switched out his cowboy boots for a pair of sneakers to join Rosser students in their "We Walk for Fort McMurray Walkathon" on May 25. Starting on May 16, students and staff from Rosser School started a four-week fundraiser for people affected by the devastating fires in Fort McMurray. Each day they walk or run a minimum of four laps, which equals 1.4 kilometres with a goal to reach the distance of Fort McMurray in order to show their support. Family and friends of Rosser school have been sponsoring, making donations and joining them walking the course to help reach their goal of walking 1,600 kilometres. As of May 30, they were almost halfway to their destination.



I read a quote once that really stuck with me. It said: 'The only way to do great work is to love what you do'. Working for Sunova is one of the most rewarding things I've ever done. Working with members to purchase new homes or fix up their finances is a really great thing to be part of!

— Kate Griffith, Stonewall branch



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Local teen excels at Irish dance

Ciarra deLaroque earns a mountain of awards at her first-ever competition

By Jennifer McFee

A local teen is earning recognition for her fancy footwork and toe-tapping talent.

Ciarra deLaroque competed in her first Irish dancing competition last weekend with a most impressive outcome.

At the Canada Feile held in Winnipeg on Saturday, May 28, Ciarra earned first place in six solo dances as well as in one four-hand dance. In addition, she brought home second place in another three dances.

Ciarra started Irish dancing in Woodlands when Lacey Blowers held classes in 2012.

"My mom read about it on a school sheet and said I could try it and see if I liked it," said Ciarra, a Grade 9 student at Warren Collegiate Institute.

"After the first class, I loved it so much. I love that it's unique. I just love doing it."

In the fall of 2013 after her instructor moved away, Ciarra started dancing with McConnell School of Dance based out of Winnipeg.

She completed two years in the general division before moving up to the performance division last fall. She goes to dance school every Tuesday and Thursday, while also practising at home.

"General is more laid back. You do a year-end recital and St. Patrick's Day dancing," said Ciarra, whose favourite dance is the slip jig.

"Then in performance, you're doing shows all the time. I think this year we do over 85 shows. We also go on international trips, so this summer we're going to Peru. Then after Peru, we're going to Calgary."

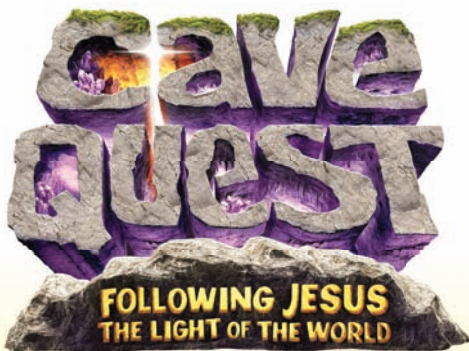
When she's not busy dancing, Ciarra enjoys spending time with her friends and playing with her animals.



TRIBUNE PHOTO BY KIM DELAROQUE

Ciarra deLaroque, a Grade 9 student at Warren Collegiate Institute, showcased her talents at an Irish dance competition last weekend.

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Playing at home

Teulon bands perform for family and friends at TCI



Ciera Willis (left) and Aubrie Park (right) played tenor saxophones in Teulon's jazz band on May 25.

By Stefanie Lasuik

After nine months of practising and performing more than 10 concerts, the Teulon Collegiate and Elementary schools' bands shared their talent with their community.

On May 25, family and friends packed the Teulon Collegiate (TCI) gym to hear the four musical groups play.

The Grade 6 band showed off their progress with a group song and small ensembles creating the tunes of "Banana Boat Song," and "Hark Rock Blues."

"They went from knowing five notes to whole songs," said band teacher Brandy Bilenki.

TCI's Junior Band, comprised of Grade 7 and 8 students, filled the gym with their skilful playing.

"They're noisy but they're very, very talented," said Bilenki.

The jazz band mixed playfulness into



TCI's Junior Band played Clouds by Anne McGinty and Montevista by Robert W. Smith for the full gym on May 25.



TRIBUNE PHOTOS BY STEFANIE LASUIK

Teulon's band teacher Brandy Bilenki (centre) presented Grace Riley (left) and Amber Dyrda with band scholarships.

their sound. Train whistles sounded throughout their first song.

The senior band then showcased the skill of some of the school's most practised musicians. Players in the Grades 9 to 12 band ranged from first-year band members to musicians who are readying to enter university music programs in the fall. Together, they ended with "Curtain Call," an upbeat, roaring '20s song that sent off the band's three Grade 12 students appropriately.

Carlin Trudzik's tuba solo highlighted the senior band's performance. Although tuba solos are rare, Trudzik has enjoyed three years as a Provincial Honour Band member.

"It's like the volleyball team winning AAA. There's not much to do after that," said Bilenki of Trudzik's accomplishment.

Bilenki recognized other superior band members who showed leadership and co-operation with certificates of distinction from the Canadian Band Association. Amber Dyrda, Emma Kirby, Kaleigh MacDonald and Ryah Toth best fit the description in their respective bands.

She then presented Grace Riley and Amber Dyrda with this year's band scholarships. Riley will use hers toward band camp this summer, while Dyrda's will help her in the University of Brandon's music program.

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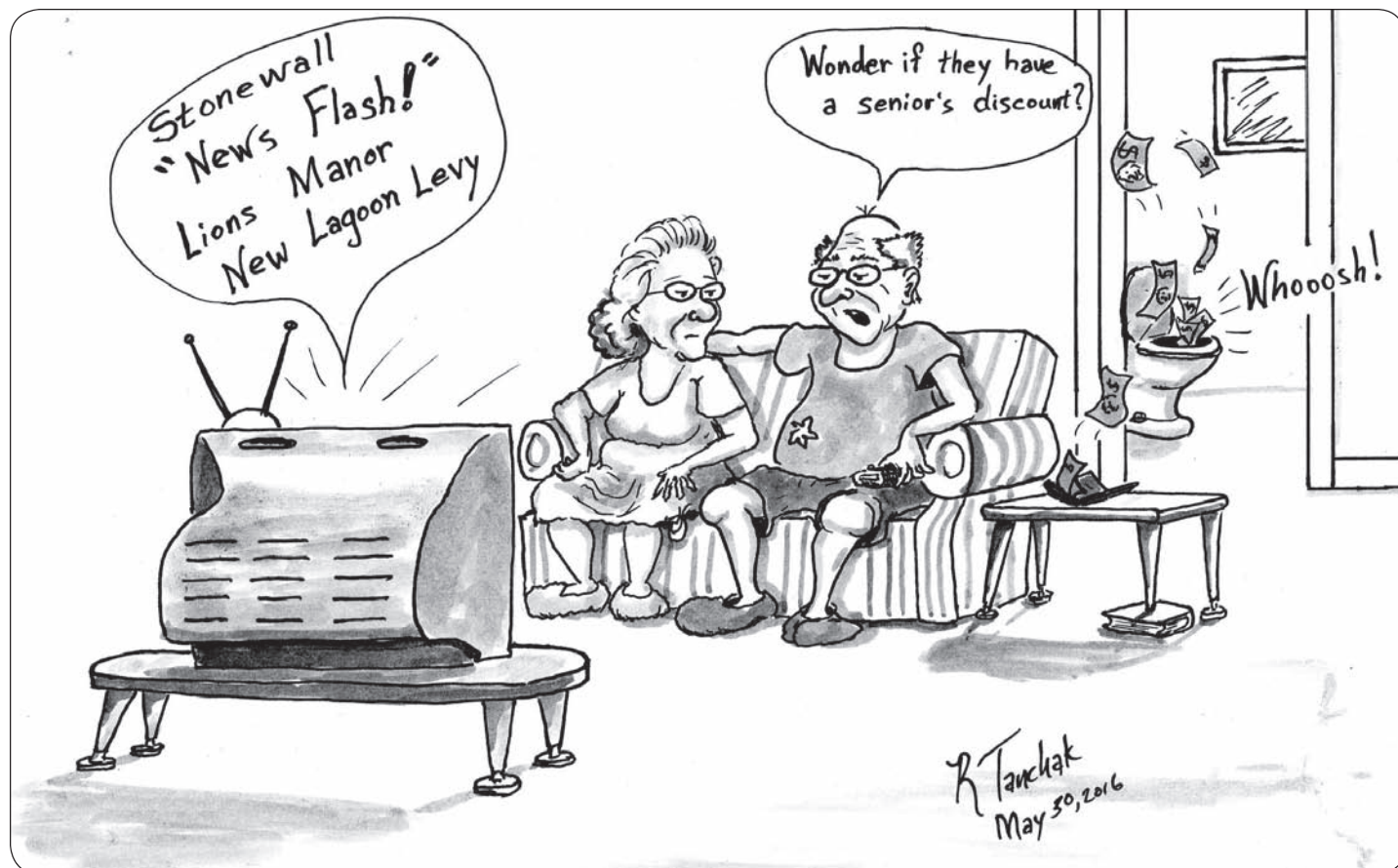


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getheard

EDITORIAL > VIEWPOINTS > LETTERS



Rain, warmer temps dampen fields across Manitoba

Staff

Seeding is nearly 96 per cent complete for the 2016 season across Manitoba, according to the province's crop report on Monday.

But due to recent rainfall and warmer temperatures, the majority of seeded crops are experiencing rapid germination, emergence and growth.

Field operations were hampered by rainy weather conditions last week and over the weekend in some areas of Manitoba.

"Application of herbicides for weed control will remain a priority for producers as crops and weeds continue to advance quickly," the province's report stated.

Scattered showers were experienced throughout the Interlake Region over the past week, with rainfall amounts ranging from five to 38 millimetres.

Seeding progress in the Interlake region is 90 to 95 per cent complete.

Most cereals have emerged and are nearing the stage for weed control.

Most winter wheat fields are sprayed and plants are in the stem elongation stage.

Spring seeded fields throughout the Interlake region will be sprayed with herbicide this week, as field conditions allow.

Soybean staging varies in the region from cotyledon to unifoliate stages. Corn and sunflowers fields are start-

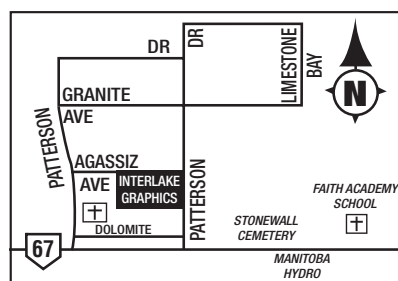
ing to emerge as well. Forage seed fields continue to develop and will be sprayed for weed control in the weeks to come.

Diamondback moth counts have been monitored for the last two weeks with no significant numbers reported.

Warm temperatures and scattered rains have encouraged hay and pasture development and growth of forages.

Alfalfa is in the late vegetative to early bud stage and cattle are being hauled to native and tame pastures and pastures, which are rated in good to excellent condition.

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



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Stay Tuned thrills packed house at 55 Plus Centre

By Stefanie Lasuik

People passing by the South Inter-lake 55 Plus Centre on Saturday could hear the rhythms of Kari Kinley, Lori Grandmont and their band, Stay Tuned.

About 150 people packed the centre's hall to hear the show that had the band and audience alike gushing afterward while keeping in step on the dance floor.

"Oh, gosh, that was a wonderful night," said Grandmont.

"They play music everybody can relate to," said Bonnie Place, chair of the 55-plus fundraising committee.

"We love doing a little bit of everything," said Grandmont, explaining the band plays 1930s Andrews Sisters songs, tunes from the '50s and '60s, and country/rock.

The band, made up of performers from the Stonewall area, is proving jam sessions aren't just for teenagers. They practise at least once a week all year round when Kinley, Grandmont

and lead guitarist John Mak aren't busy with the Quarry Choristers.

The band has also played at Stonewall's Quarry Days and opened for Ray St. Germain at the Quarry Park Heritage Arts Centre.

They prepared a lot for the 55-plus crowd, said Kinley.

"It's the goal to put joy in everybody's heart. Music fills us all," said Grandmont.

"It's just fun. It's so fun," Kinley explained.

While the band and toe-tappers were having fun, the 55-plus centre was also raising money for its programs.

The centre's fundraising committee raised approximately \$1,000 through ticket sales and a 50/50.

At the end of the night, Stay Tuned sounded the final note of their encore to a standing ovation. They now look forward to playing at the Liliane Baron Breast Cancer Walk and Family Fun Day on Sept. 11 in Teulon.



TRIBUNE PHOTO BY STEFANIE LASUIK

Andy Goertzen played pedal steel, Kari Kinley and Lori Grandmont sang, John Mak strummed lead guitar, and Keith Lowdon played the bass on Saturday night at the 55-Plus Centre in Stonewall.

GAAC offers lineup of new summer day camps

Register as soon as possible to secure a spot in a variety of camps

By Jennifer McFee

As the end of the school year approaches, it's the perfect time to plan for your children's summer activities.

Green Acres Art Centre offers plenty of day camp options throughout the summer, but you need to register as soon as possible to secure a spot.

The summer's calendar is jam-packed with brand new camps, starting with the three-day Ugly Doll Design Camp from July 5 to 7. Participants aged five to 10 years old will have the chance to design, create and take home their own doll. At the same time, they'll learn basic drawing skills and hand-stitching techniques.

Next up is the full-day Summer Fun Dance Camp and More with Miss Jill and Miss Whitney. From July 11 to 15, this camp is divided in two groups (age three to seven and age eight to 12). Each day, participants will learn a different style of dance including ballet, jazz, hip hop, lyrical and Havana. This camp will also feature crafts, photography and film-making components, as well as sessions in hair, make-up, nails and fashion.

From July 18 to 22, participants aged

11 and up can mark their calendars for the Design Your Own Skirt camp. Instructor Denise Miller will teach the basics about pattern-making, design and construction techniques — and everyone will get to go home with a unique custom-made skirt.

Then the dance fun continues from July 25 to 29 with the Competitive (age 10 to 14) and Pre-competitive (age five to nine) Dance Camp with Miss Jill. Dancers will be trained in strength, flexibility, challenges, tricks and techniques with solo and group performances. This camp also features crafts and adventure walks.

Lego enthusiasts will enjoy participating in the Summer Lego Camp

with Bricks 4 Kidz from Aug. 8 to 12. Half-days or full days are available for Lego-based activities and challenges. The morning theme is "Brick Tales" while the afternoon theme is "Ocean Adventures."

The summer offerings will wrap up from Aug. 15 to 19 with the much-anticipated full-day Outdoor Adventure Camp with Kevin and Jill Demaniw of Interlake Outdoors and Bulldog Targets. Geared for boys and girls aged six and up, this camp focuses on an array of outdoor activities including archery, orienteering, camping basics, smoking meat and fish, and

outdoor cooking on a fire. Participants will also learn about golf and baseball basics, animal calling and tracking, setting up a tree stand and ground blind, hunter safety basics, scavenger hunts and fort building.

