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Veteran Chris Monk, pictured left, escorted by Legion member Howard Hilstrom lays a wreath in honour of fallen soldiers during the D-Day service.

TRIBUNE PHOTO BY NATASHA TERSIGNI

Remembering the heroes

By Natasha Tersigni

A defining moment in world history occurred 72 years ago on the banks of Normandy, France, during the Second World War. On June 6, 1944, as a last attempt to end Nazi Germany's reign over much of Europe, Allied troops departed England in darkness headed for France on an operation now known as D-Day.

As the boats approached Normandy, dawn began to break and the German-occupied banks became visible. Without another option, and knowing that the world's freedom hung in the balance of this critical operation, Allied troops, including 14,000 Canadian soldiers, stormed the coastline with the intent to invade and secure the section of land. The battle that ensued was not without loss, with 1,017 Canadians giving the ultimate sacrifice on Juno Beach. The actions of those soldiers helped to end the Second World War and restore peace in Europe.

It is those soldiers' brave actions and sacrifices that were honoured last

Continued on page 2

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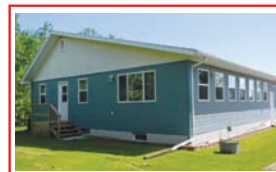
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> D-DAY, FROM PG. 1

Sunday during the annual D-Day service held at Memorial Park in Stonewall.

Following a procession from the Royal Canadian Legion Branch 52 down Main Street to the park — which included the 303 Army Navy Air Force Pipes and Drums Band, Legion colour party, local government officials, Knights of Columbus, 301 Alan McLeod VC Air Cadet Squadron and the local Scouts troop — a service was held at the park and officiated by Rev. Leonard Oracheski.

"To gather here each year is not too much to ask for all the work our service personnel and RCMP officers have done in the service of their country," said Oracheski.

"We gather with the hope that someday they shall beat their swords into ploughshares and their spears into pruning-hooks; nation shall not lift up sword against nation, neither shall they learn war anymore. Let us never forget until that day arrives."

Following the address, the service ended with the placing of wreaths on the steps of the cenotaph by honoured guests and family members in remembrance of soldiers that fought for Canadian freedom.



Local veterans and Royal Canadian Legion Branch 52 members attended at the D-Day service.



The 301 Alan McLeod VC Royal Canadian Air Cadet Squadron cadets placed poppies in remembrance of those who have served in the past and for those who continue to serve.



Members of the RCMP lead the D-Day parade down Main Street on June 5 in Stonewall.

TRIBUNE PHOTOS BY NATASHA TERSIGNI



The Royal Canadian Legion Branch 52 colour party raises the flags for the start of the D-Day service.



Members of the 301 Alan McLeod VC Royal Canadian Air Cadet Squadron stand at attention following the Last Post to honour fallen soldiers.

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Quarry Quties host one final Hoot n' Annie

By Natasha Tersigni

After 10 years of hosting their annual Hoot n' Annie event, the Stonewall Red Hatters Quarry Quties held their final gathering on Saturday — and in typical fashion, the event was a hoot.

It was a decade ago that the newly formed Stonewall Red Hatters — which is made up of women from the community that meet once a month to have an outing and enjoy each others company — decided to host the event as a way to meet other Red Hatters from chapters across the province.

"At our first show, we had 60 Red Hatters that we never met before show up. We had a program all set and lunch and supper ready to serve. I told a few of my jokes and there were a few skits, but what I thought was going to take two to three hours took us half an hour. So there I was: I had 60 Red Hatters wanting to be entertained for the whole afternoon and nothing else planned," said Place, who managed to phone a friend in a hurry and get them to perform with minutes' notice at the first Hoot n' Annie.

Better prepared and with a bigger venue, moving from the Little Red Barn to the 55-Plus Centre and then Oddfellows Hall, the Stonewall Red Hatters decided to keep hosting the afternoon year after year. Along with lunch and dinner, the Hoot n' Annie includes an afternoon full of entraining skits performed by the Quties.

With a crowd of approximately 180 Red Hatters from 25 chapters across



Stonewall Red Hatter Bonnie Place was MC for the afternoon and kept guests in stitches with her jokes in between skits performed by fellow Quarry Quties.

the province, the Quties left audience members with several laughs for their final show.

"Every single one of our Hoot n' Annies have been a success. After 10 years, we have decided as a chapter to move on to other projects and focus on other outings," said Place.

"We will try and find other things to do other than put on the large event, but it has been a wonderful 10 years."



TRIBUNE PHOTOS BY NATASHA TERSIGNI

The Oddfellows Hall in Stonewall was a sea of red hats and purple outfits on Saturday afternoon for the Hoot n' Annie event hosted by the Stonewall Red Hatters Quarry Quties. The variety show, made up of skits performed by the Quarry Quties, kept fellow Red Hatters from across the province laughing well into the afternoon.

Lemonade for a cause



TRIBUNE PHOTO BY MAGGIE FITZPATRICK

Pictured from left, Annie and Holly Fitzpatrick were selling lemonade during the Warren Town-Wide Garage Sale May 26 while raising funds for the Warren Elementary Play Structure. The sisters raised \$300 through donations.



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Teulon Ride-In Rally raised funds to support veterans with PTSD

Veteran shares story of living with PTSD

By Natasha Tersigni

Mother Nature may have rained on their bike ride but she certainly didn't dampen spirits for motorcycle riders and organizers at the first annual Teulon Ride-In Rally in support of Project New Hope held last Saturday.

The inaugural rally featured a motorcycle poker derby throughout the Interlake with stops in Winnipeg Beach, Gimli and Inwood and attracted 30 riders. The event raised money for Project New Hope, a not-for-profit organization that provides treatment and counselling for veterans struggling with Post-Traumatic Stress Disorder (PTSD).

After participants returned from their ride throughout the Interlake, United States Army veteran Lucinda Brummitt shared with riders and guests her difficult journey of living and coping with PTSD to drive home the importance of organizations such as Project New Hope.

A retired private first class, Brummitt, who now lives in Inwood, served in the army from 1981 to '85. Before leaving the States for a tour in Germany in September 1982, Brummitt was involved in a severely stressful event that she kept hidden for years.

"I pretty much swallowed it, and for years and years and years, my way of dealing with it was either being angry or depressed or drinking and taking prescription drugs. PTSD does cause physical pain; a lot of people don't understand that. Your chemistry in your brain is changed and can never go back to the way it was before, and a lot of the by-products of that are anxiety, anger, depression, dissociation, severe reactions to stimulus and hypervigilance," explained Brummitt.

Despite years of counselling and different prescribed drugs, Brummitt continued to struggle with PTSD.

Then four years ago Brummitt received a service dog trained specifically to work with people suffering from PTSD and things started to change for the better. With Mr. Big by her side, Brummitt was finally able to live a normal life without suffering the daily effects of PTSD.

"He can sense when I am anxious or upset and he will put his paw on me or kiss. Sometimes with

PTSD, you will just go off in your own space, like the lights are on but nobody is home, and he will just nudge me and get my attention to ground me and bring me back," said Brummitt, who added that Mr. Big goes everywhere she goes.

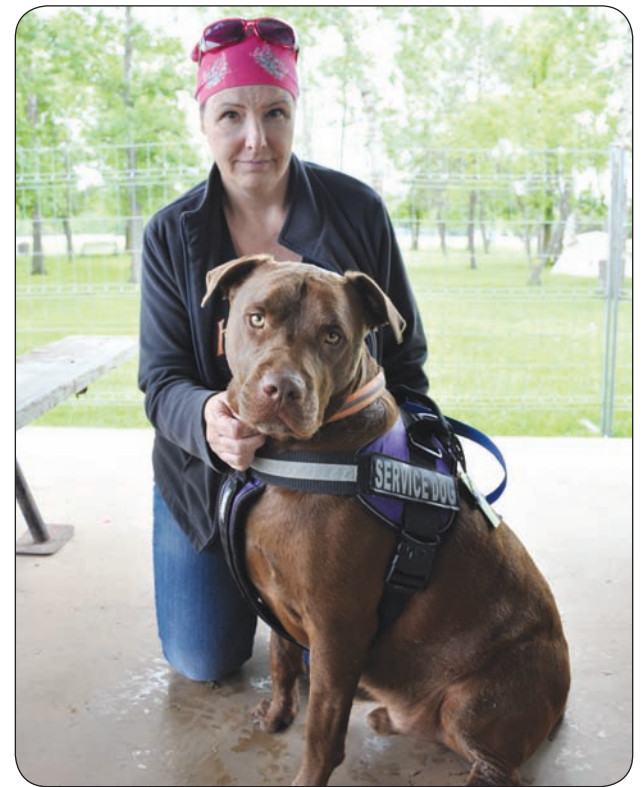
"When I do things like grocery shop, he will watch other people for me, which takes a lot of stress off of me because he knows I don't like people coming up behind me. If he senses that I am really upset with whoever is around me, he will actually put himself between me and that person."

While Project New Hope currently does not have funding to provide veterans with service dogs, with continued fundraising events including the bike rally, the hope is one day they can.

"This event is for Project New Hope to fund projects for veterans with PTSD so they can get counselling and hopefully at some point service dogs. Up until now, service dogs have been incredibly expensive, and a lot of times they are reserved for people who are blind or in wheelchairs," said Brummitt.

"Project New Hope was formed to help people in a situation find ways to get treatment and get help. There is not a cure for PTSD, but you can find ways to cope in life."

With the success of this year's rally, organizers are already thinking about next year's event and ways to attract more riders. For more information on the programs and services provided by Project New Hope, go to www.projectnewhopecanada.ca.



Lucinda Brummitt, pictured with her service dog Mr. Big, was the guest speaker at the rally. Brummitt, a veteran of the U.S. Army who suffers from PTSD, spoke on the importance of organizations such as Project New Hope and the work they do they do with veterans living with PTSD.



Thirty motorcycle riders took part in the first ever Teulon Ride-In Rally to raise funds for Project New Hope. The inaugural event was a success and organizers are looking forward to next year's event.

Touring Stonewall's natural gem

By Natasha Tersigni

To highlight Stonewall's vast eco-diversity and showcase one of the town's premiere natural habitats, the Rockwood Environmental Action Community Taskforce (REACT) held their 6th annual Ruby Roe Tall Grass Prairie Day on Saturday.

Located on a small patch of land west of the Stonewall Hospital, the Ruby Roe Tall Grass Prairie is home to over 60 species of rare native Manitoba wild flowers and grasses, including the harebell wild flower and Manitoba's official grass, big bluestem.

The site was set aside in the early 1990s when the hospital was built. Over the years, REACT volunteers have done work to maintain the land and to keep it in its natural state.

With less than one per cent of natural prairie grass left in the province, the site plays an important role in preserving the native grass and plants.

Along with guided tours of the land, REACT hosted a barbecue, rain barrel sale and handed out small white spruce trees that were donated by the East Interlake Conservation District.



During REACT's Ruby Roe Tall Grass Prairie Day, group members, including Chris Friesen (pictured left), gave a guided tour of the preservation site that features native plants and grasses.

Native plants have perks

By Stefanie Lasuik

Plants native to Manitoba have many perks for gardeners, according to Kelly Leask of Prairie Originals near Selkirk. Leask visited the Stonewall Library on June 2 to explain the benefits of plants that have grown here since pre-European contact.

Native plants are useful as medicines for the stomach and throat, said Leask. Rat root, although bitter, helps with sore throats and coughs and energizes those who eat it. Wild mint is a good remedy for stomach ailments.

Although many introduced plants offer healing benefits, native plants help the wildlife they've evolved alongside of.

"Insects will be able to use native plants better than they will conventional plants," said Leask. Plants that attract bugs can deter some gardeners, but Leask explained people should want insects in their gardens.

"Everything gets kept in balance with each other," said Leask. For example, aphids attract ladybugs, which in turn attract dragonflies and other predators.

Leask also dispelled the fear that

plants that attract insects will cause caterpillars to infest the garden.

"Most likely, they're only going to be able to eat the plant that they're on," said Leask.

Native plants invite a variety of wildlife, Leask explained.

"They're the foundation of a habitat, which is quite exciting if you're wanting to invite life into your space," said Leask.

Native plants are often perennials and require little care. Once they're established, the hardy plants don't require watering, fertilizing or covering in the winter, said Leask.

"Some people have the idea that wild flowers don't belong in the garden, that they don't behave nicely and will grow out of control," said Leask. But native plants aren't any more likely to overtake a space than non-native plants, she explained.

And because gardens offer better soil and less competition than wild areas, native plants can grow bigger in them.

Unfortunately, many native plants and the habitats they grow in are threatened.



TRIBUNE PHOTO SUBMITTED

Kelly Leask, manager at Prairie Originals, shared her knowledge and samples of native plants with Stonewall residents on June 2.

"There's one-twentieth of one per cent of tall grass prairie left in Manitoba and across North America," said Leask, noting that people didn't destroy them intentionally but wanted parking lots, lawns and wheat fields

instead.

At Prairie Originals, Leask works to repopulate and sell native plants. Their website, prairieoriginals.com, details native plants and their benefits.

Interlake-Eastern RHA awarding tuition bursaries to health care students

Submitted

The application deadline for Interlake-Eastern RHA's Grow Your Own bursary is June 30. Designed to assist in the recruitment and retention of health care professionals, the RHA will cover to a maximum \$2,550 per academic year to full time students who are pursuing a career in a health care profession. Applicants must be enrolled in an accredited education program leading to a degree, diploma or certificate in a health care.

It's a program that has benefitted both students and the RHA according to Brianna Demchuk, human resources manager for Interlake-Eastern RHA.

"We currently have 25 students fulfilling their return of service agreements with us. Of five who have recently completed their return of ser-

vice, four are still working for us. We call this bursary Grow Your Own because it helps us identify and support students who are ultimately seeking to secure a position as a health care professional within our region," Demchuk said.

Nursing students typically represent the majority of bursaries awarded but other health care professionals in training, such as pharmacists and physiotherapists, are encouraged to apply as well.

In order to apply for bursary funding, the applicant must have completed two years of a program that is four or more years long. Applicants must be interested in working for Interlake-Eastern RHA after graduation as the provision of a bursary is conditional upon a return of service agreement with employment based in Interlake-

Eastern RHA. Students may apply for the bursary a maximum of two times.

More information and an application form are available at www.ierha.ca under "Careers" and "Education

Funding".

Questions can be directed towards Kerri Simcoe, human resources generalist, at ksimcoe@ierha.ca or 204.753.3119

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Rain wreaks havoc on roads

Staff

The rainy weather is definitely putting a damper on road maintenance in the RM of Rockwood and beyond.

Frustrations are mounting for politicians and residents alike as potholes and frost boils wreak havoc on local roads.

Lakeside MLA Ralph Eichler said he's been hearing from concerned citizens about the conditions of the RM roads and the provincial roads.

"I don't remember the roads ever being this bad," Eichler said. "I think the early rain put so much strain on the roads — and then we got more rain."

According to data from the Manitoba Agriculture Weather Program and Environment Canada, from May 1 to June 1, Teulon was at 180 to 200 per cent of its normal precipitation, while surrounding areas were at 150 to 180 per cent of normal precipitation. During the same period, precipitation in Woodlands was 120 to 150 per cent of normal amounts.

"It's no wonder we are having the road conditions that we have. Weather has such an impact on them. Then the offshoot of that is the fact that it affects our farmers in getting the crop in," Eichler said.

"Even though we had a lot more rain than normal, quite a bit of the soil is seeded. Some may need to be reseeded, but I don't think that's a large number — at least that's not what I'm hearing right now."

For drivers, Eichler advises them to be slow and steady.

"I heard that even a couple provincial graders got stuck that were trying to repair the road and they actually had to be pulled out. By taking a load of gravel down and trying to fix it, sometimes you make it worse. It's a Catch 22," he said.

"Constantly, we're planning on upgrading them to get them safer and back into good condition. We know that we need those roads. They're vi-



TRIBUNE PHOTO BY MATTHIEU MEIER

The road and highway conditions are some of the worst the province has seen this spring.

tally important to us so it's a priority for us, no doubt about that."

In particular, Eichler has heard that Highway 17 is in rough shape going across from Teulon towards Winnipeg Beach.

"We just have to be patient sometimes, and Mother Nature's not always good to us," he said.

"But we certainly realize the number of repairs that are needed and we're planning on spending a good portion of our budget on maintenance in order to get these back into good shape."

In the RM of Rockwood, CAO Chris Luellman fields a call or email about the road conditions every couple hours.

"We're just fighting Mother Nature right now. It took a long time for the frost boils to come out, and with the rain, it's hard to get on the roads," he said.

"We're just waiting for some dry periods so that we can get all our maintainers on and get them fixed up. It's a whole process, but they are a priority."

There are bad roads all over the RM, and the public works department is flagging the priorities, he added.

"We're not unique in the province.

We're like every other RM out there fighting to repair our roads, and we're just hoping for a bit of dry spell so we can get something done," Luellman said.

"The frost boils have brought up all the mud and you can't even get a maintainer on it right now because the grader will sink down too. So you're stuck between a rock and a hard place, and every day that goes by, we just get a little further behind. Unfortunately, we can't do anything with Mother Nature. She's in control, and we're just battling through it."

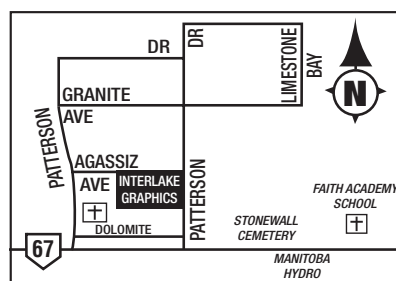
For drivers, he suggests that they slow down and take it easy since the bad sections can come up unexpectedly.

"We ask for their patience and their caution. Our guys are out on the road every single day. We have fairly good knowledge of where the issues are. We'll get to our main roads first and then we'll get to the subsidiary roads after that. It's one of the worst years that we've experienced. We're trying our best to get to it but you can't do anything until it starts drying up a bit," he said.

"First of all, you need the rain to get

Continued on page 8

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Twin schools form cross-cultural connections

By Jennifer McFee

With an extended family that reaches around the globe, the Interlake School Division continues to bolster cross-cultural connections through its successful twin school initiative.

Supt. Christine Penner had a vision to twin all 22 schools in the division with schools in other countries, thus allowing students to forge international connections, promote diversity and break down cultural barriers.

Penner felt inspired to take on the task of twinning schools after she experienced a striking coincidence in the summer of 2011 while in Uganda for a charity that she runs.

While she was there, Penner visited eight Ugandan schools. During the final school visit, a package of paintings happened to arrive from Grosse Isle students who had participated in the Brush Out Poverty project.

"I was just ecstatic," she said. "I got to hand out the Brush Out Poverty paintings to these little Ugandan children. Then I was there all morning when they did their paintings for our kids so I could take them home on the plane with me. That was how this whole twinning idea started."

To date, 20 of the Interlake School Division schools have formed a bond with a counterpart in another country, including the nine colony schools working together with one nursery and primary school in Uganda. The remaining two Interlake School Division schools are in the process of being twinned.

Recently, bus driver Bill Smedts helped create a connection with a school in Guatemala, while other twin schools are located in Dominican Republic, Cameroon, Uganda, Zimbabwe and Colombia.

Students are encouraged to learn about each other's cultures and to send cards, letters and crafts to one another. The local students are also encouraged to help meet the needs of their twinned school, whether that might be school supplies, sporting equipment, art supplies or more.

On a recent trip to the Dominican

Republic, Penner was thrilled to see a brand new volleyball net strung across the yard.

"My heart just filled with pride," she said. "It was awesome."

At Ecole R.W. Bobby Bend, students usually participate in two or three fundraisers each year to benefit G.S. Njema School in Cameroon.

Guidance counsellor Heather Sanche works with the students through the social justice program, promoting "bucket filling" on both local and global levels.

"The connection has been wonderful," Sanche said. "This is a more global way to show kindness and caring in helping others. It's an exposure to the students because it's a whole different world. I have shown them slides of the conditions there, and they are in awe because they don't realize that people do live that way and how fortunate we are."

For the past three years, the Grade 3 students at Bobby Bend have formed pen-pal relationships with students in their twin school. The local school has also equipped the African institution with soccer jerseys and equipment, working closely with Kickballs for Kids.

"It's those kinds of things that have helped to create the connection with the kids. It's far away and it's abstract, so some of those things have brought it a little closer to help them understand the difference it's making," Sanche said. "It really does help just to see some of those realities, and that community is so appreciative of our help. They're always sending thanks."

Meanwhile, at Stonewall Collegiate Institute, the school sends between \$2,000 and \$3,000 every second year to Gwirindindi High School in Zimbabwe.

This year, they are ready to send about \$2,500 fundraised through a recent coffee house event combined with last year's Kickball for Kids soccer fundraiser. In the past, funds have been used for computers, soccer equipment and student scholarships.

Chelsea Meier, teacher supervisor



TRIBUNE FILE PHOTO BY JENNIFER MCFEE

Teulon Elementary School has established a twin school relationship with Escuela Michoacán in Colombia.

for the human rights group, said the current funds would likely be used towards scholarships and bursaries again this year.

"For them, it's \$50 but that pays for a year of school. It's really great," she said. "It's also great for students here to see their money helping kids so far away."

And for Penner, it's exciting to see her dream nearing fruition.

"My vision is to tie your local vision with a global vision. That was one of my thoughts when I started and it's really exciting to think that we're almost there," she said.

"It's a beautiful picture where we have a bus driver, students, teachers, administrators and community members working together to move this project forward. I think it's such a beautiful story."

ISD twinning schools initiative

- Balmoral – Coral Learning Center – Dominican Republic
- Bobby Bend – G. S. Njema School – Cameroon

- Brant Argyle – Las Casitas School – Guatemala
- Centennial – Karama Nursery & Primary School – Uganda
- Grosse Isle – Bweranyange Nursery & Primary School – Uganda
- Rosser – Kampala Nursery & Primary School – Uganda
- SCI – Gwirindindi High School – Zimbabwe
- Stony Mountain – Solution Academy – Uganda
- Teulon Elementary – Escuela Michoacán – Colombia
- TCI – In progress
- Warren Elementary – In progress
- WCI – Union Paquix School – Guatemala
- Woodlands – McKenya Nursery & Primary School – Uganda
- Colony Schools (Concord, Kelsey, Lightly, Mallard, Meadow Lane, New Haven, Omega, Prairie Blossom and Rock Lake) – Opondo Nursery & Primary School – Uganda

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Tim Hortons Camp Day brews \$12.6 million to help low-income families



TRIBUNE PHOTOS BY STEPHANIE DUNCAN

On June 1, 100 per cent of proceeds from coffee sales at participating Tim Hortons Restaurants, including the store in Stonewall — along with Camp Day bracelet sales and donations large and small from generous guests and restaurant owners — raised \$12.6 million for the Tim Horton Children's Foundation (THCF). All funds raised will help impact the lives of 19,000 kids from low-income families by sending them to one of seven THCF camps across North America this year and supporting them to positively change their outlook on life.

Local musicians excel at provincial festival



TRIBUNE PHOTOS SUBMITTED

Several musicians from the area competed in the 2016 Provincial Music and Arts Festival in Brandon from May 27-29. Pictured left to right, Camryn Dewar of Stony Mountain placed second in the Junior Canadian Composers category; Hunter Teichrib also of Stonewall placed second in the Intermediate Classical Guitar and Sarah Crellin of Stonewall placed second in the Intermediate W.A. Mozart category.

> HAVOC ON ROADS, FROM PG. 6

the frost boils out completely and then you need the rain to stop so that you can go repair. It's a no-win situation. We're waiting it out and we're anxious to get at it because every day that goes by, we're falling further behind to get our roads in shape for summer."

For Rockwood Reeve Jim Campbell, he understands the frustrations of local drivers since he lives on a provincial road that is even difficult to traverse in a four-by-four truck.

"It's Mother Nature that's testing us here. All we can do is wait until it firms up and the frost comes out of the ground. You can't even drive on it to dump gravel on it because it's like quicksand and the equipment would get stuck," Campbell said.

"I've had to detour to get to my own house, so I sympathize with everybody. We're doing the best we can."

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Comedy movie shoots scenes in Stonewall

By Jennifer McFee

Lights! Camera! Action!
This weekend, Stonewall was a hub of activity as a location for filming scenes for an original comedy feature flick called *Room For Rent*, written and directed by Matthew Atkinson.

On Saturday, filming was underway at the Legion Branch #52 and at the Association for Community Living. Filming continued at the legion on Sunday, followed by more work at 48 Gray St. on Tuesday.

The film crew was set up in the parking lot at the Veterans Memorial Sports Complex as well as in the parking lot behind the town office and at MacKenzie Funeral Chapel.

The movie hinges around a character called Mitch Baldwin who won the lottery. Three years later, he found himself broke and back in his family's home. When talks began about downsizing the home, Mitch suggests renting a room to a mysterious strange named Carl. As Carl disrupts Mitch's routines, the plot thickens to include deception, humiliation, spying and revenge.

Independent filmmaker Randy Guest was the location manager for

pre-production of the movie, which is being produced by Farpoint Films, Musterios Productions and El Duo Motion Pictures.

The film stars Mark McKinney of *Kids in the Hall* and *Superstore*, Patrick J. Adams of *Suits*, Brett Gelman of *Love and Married*, Mark Little of *Picnicface* and *Rollertown*, Carla Gallo of *Neighbours 2: Sorority Rising* and *Superbad*, and Stephanie Weir of *The Comedians* and *MADtv*.

Room For Rent will be distributed by D Films for screening at festivals this fall through next spring, followed by a short theatrical run before being aired on The Movie Network.

Other partners include Prodigy Pictures, Telefilm Canada, and Manitoba Film and Music.



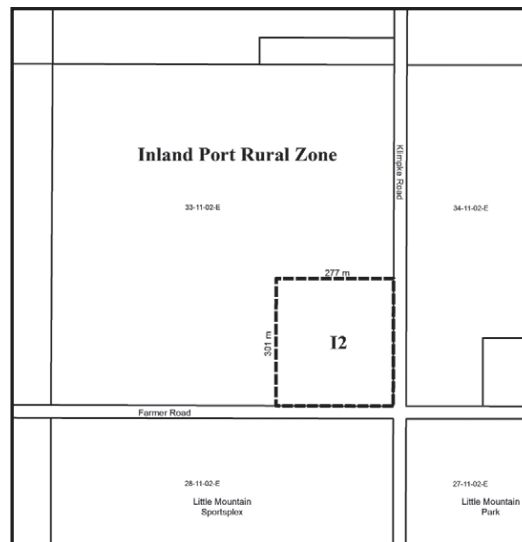
TRIBUNE PHOTO BY LANA MEIER

Patrick J. Adams of *Suits* posed as a police officer during the filming of *Room For Rent* last Saturday in Stonewall.

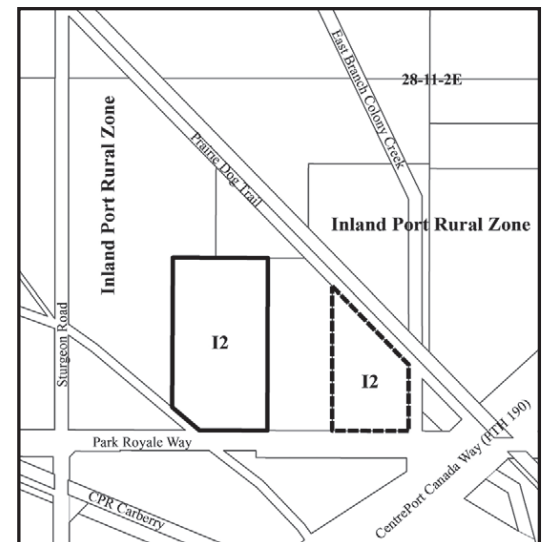
Proposed re-zoning in CentrePort

Share Your Views

Concerning two proposed re-zonings in Sections 33-11-2E and 28-11-2E in the RM of Rosser CentrePort lands from Inland Port Rural Zone to "I2" Industrial General Zone.



Pt. SE 1/4 Sec. 33-11-2E



Pt. SW 1/4 Sec. 28-11-2E

Applications have been received to re-zone part of these sections in the rural municipality of Rosser from Inland Port Rural Zone to "I2" Industrial General Zone.

Two Public Hearings

You are invited to share your views on the planned re-zoning of both sections at a public hearing taking place at 6:00 p.m. for section 33-11-2E and 6:30 p.m. for section 28-11-2E on Wednesday, June 29, 2016 at the Victoria Inn Hotel and Convention Centre located at 1808 Wellington Avenue, Winnipeg.

For more information

If you would like to attend this public hearing, or you would like more information on the proposed re-zoning, please contact:

Meagan Boles, Senior Planner
Inland Port Special Planning Area
Manitoba Indigenous and Municipal Relations
610 – 800 Portage Avenue
Winnipeg, Manitoba R3G 0N4
Phone: 204-794-3817
Fax: 204-945-5059
Email: inlandportspa@gov.mb.ca



Sunova collecting tea, toothpaste and tampons for Siloam Mission

News Release

Until July 8, all Sunova Credit Union branches will be collecting personal hygiene items and tea for Siloam Mission. This supply drive is part of the partnership between Siloam and the Sunova Golf Classic, from which Siloam will receive an estimated \$20,000 in proceeds.

"After touring the Mission, we were inspired to get involved in a larger way," says Vanessa Foster, director of marketing for Sunova. "The staff at Siloam told us that they're always struggling for donations of feminine hygiene products. This supply drive is our way of bringing a bit of awareness to that need, as well as helping to collect items to keep the Mission's clients healthy and comfortable this summer."