For more information, contact the Green Acres Art Centre at 204-886-3192 or email gaac@mymts.net.



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letters

Letters to the Editor: letters@stonewallteulontribune.ca

Lagoon expense should be fair

The R.M. of Woodlands council is struggling with common sense decisions they face on a regular basis. Twice in the last year, the Municipal Board has had to step in and correct mistakes council has made.

Equitability and fairness in funding the proposed Woodlands Lagoon expansion is the latest correction. Even after being told they were wrong, according to Mr. King in the *Tribune* article, they still believe they are right! Having admitted council never considered a per-household levy and two-tier pricing for residents hooked to the system and a lesser levy at large, I find this incredibly unfortunate.

The lack of experience and common sense should raise alarm bells amongst all the taxpayers in the RM. To correct the problem with their budget, council has only allowed 15 minutes on June 7 for a public hearing on such an important matter. The *Tribune* reporter stated "there were very few funds" in the reserves. This project did not fall out of the sky. Council has known this was coming for several years but unfortunately did not gradually build up the utility reserve to prepare for the inevitable upgrades.

Excluding certain areas of the RM from making a contribution even on a smaller scale was unfair. In the past, we all paid for things such as natural

gas for the Town of Warren. The town will pay 20 per cent of the cost while at large will pay 80 per cent of the bill. The new arena at Warren was partially funded by a per-household levy as the fairest method of taxation. So why now are certain areas of the municipality being excluded?

Taking money from the building reserve for the lagoon means it will have to be replaced. Per capita gas tax money from 2017 and 18 is proposed to replace the reserve. This method is still not the fairest because "minimum use" rural customers will contribute the same rate as households that enjoy full service of the lagoon. A much fairer way is a two-tier per-household fee that reflects more fairly the cost benefit to everyone.

The fuel tank saga continues

According to the *Tribune* article, council is dragging their heels on deciding a safe setback distance from the Bulk Fuel plant in Warren's Industrial Park. The statement, "council wants to implement a safe distance" is not exactly true. Council was ordered by the municipal board to determine a safe setback distance to satisfy the RM's own zoning bylaw. The *Tribune* went on to say "the municipal board decided an "additional risk assessment was not necessary."

That also is not true. There were no risk assessments done at all! The RM's own development plan has a provision that council, if uncertain of a hazard such as a tank farm, could do what was called an Engineered Study to determine a safe distance. This setback distance must be able to stand up to a challenge in a court of law and must be done by someone with the credentials to stand behind the distance professionally. The reeve and two councillors belong to the CDC board.

To date, they refuse doing a proper-engineered study in case they can't live with the results. Any setback distance will cost the CDC lot sales. How ironic that now, according to the *Tribune* article, Mr. Lindell and the CDC are demanding a distance. The chickens have come home to roost. When the developer Mr. Lindell was chairman of the CDC, there was a desire to speed through and skip some steps in the process involved in the Industrial Park so construction could start. The group in charge of the CDC at the beginning of development are responsible for the series of events that have now backfired on themselves resulting in no public confidence in the Industrial Park. The CDC has given council a June 15 deadline to make their decision. The RM's own lawyer, the RM's insurance as well as the RM's own development plan have stated the responsibility for doing and paying for the engineered study is the developer (the CDC), not the RM.

The RM's only responsibility is to make the decision an engineered study is in everyone's best interest. It then becomes the CDC's responsibility to hire a firm and get it done. Years and years of delay are a direct result of the councillors and reeve trying to protect the financial interests of the CDC over public safety and liability. It is now time for council to make the only decision possible: do the study, live with the consequences and get on with life!

The council of the RM of Woodlands seems to struggle with fundamental basic operation of our municipality. The lack of leadership and direction are quite disturbing.

I urge Woodlands residents to pay closer attention to the sparse minutes that we are given. There is more to come! Wait till you see what council comes up with of our garbage dump!

Sincerely, W. A. Fleury

Odd Fellows to host charity golf tournament

By Jennifer McFee

It's nearly time to tee up for the third annual Stonewall Odd Fellows Lodge #49 charity golf tournament

In association with Pizza Den Restaurant and Lounge, the fundraising event is slated for Monday, June 6 at the Warren Golf and Country Club.

Member Doug Livingston said proceeds will go towards local organizations such as the youth drop-in centre, the Christmas Cheer Board, the food bank and other Stonewall programs.

"It should be fun. We had about 34 people last year," Livingston said. "Everybody gets a prize of some sort, and the winners get a trophy."

The cost to participate is \$100 per golfer, which includes green fees, a cart, dinner at Pizza Den, and a partial tax credit.

Sponsorships are also always appreciated for the charitable event.

The tournament begins at noon featuring a shotgun start, Texas Scramble, putting contest and Mulligans for sale.

For more information or to get involved, contact Livingston at 204-467-2690 or dwliving@mts.net or Glenn Bernardin at 204-888-9823 or glennber@mts.net.



Ben and Victoria Schindle would like to thank all our customers who supported us over the last 20 years at Meridian Trail General Store in Argyle.

We have sold the business and welcome the new owner Graham Bremner. We encourage the community to continue supporting the store and Graham with all your smiling faces.

*Thank you,
Ben & Victoria Schindle*

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Former Teulon resident receives broadcast accolade

By Stefanie Lasuik

Former Teulon resident J Robert Wood is now a member of the Canadian Broadcast Industry Hall of Fame.

The radio DJ turned program director spent 17 years at CHUM radio station in Toronto. During these years, the station dominated the Canadian radio landscape.

"He, and maybe the greatest radio staff ever put together, created magic on 1050 CHUM. Bob was imaginative, creative and a great leader," said former CHUM chairman Jim Waters in a press release.

Before he found his calling as a program director, Wood enjoyed listening to the radio and playing sports in his small town.

"It was a lively, bustling community with wonderful, community-minded people who helped to make it a special place," said Wood of Teulon.

But it was the '60s, and radio DJs were gods at the time, said Wood. Deejays like Dennis Corrie on CKY in Winnipeg inspired Wood to leave the small town before his Grade 12 year.

"As much as I loved Teulon, though, I couldn't wait to get out of there to pursue my dream to get into radio," said Wood.

Wood would practise on his tape recorder that he purchased with the loan of a friend, Bob Townsend. He would prepare the Lockport drive-in for the owners, Bill and Walter Kotchorek, who then let him practise playing records over the intercom during intermission. Wood attended a three-month course offered by Ed McCrae, founder of the National Institute of Broadcasting. He then got a boost from the Winnipeg DJ Jim Paulson, who let him use the CKRC studio and gave him tapes to send with job applications.

Wood's sample tapes caught the ear of the program director of CKSA in Lloydminster and he began his career as a radio DJ. Wood moved steadily into larger markets but became bored of the work.

"I was never very good on the air and found on-air work boring," said Wood.

After a friend told him about a St. Thomas radio station in need of a program director, Wood tried his hand at it. Wood replaced CHLO's programming with a Top 40 format, and within 90 days, the station was No. 1 in St. Thomas and London.

Soon, a local competitor tried to get Wood out of town, and Wood was ready for a bigger market, so he moved to CHUM in Toronto to serve as programming assistant.

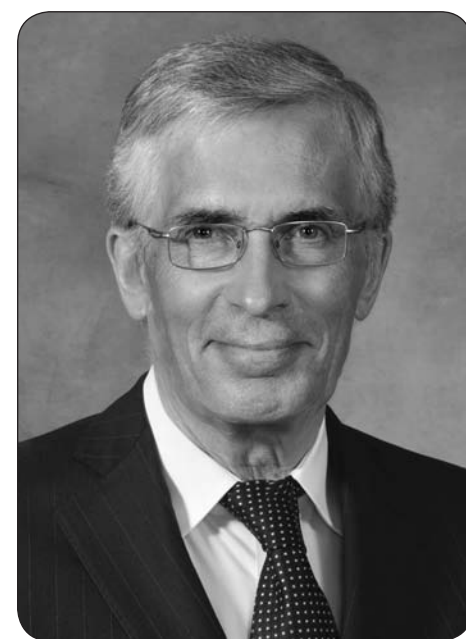
There, Wood helped the station stay the best in Canada for more than 25 years. A particularly successful aspect of the station's programming was the contests it ran. Wood remembers crashing Toronto's telephone exchanges during the popular Five Car Giveaway.

"Apparently, not since the assassination of John F. Kennedy had the North American telephone system been so overloaded," said Wood.

But for Wood, the induction into the Broadcasting Hall of Fame helps him recognize the team effort that created CHUM.

"I'm delighted to have been selected because it gave me a chance to acknowledge the work of the talented men and women of CHUM whose hard work, dedication and creative brilliance helped to build one of broadcasting's great radio stations," said Wood.

After CHUM, Wood raised over \$15 million to help establish the Aborigi-



TRIBUNE PHOTO SUBMITTED

Born and raised in Teulon, J Robert Wood went on to have a successful career in radio, which he capped with an induction into the Canadian Broadcast Industry Hall of Fame.

nal Voices Radio Network and consulted management for some of Canada's largest broadcast companies.

SCI Grade 12 drama class takes to the stage

By Jo-Anne Procter

"I Hate Love" was the ultimate project for Stonewall Collegiate's Grade 12 drama class.

After choosing a theme and looking at some scripts, students then finished the process by auditioning, casting, staging, coming up with props, sets and costumes before putting it all together and taking the stage last Thursday.

The characters of Depression, Loneliness, Pain, Happiness, Faith and Love have to make the decision if Jo will commit suicide.

Incorporated into the short play, students read collective creations they

gathered from multiple sources — definitions, poetry, song lyrics, news articles, whatever they found that related to the theme that they felt was effective and appropriate — and pieced them together and recited to their audience.

The play started with a collective creation, and then students acted out the script and ended with another collective creation.

Following the play, actors fielded questions from the audience about the play itself and the characters they played.



TRIBUNE PHOTO BY JO-ANNE PROCTER

Jo, played by Blake, pictured centre, is in turmoil trying to make the biggest decision of her life while all the emotions surround her. From left, Faith (Brooklyn Hollingshead), Love (Janaya Joel), Happiness (Amy LaFleche) and Depression (Alyssa Clark).

Stonewall Teulon Tribune

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.

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Annual June Shred kicks off in Stonewall

By Stefanie Lasuik

Over 70 people are ready to shred unhealthy habits in Stonewall. The fourth annual June Shred kicked off on the first of the month. With Shelley Schaeffer's guidance, they hope to accomplish their individual fitness goals.

Last year, Schaeffer wanted to teach the shredders to implement healthy patterns into their lives, but this year she hopes to teach an appreciation of fitness and diet.

"It's about finding the enjoyment in the healthy lifestyle," said Schaeffer.

This year, Schaeffer's schedule will give participants more time in the evening to do just that. The shredders will work out four mornings a week with the group and have the option to do two more workouts with the group or at home.

The morning workouts will be divided into three time slots: 5:30 a.m., 6:15 a.m. and 9 a.m. The group will be divided into smaller sections this way.

"Basically they get a little bit more instructor push this year," said Schaeffer.

But the reason Schaeffer started the shred four years ago was to help people see results from eating better while they underwent a fitness re-



TRIBUNE PHOTO BY STEFANIE LASUIK

With their bath salts, protein bars and face towels in hand, 72 participants kicked off their 30-day healthy living Shred program last Monday.

gime.

Schaeffer will put everyone on a basic meal plan that gives them options for breakfast, lunch, dinner and snacks, and then individualize the plans from there.

"People have allergies. They have dislikes. You have to work it in with their family meals," said Schaeffer, noting no participant should ever be hungry.

"The problem is people often don't eat enough so their metabolism slows right down. They have periods of not eating then periods of over-eating,"

said Schaeffer.

With balanced eating throughout the day, Schaeffer hopes her shredders can achieve the goals they've each set. She thinks the friendships that participants form in the shred also contribute to their success.

"There's all different things that can cause people to fall off the routine, so having people that are looking out for and helping you to stay on track of taking care of yourself is huge," said Schaeffer.

As they run the hills at Veterans Memorial Sports Complex, lift weights at

Centennial School and complete Saturday morning circuits at the Stonewall track, Schaeffer hopes their love for healthy living grows.

Everyone develops either a love or an appreciation for fitness, said Schaeffer.

"But you need to stick with something for at least six to eight weeks before you can do that," she explained.

Schaeffer hopes this June will be the start of the love or appreciation her shredders gain.

Over half of Interlake residents are obese or overweight

By Austin Grabish

Over half of the Interlake is obese, according to a new report released by health officials, but those numbers hardly surprise Jay Adam.

The dietician based in Teulon said

the numbers reflect what he's been seeing for years throughout the Interlake.

"When I really look at it, it makes sense," Adam said.

In total, 62.2 per cent of Interlake residents are obese or overweight, and that's almost 10 per cent higher than the provincial average of 56.4 per cent.

The obesity statistic is one of several the Interlake-Eastern Regional Health Authority recently highlighted in a 2014 community health assessment now available on the RHA's website.

The RHA says obesity is a "common risk factor"

that's contributing negatively to the overall health of Interlake residents.

"It's growing in our communities everywhere from Selkirk to Ashern to Lac du Bonnet," said Adam.

Adam puts much of the blame on liquid calories that come from high-calorie drinks. He used a double-double coffee as an example of a drink with an "excessive" amount of calories from high-fat cream and sugar.

He said coffee from fast-food restaurants like Tim Hortons and McDonald's have a considerably higher amount of calories than a drink someone would make at home.

"If you ordered a large (coffee), it's six sugar packets and six 18 per cent creamers," he said. "That's like having an ice cream cone every day."

A quick search on the Tim Hortons' online calorie counter Monday revealed a large double-double coffee has 356 calories alone.

Adam said liquid calories are troubling because they offer no nutritional value and leave you hungry.

"If you drink those calories, whether it be from a Slurpee or soda pop or an Iced Capp — and Iced Capps are

just as bad as your double-double coffees — you would still want to eat more," he said. "It's not a potato or a sandwich that we made at home or an apple or a banana. It's excessive liquid calorie intake."

The report also stated that incidents of diabetes and hypertension have increased in both young and old people.

Health officials noted a whopping 40 per cent of residents living in the northern Interlake at age 19 have diabetes.

Adam said while getting fresh food can be a challenge for those who live in poverty, there are still several healthy options for people on a budget.

"Things like whole wheat bread with peanut butter or whole wheat bread with an egg or two is fantastic for breakfast," he said.

For dinner, he suggested frozen veggies to go along with pasta.

The RHA offers a four-week course called Craving Change that teaches folks how to eat healthier while forming better living habits. To register, call 1-877-979-9355.

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CHANGING LIVES THROUGH ADVANCED VISION CARE

Stonewall Space Club gets special training

By Jo-Anne Procter

Members of the Ecole Stonewall Centennial School Space Club learned first hand what it feels like to walk in space and to perform astronaut space station simulations in March.

At the May 24 Interlake School Division board meeting, trustees heard about recent activities of the space club from Grade 8 student Scott Marvin and grades 7 and 8 science teacher and co-ordinator of the Space Club Maria Nickel.

Marvin explained through a slide presentation how the students donned scuba gear and descended under water to simulate astronaut training as they do at the Neutral Buoyancy Lab at NASA's Johnson Space Center in Houston, Texas.

The activity was the first of its kind in Manitoba and is unique to the Interlake, and all parties involved hope to do it again next year, Nickel told trustees.

She stated that they incorporate science, technology, engineering, art and math (STEAM) into their club in the many activities they do.

Six Grade 8 students participated in an Exploravision Toshiba competition and placed in the top 10 per cent

in North America and each received a special certificate and a gift for the work on their science experiment.

In June, Nickel will travel to San Diego, Calif., for the Honeywell Green Boot Camp with 50 educators from around the world to learn about environmental sustainability courses, which she will get credit from the University of San Diego for and lessons geared to students. In 2017, she has been deferred to the International Ambassador Honeywell Space Academy for Educators as one of four educators in the world chosen to teach 500 teachers from around the world who will attend. She will show them what she does, teach a space-themed STEAM lesson and then she will join a team and learn from scientists, astronauts, engineers and master teachers on all things STEAM has to do with space and astronaut training.

G5 Survey

G5 Survey Healthy Child Manitoba is conducting Manitoba's first-ever province-wide survey on mental health in middle childhood. At the beginning of May, all Grade 5 students took part in the survey during class time, with parent permission.



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Grade 8 Space Club member Scott Marvin fielded questions from trustees Loehmer and Wiebe after a presentation to the board about the club's recent activities.

University of Manitoba and the Winnipeg Jets True North Foundation collaborated as key partners in the survey. Teachers were required to fill out a one-page survey for each of their Grade 5 students (approximately three minutes per survey). All students completed their own two-page survey (five to 10 minutes) independently.

"Surveys were put into sealed envelopes upon completion so no teachers, nobody would know what the students wrote with the hope that students would be open and honest with what they wanted to say," Supt. Christine Penner explained.

Baseline data on Mental Health is moving forward to help meet the need of students as they are growing up.

Local bikers take part in annual Ride for Dad

By Stefanie Lasuik

Interlake riders joined the 1,100 motorcyclists taking part in the eighth annual Telus Manitoba Motorcycle Ride

for Dad on Saturday. The ride raised a record \$330,000 to put the eight-year total at over \$1.5 million.

Approximately 1.2 million Canadian

men have prostate cancer, and 80 per cent don't know it, according to the ride's press release. One in seven men get prostate cancer, and estimates say nearly 4,000 men in Canada will die from the disease this year.

Ride for Dad began as a police-directed initiative. The Winnipeg Police Service, led by Moe Sabourin, Kirk Van Alstyne, and Ed Johner, decided to organize the ride after Ride for Dad's sprung up in other provinces across Canada.

The first year they ran the ride, about 275 riders participated, estimated founding member Jim Lothian.

"We thought if we got 100, we'd be doing good," said Lothian.

All the money raised from the ride will stay in Manitoba and go toward research and awareness campaigns, said Lothian.

Heather and Howard Boyd of Warren participated in this year's ride to show their support.

It's great to get out and ride with large numbers of bikes, but for the Ride for Dad, it is so impressive to have four bikes wide going down Por-

tage Avenue from Polo Park to The Downs.



TRIBUNE PHOTO BY STEFANIE LASUIK

Joyce Shuttleworth, Murray McLeod, Heather Boyd, Howard Boyd, Patti Clace and Turkey Clace took part the Ride for Dad on Saturday, starting and ending in Winnipeg but stopping for lunch at the Lakeview Resort in Gimli.



AG/FAIR WEEKEND

Friday, June 3rd
Spirit, Spud and Steer Nite \$15.
Advance tickets only at 204 467-8789

Sat. June 4th gates open 7am.
South Interlake 4-H Beef Show
 (10am) & Sale (4pm)
English & Western Horse Show 8 am
Gymkhana events (Sun. 10 am)

Weekend events:
gates open at 9am (Sun)
 Manitoba Rabbit Club
 The Fabulous Batmobile (weather permitting)
 Train Rides
 Antique Tractor & Equipment Displays
 On site vendors and more.
Canteen will open Sat. 7:30; Sun 9.30.
Cold plate lunch or dinner \$12.
Admission \$4. Children 6 & under Free.

**The Ag grounds are located on Hwy 236
 & Rd 75N -2 m. south of Stonewall.**

Love Stonewall event set for this Saturday

Volunteers are encouraged to get involved in various projects around town

By Jennifer McFee

Stonewall residents, here's your chance to share the love you have for your town through the third annual Love Stonewall event taking place this weekend.

On Saturday, June 4, volunteers are welcome to help out in projects around town through the event organized by the local churches. However, you don't need to be involved in a church to join the volunteer force.

Andrew Dyck, associate pastor of New Life Church, said the event is open to everyone who would like to participate.

"The idea behind Love Stonewall is to go out and serve our community and to show our love and appreciation for the town and the people that are here," Dyck said.

"The more people we can get people coming out, the more that we can do for the town and the more the town feels appreciated. Even if people aren't part of a church in town, we'd love for them to just come out and volunteer and be a part of it because it's all about the community building up the community."

Anyone who'd like to volunteer can show up at 9 a.m. at the youth drop-in centre at 311 1st St., where they can enjoy complimentary coffee and muffins. By about 9:30 a.m., volunteers will be sent out to help with different projects.

A team of volunteers will be based out of the parking lot at Southside Service at 462 Main St., where they will be handing out free hotdogs and offering free car washes from

9:30 a.m. until about 1 p.m.

"These are just some of the things that people can come and take advantage of and feel appreciated," Dyck said. "These are small things that we can do for the community."

In addition, the initiative aims to be an asset to the Town of Stonewall, so volunteers will be working on several additional projects.

"We've been in contact with the Town of Stonewall to ask for different jobs that we can do with our volunteers, so they have given us lots to do. We're going to help to paint some of the things that they've wanted painted around town. We're going to pick up some garbage in parks around town and do some weeding at the Heritage Arts Centre in the Memory Garden," Dyck said.

"And one of the things that they've been looking forward to, which our volunteers are going to be able to help with, is doing a cemetery cleanup. It's going to be a bigger project that the town wanted to do and we're happy to be able to partner with them in that."

Last year's event drew about 90 volunteers, and the goal this year is to gather at least 120 helpers.

Families are welcome to participate as well, Dyck added.

"One of the things that we really enjoy is that a lot of families from our churches bring their kids along. There are going to be some projects that work better for having kids along than others. We love to see families come and do this together," he said.

"It can be a really fun event for families. It shows and models for them the importance of serving and doing things for others — and that's something that we really want to make sure that we teach."

For more information about Love Stonewall, contact Dyck at New Life Church at 204-467-5529.



TRIBUNE PHOTO BY JO-ANNE PROCTER

The ministerial group in Stonewall is hosting the third annual Love Stonewall event on Saturday, June 4. Andrew Dyck, associate pastor at New Life Church, is hoping that 120 volunteers will get involved.



worship *with us*

> FAITH

Dear Christian, the world isn't getting worse. In fact, it's probably getting better.

Is Christianity a pessimistic faith? If you have watched shows on the Christian TV channels

you might think the world is coming to an end this week. It seems the world is getting worse rather than better signaling the end is near. For some reason, there are people who hold onto the belief that the world is sinking deep into the depths of doom. Those who hold onto the belief of "premillennialism" expect the world to get worse and worse until Christ returns and he establishes the kingdom of God which is to last a 1000 years before the final judgment.

Randal Rauser, Professor of Historical Theology at Taylor Seminary in Edmonton uses the following to challenge this pessimism. Quote I borrow a famous thought experiment from philosopher John Rawls in which Rawls proposes a way to envision the just society.

Here's how my version goes: imagine that you are about to be born, but you do not know what gender, ethnicity, or socio-economic status you will have when born. Nor do you know whether you will have a physical or mental disability. With that in mind, would you rather be born into North America in 1800, 1900, or 2000? Unquote. How would you answer that question?

I think the world is getting to be a better place. Just think about the response to the fires in Alberta. Or all the people who answered the call for support for the refugees. If the end is near why

go to any bother?

I feel our relationship with God is more about living a positive life with hopes and dreams and believing that God is present with us making the world a better place. Are there troublesome events happening at home and around the world? Yes but there are also great responses to these challenges. We make the choice on which side we lift up. Acting in love is the decisive factor in living out our faith. "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind." This is the greatest and first commandment. And a second is like it: "You shall love your neighbour as yourself." Matthew 22:37-39 (NRSV)

Leonard Oracheski
Stonewall United Church
unitedc@mymts.net

Rockwood approves purchase from Canadian Pacific Railway

Rockwood council news in brief

By Jennifer McFee

RCMP Staff Sgt. Kelly Glaspey met with Rockwood council at the May 25 committee of the whole meeting to provide an update.

Main RCMP priorities include visibility of police, traffic and crime reduction.

The Stonewall and area detachment currently has two vacant positions, and they are expecting one of these positions to be filled this summer.

In other council news:

- Deputy Reeve Bill Matheson chaired the committee of the whole meeting on May 25, since Reeve Jim Campbell was absent with notification.
- On behalf of the Rockwood Citizens Kurelek Tribute Committee, Merle Tomyk and Marie Cosens Craig presented a plaque to thank Rockwood council for their contributions towards their project. They expressed extra thanks to Assistant CAO Jonna Peltz for her help with the project's finances.
- Council authorized the purchase of a 2012 Ford F350 white XLT crew 4x4 truck for the Stony Mountain Fire Department at a cost of \$29,900 plus tax.
- Council authorized the sale of Lots 5 and 6 Block 2 Plan 47109 WLTO to 7141778 Manitoba Ltd. for \$90,000 plus tax.
- Council authorized a purchase from Canadian Pacific Railway Company for \$158,880 plus tax. The section of the old railway line runs from the east side of Stonewall to just



TRIBUNE PHOTO BY JENNIFER MCFEE
RCMP Staff Sgt. Kelly Glaspey provided council with an update and outlined police priorities.

south of Stony Mountain. At this time, the use is slated for trails and future considerations.

- Council authorized the purchase of the Quilter's Cottage building at 277 Main St. in Stonewall from Stacy Thiessen for \$140,000 plus tax. The initial use will be for off-street parking since the front of the building becomes busy during a business day and council hopes to ease the pressure on Main Street. As a result, staff, council and the general public will have the opportunity to park near the RM office. The site will then be available for future development considerations of the RM if needed.
- At the May 11 meeting, council awarded the 2016 park maintenance and grass cutting contract to



TRIBUNE PHOTO BY JO-ANNE PROCTER

Rockwood council approved the purchase of the former Quilter's Cottage building on Main Street for \$140,000 plus tax. The initial use will be for off-street parking.

Big Daddy Enterprises at a cost of \$1,050 per month plus tax.

- At the same meeting, council was updated on Manitoba Hydro's Northwest Winnipeg gas transmission project. A gas line will be put in the road allowance starting in June and ending in October.
- Council authorized \$1,000 to go to the Teulon XC Ski Club to help fund the new ski chalet. They also authorized \$4,000 to the Age Friendly Teulon committee for buying adult outdoor exercise equipment. As well, they are providing a grant of \$100 for the third annual golf tournament to be hosted by the Stonewall Odd Fellows Lodge #49. Rockwood will also give \$2,500 to Community Living Interlake to help with building renovations of their existing facility. A bud-

geted amount of \$7,500 will go to WSP Canada Inc. for drainage and street renewal in Stony Mountain.

- Council authorized a \$179 reduction in the water bill for Bill and Wayne Gorda in Stony Mountain.
- Teulon Ride-In Rally requested permission to hold a poker derby for Project New Hope Canada on Saturday, June 4 from 9 a.m. to 1:30 p.m., with one stop in the Village of Komarno. Council approved the request, subject to conditions.
- Council passed third reading of a bylaw to augment the reserve fund for road construction of municipal highways and for the maintenance, construction and re-construction of the municipal drainage system. Coun. Mark Hidlebaugh was opposed.

Rosser council approves \$20,000 for play structure

Rosser council news in brief

By Jennifer McFee

Rosser council approved recreation and cultural grant applications totaling \$31,796.96. The main recipient was Grosse Isle Parent Advisory Board, which received \$20,000 for the play structure at Grosse Isle School. East Rosser School received \$1,296.96 for Advance Exteriors shingles, and Sunova Arena in Warren received \$8,000. Stony Mountain Community Centre

received \$2,500 towards annual operating expenses.

In other council news:

- Rosser council authorized the purchase of sign posts from Airmaster Sales Ltd. for \$2,090.88.
- During the bylaws portion of the meeting, Coun. Angela Emms declared a conflict of interest and was

excused from the meeting. Council passed third reading of a CentrePort zoning bylaw amendment for Imperial Seed. Emms was absent from the vote, as was Coun. Scott Corbett. The RM is entering into an agreement with Imperial Seed regarding development and service in the Rosser inland port area. Meagan Boles, Imperial Seeds' senior planner for inland port special planning area, was on hand to answer questions about the development.

- Erica Vido, director of trans-

portation systems planning and development, attended the meeting to discuss plans for the road network for Rosser CentrePort lands.

- Merle Tomyk and Marie Cosens Craig presented council with a recognition plaque for the RM of Rosser's contribution towards the William Kurelek project.
- Jim Harris and Donna Ridgeway provided council with information about the relocation of Grosse Isle United Church to the Grosse Isle heritage site.

Century-old East Rosser School set to open next month

By Stefanie Lasuik

Members of the Grosse Isle community are banding together to restore a 104-year-old school.

The East Rosser School, built in 1912, held classes until 1962. It then served as a community centre and carpentry shop before coming to its current location at the Prairie Dog Central site in Grosse Isle.

Rhys Van Kemenade donated the building to the heritage site when he bought the land it sat on, the RM of Rosser paid to have it moved to the site in 2013, and the Interlake Community Foundation granted the project over \$4,000 for materials. But the stripping, nailing and painting are all done by a group of volunteers.

Since 2013, they've worked on and off to restore the building, beginning with the outside. After re-shingling, repainting and removing asbestos tile on the roof, the crew has moved inside. Once they complete the plank board ceiling, they believe their work will almost be done.

They have yet to build bookshelves, repaint the walls, and design the interior with its original look, but the volunteers pull on their work gloves

twice a week to get the project done.

Walter Hagborg and Jim Harris are at the school nearly every day.