Though an emphasis is being put on toothpaste, tea and tampons, all personal hygiene items and cash donations will be accepted.

The 11th annual Sunova Golf Classic will be held Friday, June 10 at the Selkirk Golf and Country Club.

RBC donates \$10,000 to local organizations



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Royal Bank of Canada Stonewall Branch proudly donated \$10,000 to local causes last Friday through their RBC Days of Service Grants. The RBC Day of Service is a program where employees choose a charity organization/fundraiser and volunteer a minimum of three hours for that charity and in turn RBC donates \$1,000.

Last year, seven donations were made, and this year the branch of 16 staff was very happy to make 10 donations. The ceremonial cheque presentation was made at the annual Community RBC Blue Water Day Celebration barbecue. Danny's Whole Hog supplied the food and the \$295 silver collection has been donated in Danny's name to the Alberta Fires Appeal. The following groups/non-profit organizations each received a donation: Ducks Unlimited Canada Stonewall Chapter Annual Gala/Auction (\$2,000), Ecole Centennial School Beautification Project (\$1,000), Woodlands Elementary Community Play Space Capital Campaign (\$1,000), Southwest District Palliative Care Walk (\$1,000), Warren Elementary Parent Advisory Committee for a play structure (\$1,000), Starting Blocks Daycare Plant Sale (\$1,000), Stonewall Boy Scouts of Canada (\$1,000), Stonewall Project Linus (\$1,000) and Brant/Argyle School Spring Clean Up (\$1,000).

Charity golf tournament tees off on June 17

Staff

It's nearly time to tee off for the 12th Annual Ralph Eichler Charity Golf Tournament set for Friday, June 17.

Initially launched by Lakeside MLA Ralph Eichler, the annual fundraiser is not a political event but instead raises funds to benefit The Interlake Community Foundation and South West District Palliative Care.

The Texas Scramble-style event will

tee off at 1 p.m. at Teulon Golf and Country Club, although it has also broadened its scope to be held at the South Interlake Golf Course in previous years.

Event co-chair Jim Penner said the event reached an all-time high last year with participation from 96 golfers.

"We have some excellent prizes to give away to the top golfers and, of

course, to lots of others as well. We would encourage everybody who is interested in supporting things like this in the community to give us a try," said Penner, who is also the vice-chair of the Interlake Community Foundation board.

"And you don't have to be a good golfer. It's not about winning. It's about spending some time outside in the great weather at a very nice, sce-

nic course. There's a good dinner afterwards with lots of socializing, so we certainly encourage people to come out."

The Interlake Community Foundation began in 1994, and today it has nearly \$1 million in its endowment. Over the last several years, it has provided \$381,000 in grants and scholarships.

South West District Palliative Care started in 1997 and is funded entirely by fundraising events such as this golf tournament.

For more information about the event, contact Penner at 204-322-5491 or jgpenner@live.ca or co-chair George Willis of SWDPC at 204-461-0060 or willisgm@hotmail.com.



You can also contact Interlake Community Foundation at 204-467-5634 or info@interlakefoundation.ca. Registration can be completed online at www.interlakefoundation.ca.



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Poverty advocate calls no minimum wage increase 'disappointing'

By Austin Grabish

The Pallister government is holding the line on a minimum wage hike this year for the first time since 1999.

Finance Minister Cameron Friesen said he would not commit to raising the minimum wage from its current \$11 per hour rate this October while speaking to reporters about the Progressive Conservatives' first budget last Tuesday.

Friesen said a hike to the minimum wage is only "one side of a coin."

"We're focused right now on what we believe is the most important change that we can make to help affordability for families for income earners," he said.

Under the previous NDP government, minimum wage had gone up every year since the party rose to power in 1999.

During the recent provincial campaign, former premier Greg Selinger vowed to keep raising the province's minimum wage by at least 50 cents per year if the NDP were re-elected.

The Canadian Centre for Policy Alternatives' Manitoba office lambasted the PCs' move last week, calling it "very disappointing."

The centre's director Molly McCracken said while Manitoba's welfare rates have remained stagnant, the cost of living has continued to rise.

"We calculate that a single parent working full-time would have to earn \$15.53 to be at the poverty line," McCracken said. "Our minimum wage is \$11 an hour."

McCracken said Manitoba's minimum wage should have risen to \$11.20 this year to keep up with the rate of inflation.

McCracken said last week's budget is very much "status quo."

"It doesn't really do very much to address income inequality and poverty in any substantial ways," she said.

Friesen said income tax brackets will be indexed with the rate of inflation so low-income earners will be able to earn more without paying taxes.

But McCracken said raising the basic



TRIBUNE PHOTO BY AUSTIN GRABISH

Finance Minister Cameron Friesen speaks to reporters about the first PC budget at the Manitoba legislature last Tuesday.

personal exemption amount would only result in about \$16 more in the pockets of low-income people.

"You know \$16 dollars doesn't really go very far," she said. "The Conservatives said they'd put more money on the kitchen table."

"This actually takes money off of the kitchen table."

Friesen did not say when his government would consider raising minimum wage again.

Gravel truck driver charged in death of motorcyclist

By Natasha Tersigni

The 19-year-old male driver of the gravel truck that was involved in a collision that killed a motorcyclist is now facing charges under the Highway Traffic Act.

The driver has been charged with driving imprudently causing death and driving carelessly causing death after the gravel truck he was operating struck a motorcycle at the intersection of Highway 7 and Road 78 North on Sept. 8. The motorcyclist from the RM of Rockwood was pronounced deceased at the scene.

Since the gravel truck driver, who resides in the RM of St. Andrews, faces charges under the Highway Traf-

fic Act and not the Criminal Act, his name will not be released.

The charges were laid on April 4 after an investigation by the RCMP and input from the provincial Crown attorney.

"We went to the provincial Crown attorney's office for their opinion on what would be the most suitable set of charges in this instance and this is what was suggested," said RCMP Staff Sgt. Kelly Glaspey.

The driver will be appearing before a judge at a Stonewall Provincial Court hearing in July. Under the Highway Traffic Act, the maximum penalty is six months in prison; however most often offenders receive a large fine.



TRIBUNE PHOTO FILE PHOTO (SEPT. 10, 2015)

The 19-year-old male driver of the gravel truck that hit and killed a motorcyclist on Sept. 8 at the intersection of Highway 7 and Road 78 North has been charged with driving imprudently causing death and driving carelessly causing death.

Gimli needs your vote in Coors Banquet One Horse Town contest

Online voting open June 6 to July 4

Submitted

The Rural Municipality of Gimli has been selected as a finalist for the Coors Banquet One Horse Town contest. The grand prize winner will earn a free outdoor concert.

The contest is comprised of two parts: a nomination phase and a voting phase. The passionate residents of Gimli earned the nomination by uploading pictures of Gimli onto the One Horse Town website. Gimli will now fight for the grand prize which

is a free outdoor concert hosted by Coors Banquet featuring Dean Brody, Chad Brownlee and River Town Saints.

Gimli competes as one of six finalists that have been chosen from different regions throughout Canada, with Gimli representing the Manitoba/Saskatchewan region. The grand prize winner will be determined by online voting, which opens June 6 and closes on July 4. Everyone is allowed to vote once per day per IP address at coors-

banquet.ca.

In addition to the concert, Coors Banquet will make a short documentary about Gimli, its residents and the concert itself. The exposure would be fantastic for the RM of Gimli and for Manitoba.

The other nominees include Truro, NS; Kenora, Ont.; Saint Jean-Port-Joli, Que.; Vermilion, Alta., and Kimberley, B.C. Gimli has the smallest population out of the six finalists by far. Let's make Gimli 'the little town that could.'

We need to keep our energy and enthusiasm high throughout the vot-

ing process to make sure Gimli wins the One Horse Town Contest. If Gimli wins, the concert will take place on the scenic shores of Lake Winnipeg in September, making for a truly unique event.

For more information please visit coorsbanquet.ca or call 204-642-6697.

<http://coorsbanquet.ca/en/oht>

We are the smallest population so we need to VOTE VOTE VOTE! And check out Gimli's Facebook for your chance to win great prizes for voting.

Trudeau pledges municipalities' input when it comes to federal spending

By Natasha Tersigni

Keeping to a promise he made a year ago — that if elected the country's leader, he would once again speak at the Federation of Canadian Municipalities (FCM) annual convention — Prime Minister Justin Trudeau took the stage for the keynote address at the 2016 convention held in Winnipeg last week.

Expounding upon his government's plan of spending \$120 billion over the next 10 years in public infrastructure targeted at green, social and public transit projects, Trudeau told the hundreds of municipal officials in attendance how the Liberal's "ambitious" and "pragmatic" infrastructure spending will grow communities.

"Building reliable, modern, sustainable infrastructure is about growing our communities. It is about making our cities and towns healthier places to live," said Trudeau.

"We spent years listening to people like you in communities across the country and this is what you told us you needed."

Trudeau stated that an overarching aspect of his government's infrastructure plan is focused on allowing municipalities to choose their own projects while keeping to the federal government's set objectives of revitalizing and growing the economy, protecting the municipalities from impacts of climate change and supporting social integration and the inclusion of all of our community members.

"You know what your communities need. We shouldn't tell you if you need light rail or subways, better bridges or climate-resilient infrastructure. That is your job as municipal leaders to tell us what you need and how the federal government can help. What we will do is set objectives for investments," said Trudeau.

"With your important input, we have laid out the vision for the kind of Canada we want to build and we are leaving the project selection to the experts: you."

Municipalities having greater control of where they can spend federal money is welcome news for the RM of Woodlands Reeve Trevor King.

"The biggest part of his address that will affect most of us is the fact that the federal government will listen to us in how the money will be dispersed. At the end of the day, as long as he follows through with what he said, it is up to us to choose the projects," said King, who attended the national FCM conference for the first time last week.

"That is huge, and it seems they are listening to the grassroots people and allowing for our input."

With the project selection now left up to municipalities, King is hoping that the province will now allow municipalities to receive both provincial and federal money for the same project.

"For our lagoon expansion project, we have accessed money through the Manitoba Water Stewardship board but their criteria is that you cannot piggyback with other funding. With the feds saying they will pay 50 per cent, it is up to the province to allow for that cost-sharing, but we are limited by the province's criteria," explained King.

Phase 1 of the federal infrastructure spending plan, which was included in this year's federal budget released in March, includes over \$11 billion focused on modernizing and upgrading public transit systems, improving water and waste systems, expanding affordable housing and protecting infrastructure from the effects of climate change. Already a portion of that money has been earmarked for the Interlake, with the government's commitment of \$248 million for the Lake Manitoba and Lake St. Martin outlets channel project.

"This will allow the Government of Manitoba to regulate lake levels, and in doing so, protect individuals, businesses and communities from flood damage," said Trudeau.

"This is something the people of Manitoba told us they needed. It will greatly reduce the fear of reoc-



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Prime Minister Justin Trudeau told delegates at the Federation of Canadian Municipalities (FCM) annual convention held in Winnipeg last week that when it comes to federal spending for infrastructure projects, municipalities will be able to have control of project selection.

curing floods, which we saw in 2011 have the capacity to cause serious destruction. Making Phase 1 investments like this will make our cities and towns safer, more resilient and more livable."

PCs plan to cut ambulance fees by nominal 5% this year

By Austin Grabish

Taking a ride in an ambulance won't be getting much cheaper this year.

Health Minister Kelvin Goertzen said last Tuesday the province is facing difficult economic times and can only lower the cost of riding in an ambulance by about five per cent this year.

That's despite a promise by the Progressive Conservatives, who vowed to cut the cost of taking an ambulance in half by the end of their first term in office while out on the provincial campaign trail.

Friesen said the PCs still plan on keeping that promise but can't make any drastic cuts to ambulance fees just yet.

"As much as I'm sure we'd like to do it all in one year, it's not fiscally responsible. We still have to make sure

that we're keeping our front-line services in place," Friesen said.

Finance Minister Cameron Friesen said Manitoba has the highest ambulance fees in Canada.

"It's not sustainable," he said. "I spoke to an elderly woman less than six weeks ago from my area who talked about this exact issue, saying that her husband was ill. She waited. She was afraid of the cost, and at 3 a.m. she bundled him up took him to the car and drove him to the hospital."

"That's the kind of story that we've heard far too often."

In the Interlake, the cost of taking an ambulance is currently set at \$330 plus \$3.30 per kilometre travelled for patients that are out of town or city limits.

If an ambulance is called but a patient is treated on-scene and does not

want to be transported, the fee is lowered to \$100.

A spokesperson for the Interlake-Eastern Regional Health Authority said the RHA is committed to reducing ambulance fees.

"This needs to be done in a way to ensure reductions are fair to all Manitobans and does not negatively affect services," the spokesperson said via email Monday.

The Opposition didn't offer comment on ambulance fee reductions, but NDP interim leader Flor Marcelino said she has other concerns following the release of last week's budget.

"This is just the tip of an iceberg, and there's a hidden agenda of cuts, huge cuts, underneath," she said. "We know Mr. Pallister. ... His Conservative ideas are akin to the Harper-style cuts."



TRIBUNE PHOTO BY AUSTIN GRABISH

Manitoba Health Minister Kelvin Goertzen says ambulance fees will be reduced only by about five per cent this year. The new Tory government ran on a promise to cut the fees in half by the end of their first term in office.

Local air cadet squadron hosts annual ceremonial review

By Natasha Tersigni

The 301 Alan McLeod VC Royal Canadian Air Cadet Squadron held their 8th Annual Ceremonial Review to celebrate this year's cadet accomplishments with their family and friends on June 2 at the VMSC in Stonewall.

The ceremonial review is something that cadets have spent the last month preparing for. It is a chance for older cadets to assume leadership roles and the for rest of the squadron to display core cadet skills.

"Annual is a representation of all our of our cadet skills. Throughout the year, we train as a unit in drill, Esprit De Corps and proper dress and deportment, and annual is a display of that. It is an amazing showcase of all of the cadets' skills and it really represents our squadron well," said WO 1st Class Morgan Herda, who was appointed the Squadron Commander of the parade. Other cadet parade appointments included Deputy Squadron Commander WO 2nd Class Brandin Hrabinski, Squadron Warrant Officer FSgt. Triston Burzuik and Flag Party Commander FSgt. Jefferson Holod.

The local squadron welcomed LCol. Kyle Rosenlund as the evening's reviewing officer. Following the officer's inspection of the parade, awards and promotions were handed out to cadets.

Top level awards were presented to cadets who are nominated by their level officers for consistently participating in classes, asking questions, always being polite and courteous and showing leadership qualities. Recipients for level awards included: Level 1 LAC. Adam Stamler, Level 2 Cpl. Charlotte Johnston, Level 3 FCpl. Jayden Lockhart, Level 4 Sgt. Joseph Troisfontaines and Level FSgt. Kaylea Gross.