"Walter took out all the windows, fixed them, re-glazed, puttied and painted," said volunteer Donna Ridgeway. Now the Warren man continues to do all the carpentry work around the school, Ridgeway said.

The school will join four heritage structures that already line the train stop. The Ridgeway Heritage House, built in 1886, contains 1800s and early 1900s artifacts that Prairie Dog Central riders browse through and soon-to-be married couples pose next to for unique wedding photos.

The old train station, otherwise known as the former set of *The Pinkertons*, isn't currently open to the public, but The Vintage Locomotive Society has ideas of how the Emerson station can be restored.

Just over the railway tracks sits a small caboose that the volunteers hope to restore and use as an interpretative centre for the nearby walking trail through the tallgrass prairie. They may put more interpretative flyers in the 1944 waiting station from Gunton, where notices to passengers



TRIBUNE PHOTOS BY STEFANIE LASUIK

The old East Rosser School built in 1912 has been moved to its new home at the Grosse Isle Prairie Dog Central site.

still hang.

These buildings hold memories like the black inscription on the back of a small rectangular box that held a satin dress. "Sept. 10, 1924. To Lucille, From Wilburn. Happy birthday," the sprawling letters spell.

It's memories like this the Grosse Isle volunteers hope to bring back when they complete the school in a month. Before the building opens, the volunteers hope to bring back the school's former students for a reunion. Using

pictures and locals' memories of the school, the volunteers have been trying to make it look like it did when it was still used as a school.

Ridgeway hopes to complete the scene by getting retired teachers from the community to play "teacher" when the Prairie Dog Central comes down for the day.

Ridgeway cannot wait for the grand opening day.

"It's going to be amazing," she said.

Books, cookies and pies



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Stonewall & District Health Centre Ladies Auxiliary hosted their 10th annual Cookie Walk and Book Sale last week at Stonewood Place. The event was as popular as ever with a steady flow of shoppers that came through the doors to support the fundraiser. The money raised at this year's event will be used to purchase blanket warmers for Rosewood Lodge, oximeters for home care nurses and a stationary recumbent bicycle for physiotherapy at the Stonewall Hospital.

Pictured, Charlene Yelinek (left) and Vivian Good were at the sale on opening day to get the best selection for reading.

Hold the Fort fundraiser



TRIBUNE PHOTO BY STEFANIE LASUIK

The local country/rock band Past the Perimeter and the Royal Canadian Legion Stonewall Branch 52 teamed up to raise funds for those suffering from the devastating Fort McMurray fires last Friday. The band played to a sold-out crowd and raised \$12,590 at the benefit social. All the proceeds will be donated through the Red Cross, which will double the impact since the federal government has pledged to match the donations.

Under the rainbow



TRIBUNE PHOTO BY STEFANIE LASUIK

Volunteers worked under a rainbow at the Prairie Dog Central Site on May 24, restoring the old East Rosser School. The Vintage Locomotive Society has ideas about how to fix up the old Emerson train station (pictured), so that it, too, can be open for the public. The train station is currently used for storage.

‘Fun’-raising for playground



TRIBUNE PHOTOS BY MONICA BALDWIN

After a tremendously successful hotdog and bake sale, grants and monetary donations, Grosse Isle School is one step closer to building a new age-appropriate playground in the school yard. Thanks to grants from the RMs of Rockwood and Rosser, the Interlake Community Foundation, the Interlake School Division, donations from Maple Leaf Construction, the Stonewall Legion and many personal donation, students are on track to reaching their financial goal in a timely fashion. They hope the project will get started this summer and that it will be ready upon their return in the new school year. At the May 25 barbecue/bake sale, through sales and donations over \$12,000 was raised. Pictured from left to right: current and future Grosse Isle students Jade, Joy, Blake, Colby, Hayden, Jadyn and Georgia.

Rock solid fundraiser



TRIBUNE PHOTO BY NATASHA TERSIGNI

Stonewall Curling Club board members Nancy Drad and Fred Branscombe served guests fresh Atlantic lobster during the club's annual Steak and Lobster Dinner fundraiser on May 28.



“The best part of my job is building relationships with commercial and agricultural business owners so I can help them achieve their financial dreams. Because I’m completely mobile, I get to visit members at their places of business and see first hand their passion and pride of ownership. I get to learn about the businesses and what makes them successful, giving me a unique perspective and understanding of their operations and individual needs.”

– Ian Billingham, Stonewall branch

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Living off the land

Earthship build a learning experience for St. Andrews couple

By Austin Grabish

You can almost taste the petals in the air.

"Eat it. Just eat it. Eat it," he says. "It tastes really good."

It's a bit bland but then a spicy kick from this flower's bright yellow petals sets in.

The nasturtium flower is how Nicole Bennett and Kris Plantz welcome guests to their earthship home in St. Andrews, which is now three years old.

"We make everybody eat one of these when they come in the door," Bennett says.

The skies were gloomy on this particular day, but the local couple's greenhouse is blooming.

They have flowers, herbs, grains, grass and fresh veggies growing in the greenhouse.

To its right are three bedrooms, a kitchen with propane and a closet where the lone solar battery pack for the home is tucked away.

There are dozens of old wine and gin bottles acting as bricks in the walls and beneath them are recycled tires filled with earth that keeps this home warm.

Outside, Plantz is turning soil and planting seeds to prep an outdoor garden for summer.

The couple believes their earthship is the only one of its kind on the Prairies, but that could change this sum-



mer if construction on a second is successful in Rivers, Man.

Bennett and Plantz say they've learned a lot since first moving into their home in September 2013.

"You have to adjust how you behave in the winter," Bennett says.

Plantz, an environmental technologist, says he's gone from having zero construction experience to having built almost everything in the earthship.

"I've learned too much," he says.

Less sun in the winter means less power to run this 1,700-square-foot home.

"To put it in perspective, if we had like 10 (different) 100-watt light bulbs running for 24 hours, that would completely drain our batteries," Plantz says.

The couple had a close call during the winter when something started



TRIBUNE PHOTOS BY AUSTIN GRABISH

Kris Plantz turns soil and plants seeds to prep a summer garden outside his self-sustaining earthship home in St. Andrews, which is now three years old. Left, flowers, herbs, grains and grains grow inside the local couple's greenhouse.

sucking the home's power away — a search later revealed an incandescent light bulb to be the culprit.

"If you're going to run solar, you can't run the same things as a standard home otherwise you need a ton of panels and batteries," Bennett says.

Aside from a few other hiccups including a lack of hot water in the winter, Plantz and Bennett say they're happy with their earthship.

Despite being completely off the hydro grid, the south-facing home can naturally heat up to summer-like temperatures during the winter months.

A wood stove the couple installed during their second year in the home keeps the rest of the earthship warm and heating bill away, and there's no water bill here either.

The earthship's roof drains all rainwater into a filtration system that makes it suitable for drinking and

bathing.

Shower water is recycled into the greenhouse and then once more for the toilet before making its way into a septic tank, which is emptied twice a year.

Bennett and Plantz have spent the last three years finishing their home, but their work isn't done yet.

Bennett hopes to turn a massive dugout left over from the home's construction into a natural swimming pool.

Plantz says building an earthship is no easy feat and cautions anyone considering it about the physical work and surprise fame that comes with living off-grid.

"We had too many people coming by," he says, noting media coverage and curious visitors showing up to the home.



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> MEAL IDEAS

Honey garlic roast pork



Makes 12 servings

For easy entertaining, this is one of my favourites. While the pork is roasting, rich aromas will fill your kitchen. Serve with chutney, broccoli or scalloped potatoes.

Ingredients

2 Kg (4 lb) boneless pork loin roast

Marinade

25 mL (2 tbsp) sodium-reduced soy sauce

25 mL (2 tbsp) sherry

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25 mL (2 tbsp) liquid honey

25 mL (2 tbsp) minced gingerroot

2 cloves garlic, minced

Directions

Combine soy sauce, sherry, honey, gingerroot and garlic.

Trim any visible fat from meat.

Place roast in large plastic bag and pour marinade over. Tie bag shut and refrigerate for at least 4 hours, rotating bag occasionally.

Remove roast from bag. Reserving marinade but leave as much ginger and garlic bits as possible clinging to roast.

Set roast on rack in roasting pan.

Roast, uncovered and basting occasionally with marinade, in 160°C (325°F) oven for 2 hours or until meat thermometer registers 70°C (160°F).

Let stand for 15 minutes before carving. Trim the fat off before serving.

Make ahead tip:

Marinate pork in refrigerator for up to 2 days.

Coriander Spare Ribs With Cilantro Butter



Ingredients

Makes 6 servings

3 tablespoons ground coriander

2 tablespoons raw sugar

1 tablespoon ground cumin

Sea salt and freshly ground black pepper

Finely grated zest and juice of 2 limes

1/2 cup chopped fresh cilantro

2 racks of pork ribs, about 4

pounds each, preferably St. Louis cut

4 tablespoons unsalted butter

1 garlic clove, minced

Directions

Combine the coriander, sugar, cumin, 1/4 cup salt, 2 teaspoons pepper, and 2 cups water in a large zippered plastic bag. Seal and shake until the sugar and salt dissolve. Open the bag and add half of the lime zest and juice and half of the cilantro. Cut the rib racks in half and put in the bag with the brine. Seal the bag again, but leave a corner open and push on the bag to make sure you release any trapped air through the opening. Close the zipper completely.

Massage the liquid gently into the meat and refrigerate for at least 6 hours and up to 12 hours.

Preheat the oven to 200 F.

Put the ribs in on a rack in a large roasting pan. Pour enough of the brine from the bag into the pan so that it covers the bottom of the pan but doesn't touch the rib meat. Cover the pan with aluminum foil and steam until the rib meat is falling-off-the-bone tender, about 6 hours.

Raise the oven temperature to 450 F, remove the foil, and bake until the ribs are browned, about 15 minutes.

While the ribs are browning, put the butter and garlic in a saucepan over medium heat and cook until the garlic sizzles, about 1 minute. Add the remaining lime zest and juice and bring to a boil. Remove from heat and stir in the remaining 1/4 cup cilantro. Taste and adjust the seasoning with salt and pepper.

Cut the racks into individual ribs and serve drizzled with the cilantro butter.

Ribs can be stored for up to 3 days in a refrigerator. Reheat gently in a low oven.

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"HEALING TAKES COURAGE, AND WE ALL HAVE COURAGE, EVEN IF WE HAVE TO DIG A LITTLE TO FIND IT."

TORI AMOS

It is easy to be afraid of illness, and to feel vulnerable when we are sick. This is particularly true if we have been given a disturbing diagnosis. I am always reminded of what Dr. Bernie Seigel has said in his book, *Love, Medicine and Miracles*: you can give me a diagnosis, but not a prognosis. In other words, you can tell me what I have, but you cannot tell me how long I have to live, or how far my healing will progress.

The body/mind system is intricately connected and very complex. There has been much research on how our own thoughts, or even the prayers or healing thoughts of others on our behalf, can affect our healing.

If we think the worst and assume we will not get better, this has a profound effect on all of our inner healing systems. Keep thinking those thoughts and they become a self-fulfilling prophecy. The mind thinks that it is a forgone conclusion and nothing will help, so soon the body just gives up.

If instead we empower ourselves by believing the body is designed to heal itself, and feel a strong sense of our own power to heal, then everything is different. The immune system is stronger, we have a more positive outlook, and are more likely to do many things to help ourselves.

Dr. Seigel says the people who are most likely to recover from illness are the ones who do as many different things as they can to support their healing. They may utilize traditional medicine, alternative therapies, support groups, make dietary changes, do visualization, hypnosis or prayer, take vitamins, or use a multitude of other strategies too numerous to list.

Remember, even if someone does try to give you a prognosis, they will never say there is a one-hundred percent chance you will not make it. Even if it were ninety percent, it is better to visualize yourself being in the ten percent who get well, and do everything you can to support that belief. Remember, whatever the diagnosis, there are always individuals who beat the odds.

Strive to be one of them.

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

Kiwi Fruit Sorbet

Ingredients

Makes about 1 quart

2 teaspoons grated lime or lemon zest

3/4 cup sugar, divided

3/4 cup water

2 pounds kiwi fruit (about 8 kiwi fruit), peeled and quartered

6 tablespoons freshly squeezed lime or lemon juice

2 limes, quartered

Directions

In a small bowl, mash the zest with 1 teaspoon of the sugar to release the oils. Combine the remaining sugar and water in a small saucepan and bring to a boil, stirring to dissolve the sugar. Cook until the syrup is clear. Remove from the heat



and let cool to room temperature. In a food processor or blender, purée the kiwi fruit with the juice, syrup and sugared zest. Transfer to a container, cover and refrigerate until thoroughly chilled, about 3 hours.

Freeze in an ice cream maker according to the manufacturer's instructions. Or, to freeze without an ice cream maker, pour the mixture into a 9-inch nonreactive square pan. Cover with aluminum foil or plastic wrap and freeze just until solid, 2 to 3 hours.

Scrape out into an electric mixer or food processor and process briefly until light and fluffy. Serve at once or transfer to a container, cover, and freeze until firm, about 2 hours. At serving time, garnish with a lime wedge to squeeze over each serving.

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Are you familiar with organic gardening methods?

If you're committed to protecting the environment, then you're probably doing everything you can to reduce pollution, waste and garbage. You may already be carpooling, taking quick showers and choosing reusable shopping bags, too. But have you thought about applying this philosophy in your yard? Some gardening practices encourage waste, while others are harmful to the environment. Here are some tips to help you to garden in an environmentally friendly way.

BETTER WATER MANAGEMENT

Did you know that more than half of the water used for watering lawns and gardens is either lost as runoff from overwatering or through evaporation? To avoid such waste, ensure that you only give your lawn the amount of water it needs, and be sure to water early in the



morning to avoid evaporation loss. Collect rainwater and select plants that don't need much watering. Cover the soil with a layer of organic mulch to retain moisture longer.

ENRICH THE SOIL

Avoid using pesticides and chemical fertilizers, as they are harmful to the environment and to the health of humans and animals. Use compost and organic fertilizers to enrich the soil.

Organic gardening also means banning decorative rocks and geotextile membranes, which compromise the exchange of gases between the air and the soil. Switch off any lights that light up your yard unnecessarily at night, and leave grass clippings on the lawn rather than sending them to the landfill with your garbage.

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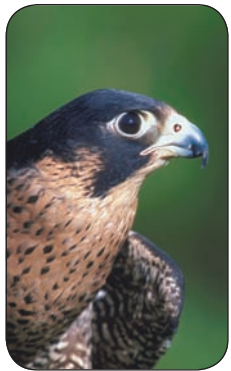
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How about helping an endangered species?



wood bison, musk turtle and deerberry. To avoid the loss of too many species, which could upset our planet's

Did you know that more than 11,000 plant and animal species are at risk around the world? In Canada, more than 500 species are threatened, including the peregrine falcon,

ecological balance, it's important that everyone does their part. Here's what you can do to help endangered animals and plants.

- Avoid using toxic cleaning products and pesticides.
- Reduce greenhouse emissions by carpooling, using public transit, walking or cycling.
- When hiking, don't litter or walk off-trail (you may trample plants). Don't disturb or feed animals.
- Plant native species in your yard, but make sure your supplier doesn't collect them directly from the wild.

Don't grow invasive imported plants.

- Put up nesting boxes for birds, especially if mature trees on your lot are few and far between.
- Respect endangered species laws and regulations.
- Volunteer for an organization dedicated to the preservation of endangered species.
- Recycle, compost and reuse consumer goods and food. Buy used items when possible, or shop at eco-friendly businesses.

You can learn more about endangered species by visiting zoos that are

home to animals in danger of extinction or by reading more on the subject. Go ahead and share your knowledge with family and friends to raise awareness about the importance of preserving our planet's biodiversity.

DID YOU KNOW?

Mothballs contain chemicals that can be harmful for humans, animals and the environment. A great alternative is to use cedar chips, which are natural and just as effective. They smell a whole lot better, too.

Phosphate-containing detergents should be avoided. These products cause algae blooms to develop on the surface of lakes and rivers when they are released into our waterways. The water is then deprived of oxygen and aquatic life dies.

According to a National Audubon Society study published in 2014, 314 species of birds living in North America are directly threatened by climate change. Of these, 126 species, including the mallard and common loon, could lose more than 50 per cent of their natural habitat by 2050. What's more, these birds will be unable to permanently migrate elsewhere because the changes are happening too quickly.

Burning waste on an open fire, even if it seems harmless (paper, garden waste, building materials, etc.), releases a dangerous mix of carcinogens and toxic substances into the air. Dispose of your garbage in a responsible way, either by recycling, composting or taking it to officially approved facilities.

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Family reflects on father's war experiences

By Natasha Tersigni

As a last ditch attempt to defeat Nazi Germany's hold over Europe during the Second World War, Allied forces stormed the beaches of Normandy on June 6, 1944, to reclaim the western coast of France that had been held by German forces for four years.

Canada's contribution to the largest seaborne invasion in the world's history, now known as D-Day, included deploying 14,000 soldiers to Juno Beach.

Two hours after the first Canadian soldiers arrived on Juno Beach on D-Day, Royal Winnipeg Rifle Infantryman Grant Lawrence Suche made his debut into the iconic battle. Grant was a long way from his home in Argyll and was no stranger to the horrors of the Second World War as he had already served on the frontlines throughout Europe since Canada got involved with the war in 1939. On D-Day, along with his platoon, Grant began the daunting task of crossing the beach and fighting German soldiers.

"He told me when he got off his boat there was a young Canadian soldier lying on the beach that had been shot multiple times in the stomach and his guts were pouring out. His sergeant



Grant Suche joined the Royal Winnipeg Rifles in his early 20s and fought in the Second World War including the Battle of Normandy.



TRIBUNE PHOTOS SUBMITTED

During the 60th anniversary of D-Day ceremony at the Bény-sur-Mer Canadian War Cemetery in June 2004 in France, Suche is greeted by Prince Charles. Suche was one of four Canadian veterans who attended the event and were honoured for their service and efforts that took place 60 years before.

Continued on page 22



Members of the Royal Winnipeg Rifles, including Suche, were an integral part of Operation Neptune, the largest seaborne invasion in history now known as D-Day. The invasion was the start of overthrowing German-occupied Northern Europe, marking the beginning of the end of the Second World War.



Stonewall cadets prepare for annual D-Day memorial service

By Natasha Tersigni

For members of 301 Alan McLeod VC Royal Canadian Air Cadet Squadron taking part in the upcoming D-Day memorial service in Stonewall on June 5, their preparation for the parade and ceremony go beyond perfecting their marching and polishing their boots.

As part of their general training, all air cadets learn about Canada's military participation internationally — and D-Day is no exception. During their history lessons, much of the attention is spent on the aviation missions and planes used in battle. The cadets also learn about the sacrifice that Canadian military personnel have made.

"In the cadet curriculum, there are different levels that you work your way through. Once the cadets are at Level 3, usually when they are around 14 years old, they are at a mature enough age to start learning in depth about our history and why cadets are here. Since cadets are based around the military, we have to learn about history — World War I and II with a focus for air cadets on the aviation aspect. There is one class that is dedicated specifically to D-Day," explained WO 1st Class Morgan Herda, who will once again be commanding the cadet march down Main Street to Memorial Park for the memorial service on June 5.

During their lessons, the cadets learned the critical role that the Royal



Led by WO 1st Class Morgan Herda, members of the 301 Alan McLeod VC Royal Canadian Air Cadet Squadron prepare to march in the annual D-Day Memorial Service parade in Stonewall on June 5 starting at 1:30 p.m. Following the march down Main Street, a service led by the Royal Canadian Legion Branch 52 will take place at Memorial Park.

Canadian Air Force (RCAF) played in international operations, including the D-Day assault on Juno Beach.

On June 6, 1944, Canadian airmen were among the first into action. Along with other Allied bombers, they dropped thousands of tons of explosives on German coastal defences — approximately 6,000 tons in just the last few hours before the invasion. In the days following the invasions on the Beaches of Normandy, RCAF Squadrons 441, 442 and 443 continued to support the Allied offensive

through France, and the Canadian squadrons became the first Allied airplanes to operate over France since 1940. Their contributions helped pave the way for Allies to win important territory in France and ultimately defeat German forces.

For Herda, the memorial service allows her and fellow cadets to see and hear from community members and their families that served in the Canadian military.

"Before the services, we meet with some of the local veterans and we get

a brief overview of not only the event for the day but why the service is held. Our squadron always participates in the ceremony, and for the cadets that aren't at Level 3 and haven't taken the history courses yet, they still get to learn about D-Day by being in the service," said Herda.

"Participating in these events helps to teach us about our history. As cadets, we should reminisce and celebrate something that we are representing, which is the Canadian military."

TRIBUNE PHOTO BY NATASHA TERSIGNI

*A time to honour our heroes,
to remember their achievements,
their courage and their dedication,
and to say thank you for
their sacrifices.*

Ralph R. Eichler
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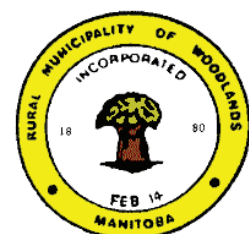
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*We remember those who
fought for us then and now.
Thank You.*



Reeve and Councillors
RM of Woodlands

WE REMEMBER THE HEROES OF NORMANDY JUNE 6, 1944

Annual D-Day memorial service to honour and remember veterans

Honouring bravery, determination and sacrifices on June 5

By Natasha Tersigni

At the D-Day memorial service in Stonewall on Sunday, June 5, family members and dignitaries will honour the bravery, determination and sacrifices of the men who stormed Normandy 72 years ago. The memorial service is open to the community and will begin with the annual parade starting at Stonewall's Royal Canadian Legion Branch 52 at 1:30 p.m. A memorial service and wreath-laying in the park will begin at 2 p.m.

In the early hours of June 6, 1944, Allied troops departed the southern coast of England in total silence, under the cover of darkness. As dawn broke over the coast of Normandy, France, the immensity of the Allied armada was revealed to the German occupying forces. The battle that ensued on that fateful day marked the beginning of the end of the Second World War. Approximately 14,000 Canadian soldiers fought on the beaches of Normandy — their mission: to invade and secure a stretch of the Normandy coastline code-named Juno.

For Stonewall resident Bonnie Brennan, the service is an opportunity for her to pay respects to her father, Nick Goresky.

"My dad served during World War II and fought for our country. Since he passed away, we lay a wreath in his honour every year at the service. It is a way to remember his contributions to the war. I first started carrying the wreath. Now my son does and

one day my grandchildren will," said Brennan, who added it is important that the act of remembrance continues in order to teach the next generations of the important role that soldiers played in providing freedom for Canada. "Dad encouraged us to become legion members as soon as we turned 18 years old. Just small traditions like that, including the D-Day service, means a lot to our family."

> ARGYLE SOLDIER, FROM PG. 18

yelled at him to leave the soldier and keep moving," said Grant's son Ken.

"If he had stopped, he would have been a sitting target and that is what the Germans wanted — to pick the Canadians off on the beach."

Grant was one of the Canadian soldiers who made it out of D-Day alive. On that single day, there were 1,074 Canadian wounded including 359 soldiers killed. He continued to fight with his unit until later that year when he received a flesh wound on his arm and was sent home.

Upon returning to Argyle, he met and married Lil, his wife of 56 years, and together they had six children. After leaving the military, Grant worked for Manitoba Hydro for 37 years. Although a member of the Royal Canadian Legion Branch Number 4 St. James, Grant didn't begin to open up his military service until a few years before his death in 2006.

"My dad was like most veterans. I have talked with a lot of children whose fathers fought in World War II, and most of the veterans didn't say anything about their experiences. My father was a member of the legion and there with his military friends he was able to work through what he had seen serving overseas. It was pretty ugly," said Ken, who added that his father had returned to Juno Beach four times since the war for international ceremonies and Ken was able to join his him on two of the trips.

Touring the area with his son and other military veterans, Grant opened up about what he had witnessed.

"One story that was talked about was when the Germans killed 22 Canadian soldiers. They lined them up outside a church. We went to that church

and you can still see the bullet holes on the side of the stone. That execution took place on D-Day. By mistake, the Canadian soldiers had jumped over onto the German side and the Germans captured them and they were merciless," said Ken.

Another thing that Ken learned on one of the trips to Europe with his dad was the fact that Grant and Prince Charles were acquainted. It was at a ceremony at the Bény-sur-Mer Canadian War Cemetery near Normandy, France, in 2004 when Ken found out that over the years, his father had had the occasional drink with the Royal Highness.

"Prince Charles came to this ceremony and the four Canadian veterans that were there had the opportunity to go talk with Prince Charles. My dad was the last one, and as my dad goes up to shake his hand, Prince Charles says, 'Well, Grant, how have you been?' I was so shocked you could have knocked me over with a feather," said Ken.

"Prince Charles is the honorary colonel of the Royal Winnipeg Rifles, so when he came to Winnipeg to Minto Armouries, him and my dad struck up a relationship. My father was best friends with the colonel of his unit. The colonel and Prince Charles had many functions together and my father was invited to them and subsequently had had a few drinks with the prince on different occasions."

While it was years later before Grant was able to meet Prince Charles, thanks in part to his role during D-Day, it was that service along with thousands of fellow men and women that allowed for the freedom that Canadians benefit from today.

With the anniversary of D-Day just days away, legions and other military organizations across the country are planning ceremonies to remember the sacrifices that were made 72 years ago on Juno Beach.

*Time to reflect
on sacrifices made
by so many.*



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*We offer prayers of gratitude
for the nobility and sacrifice
of our veterans in times
past. We will never forget.*

**Stonewall Teulon
Tribune**

*Thank you to all that
served years ago and
those who serve today.*

Thank you for our freedom.



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Town of Teulon
a great place to come home to

Latin American municipal officials tour Teulon

By Natasha Tersigni

To continue with Teulon's participation in the Federation of Canadian Municipalities (FCM) CISAL exchange program, several mayors and councillors from Peru and Colombia spent two days in Teulon learning about the town's municipal infrastructure, services and economic development.

This is the third time Teulon is participating in the mentorship exchange program between Peruvian and Colombian municipal officials and their Canadian counterparts. In October 2015, Teulon CAO Jeff Precourt travelled to the southern Peruvian district of Livitaca to meet with municipal officials and lay the foundation for the partnership between Teulon and Livitaca. The two municipalities were chosen as partners by FCM, given the same size of region and both having a large focus on agriculture as an economic driver.

In March, Precourt, along with Coun. Danny Hutchinson, travelled to Peru to meet with the same municipal officials and this time focus on how to implement and administer a water treatment system and explore different options for economic development.

The focus of last week's trip to Teulon was to show the Peruvians and Colombians how programs and services are built and maintained in the rural town. As well, a majority of time was spent talking about economic development and how to attract and develop local industries in the Latin American countries.

"We spoke a lot about our main industries. Their economy is very agriculture based, along with mining. We talked about how agriculture is a big economic driver here, but it is a very different form of agriculture than what they are used to," said Hutchinson.

"They were fascinated by how flat



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Peruvian and Colombian municipal officials spent two days visiting and touring Teulon to learn about the town's services, infrastructure and economic development. The visit was part of Teulon's ongoing work with the Federation of Canadian Municipalities (FCM) CISAL exchange program.

the land was and they saw some big agriculture equipment in the field and were amazed by how few people were able to work the land. The scale of the agriculture they found quite fascinating."

The two-day visit to Teulon included tours of the Teulon-Rockwood Fire Hall, Teulon Golf and Country Club, the town's lagoon facility, Vidir Machine and Crescent Creek Park. The group also participated in several presentations about economic development from town staff and community groups including Community Futures East Interlake and local farmer Scott Skinner.

"They don't feel that their communities are getting the full advantage of these mining activities and companies. One of the things they wanted to investigate was how to get their agriculture products to the people that work at the mines," said Hutchinson.

"Some of the struggles with that is they don't have a grading system. They know they have to produce con-



The Latin American municipal officials were amazed at how advanced the agriculture and manufacturing technology was in Teulon, including Vidir Machine's welding robot.

sistent product and consistent quality in order to get those contracts. Scott Skinner talked about how we get those products and how we store them in Canada."

Peruvian Mayor of Livitaca Holger Olivares enjoyed the time spent in Teulon and found the trip very infor-

mative especially the tour of the fire hall and lagoon.

"In our district we are implementing a water and sanitation program. We are going to build an oxidization lagoon and we are still working on the

Continued on page 24

No increase in mill rate for Woodlands financial plan

By Natasha Tersigni

Despite having to re-do their original 2016 financial plan due to having to add the Woodlands lagoon project to it, RM of Woodlands Reeve Trevor King said the mill rates will remain at what was presented at the April 27 public hearing: 13.51 mills for Warren residents and 16.62 mills in rural Woodlands.

"There will be no changes in mill rates. It will be the exact same as it was before. The only thing that we

have changed is to scale back on the building upgrades to public workshops. There was going to be some renovations and upgrades to the older building so we are just going to hold off on that," said King.

"We will also be taking \$250,000 out of the building reserve for the lagoon expansion."

The second budget comes after the Municipal Board of Manitoba decided that the RM is not allowed to implement the Woodlands lagoon expan-

sion bylaw, thus forcing council to find a new way to pay for the project. Council will re-do their budget to include the \$900,000 needed for the expansion.

The RM of Woodlands public hearing regarding the 2016 financial plan will be held on June 7 at 6:30 p.m. at the municipal office.