WO 1st Class Morgan Herda re-

ceived the Royal Canadian Legion Cadet Medal of Excellence that is awarded to a cadet for outstanding service, citizenship and comradeship.

The highest award that can be bestowed on a cadet, the Lord Strathcona Trust Fund Medal, is given in rec-

ognition of exemplary performance in physical and military training. It was awarded to FSgt. Jefferson Holod.

The ceremony was the final event of the training year for cadets. During the summer break, many cadets are off to Cadet Training Centres across

Western Canada to complete a multitude of courses including general training, survival training, sports and fitness leadership training or to earn their gliding or power flying wings.



The evening's highest award, the Lord Strathcona Trust Fund Medal, was presented to FSgt. Jefferson Holod by LCol. Rosenlund.



TRIBUNE PHOTOS BY NATASHA TERSIGNI
Reviewing Officer for the evening parade LCol. Kyle Rosenlund, centre, inspects the cadets.



Royal Canadian Legion Branch 52 president Tim Williams presented WO 1st Class Morgan Herda with the Cadet Medal of Excellence.



The Best Moral and Esprit De Corps award was presented by CI Hodgson to Cdt. Payton Gross.



Capt. James Lawson presented Cdt. Skylar Kopec with the Most Improved Cadet award.



Top Biathlete award was presented to LAC. Adam Stamler by Sgt. Nathan Kachur.



The 301 Alan McLeod VC Royal Canadian Air Cadet Squadron held their 8th Annual Ceremonial Review to celebrate this year's cadet accomplishments with their family and friends on June 2 at the VMSC in Stonewall.

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Chicken kabobs with peach salsa



Makes 4 servings

Ingredients

4 long wooden skewers

Salsa

4 medium peaches, chopped small

125 mL (1/2 cup) cucumber, diced

3 mint leaves, finely chopped

2 mL (1/2 tsp) raspberry vinegar

5 mL (1 tsp) finely chopped red onion

(optional)

Kabob

3 boneless, skinless chicken breasts (300 g/10 oz), cut into large chunks to fit on skewer

15 mL (1 tbsp) balsamic vinegar

5 mL (1 tsp) sugar

5 mL (1 tsp) olive oil

1 large yellow or orange pepper, diced

Directions

Soak skewers in water (this prevents burning). Set aside.

Mix all ingredients for the salsa in a bowl and set aside. This can be done a day in advance. Store in the fridge.

Preheat the barbecue to medium heat.

Place the chicken chunks, vinegar, sugar and oil in a bowl and toss to coat.

Alternate spearing chicken chunks and pepper with the skewer. Make 4 skewers.

Cook on the barbecue for 10 to 15 minutes, turning once, or until chicken is no longer pink inside.

Serve with 125 mL (1/2 cup) salsa.



Citrus Recado Chicken Breasts

Ingredients

Serves 4

2 garlic cloves, crushed

1 teaspoon chili powder

1/2 teaspoon dried oregano

1/2 teaspoon dried thyme

1/2 teaspoon ground cumin

1/2 teaspoon ground coriander

1/2 teaspoon black pepper

1/4 teaspoon ground cinnamon

1 tablespoon dark brown sugar

2 tablespoons canola oil

2 tablespoons fresh lime juice

1/4 cup orange juice

4 boneless chicken breast halves, slashed (see below)

Salt

1 recipe Avocado Mango Salsa

(optional)

Combine garlic, chili powder, oregano, thyme, cumin, coriander, pepper, cinnamon, sugar, oil, lime juice, and orange juice. Add chicken and toss to coat evenly. Cover and refrigerate for 30 minutes, turning once. Grill according to instructions below. Sprinkle with salt. Serve hot with avocado mango salsa if you prefer.

Outdoor grill: Grill skin-side down over medium-hot coals until skin is crisp, 7 minutes. Turn and continue grilling until chicken is opaque with no trace of pink, another 5 minutes.

Indoor grill: Preheat broiler. Broil skin-side up until skin is crisp, 7 minutes. Turn and continue cooking until chicken is opaque with no trace of pink, another 5 minutes.

To slash the chicken breasts: With a sharp knife, cut 3 parallel slashes through the skin, about 1/4-inch deep.

Marinate chicken up to 2 hours in advance. Cover and refrigerate, turning several times in marinade.

Avocado Mango Salsa

Makes 12/3 cups

1 mango, finely diced

1 avocado, peeled, halved, pitted, and finely diced

1/2 red onion, finely chopped

Problems Come When Reacting to Stress

"OUR PSYCHOLOGICAL RESOURCES ARE MORE IMPORTANT THAN OUR STRESSORS."

I came upon this statement recently while I was doing some research, and it struck me as quite profound. On one level it seems simple and obvious. Sometimes that which is simple and obvious is most profound, but easily missed when we are expecting, or looking for complexity.

Naturally a big part of my work involves assisting clients in dealing with stress. I am often amazed at how much stress some individuals are facing on a daily basis. We often see articles and books dealing with ways to reduce stress. This information is helpful. However, we may develop the attitude that stress is a bad thing, and feel stressed about the fact that we have stress! We may become anxious about stressors beyond our control, such as the illness of a loved one, downsizing of a company, or even severe weather.

Life does, and will continue to have its stresses. What we can control, or develop, is our inner strength. Think of stressors as psychological 'flu viruses'. Consider psychological resources as our 'immune system'. Just as the best way to prepare for flu season is to strengthen your physical immune system, the way to prepare for the stresses of life is to strengthen your psychological resource system.

The components of this resource system might include attitude, problem-solving skills and solution orientation, self-esteem, personal empowerment, people you can

talk to who offer positive support as opposed to reinforcing negative attitudes (friends, family or professionals), good physical health and self-care, a willingness to learn and grow, a spiritual connection to something larger than oneself, a sense of humor, and a belief that you have something valuable to contribute in this lifetime.

What you will notice about this list is that every item is something we must take responsibility for ourselves. We cannot get them from someone else, (though we can learn from others) nor can we blame anyone if we do not have them. No matter what our circumstances, we can develop every one of the above mentioned components. We may have to read, take a class, join a group or work with a professional, but everyone can develop a strong psychological resource system.

Stress may never disappear from our lives. Stress itself is not the problem anyway: the problem is our reaction to stress. If we see it as a challenge, dealing with it as best we can, we remain healthy. If we do not have sufficient resources, external stress becomes internal distress. This is when physical and emotional health is compromised. We are well aware of the importance of keeping our bodies in shape. Equally important is developing our psychological 'muscles', keeping them fit, toned and ready to handle whatever challenges come our way.

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

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Rubbin' shoulders with the 2015 Triple Crown winner

By Peter Burchuk

On Wednesday, May 18, my second cousin (Ken Pawluk) and I left Stonewall on the way to Lexington, Kentucky. Pawluk was taking a thoroughbred mare (with foal) to be bred to a stallion at Spendthrift Farms and needed help driving, so there I was.

We arrived in two days, and the following day Ken had an appointment to see some stallions. So we proceeded to "Ashford Stud" — one could not get in without an appointment.

We were pretty early, along with some ladies from Ontario. Upon arriving we were met by the stallion manager, Scott, and we proceeded to the barns.

As we continued, Scott asked whether we would like to see "him." I had no idea that "Him" was none other than American Pharoah. I said, "My God, of course I'd like to see him."

So an Irish lad led him out and there I was, staring at this \$200 million

horse. I was surprised to see that he stood barely 16 hands, but he had a nice wide chest.

Scott said go ahead and get a photo. My legs shook a little as I approached him and put my hand on his shoulder. He looked at me as if to say "What, no treats?"

When the cameras clicked, he immediately perked up, head high. He knew what he was there for, that is to entertain the hundreds of thousands of people who will visit him this year.

American Pharoah was booked to 200 mares for this breeding season and you can bet that these would be mares with the absolute finest breeding available. So his chances of producing the "big horse" are very good.

Oh, by the way, his introductory stud fee is \$200,000. Quick calculation, that's \$40,000,000. But, of course, no stallion will have a 100 per cent conception rate. Probably 85-90 per cent. So what's wrong with \$35,000,000?



TRIBUNE PHOTO BY KEN PAWLUK

Peter Burchuk, right, had the opportunity to meet the American Pharoah while in Kentucky.



Beautiful, versatile container gardening

You don't need a huge yard or a ton of fancy equipment to start indulging your green thumb. Container gardening is a simple, beginner-friendly way to grow your own fruits, veggies, herbs and flowers at home, in even the tiniest of outdoor spaces.

WHO CAN BENEFIT FROM CONTAINER GARDENING?

The beauty of using containers to create an at-home garden is how accessible it is. Potted plants are an especially

good solution for people with little or no ground space available, such as those living in apartment complexes with only a small balcony to work with. People with limited physical abilities can also benefit, as raised flowerbeds or pots on tables make gardening possible for the wheelchair-bound and people with mobility issues.

WHAT TO GROW

There is a huge selection of garden plants suited to containers. Vegetables

such as tomatoes, cucumbers, eggplants, onions and peas thrive in larger pots, while a variety of herbs can be successfully grown in even the tiniest containers. It's a great way to keep a fresh supply of kitchen staples like parsley, basil, rosemary and thyme on hand at all times. For a more decorative container garden, annuals are your best bet, as they provide colourful blooms all summer long. Popular choices for potted flowers include be-

gonias, marigolds, petunias and zinnias.

Get creative with your container garden. Old household objects can be recycled into unique-looking plant homes, and your local home improvement store is chock-full of containers that will give your garden a unique flair.

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SIRAS hosts annual agricultural fair in Stonewall

By Natasha Tersigni

It was a bustling weekend at the Stonewall Ag Grounds for the South Interlake Rockwood Ag Society's (SIRAS) annual fair. The weekend featured the Stonewall Horse Show that attracted over 100 riders from across the province to show their skills in the rings. The two-day competition had 53 different English and Western classes for riders to compete in.

On Saturday, the South Interlake Beef Club hosted their annual show and sale at the barn, which had 10 entries from members of the Argyle 4-H Beef Club. Taking home the show's Grand Champion title was Argyle's Kathleen Porteous's heifer that weighed in at 1,050 pounds and sold during the auction for \$2,450. Taking the title of champion steer was Argyle's Jenn Fossay's Hamburglar that weighed in at 1,400 and sold during the auction for \$2.36 a pound.

During the weekend, fair-goers had the opportunity to take in other activities hosted on the grounds including exhibits from the Manitoba Rabbit Club and the Prairie Wildlife Research.



Argyle 4-H Beef Club member Kathleen Porteous won the Champion heifer at the South Interlake Beef Club Show and Sale for her animal that weighed 1,050 pounds.



Jennifer Fossay of Argyle 4-H Beef Club won the Champion Steer.



Nine-year-old Cayden Martens steer placed third in the beef show and had the top bid during the auction, selling at \$2.41 per pound.



Warren's Kelly Tait competes in the senior barrel racing class and came in 4th.



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Riders from Stony Mountain (pictured left to right) Hailey Muir, Kira Flett and Casey Park await to compete in their English pleasure class Saturday afternoon at the Stonewall Horse Show. The two-day competition had over 100 riders from across the province competing in 53 different Western and English classes.



Shaelynn Spraggs won 1st Place in the junior poles class with a time of 38.51 seconds.



Selkirk's Emma Walc and her horse Taco compete in the Gamblers' Jumping-Open 2'6" class. During the class, riders had two minutes to complete as many jumps as they could with each jump worth a certain amount of points and the rider with most points at the end wins.

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Lions club spreads birthday joy

By Jennifer McFee

There's nothing like a home-cooked meal to bring a sense of solace during difficult times.

And volunteers from Warren Herizon District provide a taste of comfort to families at Ronald McDonald House through the Home for Dinner program.

Ronald McDonald House Charities Manitoba guarantees that its families will receive one dinner per week on Thursdays, and the local Herizon group does the cooking several times per year.

In adherence with food safety procedures, all food is prepared on site for between 20 and 25 people, since up to 14 families can stay at Ronald McDonald House at a time. Dinner is ready for 5 p.m., and families who can't be there at that time have the chance to enjoy their portion later.

"Our Lions Club started this a few years ago and we try to go about three times a year and do the dinner," said Irene Tully, president of the Warren Herizon District. "We all enjoy doing it. You meet some great people in there."

During their most recent visit, the Warren Herizon volunteers spread a little joy to a special birthday girl.

"Her name is Joy and it was her first birthday. She has never been able to go home yet. She is allowed passes to come out of hospital to go to the Ronald McDonald House, but she always has to go back to the hospital for sleeping overnight," Tully said.

"We asked what Joy liked to eat and that was our menu — chicken, green beans and mashed potatoes."

The local volunteers also decided to hire a photographer to do a photo shoot for Joy's first birthday. They contacted Warren-based photographer Heather McRae-Kuz, who ended up volunteering her services for the cause. In turn, the Herizon



group made a donation in her name to an animal rescue group.

In addition to their work in the Ronald McDonald House, Tully and several volunteers also help out at the Ronald McDonald Family Room.

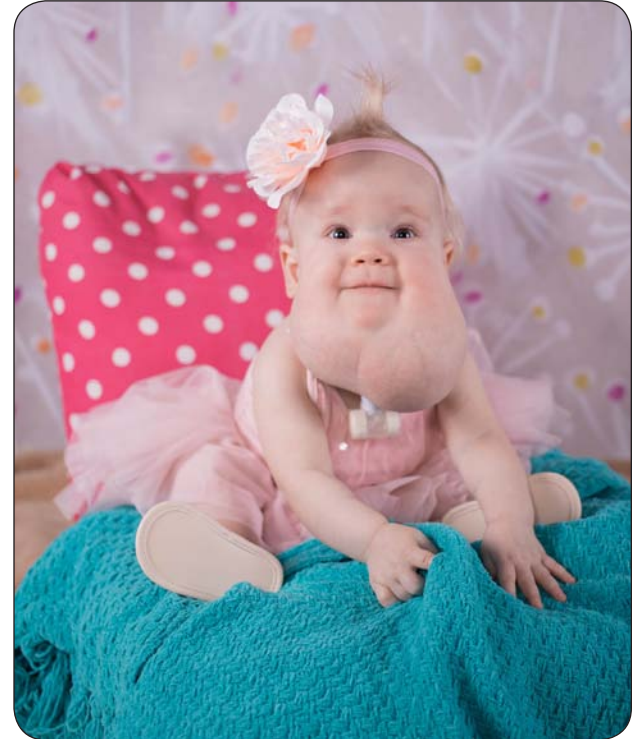
This 3,500-square-foot space opened in 2010 to provide a refuge for families with children who are patients at the Children's Hospital. The family room has a TV, play area, laundry facilities, three computers, showers and a full kitchen.

"We always have coffee and tea on. They can use the kitchen to heat up breakfast, lunch, supper. The volunteers bake, and usually we have donated food like tins of soup and Kraft Dinner that's available," Tully said.

"There are laundry and shower facilities. Unless you've been in the hospital with a child, you don't realize how important a shower or laundry is because lots of people land at the hospital in an emergency situation with no clothes. And the big thing is there's no white coats allowed, so no medical staff are there. It's a getaway just to relax."

For Tully and the other volunteers, each has her own unique inspiration for getting involved with the project.

"We all have our own reasons. For me, it's pay-back. We had a daughter who was in hospital a lot. I



TRIBUNE PHOTO BY HEATHER MCRAE-KUZ
Baby Joy received a photo shoot and a home-cooked meal at Ronald McDonald House.

envy all these people who have this family room to go to now because I didn't. Another one of the gals is a retired nurse, so she worked in that area. And some of the volunteers are just very compassionate people who love children, so everybody has their own little reason," Tully said.

"Sometimes you come out of there quite depressed if you had a hard day with a family, but most times, you come away with a happy heart because you maybe made them smile and gave them that chance to relax."

New members are always welcome to join the Warren Herizon District, and volunteers are also always in demand at the Ronald McDonald House and the Ronald McDonald Family Room.

PCs slice school tax rebate for high-earning seniors

By Austin Grabish

Manitoba's PC government is doing away with a school tax rebate for high-earning seniors that the Selinger government initiated in 2014.

The rebate, which gave up to \$470 back to seniors, is now only available to those aged 65 and older who earn less than \$63,500 a year.

Seniors who earn \$40,000 to \$63,500 will also see a tax hike of about \$100 per year.

Finance Minister Cameron Friesen said any policy surrounding taxes must be based on principle, and the seniors' tax rebate was far from it.

"A government that in its last gasp takes the desperate move of trying to buy seniors with their own money when they're running a billion-dollar deficit, we would say that's not a principle approach," Friesen said.

Premier Brian Pallister told reporters the NDP only initiated the program as a vote-buying scheme.

"It was an irresponsible promise by a previous government that was totally desperate to buy votes with money taken from children and grandchildren that shouldn't have to pay the price," Pallister said.

The PCs are also changing how the program is administered in a bid to cut costs, they say.

Friesen said the Canada Revenue Agency program will now administer the program so the rebate can be earned at tax time. Currently, seniors must apply directly to the province for the rebate after receiving their property tax bill.

"Our predecessors set up a separate office where they licked stamps and fixed labels

and sent notices out to Manitobans indicating that they'd be eligible for a rebate," Friesen said.

Friesen said the change to the way the program's being run will save up to \$900,000 per year in costs.

"Those seniors who actually need the support will continue to receive it," he said. "That's something we should all feel good about."

The Canadian Centre For Policy Alternatives said the decision is a move in the right direction.

"Moderate income seniors and high-income seniors don't need a tax credit on education taxes everybody benefits from education taxes," said the centre's Manitoba director Molly McCracken.


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Your Wedding



An outdoor wedding? Be prepared

Are you dreaming of a wedding in the sunshine and a reception under the stars? For your big day to be as magical as you'd hoped, you're going to have to think of everything beforehand.

The layout of the site

Choose an easily accessible area that is as flat as possible to avoid wobbly tables or runoff if it rains. Also, be sure to notify any neighbours of your plans so they can be respectful of your need for a peaceful ambiance.

The weather

Don't bury your head in the sand; the weather could thwart your plans in lots of different ways. Choose heavy decorations that will stay in place if it gets windy. A warm, sunny day would be fantastic, but a heatwave could make your guests feel really uncomfortable. For a summer wedding,

make sure you have some shady corners, parasols and cold refreshments.

In case of rain, a marquis tent or other shelter is essential for guests, musicians and caterers. Be sure to organize a supply of umbrellas at the entrance, as well as mats and towels. The evening could be cool, so providing shawls or blankets for your guests is also a good idea. And don't forget that mosquitoes could turn up at the party uninvited; it's another thing to think about and prepare for.

The facilities

Toilets, water and electricity: do you have everything you need? The cater-

ers may need to rent a refrigerated truck, so be sure to let them know which facilities will be at their disposal. Set up a sturdy dance floor as well for all those ladies in stiletto heels.

Next comes some ambient lighting: strings of fairy lights, candles with covers for the flames and lanterns will set the mood. And don't forget to light the paths to the toilets and parking area.

Make sure you plan enough time and helping hands to set everything up. Transforming a backyard into an idyllic reception area isn't something that can be done overnight.



Compiling the guest list

Drawing up a guest list for your wedding can be very stressful, especially when you start thinking about your extended family and your limited budget. What's the best way to tackle this difficult job? Two options are available to you.

First of all, you can list the names of all the people you would like to be present at your wedding and adapt the reception or your budget accordingly. Obviously, the longer the list, the more costly it will be. Or, if you

feel that the presence of all the people on your list is essential, there are ways of inviting everyone without breaking the bank. You could opt for a more affordable menu or a no-frills reception or a cash bar, for instance.

You can also do the reverse. Choose the reception hall and determine your budget, then adjusting your guest list accordingly. You'd love to get married in a specific place that can only accommodate 80 people? Compile your list according to your priorities until

you reach the maximum number of guests. Start with family and close friends, then add extended family and friends, and end with acquaintances and colleagues if there is room. Don't forget the spouses (and the children, if invited) of all these people.

Whichever option you choose, keep in mind that it is your big day; don't succumb to the pressure of inviting people you don't really want to see. Instead, surround yourself with people who are important to you.



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Community members show their love for Stonewall



Aiden Graban, pictured left, and his sister Payton scrub a headstone clean at the Stonewall Cemetery. A large portion of Love Stonewall volunteers spent the day at the cemetery as part of Stonewall Municipal Heritage Advisory Committee cemetery revitalization project.

TRIBUNE PHOTOS BY NATASHA TERSIGNI

By Natasha Tersigni

From cleaning the local park and cemetery to picking up garbage along streets, 65 volunteers came out on Saturday to show their love for the Town of Stonewall.

As part of Stonewall Ministerial Group's 3rd annual Love Stonewall event, volunteers spent Saturday showing their appreciation for their community by completing several cleanup projects around town including at Quarry Park, Kinsmen Lake, Stonewall Cemetery, Stonewall's Memorial Garden and along local highways.

The goal of the event was to show appreciation for the



Al Bailey, pictured left, and John Harrison spent the day washing vehicles. As part of the Love Stonewall event, volunteers hosted a free barbecue and car wash on Main Street.



Betty Anne Semler, pictured left, and her granddaughter Katie Jongstra showed their love for Stonewall by spending Saturday morning picking up garbage on the side of Highway 236.

town and local residents.

"We had a great turnout and were able to complete all of our planned projects with the exception of a few painting tasks that had to be held due to Mother Nature. All in all, it was a great day," said one of the Love Stonewall organizers, Andrew Dyck, who is the associate pastor at New Life Church.

Along with cleaning up the town, volunteers hosted a free barbecue and car wash at Southside Service for their neighbours.

Things To Consider Before Choosing a Mortgage That Will Save You Thousands of \$\$\$ (Other Than Rate)

1) Is it a standard charge mortgage?

A Standard Charge Mortgage can be Switched/Transferred or Discharged. The ability to Switch/Transfer is important at your maturity date as it ensures you a great rate now **AND** in future terms. There is no cost to Switch/Transfer at renewal.

2) Do the pre-payment options suit your needs?

Mortgage pre-payment options allow you to increase your monthly payment and make lump sum payments towards your mortgage so you can pay the balance down faster. Lenders differ on the maximum amount you can increase your payments, the minimum and maximum amounts of your lump sum payments and when you can pre-pay.

3) Do you know how the lender calculates mortgage penalties?

Fixed-rate mortgage penalties are almost always calculated based on "the greater of three months interest or interest-rate differential (IRD)". But there are key differences in the actual rates different lenders use to calculate your IRD. Sometimes, lenders will base the rate differential on the posted rate at the time you signed your first mortgage, and the discounted rate of the new mortgage – thus making the rate differential much larger. Be sure to read the fine print. Choosing the wrong lender can add up to thousands of dollars of additional cost to you, should you need to make a change to your mortgage within your term.

4) Is the mortgage portable?

You'll want to make sure your mortgage is portable – meaning you can take it, along with your existing interest rate, to your next home without incurring any fees. You also want to make sure that you don't have to pay additional CMHC/Genworth premiums if your down payment is under 20% of the total purchase price.

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






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God's wash bay

Things get dirty; things need cleaning. After a meal, we wash the dishes to use again. No one thinks about stacking dirty plates into a cupboard and then setting them out again for the next meal. After a day or two of wearing clothes, we put them in the laundry basket and wash them. No one goes months wearing the same clothes without ever washing them (although our kids might try this!). We wash our bodies, pets, vehicles and a host of other things. We wash because things get dirty.

This past Saturday, I helped at the free car wash for the Love Stonewall event. Several vehicles were covered with mud and made it hard to recognize the colour. Yet, through much effort and water, our group washed these vehicles and it was amazing to see how "new" they looked again. Interestingly, some really dirty vehicles drove by, missing out on the free car wash. Some people tried to pay, but we said it was free.

I find many spiritual parallels to this. God also has a wash bay. It is free, restores true colours and gives new life. Some people stop in, but many "drive" by. We can go months and even

years without realizing how "dirty" our spiritual lives have become. We hold onto grudges and hurts. The dirt covers our lives, and our true colours are no longer there.

Like the free car wash, God offers a free "soul wash" to every individual. You can try and pay to be washed through good works, but God says this wash is free. Through Jesus, God offers to wash, cleanse and make you brand new. Titus 3:4-5 says "when God our Savior revealed his kindness and love, he saved us, not because of the righteous things we had done, but because of his mercy. He washed away our sins, giving us a new birth and new life through the Holy Spirit" (NLT).

I encourage you come to God's wash bay. Through confession you receive forgiveness, and through forgiveness you are washed by Jesus. And the best part — it's free!

John Harrison
Pastor of Spiritual Development
New Life Church, Stonewall
johnharrison@mymts.net

Your FARM



Never a dull moment raising food



By Harry Siemens

Right on the heels of the first case this go-around late last month, the province now has another case of PEDv in the same area.

On June 2, Manitoba's Office of the Chief Veterinarian (CVO) confirmed that a second case of porcine epidemic diarrhea (PED) had been found in a finisher barn in southeastern Manitoba, in addition to the one found in a batch-farrow sow barn a week ago.

Control measures are in place and testing is ongoing, the CVO says.

I remember all too well the announcement of the first Canadian

case, this one in Ontario, while attending the boar pit session at the Banff Pork Seminar in January of 2013, and topic being exactly this: what happens when, not if, PEDv hits Canada?

Eventually, Ontario got over 50 cases. Quebec had a few, too. Manitoba saw five, and there were none in the other western provinces.

It didn't take that long before the CVO declared Manitoba PEDv-free after stringent biosecurity and cleaning up the messes caused by those five.

While totally devastating to the owners of those infected barns — removing dead piglets, working at eradicating the disease and remaining disease-free — it also affected those who never got it, mostly emotionally.

I remember talking to several pig producers that never got the disease in their barns but would go and turn

on the lights every morning to see if baby pigs were sniffing, a sure sign of the disease starting to take its toll.

This time around, I was in a hog barn near St. Malo when I heard the news of yet another case in Manitoba.

The least cost is a producer losing the production for six months, meaning one batch of pigs won't go to market but to be disposed of as dead stock.

This crazy virus moves around, carried by almost anything, and it's very difficult to determine where it actually came from.

With so many trucks hauling pigs back and forth to the United States and with PEDv still active there, the emotions run high on this one.

Here's hoping anyone related to the pig business will take a double-dose of willpower to strengthen their biosecurity protocol, as that is the only line of defence there is.

Driving to Winnipeg and back last week Saturday, several things caught my attention.

On the way down, two winter wheat fields, one on either side of Highway 3, were looking absolutely wonderful but lodging a little on the way down — and on the way back about eight hours later, lodging even more. The significant part of this is, first, to see a wheat field so far advanced in the beginning of June, and to see it so thick, meaning such a good stand that it is already lodging, also is amazing.

The other thing I saw was the amount of water on the fields between Carman and Winnipeg. Only a mere few weeks back, dryness was a hot topic that kept farmers from finishing their seeding. Then frost hit the canola, and now too much water is laying around. Indeed, there is never a dull moment for a farmer.

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INSIDE > OUTSIDE > UPSIDE DOWN

Jets celebrate championship season with awards night

By Brian Bowman

The Stonewall Jets celebrated their first-ever Manitoba Major Junior Hockey League championship back in April.

Last weekend, the Jets celebrated their players' individual successes.

Chase Faulkner capped off a tremendous season with the Jets by being named the team's most valuable player. Faulkner, often an intimidating force on the ice, led Stonewall in goals (25) and points (47) during the regular season. He then added 10 goals and 15 points during the playoffs.

Garrett Bruce, a former MJHL player, was named the club's top defenceman while Eric Swanson was selected as the Jets' top rookie. Swanson finished the MMJHL post-season as the top point producer with 23 (six goals, 17 assists).

Adam Blight, selected as the MMJHL's player of the month for February, was named the Jets' hardest-working player while captain Brett Meilleur was honoured with the Player's Player Award (voted upon by the players).

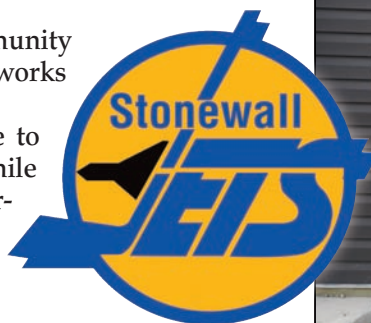
Goaltender Hunter Ploszay won the inaugural Ed Barnes Memorial Award. Ploszay, who was sensational throughout the playoffs, was awarded the scholarship, which will go to a Jets' player who has played his minor



Jets President/General Manager Darrell Faulkner, right, presented Ralph Nespor, director of operations, with a plaque of appreciation for his eight years of involvement with the team.

hockey in Stonewall, has community pride, volunteers his time, and works hard on and off the ice.

Presentations were also made to the Jets' graduating players while former GM and director of operations Ralph Nespor received a plaque for his dedicated years of service with the organization.



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Pictured from left: Eric Swanson (Top Rookie), Adam Blight (Hardest Working Player), Garrett Bruce (Top Defenceman), Brett Meilleur (Player's Player) and Chase Faulkner (MVP).



Graduating players back row, left to right: Derek Walker, Ryan Miskiewicz, Rowan Versavel, Tanner Faulkner, Mac Johnson; front: Stuart Fleury and Brett Meilleur.



The Stonewall Jets got together outside with the Jack Mackenzie trophy following the awards dinner.



Hunter Ploszay was the first recipient of the inaugural Ed Barnes Memorial Award. Ploszay was presented the award by Barnes' sister Sharon Brandstrom, left and his wife Barb.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Ledochowski, Canada golden at U20 Women's International Cup

By Brian Bowman

Teulon's Jade Ledochowski had the baseball experience of a lifetime last week, representing Canada at the inaugural U20 Women's International Cup.