Bridge Upgrades

Council will continue to lobby the government to upgrade the bridge

over the Provincial Drain on Road 75N between Meridian Road and Road 1W in order to make it accessible to local farmers.

"The problem is that there is a weight restriction on it right now, so the farmers cannot travel over it with loaded trailers or heavy machinery. We are lobbying them to upgrade it so the farmers don't have to go so many miles around to get to their farm land," said King.

High school rodeo to ride into Selkirk Park June 10

By Lindsey Enns

Preparations are well underway for next week's Manitoba High School Rodeo Association finals in Selkirk Park.

The three-day event, hosted by the St. Andrews-St. Clements Agriculture Society, will take place from June 10 to 12 at the park's rodeo grounds.

Events will take place from 10 a.m. to around 4 p.m. on all three days and schedules will be posted on the society's website at selkirkfairandrodeo.com.

Events will include goat tying, bull riding, barrel racing, team roping and steer wrestling just to name a few.

So far, roughly 90 competitors aged 12 to 19 from across Manitoba, Ontario and Saskatchewan have registered to compete for various awards, bursaries and prizes.

Rea Pennington, president of the St. Andrews-St. Clements Agriculture Society, said participation is down a



TRIBUNE FILE PHOTO BY LINDSEY ENNS

Tyson Salmon of Stonewall competed in the bull riding event during the Manitoba High School Rodeo Association finals in Selkirk Park last year. This year's rodeo finals will take place from June 10 to 12 at the Selkirk Park rodeo grounds.

little bit from the previous three years. Pennington added dozens of vol-

unteers have been busy getting the park's rodeo area ready, getting the






stalls ready for about 100 horses and planning their annual potluck dinner on the Friday night and high school cowboy prom on the Saturday night.

"Anybody graduating from high school is also graduating from high school rodeo," he said, adding the prom is a big event for the youth. "They dress up and are paraded in. It's kind of a big deal for them."

The annual high school rodeo finals is very much a family oriented event.

Although Selkirk has played host to the high school rodeo finals in September, due to increasing costs, the ag society will not be hosting it this year, Pennington said. He added they have applied to host it for the following three years and will find out near the end of this month if they have been chosen.

"They like our venue but there's always a chance it will be held somewhere else as well."

SERVICE CLUBS - Serving our Communities					
<div>Royal Canadian Legion Branch No. 52 \$33-\$38 member/year depending when dues are paid. The Royal Canadian Legion is dedicated to the service of veterans and their dependents, as well as to raise funds for the community. The Legion is open to all Canadian Citizens. Meetings are held on the 2nd Tuesday of the month at Stonewall Legion Club Room.</div>	<div>South Interlake Ag Society Janice Rutherford 467-5612 Hwy #236 and Rockwood Road \$10/member/year It encompasses the needs of the three municipalities that it serves - Rockwood, Rosser and Woodlands. Monthly meetings are held the 3rd Tuesday of each month at 7:30 at the Ag grounds.</div>	<div>Teulon Women's Institute Phone 886-2216 Fee: Nominal membership may apply Motto: "Home and Country" The TWI has approximately 14 members that work hard to raise money throughout the year to donate to local and regional charities and community projects. Meet 3rd Tuesday of the month 7:30pm Farview Place Teulon. New members always welcome.</div>	<div>1 Snow Goose Bay on Hwy 220 Stonewall, Manitoba 1-888-50MARSH (62774) ohmic@ducks.ca oakhammockmarsh.ca The Oak Hammock Marsh Interpretive Centre is a non-profit organization. Its mission is to foster public awareness and knowledge of the inherent values of wetlands and associated ecosystems, and to encourage public support for their conservation through innovative education and outreach programs.</div>	<div>Quarry Toastmasters Brenda 467-5088 Quarry Toastmasters meet every Tuesday 7:15 - 8:45pm at the Stonewall Collegiate in the Library. We work to build up your confidence in public speaking - individually or in a group. We help you plan what to say and to have fun doing it.</div>	<div>Kin Clubs of Stonewall Motto "Serving the Communities" Kin Canada is a dynamic volunteer organization enriching our communities through service while embracing national pride, positive values, personal development and lasting friendships. Kinsmen President Chris Luellman 467-8770 Kinette President Jean Burchuk 204-467-2925</div>
<div>Teulon & District Agricultural Society Lana Knor, President 467-0740 The Teulon & District Ag Society meet on the fourth Thursday of each month from February to November at the Agricultural Building at 7:30pm. The Ag Society sponsors the Teulon & District Ag Fair and the Annual Teulon Pumpkinfest.</div>	<div>Interlake Community Foundation, Inc. 204-467-5634 www.interlakefoundation.ca The Interlake Community Foundation provides the citizens of Rockwood, Rosser, Stonewall, Teulon and Woodlands with the opportunity to invest in the future of their community and region forever. The Foundation pools donations in a capital fund that remains in perpetuity. The income generated from the capital is distributed as grants to registered charities in the region. Grant applications are due by February 28th of each year.</div>	<div>Stony Mountain Stonewall Masonic Lodge #12 Call 204-467-2788 for Information Stony Mountain Stonewall Masonic Lodge #12 is the oldest organization in Stonewall (1880) and part of the oldest and largest fraternity in the world. Although a belief in one God is necessary to join, Freemasonry is non-secular and prohibits discussion of religion and politics in its Lodges. Freemasonry focuses on the reinforcement of morality into the daily lives of our members and of charity, a giving back to our communities through our Lodges and by our charitable activities as well as in our personal lives, which we believe makes GOOD MEN BETTER. Monthly Meetings 2 B 1 ASK 1</div>	<div>Stonewall Ladies Auxiliary Committed to the wellbeing of our community and raising funds for the ongoing mutual support provided by the Stonewall Legion Branch #52. Meetings are held on the second Thursday of the month. New memberships are welcome. Yearly membership fee 10.00. Volunteers often required for events at the Legion hall.</div>	<div>South Interlake Seniors Resource Council Inc. Darcy or Corinna @ 467-2719 sisrc@shaw.ca SISRC is a non-profit organization that offers services for seniors and those with disabilities. These services include; Transportation; Mobility Aid Lending Service; Caregiver Support Group; Health Education Presentations; Resource Information/Form Completion; Telephone Buddy/Friendly Visiting; Handy Helper/Housecleaning. We also distribute the ERIK (emergency response information kit) and we are Lifeline Representatives.</div>	<div>The Lilliane Baron South Interlake Breast Cancer Support Group Claudette 886-2393 Joyce 467-2473 The group is a non profit grass roots organization founded by women in the South Interlake Area diagnosed with breast cancer. Our mandate is to assist others who may find themselves with a similar diagnosis and to provide a variety of support, assistance and friendship where needed within the confines of privacy, respect and caring. The group meets for positive encouragement and support on the third Tuesday of each month at 7PM at the office of LJ Baron Realty, Main Street in Teulon. Anyone seeking information or services is always welcome.</div>
<div>Knights of Columbus Stonewall Dave Couprie 467-9548 \$40/member/year The Knights of Columbus raise funds for charities within the community. The Knights are open to all Catholic men, 18 yrs or older. Meetings are held 1st Monday of the month September through June at the Christ the King Church in Stonewall.</div>	<div>South Interlake 55+ Inc 467-2582 www.si55plus.org \$20/member/year si55plus@mts.net This non-profit organization provides education and activities for persons age 55 plus. Many activities and events are held on a regular basis. Newsletters are published monthly and available to pick up at the 55+ Centre in Stonewall.</div>	<div>Stonewall & District Lions Ralph Sinclair 622 Centre Avenue, Stonewall 467-9600 Motto: "We Serve" Membership is open to anyone over eighteen with an interest in providing assistance to those people or projects in our community in greater need than ourselves. Meetings every 2nd and 4th Wednesday of the month at 7:30pm September thru June.</div>	<div>Independent Order of Odd Fellows Stonewall Lodge #49 Larry O'Dell 467-8882 Ross Thompson 467-2438 www.ioofmb.ca Yearly nominal membership fee The Odd Fellows Lodge is a fraternal organization based on the fatherhood of God and the brotherhood of man. We do charitable work through various projects in the local community, the province and internationally. We seek to elevate the character of man and thereby make the world a better place to live. Meetings every 1st and 3rd Monday of the month at 8:00pm at the Odd Fellows Hall.</div>	<div>Stonewall & District Health Centre Ladies Auxiliary Marg Bond 467-8732 The auxiliary's goal is to raise funds for the purpose of enhancing the care and comforts of patients, residents and clients served by the Health Centre. Meetings are held the first Monday of each month at Rosewood Lodge. New members welcome.</div>	<div>Grosse Isle Women's Institute Phone 204-467-9376 Motto: "Home and Country" The GIWI has approximately 14 members that work hard to raise money throughout the year to donate to local and regional charities and community projects. Meet 2nd Tuesday of the month 7:00pm Grosse Isle Hall. New members always welcome.</div>
<div>Warren Horizons District Lions Club President: Irene Tully 204-375-6522 Meetings are held the first and third Wednesday of each month at the Warren Fire Hall Sept. thru June.</div>		<div>Warren & District Lions President Stu Bangle 204-322-5381 "We Serve" Membership is open to anyone over 18 interested in giving something back to their community through direct action, meeting humanitarian needs, encouraging peace, and promoting international understanding. Meetings are held the 1st and 3rd Wednesday of the month at 7:00pm at the Warren Fire Hall from Sept-June.</div>			

> LATIN AMERICAN, FROM PG. 23

budget in order to complete the total project. It is something that we are in great need of. At the moment, we do not have water or sanitation systems; we only have septic tanks and some families don't even have that," Olivares told the *Tribune* through an interpreter.

"In our municipality, we have no fire services. Only in the capital are these services available, not at the municipal level. We do have bush fires and sometimes. That is a problem, and we hope that through the FCM program, we could start learning new ways for fire prevention and to improve reforestation in some areas."

Olivares added he is looking forward to bringing what he learned back to Livitaca.

"For me, this visit is truly fascinating and I am going to bring back home a message that we have to do something better to improve how we address our needs, and I am seeing here that it is something we can do. All these services are readily available, well developed and have moved forward. It is great to see and very motivating."

After visiting Teulon, the group travelled to Thompson, Man., and Red Lake, Ont., to visit two mining towns and see how municipalities in Canada work with the mining companies.

Their trip will conclude this weekend after they attend the national FCM convention taking place in Winnipeg.

Beach restoration underway in RM St. Laurent

By Patricia Barrett

Unfettered access to the shoreline along north and south Laurentia Beach may be a thing of the past for many residents and cottage owners in the wake of the 2011 flood, but they'll no longer have to deal with the added irritant of temporary dikes along the shore.

The RM St. Laurent sent its contractors out last week to remove the super sandbags and geotubes it had installed after a 2014 flood event.

Over the steady humming and intermittent skirls of track hoes and bobcats on the water's edge, Steve Payne, documentary filmmaker and CEO of Totem Studios, said he is happy to see the barriers go.

Payne has owned a cottage along the south end of Laurentia Beach for 15 years, and his affection for the community led him to make two documentaries — *Ice Works* and *Troubled Waters* — detailing the struggles of commercial fishers on Lake Manitoba.

"This will get things back to normal," said Payne, who was wielding a 2x4 for a new deck rather than a camera as bobcats manoeuvred across the sand, gathering up bags and tubes strewn about like discarded snakeskins.

Payne said he's also going to paint the exterior of his cottage.

The RM experienced substantial damage in 2011 when flood waters from Saskatchewan came barrelling down the Assiniboine River and were diverted into Lake Manitoba through the Portage Diversion.

After that event, many property owners installed permanent flood barriers, such as huge concrete piles and large boulders to shore up their bluffs — or what's left of them, that is. Getting canoes and skiffs down to the water wasn't easy, though, and it became more difficult when the sand-



Documentary filmmaker Steve Payne was at his cottage building a deck overlooking the lake as contractors removed sandbags and geotubes from the south end of Laurentia Beach.

bags and geotubes were installed.

Some residents built makeshift stairs over the top of geotubes or stacked up pallets alongside them.

Like many cottagers and homeowners at Laurentia, Payne's access to the shoreline is compromised.

He had reinforced the bluff in front of his cottage with large boulders, and now that the bags and tubes are being removed, he's planning to create permanent access to the beach.

"I'm building wooden steps down to the beach," said Payne, observing the restoration work along the south shore, which includes levelling of the sand.

"It will be a lot better than it was," he said.

At the north end of Laurentia Beach, another track hoe operator was on a



TRIBUNE PHOTOS BY PATRICIA BARRETT

Sandbags dangle from the jaws of a track hoe working in a lot at the north end of Laurentia Beach.

lot snagging tubes and sandbags. The operator cut through the sturdy canvas-like bags with the hoe's teeth then lifted them skyward to shake out the sand.

The RM recently met with and hired about 10 contractors, said the RM's CAO Tess Gutierrez. They were the same ones who installed the flood protection devices.

Beachfronts at Johnson Beach, Sandpiper, Pioneer and Twin Lakes are also slated for restoration.

"It will take about two weeks," said Gutierrez. "That's the anticipated length of time to complete the clean-up."

The cost of the restoration will be paid by the RM, which will then submit a claim under the province's Disaster Financial Assistance program. Because it's early days, no cost estimate was available.

"The project is just underway," said

Gutierrez. "Contractors will be doing the billings for hours later."

Gutierrez said the majority of residents and cottage owners are happy to "have their beach back." A few, however, wanted the sandbags and geotubes kept in place.

"The sandbags were put in under a program that picked up the costs," said Gutierrez. "Now we've got the same program to pay for the removal cost."

She said the purpose of the project is to restore the properties — as far as possible — to their pre-flood condition.

The RM is looking forward to the anticipated return of visitors to the public beaches.

"We had a few phone calls when the weather was good, asking when the public beaches will open," said Gutierrez. "They want the beach."

Interlake doc shortage shows no signs of slowing down

RHA braces for influx of ER patients

By Austin Grabish

Health officials in the Interlake are bracing for an influx of patients and a decrease in doctors.

The Interlake-Eastern Regional Health said it's experiencing "record numbers of physician shortages," and with summer around the corner, it's expecting emergency rooms to become busy, according to a press release issued last Wednesday.

The issue is that most of the RHA's emergency rooms are under nurse-managed care and have no doctors.

The health authority didn't include the current number of doctors it's short, and an RHA spokeswoman didn't return a request last Friday to provide the figures.

However, earlier this year the RHA's CEO Ron Van Denakker said the region was expecting doctor vacancies to rise and was short as many as 45 physicians.

The RHA narrowly avoided a strike by a group of doctors in April, who

had threatened to walk off the job if the region didn't end nurse-managed care.

In its press release last week, which was mostly a rehash of what's already been reported, the RHA said the doctors have agreed to support nurse-managed care until September.