Canada dominated the competition - scoring 54 runs while only surrendering 10 - in running the table and capturing gold by defeating the host Dominican Republic 13-3 Sunday afternoon at Estadio Quisqueya Juan Marichal in Santo Domingo.

"It was super exciting to win gold," said Ledochowski, back home Tuesday afternoon. "It started off as a close game and we hadn't really had a close game so far at the competition, so it was more nerve-racking than expected."

Canada, which broke the game wide open with a pair of four-run innings, finished a perfect 5-0 against the international competition.

"We were the best team, by far," Ledochowski said. "Our pitching was better."

Ledochowski started at first base in one of the games and got the nod behind the plate as a catcher against Mexico. In that Mexico game, Ledochowski was 2-for-3 at the plate.

She also had a pinch-hit appearance in the final.

Ledochowski was the first female Manitoba player ever to play on Canada's senior national team. It was a proud moment for her to represent Canada on a baseball diamond.

"It was truly an unreal experience for me," she enthused. "I had never done it before, so this was my first time representing Canada. To be included in the top-15 U20 players was an incredible honour for me."

Ledochowski, 19, went to an I.D. camp back in November in Saskatchewan and later received an email in February inviting her to be part of Team Canada at the Dominican Republic tournament.

She will now be part of a prospects team that will compete at the senior nationals. Ledochowski said representing Canada has given her the desire to work even harder to get better as a baseball player.

"I was able to see what kind of talent that the other provinces had and what everyone else was like," Ledochowski explained, adding she wanted to thank all of her coaches over the years, including her father, Rod, for their help and support.

"I'm almost there, but not quite there yet. This summer, I'll be putting in a lot of work in the gym and, hopefully on the diamond, to get ready for Red Deer."

It's been a pretty busy year for Ledochowski, who spent her first season in Devil's Lake, N.D. going to school and playing fastpitch for Lake Region State College. She caught the majority of the games this past season and hit over .500 in conference play.

"I liked going away to play and it was a great experience," Ledochowski



TRIBUNE PHOTO BY MURRAY CARR

Team Canada's Jade Ledochowski of Teulon takes a hard cut at a pitch during U20 Women's International Cup tournament action in Santo Domingo, D.R. Canada won the gold medal after a 13-3 win over the host Dominican Republic on Sunday afternoon.

said, noting her school competed in Arizona over spring break in March.

"But, the student-athlete part of it, was very hard. Softball and baseball is such a short season in college, so

we were on the road, four, five days a week for a month straight.

"It was really hard to catch up on school."

Arborg to host 2017 Western Canadian Keystone Cup

By Brian Bowman

The Keystone Junior Hockey League announced June 1 that the Arborg Ice Dawgs will be the host team for the 2017 Western Canadian Junior "B" Keystone Cup Championship.

Ice Dawgs' general manager Ivan Gulay confirmed in an email that Arborg will, in fact, be hosting the long-standing tournament. He said they are currently in the process of forming a western committee and estimated that "about 60 to 70" volunteers would be needed to ensure the success of the event.

"We're so excited," said Gulay Friday

afternoon. "We've been in the league nine years now and next year will be our 10th anniversary year. We're really excited."

The tournament, which will take place in April, will include teams from B.C., Alberta, Saskatchewan, Manitoba and northwestern Ontario. Past players at the Keystone Cup have been former Western Hockey League and Junior "A" players.

The level of hockey will be outstanding for fans in Arborg and the surrounding area to watch.

"The level of hockey is like Junior "A" hockey here (in Manitoba)," Gu-

lay noted. "It's high-end hockey, but at the end of the day, if we work hard, then we can also do well."

As hosts of the tournament, the Ice Dawgs will receive an automatic berth and be joined by the playoff winner of the KJHL. Gulay said the Ice Dawgs will, without question, be a competitive team next season.

"We'll ice a team that is strong and competitive," he stressed. "We are going to be very competitive and we'll have a strong team. We'll have local players and we will look for others to have a strong team - absolutely."

The Peguis Juniors represented the

KJHL at this past year's Keystone Cup, which was won by the 100 Mile House Wranglers, in Regina.

Manitoba last hosted the Keystone Cup in 2013 when the St. Malo Warriors were the host squad. Before that, the prestigious event was played in Selkirk in 2008.

"All of the Manitoba teams are going to be competitive," Gulay said confidently, noting the Ice Dawgs' training camp will begin Sept. 10.

"We're all going to be working hard. But I'll say one thing, 'Arborg is going to be building a strong team.'"

WCI athlete breaks 49-year-old long jump record

Josh Granberg is looking to improve on his mark at the MHSAA championships

By Stefanie Lasuik

It was 1967 and 18-year-old Bob Lovatt was at the Zone 5 track and field meet in Stonewall after jumping well at divisionals. The Gimli High School student felt triple jump was his strength and remembers the track coaches moving the board back so his step didn't land in the sand.

But it was in the long jump event that Lovatt left his mark. Lovatt set the Zone 5 record with a 6.37-metre leap.

For 49 years, no one beat that mark. Lovatt went on to teach in Stonewall for 40 years, still owning the second oldest Zone 5 track and field record.

"I've been watching this record for a long time and just wondering who, who is going to break this record," said Warren Collegiate track coach Rene Comeault.

But when Josh Granberg entered Warren Collegiate, Comeault saw a scrawny kid who "didn't understand anything about the world of track and field."

Granberg began progressively jumping farther throughout high school. He went from personal bests 5.62 metres in Grade 9 to 6.02 metres in Grade 10 and 6.32 metres in Grade 11.

Last summer, he trained alongside the province's best high school athletes at the University of Manitoba. He came back to WCI for his Grade 12 year and jumped 6.75 metres on May 18 in Selkirk.

Six metres and 75 centimetres would've been by far good enough to break the Zone 5 record. But that was on Selkirk's rubber track under a cloudless sky.

June 1 rolled around, rainy and windy. Stonewall's cement track was wet and athletes jumped around to stay warm.

"I was really concerned about this," said Comeault.

Granberg's first two jumps weren't good enough.

On attempt No. 3, Granberg took four big steps back from his mark, rose on his toes, leaned back, breathed in and took off. When he landed, he looked over at the white peg marking the zone record and threw some sand in frustration. It was then a friend told him he jumped a 6.38, one centimetre farther than Lovatt's mark.

Granberg jumped 6.38 metres again on his next jump, and then pulled off a 6.5 for good measure at the Zones June 1.

"It's overwhelming to know that now my name is going to be up there for who knows how long," said Granberg, noting he really wanted to please Comeault and WCI track coach Lee Stewart.

Granberg is now working on graduating and getting on to the University of Manitoba track team in the fall, just as Lovatt did for five years after his graduation in 1967.

Granberg said he could get a scholarship if he jumps seven metres at the provincial meet on June 9-11 in Brandon.

As for the broken record, Lovatt didn't think it would hold up as long as it did.

"It never crosses your mind, trust me. You think that if it stays for a year or two, that'd be pretty good," said Lovatt.



TRIBUNE PHOTO BY STEFANIE LASUIK

WCI's Josh Granberg set a new record for varsity boys' long jump with a leap of 6.5 metres at the Interlake School Division Zone 5 track and field meet on June 1.

Comeault thinks it could be another 40 years before someone breaks the new record.

"I hope someone eventually does, but I'd like to stay on there as long as I can," said Granberg.

Stonewall reaches finals of WYSA soccer tourney

By Brian Bowman

The Stonewall U15 girls' soccer team lost 1-0 to the Red River Rage in the final of the WYSA Players Tournament last weekend.

Stonewall finished with a win and two ties in round-robin play.

Joy McCutcheon, Kalista Nugent and Cindy Wills scored for Stonewall in a 3-1 win over

SWCC.

Abby Georgison then posted shutouts in 0-0 draws against KWCC and Greendell.

Stonewall was tied with Greendell after the round robin and had to go to penalty kicks with Stonewall winning 5-4 to advance to the final.

Payton Janke scored the game-winning penalty-kick goal.



TRIBUNE PHOTO BY SHANNON DERKSEN

Pictured back row, left to right: Julia Mann, Emma Stewart, Abby Georgison, Autumn Sinclair, Cindy Wills, Taylor Ferris, Julia Joynt, Emily Lupul, Dana Beck, Joy McCutcheon, Bob Beck (coach); front row: Payton Janke, Taylor Sveinson, Callie Argan, Samantha Melsted, Tess Derksen, Courtland Armstrong; on the ground: Kalista Nugent; coaches Shannon Stewart and Laurie Argan missing from photo.

Track and field athletes win Zone 5 championships



Warren won the MHSAA senior girls' track and field banner. Pictured from left, Kyra Hoffman, Chantal Boonstra, Halle Chester, Sydney Hildebrandt, Kaitlyn Holod, Chelsea Witt, Julie Sprague and Breanna Fallis



The Wildcats' junior girls' won the MHSAA track and field banner, pictured from left, Jordan Schott, Hanna France, Delaney Grindle, Olivia McCowan, Alex Chester, Grace Goodman and Laura Brad.



WCI's Alex Chester (centre) finishes the junior varsity 4x100-metre race after a handoff from Grace Goodman. SCI's Hanna Marshall, left, made the race close to the end, but WCI held off to win.



WCI's Evan Brad, left, won the varsity boys' 400-metre race with a time of 59.75 seconds.



SCI's Loren Proven won the junior varsity girls' shot put with a 8.38-metre throw.

TRIBUNE PHOTOS BY STEFANIE LASUIK AND JO-ANNE PROCTER

Rams reach quarter-finals at MHSAA provincials

By Brian Bowman

The Stonewall Collegiate Rams had a good run at the MHSAA fastpitch provincials in Morden last weekend, losing 8-3 to Steinbach Regional in a quarter-final game.

Stonewall scored three runs in the top of the second inning but Steinbach battled right back with two runs in the bottom half of the inning. The No. 2-ranked Sabres then added six more runs in the third for the win.

"We made a few errors in the field and they started hitting," said Rams' coach Rebecca Brewster. "They're a strong team ... we knew it would be a tough game."

"But our girls played very well last weekend and it's unfortunate how it

ended up."

Stonewall reached the quarter-finals after trouncing Dauphin 11-1 in a cross-over game. The Rams scored four runs in the bottom of the first inning and then broke the game wide open with seven more in the next inning.

A highlight offensively for the Rams was a Lauren Proven home run that cleared the outfield fence.

"(Our girls) were hitting well," Brewster noted.

Stonewall finished second in its three-team pool after splitting a pair of games. The Rams shut out the Vincent Massey Trojans from Winnipeg 4-0 and then was edged 4-3 by Pilot Mound.

Brielle Cara was very good on the mound for the Rams in the five-inning shutout win.

"We were counting on her to pitch and she hadn't pitched in a while," Brewster said. "She doesn't pitch for her 'A' ball team but being down Amber (Schneider), one of our pitchers, we knew Kyra (Shewchuk) couldn't pitch every game all game."

The Rams scored two runs in the first and fourth innings.

In the loss to Pilot Mound, Stonewall trailed 4-1 in the bottom of the fifth and final inning but made things interesting by scoring a pair of runs in their final at bat.

Stonewall had several runners on base throughout the game but could

not score more than the three runs. A great catch by the Pilot Mound centre fielder with Rams' runners on base was a key play in the game, Brewster noted.

The Portage Collegiate Institute Saints, meanwhile, proceeded to win this year's provincials with a 7-5 win over Steinbach Regional.

As for next season, the Rams are eager to have another shot at provincials. Stonewall loses just one player, Bobbi-Jo Warkentin, from this year's team due to graduation.

"The majority of our team was Grade 10 this year," Brewster noted. "Provided that everyone is available and healthy, we should make a run for it next year, for sure."

Wildcats ousted at baseball provincials

By Brian Bowman

The Warren Collegiate Wildcats' time at the MHSAA baseball provincials may have been short.

But the experience they gained in Winkler will prove to be invaluable.

Warren lost both of its games at the provincials — 11-1 to Garden Valley on Thursday and then 7-1 to Selkirk on Saturday — and was eliminated before the playoff portion of the provincials.

Still, the experience of playing at the provincials was a great one for Warren Collegiate.

"Everyone was very proud to represent Zone 5," said Wildcats' co-coach Reid Bruce Saturday afternoon. "We had never been (to provincials) before and it was our first time fielding a team in a long time."

"To be able to go to the provincials was a huge thing for the kids and they loved it."

Bailey Proctor scored Warren's lone run against Garden Valley in the top of the second inning.

Garden Valley scored its first run in the bottom of the first inning and the score remained close until the fourth inning when Warren made a pitching change as starter Jayden Allary was approaching the daily pitch limit of 40.

"We put in another pitcher, Trey (King) and that's when they started to hit the ball more and started scoring runs," Bruce remembered. "And there were a few errors that we had that cost us."

By MHSAA provincial rules, any pitcher that

throws in excess of 40 pitches in a day must have a complete day of rest in the three-day tournament.

"The pitch count is challenging and it takes strategy because you have to keep in mind that there are only so many pitches that they are allowed in a day before they have to have a day's rest," Bruce noted.

Garden Valley was the cream of the crop in the three-team pool. The Zodiacs also blasted the Royals 20-5 to finish atop of their pool with a 2-0 record.

"They were very good," Bruce said of the Zodiacs. "They had good pitching and they were very aggressive at the plate. They were swinging and looking to hit the ball and we really weren't ready for that."

Selkirk, meanwhile, was no slouch, either, as the Royals advanced to the semifinals before losing to Dauphin.

"We made a few errors and we struggled on the mound," Bruce recalled of the Selkirk loss. "But we were never out of it. If we had one good inning, we were right back in the game."

Allary scored Warren's run in the bottom of the first inning against Selkirk.

Despite being eliminated in two straight games, Bruce and fellow co-coach Rick Holod did a great job getting the Wildcats to the provincials.

"It was good to get them to experience something like this," Bruce said. "None of them had ever gone to something like this before."



TRIBUNE PHOTO BY LANA MEIER


Wildcats' pitcher Jayden Allary delivers a pitch during Warren's 7-1 loss to Selkirk on Friday.



Wildcats win home tourney

TRIBUNE PHOTO BY MICHELLE PROCTER

The Warren Wildcats Bantam team won their first baseball tournament of the season on home turf after defeating Fort Frances, Ont. 7-4 in the final. The Wildcats also defeated Charleswood 5-1 and Gateway 10-0, earning a bye to the final last Sunday. Pictured back row, left to right: Brent Sholdice (assistant coach), Owen Tataryn, Corey Procter, Nick Prystupa, Ryan Peltz, Bryce Allary, Trevor Procter (coach); front row: Hunter Sholdice, Ethan Enright, Ryan Petricig, Connor Oleschak, Lucas Procter, Nicolas Remillard. Missing: Devon Cassan.