"This is important to allow the Interlake-Eastern RHA the necessary time to develop a process and to communicate in advance with staff and communities within the region," the press release stated.

The RHA said it plans to end nurse-

managed care in emergency rooms across the region by early September but offered no explanation as to what its exit strategy would look like. It also didn't say what it would do if it couldn't find doctors to fill vacancies and still had to rely on nurses to treat patients.

The RHA said if someone's in medical distress, they should call 911 because "life-saving" advice can be provided over the phone.

It added patients who are capable of driving can go to their nearest hospital to be "assisted" by a nurse.

South Interlake Seniors Resource - Stonewall

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- Friendly Visiting and Telecheck (phone buddy) • Caregivers Support Meetings
- Home Hair Care Service • Resource Information/Form Assistance

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ANNUAL GENERAL MEETING

South Interlake Seniors Resource Council Inc.

Wednesday, June 8th 2:00 pm

Lions Manor Multipurpose Room, Stonewall

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June Calendar of Events!

SOUTH INTERLAKE 55 PLUS, 374 FIRST STREET WEST

Clip & Save



June 3 Jasperson's Green House
& Pizza Den @ 10:00 am

June 7 Book Club @ 9:30 am
Hop Drop & Shop @ 12:30 pm

June 9 Shopping Trip to Kildonan Place @ 9:15 pm
June 10 Travel Club @ 1:00 pm

June 16 Casino Trip – McPhillips Street Station

June 17 ShowTime – The 33 @ 1:00 pm

June 21 Luncheon @ NOON – Note: Change of Date

June 24 Legion Seniors Fun Day @ 1:00 pm

June 26 Rainbow Stage – RING OF FIRE @ 12:30 pm

July 10 Great Train Robbery on the Prairie Dog Train
9:45 am

July 14 Pine Ridge Hollow and Birds Hill Park 9:15 am

July 20 Strawberry Social @ 1:30 pm



Please Note:
There will
be reduced
programing during
the transition
period

**Oddfellows Hall,
374 First Street West, Stonewall
As of June 1, 2016**

June Luncheon

Tuesday, June 21st @ Noon

Change of Date

Menu:

**Ham Cold Plate Luncheon
And Dessert!**

All for just \$8.00 At the Door

**Wear Purple to Support Elder
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Everyone Welcome!

BUS TRIPS:

Jasperson's Greenhouse & Pizza Den Trip

Friday, June 3rd

 The Hop Drop & Shop Bus

Tuesday, June 7th

Advance Notice: Folklorama

Thursday, August 4 & Monday, August 8

DEADLINE: JULY 6TH

Great Train Robbery on the Prairie Dog

Sunday, July 10th

Pine Ridge Hollow and Birds Hill Park

Thursday, July 14th

Call the 55 Plus: 204-467-2582



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New
Class



Strawberry Social

**Wednesday,
July 20th @ 1:30 pm**

Admission: \$5.00

Entertainment: Ernie Benedictson and Keith Lindstrom

For more information call 204-467-2582

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Warren headed to MHSAA baseball provincials

By Brian Bowman

The Warren Collegiate Wildcats are headed to the MHSAA baseball provincials.

Warren won the Zone 5 championship after a brilliant 3-0 victory over the Stonewall Collegiate Rams in the championship game on May 25. The Wildcats have now advanced to the MHSAA provincials, which will take place June 2-4 in Winkler.

"I think I'm more excited than the kids are," joked Wildcats' rookie coach Reid Bruce. "But I think that they're excited. I don't think that it really registered with them right away that we won and we're going to provincials."

"I'm very proud of them. This is my first year coaching and their first team in a long time and we're winning and going to provincials. I'm very proud of the way that they played."

Martin Knutson pitched a gem for Warren, shutting out the Rams for 6 2/3 innings.

"(Throwing a shutout) was our best-case scenario," Bruce said. "Martin pitched an awesome game — it was fantastic. Stonewall is a big hitting team, they can swing, so when you can eliminate that part, then it's hard for them to get runs."

Knutson did a great job keeping the Rams off balance by mixing up his pitches very well.

Tristan Prystupa got the final out of the game by inducing a ground ball to second base with Stonewall runners situated on first and third.

"That's all that we asked of him," Bruce said. "This was a big out here and he went out and got the ground ball and that's exactly what we wanted."

Offensively, Knutson helped his own cause by scoring a run while Baily Proctor also crossed the plate safely for the Wildcats (the other scorer



TRIBUNE PHOTO BY DARCI HOLOD

The Warren Wildcats claimed the Manitoba High Schools Athletic Association's Zone 5 senior baseball championship banner after defeating the Stonewall Rams 3-0 in the finals in Stonewall May 25. The Wildcats will represent Zone 5 at the provincials in Winkler June 2-4. Pictured back row, left to right: Trey King, Jayden Allary, Colton Oleschak, Taylor Radley, Baily Proctor, Tristan Prystupa, Whyatt Hagen, Ethan Garrett; front row: Austin deLaroque, Connor Oleschak, Austin Holod, Martin Knutson, Nick Streeter, Josh Shellekens. Missing: coaches Rick Holod, Reid Bruce and managers Laura Perrella and Kaitlyn Holod.

was not known). All three runs were scored in the bottom of the third inning.

A highlight of the game was a triple blasted by Austin Holod, said Bruce, which jumpstarted Warren's offence.

"That really got our guys going when he hit that triple," he stressed. "After that, everybody got fired up and ready to hit."

The Wildcats were seeded No. 1 in the four-team Zone 5 championship based on having the best record during a pair of mini tournaments.

That gave Warren a first-round

matchup with Fisher River's Charles Sinclair and the Wildcats easily won the game 20-0. The game was called after 4 1/2 innings due to the 10-run mercy rule.

"We really didn't do much defensively in the game," Bruce said. "But we got through the batting order a few times and it was good for the kids to swing the bat."


Jayden Allary pitched three innings, earning the win for Warren. Trey King threw the final inning as Warren allowed just two hits in the game.

The Wildcats will definitely need

that type of stellar pitching when they go up against the big boys at the provincials. But Warren will also need to swing the bats better if they have an upset or two in mind.

"To be successful, we're going to have to hit the ball," Bruce said. "That's where we're struggling right now, to be able to hit the ball. I think if we'll be able to get our bats going, then we'll do very well."

"We're good defensively and we have good pitching and a good bullpen."



**Come out and support your
Stonewall Blue Jays**



2016

**Thursday,
June 2**

Stonewall Blue Jay

vs

Elmwood Giants

@ Quarry Park

7:30 pm

**Monday,
June 6**

Stonewall Blue Jays

vs

North Winnipeg Pirates

@ Quarry Park

7:30 pm

Snell inducted into Manitoba Softball Hall of Fame

Submitted by Tracy Dunstan

I have always been proud of my sister's accomplishments.

From the time Bev Snell graduated Grade 12 at Stonewall Collegiate Institute, taking home the most valuable player trophies for basketball, volleyball, baseball, track and also getting a meritorious award for academic achievement.

But I was never so proud as I watched her being inducted into the Manitoba Softball Hall of Fame at their 15th-annual induction ceremony on May 7 with her SNAFU softball co-ed slo-pitch team.

The SNAFU team dominated the Manitoba slo-pitch circuit from 1990-95, but let me take you back a bit in Bev Snell's baseball career.

She started playing softball at Brant Argyle School and Bev thought it was cool that every room had their own diamond. She still remembers the tiny orange-coloured wooden bat they had for Grades 1 and 2.

Bev played fast-pitch from age 10 – 26ish and some of her coaches included our mom, Marion Snell, Harvey Watson, Ron Watson, and Martin Dodd. The Bantam team won the provincials around 1978-79.

She played various positions on these teams, from outfield in the early years to shortstop as a senior. Her senior ladies' fastpitch career took her to Bruxelles and Oak Bluff, where she played shortstop for Oak Bluff at the

Intermediate Western Fastball competition in Calgary.

Beginning in the summer of 1981, she also started to play co-ed slo-pitch. Bev played league fastball on weeknights and slo-pitch on weekends.

She played for the St. Vital Chargers, along with sister Tracy Dunstan, from 1981 – 1986, coached by Crockatt Courchene, then with the St. Vital Walters from 1987 – 1989. She travelled with the Walters to the Western Canadian competition in Whitehorse - playing third and first base.

In 1989 the Walters disbanded and the women from that team (plus a few others) formed the Lady Walters team and she played shortstop as they competed in a woman's slo-pitch league.

In 1990-91, the co-ed slo-pitch team SNAFU asked her to join them. She played with them on weekends at first and then in the league. In 1991, they won the league, earning them a position in the provincials.

Winning provincials meant traveling to Sarnia for the nationals in the summer of the following year. Although sustaining a knee injury at Team Handball nationals, she was still able to compete at the nationals.

The 1992 nationals was a week-long affair. Teams competed in a round robin with the top four making playoffs. Playoffs were a double knockout system. SNAFU was the first Manitoba team to win gold and qualify for



TRIBUNE PHOTO SUBMITTED

SCI graduate Bev Snell was inducted into the Manitoba Softball Hall of Fame at their 15th-annual induction ceremony on May 7 with her SNAFU softball co-ed slo-pitch team.

the 1993 nationals.

In 1992, 1993, and 1994, SNAFU managed to win their league and provincials and compete at nationals the summers of 1992, 1993, 1994 and 1995.

They won gold in 1992, bronze in 1993, and silver in 1994 and 1995 before disbanding after that season.

Bev continued to play slo-pitch recreationally from 1996 until the summer of 1998 when she joined the Master Women's Fastball team, Manitoba Speed, playing shortstop until they disbanded in 2001. This team compet-

ed competitively and attended several Western Canadian competitions.

Bev continued playing co-ed slo-pitch recreationally until about 48 years old, including with the Eagles who played in the Winnipeg Co-ed Slo-Pitch League.

Although softball was a major interest to Bev, she was also involved with other sports, including team handball, dragon boat racing, and curling, which she continues to compete in today.

Interlake Thunder players hit the gridiron



Interlake Thunder's Austin deLaroque of Warren makes a tackle during the U18 Blue and Gold game last Saturday at Investors Group Field in Winnipeg.



TRIBUNE PHOTOS BY KIM DELAROCQUE

Interlake Thunder receiver Alex France of Warren keeps his eyes locked on the football during the U18 Blue and Gold game last Saturday.

Rams perform well in Day 1 at track regionals

By Brian Bowman

The Stonewall Collegiate Rams had a good start to the Zone 5 track and field regionals on Monday evening.

Rams' track and field coach Christy Steeves admitted Monday afternoon that she was a tad nervous going into this year's regionals, which wrapped up yesterday in Stonewall.

"I'm a little nervous for tonight, to be honest with you," she joked. "I'm hoping that they are where they should be at this point."

Stonewall definitely did well on Monday as Sarah Fines, Rikki Frost-Hunt, Hunter Lupyrypa, Quin Arsenault and Brendan Labossiere each qualified for the provincials in hurdles.

Scott Yeo dominated in the 3,000-metre while all of the Rams' medley relay teams took home first place.

Stonewall's track team numbers are up this year compared to last season. And this group of 40 athletes has been very dedicated in getting better in their respective events.

"I have 15 to 20 kids every morning consistently coming out and doing their training," Steeves noted. "The hurdlers have been very dedicated and have even put in some extra time on weekends. They've done some Sunday practices and stuff."

"They've come to really like the hurdles and obviously want to put the time in."

For the athletes that qualify for the provincials this year, they better pack



TRIBUNE PHOTO BY JO-ANNE PROCTER

SCI's Brendan Labossiere, left, and Quin Arsenault, far right, both qualified for the provincials in hurdles.

a toothbrush as they will be headed west to Brandon. The provincials are usually held at the University of Manitoba, which allowed Stonewall athletes to go home after their events and sleep in their own beds each night.

That won't be the case this year, however.

"It's a whole new ball game," Steeves

said. "But we've done it in the past. Brandon used to host rural provincials and you end up going on the Thursday and staying through until the Saturday."

Steeves said she doesn't mind heading out to Brandon for provincials. By having a road trip, it gives the athletes a type of team-feel to the provincials.

"When you have provincials in Winnipeg, kids can just do their event and leave," she said. "But with this, they have to stay at the track."

"The kids are there watching and it gives it a little more atmosphere as they are watching their teammates run and there's a little more camaraderie to it, which is kind of nice."

Stonewall Impact FC suffers home loss

Staff

Stonewall Impact FC saw its record fall to 0-3 after a 6-3 home loss to the Kildonan Athletic Club in Manitoba Major Soccer League action last Saturday afternoon.

Stonewall, which has now been outscored 17-4 this season, is mired in last place in the Major League Division 2 standings with United Weston FC and AC Fiorentina. All three teams are winless in three games.

Impact FC is back in action this

Friday when they battle second-place Scorpions FC (2-0-1) at Shaughnessy Park in north Winnipeg. Game time is 8 p.m.

In Major League Division 4 action, Stonewall United FC played the YFC Saints late on Tuesday evening but no score was available at press time.

Stonewall United FC (1-1) will host FC Aura on Friday at 7:30 p.m. at Veterans Memorial Sports Complex Field 1 (North).



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Impact's Matthew Benga blocks the ball while teammate Carson Douglas backs him up during Stonewall's 6-3 loss to the Kildonan Athletic Club last Saturday.

Aboriginal Council announces scholarship winners

Staff

The Manitoba Aboriginal Sports & Recreation Council announced this year's recipients of the 2016 MASRC - 2002 NAIG LEGACY SCHOLARSHIPS for athletes and coaches.

The 2002 NAIG LEGACY SCHOLARSHIPS were created through the generosity of the 2002 North American Indigenous Games Legacies.

The athlete scholarships are awarded yearly to Aboriginal athletes in Manitoba who have shown leadership in the amateur sport community through well-rounded participation as an athlete as well as on academic standing and other school and community-related activities.

2016 athlete scholarships (in the amount of \$600) were awarded to: Ashley Jay -multi-sport Hamiota (Tahltan First Nation), Autumn Monkman - basketball Winnipeg (Ebb and Flow First Nation), Bryden Bukich - basketball (Winnipeg), Curtis Beck - multi-sport (Stonewall), Emily Middagh - multi-sport (Winnipeg), Hunter Goodon - hockey (Brandon),

Jarell Crampton - football/hockey West St. Paul (York Factory First Nation), Joshua Gandier - basketball Winnipeg (Peguis First Nation), Kiana Manoakesick -multi-sport (St. Theresa Point First Nation), Lauren Legault - hockey (Elie), Mallory Harvey - multi-sport Warren (Little Saskatchewan First Nation), Nicole Whitesell - hockey Winnipeg (Sagkeeng First Nation), Reanna Colomb - volleyball/basketball (Pukatawagan First Nation), Riley Clarkson - volleyball/basketball (Brandon), Sydney Hildebrandt - multi-sport (Marquette), and Tracie Leost - multi-sport (Winnipeg).