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

<p>Thursday, June 9 Stonewall Blue Jays vs St. James A's @ Optimist Park 7:30pm</p>	<p>Monday, June 13 Stonewall Blue Jays vs Elmwood Giants @ Koskie Field 7:30pm</p>	<p>Tuesday, June 14 Stonewall Blue Jays vs St. Boniface Legionaires @ Quarry Park 7:30pm</p>
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Fossay a smash hit in table tennis

By Brian Bowman

Matthew Fossay took up the sport of table tennis seriously back in February.

Just a few months later, he now finds himself on the Manitoba Table Tennis team that will compete at the 2016 nationals in Winnipeg next month.

"It's a huge honour," said Fossay, who lives in Woodlands and attends Warren Collegiate, last Friday. "It's great that I'm going to be getting the experience and learning and improving as I go along."

"It's going to be great playing against all of those amazing players."

Fossay, 16, will be competing in three different events at nationals. He will take part in the junior (under-18) mixed doubles competition, junior singles and a team event.

Fossay is looking forward to competing on a national level in his home province. Not having to travel to a different province should help the local table tennis players, he said.

"It's easier on my entire family because it's not as big a commitment," Fossay said of the nationals being in Winnipeg. "And I think it will be big to have the home-court advantage."

Consistency is a key in being a good table tennis player. And a hard work ethic with a commitment to endless hours of training are also very important in the sport, said Fossay.

"If you don't train, then you're not going to be consistent," Fossay stressed. "I'm a competitive person and I love to compete. I love playing table tennis."

For his lack of experience, Fossay does a lot of the little things right. And he will get that much better the more he plays with — and against — elite competition.

Fossay said there's a huge difference between the top-end players in the sport and those just starting out.

"There are still a lot of kids that are still better than me," he admitted. "But, for just starting, I'm pretty good, they say. I play quite a few good players here in Manitoba — kids that have been playing 10-plus years — and they're amazing."

Fossay received his start in the sport by having a table at his home. He also played at Warren Collegiate before getting a birthday present that enabled him to play alongside other elite table tennis enthusiasts from Manitoba.

"I did that and I liked it," said Fossay, who also plays volleyball and hockey. "Then the coach (Tomas Chromec) said I could start coming to tournaments and that I could train regularly Tuesdays, Thursdays and Fridays. Then he said I should go to nationals."

Fossay wanted to thank the great support he has been given by Chro-



TRIBUNE PHOTO BY LEO YUEN

Matthew Fossay will be representing Manitoba at the table tennis nationals next month in Winnipeg.

mec and Phuong Nguyen. Both have been instrumental in his immense improvement in the sport.

"It's been a huge honour to play," Fossay said. "It's been great. They're my role models and my two favourite

players (to watch) play."

The junior portion of the nationals is slated for July 5-7 at the University of Winnipeg's Duckworth Centre, followed by the senior nationals from July 8 to 10.

Tillett signs letter of intent with Westshore

Staff

Former Interlake Thunder Mike Tillett has signed a letter of intent to play football for Victoria's Westshore Rebels of the British Columbia Football Conference this season.

Tillett officially signed with the team on June 1, which is the day players can finally sign with a CJFL club. When a player signs, he is essentially signing for his entire junior football career as the player then becomes the property of that team.

Westshore's first game is at home July 24 versus the Langley Rams.

In other Thunder news, Alex France has continued with U18 Team Northwestern Ontario and was expected to attend their training camp last weekend in Thunder Bay.

Austin deLaroque was not selected to move

forward with U18 Team Manitoba but was subsequently picked up by U18 Team Northwestern Ontario the same day he was let go by Manitoba.

He was also expected to travel to Thunder Bay for the team camp last weekend.

Thomas Dunlop, meanwhile, was also called upon by Team Northwestern Ontario to attend their camp and try out as a defensive back.

"All in all, their coaches are very high on all three of our guys and we are excited that they are continuing to get opportunities," said Thunder Midget head coach Kris Johnston in an email.

"If all falls into place for them, they may yet be given an opportunity to compete in the 2016 Football Canada Cup in Winnipeg in July."



TRIBUNE PHOTO SUBMITTED

Mike Tillett has signed a letter of intent with Victoria's Westshore Rebels of the BCFC.

Mosquito champions



TRIBUNE PHOTO SUBMITTED

The Balmoral Orioles won the Mosquito division at the Warren tournament last weekend, defeating Charleswood in the final. Back row, Shari Meyers, assistant coach, Todd Faragher, assistant coach, Dave Meyers, manager. Middle row: Dexter Sigurdson, Alex Evans, James Fearn, Nathan Willey, Dylan Holod, Jack Trippier; front: Matthew Meyers, Hayden Wheddon, Hayden Faragher, Bryce Meyers, Anthony Bauml.

Studler selected in MJHL Bantam draft

Staff

Kai Studler of Grosse Isle was selected in the third round, 29th overall, at the Manitoba Junior Hockey League Bantam draft in Selkirk last Sunday.

Studler, a forward, was selected by the Winnipeg Blues. Last season, he led the Interlake Lightning Ban-

tam team in assists (20) while scoring three goals in 30 regular-season games. Studler also had 68 penalty minutes.

The annual MJHL Bantam Draft of 15 year old players was open to players born in 2001.

POE hockey rosters announced

By Brian Bowman

Hockey Manitoba released the 2016 U-16 and U-18 Program of Excellence Development rosters on June 1.

The female U-18 POE Development roster features 27 players, which includes four goalies, nine defencemen, and 14 forwards.

One of those goalies selected was Stonewall's Kerigan Dowhy. The 5-foot-6 netminder played for the Shaftesbury Titans' prep team last season.

The U-16 POE Development male roster, meanwhile, included three goalies, eight defencemen, and 16 forwards.

Both the U-16 and U-18 programs will host a prep camp in July, followed

by a final camp in August for U-16 and the Bisons' Exhibition Series for U-18 in September.

Here are the locations and dates for 2016 POE development camps:

U-16 POE Prep Camp - July 11-13 - Riding Mountain National Park

U-18 POE Prep Camp - July 19-21 - Winnipeg (Seven Oaks Arena)

U-16 POE Final Camp - August 11-14 - Winnipeg

U-18 POE Bison's Exhibition Series - September 2016 - Winnipeg

U-16 Team Manitoba will compete at the Western Canada Challenge Cup set for Oct. 18-23 in Calgary. The U-18 Team Manitoba squad, meanwhile, will compete at the National Women's Championships Nov. 9-13 in Regina.

Ledochowski named co-winner of coach of the month

Staff

Rod Ledochowski of Teulon Collegiate and Billie McBride of Miles Macdonell Collegiate have been selected as Payworks High School Coaches of the Month for April.

Ledochowski, a phys-ed teacher, has built a strong badminton program at Teulon that has had players always perform well at provincials.

Last season, his team won the "AA" varsity badminton provincials for the first time in Teulon's history. The Saints defended their provincial championship by repeating as "AA" varsity badminton provincial champions last month.

Ledochowski puts in countless hours coaching, not only badminton, but he has also built a varsity girls' volleyball program that has done very well over the years at the provincial level.

Meanwhile, in each of McBride's 11 years at Miles Macdonell, she has coached cross country, indoor and outdoor track. McBride, said a media release, is well organized



Rod Ledochowski

and works very hard and is instrumental in developing a thriving program at Miles Macdonell.

She has shown a strong commitment to her own coaching development by attending workshops and professional development activities and is a strong supporter of school sports.

Hockey challenge champs



TRIBUNE PHOTO BY TRICIA BATEMAN

Four Interlake players, from left to right, Austin Adair, Ayden Manningway, Carter Bateman and Cody McMillan and the 2002 Mustangs won the Mustangs Challenge Hockey Tournament during May long weekend in Winnipeg. The Mustangs finished the round robin with a 3-1 record losing 3-2 loss to Minnesota DHI Octane. However, the two teams met again in the final, and this time the Mustangs prevailed with a 7-3 win.

Golf's not what you think it is

Women's Golf Day should dispel golf's masculine image

By Stefanie Lasuik

Golf isn't a sport that you have to be old, rich or male to play.

I'm not any of these, and, yes, that puts me in a lonely category. But being a young, female student gives me a unique perspective on the game many herald as the beer-drinking, country-club living men's club. For me, golf was none of that.

The golf course was the kitchen where my mom and I could talk for four hours. Of course, we could never do this in our actual kitchen, where work, friends and family compete for our attention, but golf gives us 18 holes to catch up.

The driving range was the classroom I rarely grew sick of. It's hard to get sick of bird songs and grass clippings, sunshine and open spaces. Contrary to popular belief, it's not the place golfers snap clubs over their knees. Even though there were times I did consider it, the driving range was also the place where I spent hours working on my swing with my dad, where we both reaped the rewards when my golf ball sailed over the 100-yard sign for the first time.

When I moved from the recreational to the competitive side of the game, golf became the teacher

that you forever thank. It instilled in me a sense of patience and an ability to forgive myself when I lost.

In the middle of a golf tournament, there's no way to vent anger. You can't yell out into cold arena air and have your voice lost in the sounds of the hockey game. I couldn't run faster to lose my frustration through physical exertion. No. After a bad shot, I had to stand respectfully on the fairway, still and quiet, while my playing partners took their turns. The frustration would just sit at the forefront of my brain, ready to distort my next swing if I didn't control it first. So I learnt how to. Golf made me. I learned to forgive myself for what happened three minutes ago and focus on the present.

June 7 was Women's Golf Day, but there shouldn't be one day to dispel golf's masculine stereotypes. Women should be taking up or continuing on with the sport because it's not what it's portrayed to be. It wasn't for me.

Stefanie Lasuik, 20, graduated from Warren Collegiate in 2013. She's completed the third year of her Joint Communications degree at the University of Winnipeg and Red River College. Lasuik spent five years as a competitive golfer and is now embarking on a career as a reporter.



TRIBUNE PHOTO SUBMITTED
Stefanie Lasuik

Stonewall is soccer crazy

Over 300 youth soccer players make up this year's teams

By Stefanie Lasuik

On any one weeknight, kids in cleats can be seen chasing a patterned ball around Stonewall's soccer fields. That's because with 337 players, Stonewall's youth soccer program is the biggest it's been in recent times.

The program hosts 37 teams, 30 of which consist of players under the age of eight. These mini soccer teams play Mondays and Wednesdays to develop their skills and to learn the rules of the game. The seven older teams practise in Stonewall and travel to Winnipeg for games. These teams have five local men's players for coaches and two returning parent volunteers.

These teams also receive skills training from Victor Andrade, who has worked with the players five days a week since April.

When the new Stonewall Youth Soccer board came in four years ago, they implemented long-term player development programs, meaning the U9 and U10 teams play six on six with smaller fields and smaller nets. The U11 and U12 teams play eight versus eight and use the three-quarter-sized

fields.

"It's focus is on learning and developing the players, and with less players on the field, more chances to touch the soccer ball," said Stonewall Youth Soccer Association president Krista Lambert.

The association's new preferred training model has the same focus for the younger teams. The model breaks down the field into four stations. Two focus on soccer skills, one focuses on physical literacy, and one focuses on game play.

More girls have been enrolling in the program, too, creating two all-girls teams for those aged seven and eight.

"The growth of the program is fantastic. It means more kids in the community are out getting exercise, having fun playing soccer and less screen time," said Lambert.

The volunteer board spends time year-round preparing for the soccer season.

"For me, getting out in May and watching all those kids playing soccer, having fun, it is worth every second," said Lambert.



TRIBUNE PHOTO BY STEFANIE LASUIK
Katherine Lothian, 5, gets warmed up for a game against the purple team Monday night as part of the Stonewall Mini Soccer Program.

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We have opportunities in our Power Line Technician Training Program. Power Line Technicians construct, maintain and repair electrical power transmission and distribution systems. You will participate in a four year apprenticeship program that includes on-the-job training and 10 weeks of competency-based trade schools.

To be considered, you will be a high school graduate with the following credits: Mathematics 40S (Applied or Pre-Calculus), Physics 30S and English 40.

Aboriginal Line Trades Pre-Placement Training Program

Aboriginal candidates who do not currently meet all the above qualifications may be interested in our six month Aboriginal Line Trades Pre-Placement Training Program. Selected candidates will receive on-the-job training and academic upgrading to meet the minimum requirements to compete for a position in the Power Line Technician Training Program.

To be considered, you will be a high school graduate with at least **one** of the following credits: Mathematics 40S (Applied or Pre-Calculus), Physics 30S or English 40. Proof of Aboriginal Ancestry is also required.

Applications for both the Power Line Technician and Aboriginal Line Trades Pre-Placement Programs **must** include a personal résumé and a complete transcript of marks (high school and any post secondary). **Only complete applications will be considered.**

Visit our website at www.hydro.mb.ca/careers to apply online. If you are unable to access a computer, please call our Employment Line at 1-204-360-7282 or 1-800-565-5200.

The deadline for applications is **June 21, 2016**. We thank you for your interest and will contact you if you are selected for an interview.

Manitoba Hydro offers a competitive salary and benefits package and working conditions that provide for a balanced approach to work, family life and community, including a nine day work cycle.

Manitoba Hydro is proud to have been selected as one of Canada's Best Diversity Employers for 2016. We are an equal opportunity employer and value the background, experience, perspective, and talents of each individual and we are encouraging applications from all qualified candidates including Aboriginal Peoples, Women, Visible Minorities and Persons with Disabilities.



Manitoba Hydro

METAL RECYCLING

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

BOATS & MOTORS

One owner. 2005 Lund ProSport 1700, Bimini top, 4 seats, charger, 90H.P. 4-stroke, 145 hrs., galvanized Shorelander, brakes, \$25,500. No tax. Lorette 1-204-878-3463, cell. 204-961-1218.

CAMPERS/TRAILERS

2015 30 ft. V Lite Flagstaff travel trailer. Incl. EQ hitch. Used twice. Dry weight 6161, hitch weight 784 lbs. 2 slide outs. Queen bed. Sleeps 6. Ph 204-886-3151.

MOTORHOME FOR SALE

Rockwood Class "A" M.H. 33'6", 5.9 Cummin diesel, Freightliner, sleeps 4, Onan generator, central vacuum, back up camera, Allison trans, 84,000 kms. +, car dolly. Call 204-467-7021.

STEEL BUILDINGS

Steel building sale ..."Super savings-additional 10% off now!" 20X21 \$5,794; 25X25 \$6,584; 30X31 \$9,600; 32X35 \$10,798; 42X51 \$16,496. One end wall included. Pioneer Steel 1-800-668-5422 www.pioneersteel.ca

PROPERTY FOR SALE

Approx. 500 acres hay/pasture land. Fenced, corrals, hydro & well. West of Teulon. Ph 204-461-1610.