The coach scholarships are awarded yearly to two Aboriginal coaches in Manitoba who have shown outstanding leadership in Manitoba's amateur sport community, as well as on academic standing and other school and community related activities.

2016 Coach Scholarships (in the amount of \$600) were awarded to Curtis Beck - multi-sport (Stonewall) and Autumn Monkman - basketball Winnipeg (Ebb and Flow First Nation).

Rams' baseball season ends in zone finals

By Brian Bowman

The Stonewall Collegiate Rams learned the hard way that there are no free passes handed out to the MHSAA provincials.

Stonewall was upset 3-0 by the Warren Collegiate Wildcats in the Zone 5 finals last week. The loss ended the Rams' season.

"We had chances to score runs," said Rams' head coach Kyle Nixon. "We had the bases loaded with less than two outs once and guys on second and third base a few different times, but we just couldn't cash them in."

The Rams did a good job hitting the ball in the game despite being shut out. But they failed to get that key hit or two with runners in scoring position.

Warren's starter Martin Knutson did a great job getting key outs throughout his 6 2/3 innings of work.

"He threw well," Nixon complimented. "He was around the zone and he has a good curveball. He's tough, for sure. He did a good job."

The Rams were disappointed in not

advancing to the provincials.

"We put together a pretty good little high school baseball team and we got lots of games in against (good) teams throughout the province," Nixon said. "So, for us to not to be there (at provincials) is pretty disappointing."

To reach the final, Stonewall handily defeated the Lunder Kodiaks 10-0 in six innings. Foster Bytheway smacked a double to score the Rams' 10th run to end the game.

The Rams scored early in the game and calmly added runs each inning for the double-digit win.

Brendan Labossiere earned the win on the mound for Stonewall.

Looking ahead to next season, Nixon expects the Rams to be, once again, competitive and vying for a provincial berth.

"We'll be losing veteran pitching guys like Emerson Klimpke, which will leave a huge hole, but we have guys coming back that will give us a core to be competitive," he said.

"We definitely lose some of our depth, for sure."

Boys of summer are back



TRIBUNE PHOTO BY LANA MEIER

Stonewall Blue Jays' right-hander Scott Harris delivers a pitch against the Springfield Braves during Winnipeg Senior Baseball League action May 24. The defending-champion Blue Jays opened their 2016 regular season with a 7-3 home win over the Braves. Stonewall hosted St. Boniface Tuesday (no score was available) and then the Blue Jays will battle the Elmwood Giants tonight at Fines Field. First pitch is 7:30 p.m.

SCI earns fastpitch berth

By Brian Bowman

The Stonewall Collegiate Rams are headed to the MHSAA fastpitch provincials.

And, along the way, they made it look easy. Very easy.

The Rams defeated the Charles Sinclair Hawks from Fisher River 19-0 to capture the Zone 5 championship in Stonewall on May 18 and then crushed Cross Lake 27-0 in an interzone game on May 31.

"We're hoping to do well at provincials this year," said Rams' coach Rebecca Brewster. "Last year, we got third, so it would be nice to do about the same even though we're missing a couple of girls on the Saturday for provincials."

This year's field of teams at the provincials is, once again, a good one with the defending-provincial champs, Portage Saints, vying to make it two high school titles in a row.

There are several other real good teams also vying for provincial gold, so the tournament should be an extremely competitive one.

"I think we'll be right there with the top teams, for sure," Brewster predicted.

To reach the provincials, Stonewall outscored its opponents by a whop-

ping 46-0 margin in the two games.

Amber Schneider pitched real well in the interzone game, allowing just one base runner. She also had plenty of run support from her teammates.

"We had a few girls hit home runs (against Cross Lake)," Brewster said. "There's a track over there in Eriksdale, so if you hit it over the track then you get a home run."

"They had decent fielding, so we had a lot of base hits."

Against Charles Sinclair, the Rams were limited to scoring five runs per inning. Stonewall scored five runs in three innings and four in another for the blowout win.

Brewster wasn't bothered that the Rams had a relatively easy path to this year's provincials.

"I'm not concerned with it," she said. "Our girls are very talented ball players and I feel that we deserve to be (at provincials), for sure. I also feel that it was nice to go to a tournament this year and be able to beat some of those good teams that had played a lot of games so far."

The MHSAA fastpitch provincials will take place in Morden, beginning today and continuing through until Saturday.

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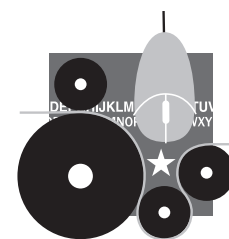
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CARD OF THANKS

The Teulon Rodeo Club would like to thank everyone who attended our fundraising social. A big thank you to all our sponsors, businesses and individuals who donated prizes for the silent auction. To Janet at Blue Skies Bakery for the buns, cookies and dainties and Buus Construction for the use of the jail. Thank you again and hope to see everyone at the Rodeo August 27th and 28th.

ANNOUNCEMENT

CARD OF THANKS

The family of the late Dina Heller would like to express their sincere thanks to friends, family and co-workers for the many emails, cards, flowers, baking, meals and phone calls received following Mom/Oma's death. It was such a comfort to know that she had touched so many lives in her special way. Your caring thoughts and support have helped us to cope at this difficult time. We all appreciate these condolence messages more than we can say.
-Henry and Viv Heller family
Bernie and Greg Savoie family
Paul Heller and Donna Taplin family
Marieanne and Bill Williams family
Carl and Donna Heller family

ANNOUNCEMENT

GRADUATION

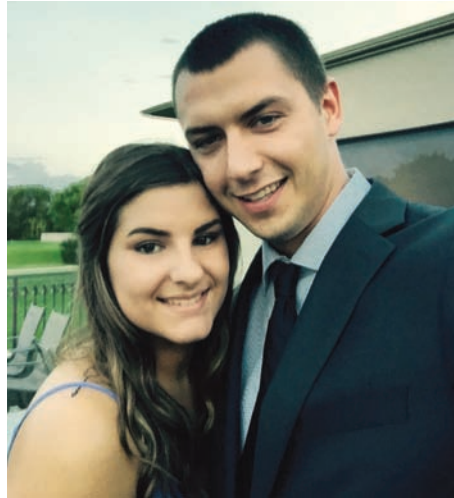


Dr. Christopher Proctor
Congratulations on your Graduation from Medical School. We are so very proud of your commitment to your goal of becoming a doctor. Best wishes as you begin your Residency at Portage la Prairie Hospital.

-Love from,
Mom and Dad, Jacq and Jesse

ANNOUNCEMENT

ENGAGEMENT



Dale and Lorna Baker of Balmoral, MB and Dan and Nathalie Leonard of Ottawa, ON are pleased to announce the engagement of their children, Michael and Marie-France. A bridal shower will be held June 25 from 1 - 3 p.m. at the Stonewall Legion. Please RSVP to 204-461-2582 by June 10. A social will be held in their honour June 25 at the Stonewall Legion. A September wedding is planned.

ANNOUNCEMENT

IN MEMORIAM



Georgette Proctor
September 26, 1930 - June 5, 2014

We little knew that day,
God was going to call your name;
In life we loved you dearly,
In death, we do the same.
It broke our hearts to lose you,
You did not go alone;
For part of us went with you,
The day God called you home.
You left us beautiful memories,
Your love is still our guide;
And although we cannot see you,
You are always at our side.
Our family chain is broken,
And nothing seems the same;
But as God calls us one by one,
The chain will link again.
-Forever missed and forever loved,
Mareta, David, Claudette
and families

ANNOUNCEMENT

IN MEMORIAM

Theresa Fleury
Until We Meet Again

Those special memories of you,
Will always bring a smile;
If only we could have you back,
For just a little while.
Then we could sit and talk again,
Just like we used to do;
You always meant so very much,
And always will too.
The fact that you're no longer here,
Will always cause us pain;
But you're forever in our hearts,
Until we meet again.

-Love always,
Carl,
Melissa, Melanie, Michael
and families

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RETIREMENT FARM EQUIPMENT AUCTION FOR VIC BALEJA

Monday, June 6 at 10 AM

Sperling, MB. 30 miles Southwest of Winnipeg on Hwy 3, ¾ mile Southwest of Pioneer elevator, South of Brunkild, Manitoba Hwy 3



2001 John Deere 9200 4 wheel drive, 4 Remotes. 480/85R-42 duals, Standard 12 speed, 4157 hrs, serial # 41505 with John Deere Starfire ITC Auto steer. Harvesting equipment, 2009 John Deere 9670 STS, Combine, corn /grain machine, 615P header, 480/180-42 duals, fine cut chopper, hopper extension. 1750 engine hrs, 1260 separator hrs, Serial # 9670S726563. Will be Green lighted, Field ready. 1994 GMC Tandem 3116 Cat with 10 speed, 20 ft Midland unibody box and hoist, Roll tarp, 16,000 lb front, 40,000 rears. 148,995 Kilometers Serial # 1G0TTH4J5R521521, safetied truck. **Partial listing owners 204-745-7828**

Bidding by Proxy, Phone, and Internet.

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SURPLUS AUCTION BERG PREP AND PAINT

Thursday, June 9 • 10 AM

550 George Ave. Winkler, Manitoba. Truck and Trailer, surplus equipment, tools and stock reduction auction.

PLEASE NOTE Bergs is remaining in business, we need to make room for more business.



2005 Kenworth T600 C15 Cat 13 speed, 22.5 rubber complete with brand new Berg 20 ft grain body, hoist, Michelles roll trap, etc. 12,500 front axle. 40,000 rears, If you need more info. call me at 204 823 4159. 1990 IHC 2450, 466 diesel, with 24 ft deck soft side curtains, driving truck. 2001 Ford F-350, Gas, 4 speed, with goose neck deck. 1995 Chev pick up truck, runs needs work. Trailers: Two new Rainbow 18 ft car hauler trailers, with tandem 5200 axles. New 6 x12 ft Deck single axle trailer. New dump trailer 12 x 7 ft w/ tandem 7000 lb axles. Used 48 FT VAN semi trailer, storage unit with rolling under carriage. 20 ft Road boss fifth wheel trailer deck and tandem axle. Misc. Shop etc.: Indoor warehouse type fork lift with standing operators station. 2 - 7000 lb new trailer axles, electric brakes. 3 - 5000 lb axles w/ electric brak. New 3 pth 6 ft blades. 3 - 8 ft box scrapers, brand new. Cat R 80 Fork lift, not running

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ANTIQUE AUCTION GEORGE AND SHIRLEY LEWCO Monday, June 6 approx. 2 pm following the Vic Baleja Farm Auction

3 mile east of Sperling on Hwy 3 and Road 37, Mollard Road



New addition Ford Model 2000 Tractor, gas, 3pth, new tires, good unit, John Deere D 120 yard tractor with 48" mower, 313, hrs. 1976 Allis Chalmers 7030 tractor cab, dual hyd, pto and standard shift, 5000 hrs. 1949 Case VA wide front, eagle hitch pto, with this 2 bottom plow, sickle mower. Allis garden tractor 716 hydro or similar, running condition, no attachments. Two John Deere model D's, Seized, many many antiques, cream separator, pails, buckets, cans etc.

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OBITUARY



John Cramb

John Cramb passed away peacefully at the Stonewall Hospital on May 26, 2016, at the age of 94. A gentle, kind, and loving man, he will be forever missed and cherished by his daughters, Gwendolyn and husband Gordon Thompson, and Anne. He was pre-deceased by his beloved wife of 60 years, Margaret, in 2012; his parents; sister-in-law, Jessie and husband Charlie Morrison; and nephew, James Morrison. Also mourning his loss are nephew, Doug Morrison (Ruby Durant); niece, Carol Morrison; cousin, Jim Haggart (Liz); dear friends, Audrey and Ken Klimpke; and many other cousins and friends.

Dad was born at Greenwells Farm in Perthshire, Scotland, on March 6, 1922, the only child of James and Janet Cramb. In 1928, they immigrated to Canada where Grandpa and Granny worked on farms in Rosser and Foxwarren, before purchasing the farm

south of Stonewall in 1934, the place that would be home for the next 65 years. Dad attended Tecumseh School, and then left school to work on the farm. He loved his life, working on the land and with his animals, and above all his family. He met the love of his life, Margaret Barker of Lilyfield, at a local dance, and they married in 1951. They built their home on the farm, and worked side by side for the next 48 years. They had their two daughters, Gwen and Anne, and Dad was always very involved making sure we got to our various activities. He was a member of Grassmere United Church, and enjoyed participating in church and community activities. Not having any of his own relatives in Canada, he embraced being a member of Mum's Barker clan, and enjoyed the frequent family gatherings, especially a good chinwag with Bert Barker. He also enjoyed the camaraderie of his coffee gang at Miller's Restaurant. A highlight over the years were the visits from his cousin, Jim Haggart of Crieff, Scotland. In 1999 Dad and Mum retired from the farm and enjoyed many happy years together living at Lions Manor in Stonewall. He lived this past year at Rosewood Lodge, where he was very content, taking part in the various activities. Many thanks to the staff of Rosewood Lodge, Stonewall Hospital, and the Interlake-Eastern Regional Health Authority Home Care for the wonderful care they provided.

Funeral service was held on Tuesday, May 31, 2016 at 11:00 a.m. at Stonewall United Church. Interment took place at Grassmere Cemetery.

In lieu of flowers, if friends so desire, donations may be made to the Stonewall United Church.

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OBITUARY

Marilyn Marjorie Wozney (nee Miller)

April 26, 1936 – May 26, 2016

It is with great sadness the family announces the sudden passing of a wonderful and caring person.

She is survived by one son David and one brother Andy. She was predeceased by her husband John.

Marilyn was born in Winnipeg to Harold and Gene Miller, April 26, 1936. She was a high school teacher in Teulon and a cattle farmer for many years until her retirement.

Cremation has taken place. A small private graveside service will be held at a later date.

The family would like to thank Dr. Loudon and the staff at the Teulon Hospital for their care and compassion shown to Mom.

MACKENZIE FUNERAL HOME TEULON
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OBITUARY

Joyce Marks

Peacefully on May 22nd, Joyce passed away at the Riverview Health Care Centre with family at her side.

She was predeceased by her parents Danny and Laura Bowman; six brothers and three sisters. Left to mourn are her husband Lawrence, three children Lori, Bruce, Dawn, granddaughter Mia, David and Tresse Marks. She is also survived by her brother Dale, sisters Doreen Schaeffer and Donna Yeo.

Cremation has taken place and a private interment will follow at a later date.



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

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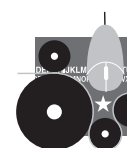


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