PrairieSky Royalty Ltd. is a publicly-traded company in Calgary that acquires oil & gas fee title and royalty interests at fair market value. To receive a cash offer, call 587-293-4055 or visit www.prairiesky.com/Selling-Your-Royalties.

PASTURE LAND WANTED

Wanted - pasture land. Ph 204-467-8481, ask for Lloyd or Dylan.

MOBILE HOMES

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

APARTMENT FOR RENT

1 bdrm., clean, quiet apt., centrally located in Stonewall Avail. July 1, 2016. Rent \$652.87/mo, includes water & heat. Please call or text 204-797-6968 to book appointment to view or get an application.

2 bdrm suite in town of Warren. Avail immed. Newly renovated. Ph 204-995-4470

DUPLEX FOR RENT

Spacious 2nd floor, 2 bdrm duplex suite available in Stonewall (July 1, 2016) for mature, responsible renter. \$1200 plus utilities, laundry facilities in suite. No pets, no smoking. References needed. Call 204-467-7421.

HELP WANTED

Reliable help wanted. \$25/hour, guaranteed 30 hours per week. Please contact Alex at Fullhouse Movers at 204-467-2419.

Wanted - 1st or 2nd level sheet metal installer. Ph 204-461-1678 or email woodlandshvac@gmail.com

HELP WANTED

Registered Massage Therapist needed in Selkirk, Mb. Full or part time, established clientele, ASAP. Contact 204-482-4464 or email djenkie@gmail.com

We are seeking a full time receptionist for our busy practice. Experience with computers, knowledge of dental terminology and Maxident is an asset. We are looking for a self starter who is an independent thinker, has a sharp eye for detail, a team player who takes pride in their work and loves to smile. We offer competitive wages and bonuses. We are open daily from 8:30 to 5:00 except Wednesday open from 12:00 p.m. to 8:00 p.m. Please forward resume with cover letter to: Box 1490, Stonewall, MB. R0C 2Z0 or email to qdc-345main@hotmail.com (please indicate "Receptionist" in the subject line). NO PHONE CALLS PLEASE.

Full time help wanted on dairy farm near Stonewall. Email mb-dairy@hotmail.ca

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

Live in caregiver/housekeeper. Drivers licence required. Dream job for the right person. For more info call 1-800-665-1992 or after 6 p.m. 204-997-4629.

HELP WANTED

Rosburn Municipality needs a permanent full-time Operator/Labourer. Salary based on qualifications and experience. Applications accepted until 4:30 p.m., June 10, 2016 by mail or email. Rosburn Municipality, Box 100, Rosburn, MB. R0J 1V0. Phone 204-859-2779. Fax 204-859-2959. municipaloffice@rossburn.ca

ROOFING EQUIP FOR SALE

Due to illness - roofing equipment for flat roof & shingle roof and 2000 Ford truck with rack & ladder. Ready to start your own business. \$17,000 obo. Call Leona at 1-204-243-2474.

BUSINESS OPPORTUNITY

Restaurant for sale by tender, closing on June 17, 2016. Highest or any tender not necessarily accepted. Seating capacity for 100. Fully equipped with grill, deep fryer, coolers, freezers, walk in cooler, chairs, tables, pots, pans, dishes, glasses, flatware, etc. Located on three lots on the corner of Highway 3 and 24, Saskatchewan. Contact Ron Radke at 306-883-4321, by email at ron.radke@spiritwood.cu.sk.ca or Lola Lapesky at 306-883-4322 or by email at lola.lapesky@spiritwood.cu.sk.ca for further information.

CAREER TRAINING

By employer request, CanScribe is training to fill 400 Medical Transcription positions. Train with the only accredited and AHD1 approved online Canadian school. 1-866-305-1165. www.canscribe.ca.

BARTENDING TENDER

TEULON-ROCKWOOD RECREATION COMMISSION

The Teulon-Rockwood Recreation Commission is now accepting tenders for the full bartending contract at the Centennial Centre. Please contact Laine Wilson at teulonrockwoodrec@gmail.com or by calling 204-861-0341 to acquire the contract details. **Tenders will be accepted until June 30th 2016.** Lowest Tender not necessarily accepted.



Beyond Bread Artisan Breads and Pastries

BAKERY FRONT SERVER WANTED

PART-TIME - Beyond Bread bakery in Stonewall is looking for an energetic, mature person with great customer service abilities to work the front counter. Responsibilities include serving customers and packing products. Experience in food/restaurant industry is an asset.

Please e-mail resumes to beyondbd@mymts.net or drop-off at 368 Main Street.

McSherry Auction Service Ltd

ESTATE & MOVING SALE

Wed June 15th @ 4:00 pm

Stonewall, MB

* Yard Items * Tools * Vehicles
* Antiques * Household *

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

Classifieds

Stonewall Teulon
Tribune

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

MISCELLANEOUS

22 HP Craftsman garden tractor; New Holland, 60 CMS, 60" mid mt. mower, fits compact tractor; NH 714 GS, 48" rotary mower; 3 HP gas post auger; 2 augers; 5 HP Scott push mower. Ph 204-886-7925.

1 person 25 ft. Skyjack, motor home, dozens of steel wheels, 300 gal. and 500 gal. gas and diesel tanks with stands, 1 beams, and tractor rims. 82 Bronco, 75 Pontiac and 8 other vehicles. Garden harrows and cultivators. Huge amount of bolts, screws and drill bits all sizes. Glass doors, wood beams and steel of all types. Buses, Carousel horse, Great Northern railway bell, scaffolds, wood stoves, 5000 car and truck hub caps. Refinery 16 ft. steel tower with stairs and railing. Phone booth with phone, 2 horse show wagon, 1 horse chariot, DC4 tractor with loader and much much more. Harry 204-482-7251.

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

Sawmills from only \$4,397 - make money & save money with your own bandmill - cut lumber any dimension. In stock ready to ship. Free info & DVD: www.Norwood-Sawmills.com/400OT 1-800-566-6899 Ext:400OT.

TRAILERS FOR SALE

Car & Equipment Haulers, Dumpbox, Cargo, Utility, Gooseneck Flatdeck, Cargo, Aluminum Livestock, CM Truckbeds. Parts & full service. Kaldeck Truck & Trailer, MacGregor, MB. 1-888-685-3127.

WANTED

Wanted: old tube audio equipment. 40 years or older. Amplifiers, stereo, recording and theatre sound equipment. Hammond organs, any condition. Call toll-free 1-800-947-0393.

NOTICES

Winner of Woodlands Rec Centers Costco Raffle was Heather Manweiler. Thank you to everyone who supported.

WATER TREATMENT PRODUCTS

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

ARE YOU DISABLED? RECEIVE UP TO \$40,000 from the Canadian Government.

DBS provides professional tax advice. We'll get you a tax refund or our service is FREE!

Visit our website today to book your **FREE ASSESSMENT** www.dbsrefund.com

Autism - Back Pain - ADHD - Difficulty Walking - Dressing - Feeding and many more...

CALL 1.888.353.5612 to see if you qualify!

HEALTH

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

LIVESTOCK

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

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

Book Your Classified Ad Today

Call 467-5836 or Email igrphic@mts.net

POTATOES FOR SALE

Potatoes - Red, Yellow & Russet. Onions, cabbage, beets, turnips, parsnips & honey. Deer feed, \$9; black oil sunflower seeds, \$21. Interlake Potato Farm, phone 204-886-2676. 1 mile N. of Teulon on #7 & 1 mile E. on Rd. 95N.

FARM MACHINERY

John Deere M tractor with No. 8 Siskle bar mower & M cultivator. Runs well. \$3500 firm. Call 204-771-6710 or 204-467-4525.

Hip or Knee Replacement?

Problems walking or getting dressed? The Disability Tax Credit

\$2,500

Yearly Tax Credit

\$40,000

Lump Sum + Rebate

Apply anytime of the year. Lowest rate in the industry.

Reliable Expert Service 204-453-5372



Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication. **Call 467-5836**



Stonewall & District Lions Manor

FULL TIME ADMINISTRATOR REQUIRED

Seeking an enthusiastic & motivated individual who has outstanding communication skills to develop & maintain positive client relations. Duties include maintaining office records, giving facility tours, process inquiries, and assist in maintenance work orders. Computer skills with knowledge of Word & Excel an asset.

Please send your resume to 622 Centre Ave, Stonewall MB ROC 220 with salary expectations. E-mail manager@stonewallmanor.ca Fax 204-467-2198

McSherry Auction Service Ltd

RETIREMENT FARM AUCTION HANK & ERNA FRIESEN

Saturday Jun 18th @ 10:00 am

Beausejour, MB

North 14 Miles on Hwy 12 Then East 5 Miles on Hwy 317 Then South 2 Miles on Rd 47 Then East 1/4 Mile Well Kept Equip Low Acreage Farm ! Contact: (204) 266-1251

Semi & Grain Trailer 05 Freightliner Day Cab Mercedes-Benz 450, 13 Spd Fuller Air Ride, SFT, 578,000 Km * 08 Timpote 53' Al Tandem Hopper Grain Trailer, SFT * Tractors * Vers 800 Series I, 4WD, 18.4-38 Gd 90%, 8400 Hrs * MF 2675 Cab A/C P Shift, 540/1000 Dual Hyd, 18.4-38 Duals, 7162 Hrs. * MF 65 3PH, * MF Super 90 w FEL * Int W 4 * Combine, Swather & Headers * Vers 4750 Swather Dsl, A/C, w Vers 4025 Double Drive w U-2 P/U Reel 2765 Hrs * 2) 83 MF 860 Combines 1) Hydr 550 Hrs 1) Std 3365 Hrs * MF 760 3865 Hrs * 2) MF 24' Straight Cut Header * Case IH 5600 37' Deep Tiller * Morris 70' Diamond Harrows * Ford 241 13' Tandem Disc * Int 45 18' Cult * Coop 16' Deep Tiller * Westfield MK 10" 61' PTO Auger * 2) Westfield 8" 41' Auger * 14 Wheat Heart Gas 10" Transfer Auger * Ford 3 PH 6' Finishing Mower * Ashland 8 Yard Hyd. Scraper * 9' Hyd Box Scraper * NH 56 Side Del Rake * Hyd. Wood Splitter * 75 GMC 6500, w 17' B & H * 49 Fargo 2 Ton Dually w 12' B & H * Along with More Medium Size Grain & Haying Equipment Plus Farm Misc & Tools*

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

McSherry Auction Service Ltd

WALTER & ROXY WAZY

Sunday June 12th 10:00 am

Lac Du Bonnet, MB

South 2 Miles on Hwy 11

Then West 1/2 Mile On Tetrault Rd

Contact: (204) 345-2664

*Vers 756 4WD 7010 hrs * MMU * MF 860 Hyd Combine 2700 hrs* JD 340 14' Offset Disc* JD 1600 24' Deep Tiller* JD 336 Square Baler* NH 850 RD Baler* More Tillage* Haying* Auger* Seed Cleaning * Farm Misc Tools* Antiques* JD 340 Cylcone Snowmobile* Go To Web*

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McSherry Auction Service Ltd

CONSIGNMENT SALE

Saturday June 11@ 10:00 am

Stonewall, MB

#12 Patterson Drive

Consignments Welcome!

Tractors & Equip MF 65 Dsl 3 PH w FEL * Universal 530 Dsl 3PH w FEL * Case IH 8575 3 x 3 Square Baler * Re Con 300 Dual Drive Hay Conditioner * Flexi Coil #62 95' Sprayer * JD 3800 Forage Harvester * NH 114 Haybine * H & S 7' Hay Tedder * Hesston 560 Rd Baler * Bale King Vortex 4100 Bale Processor * NH 851 Rd Baler * NH 688 RD Baler * JD 37 * JD 450 9' * Int'l 1100 9' Sickle Mower * Tubulater Bale Wrapper * MacDon 16' Haybine * Int'l 45 18.5' Cult * Hoe 18' Cultivator * Livestock Equipment Hesston BP 25 Bale Processor * New Idea 364 Dual Manure Spreader * 250 Bushel Portable Creep Feeder * 18) New 24' Metal Self Standing Corral Panels * Lewis Cattle Oilers * Rd Bale Feeders * Maternity Pen * Silencer Hyd Squeeze Chute* 20' Silage Bunk Feeders * 2) Squeeze Chute System Complet w Palp, 2 Alley, Divider & Tub * New Metal Gate * Elec Fencer * Ritchie Auto Waterer * Corral Panels * Metal Loading Chute * 20,000 Lb Livestock Scale * Com Meat Saw * Com Meat Grinder * Compressor Cooler * Trailers & Vehicles 97 Norberts 40' Livestock Trailer * 45' Hay Trailer w Converter * W.W. BH Stock Trailer * 91 Jeep 4 x4 * Loader Attach Root/Rock Fork Quick Attach * 8' Bucket * Bale Forks * Forks & Grapple * Pallet Forks * Miller 300 Amp Welder * Upright Air Compressor * Metal Band Saw * Rotary 2 Post 9000 Lb Car Hoist * Drill Press * Table Saw * Large Amount Good Mechanical & Carpentry Tools * Recreation Edson Commander 16' Boat w 125 HP * 04 Polaris 700 Elite Sea Doo & Trailer * 11 Honda TRX 420 * Consignments Arriving Daily ! Always More Than Listed!

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

EMPLOYMENT OPPORTUNITY

Full Time Class 1 Driver

With experience operating large equipment. Self-motivated with good communication skills an asset.

Submit resume to office@otr-recycling.com or OTR Recycling, Box 660, Ashern, MB ROC OEO

Classifieds Announcements

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

Stonewall Teulon
Tribune

ANNOUNCEMENT

BIRTHDAY

Happy 80th Birthday
Doug Mailman
Come & Go Light Lunch
from 2 – 9 p.m.
on Saturday, June 11th at
Odd Fellows Hall, Stonewall
Everyone welcome.

ANNOUNCEMENT

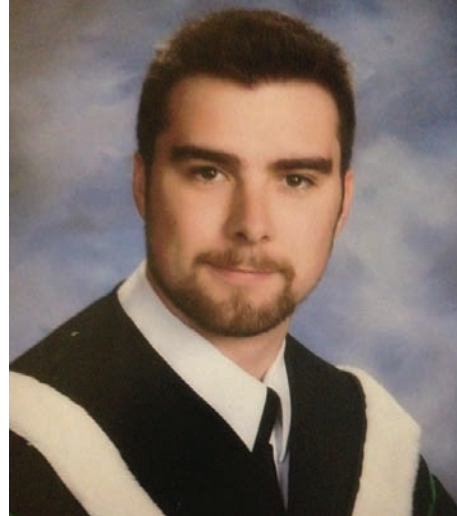
CARD OF THANKS

We extend our sincere and heartfelt thanks to our relatives and friends for your many expressions of sympathy and kindness following the passing of our dear Dad, John Cramb. Thanks to all who attended the service in celebration of Dad's life. Our sincere gratitude to Reverend Leonard Oracheski for his thoughtful words and prayers. We also thank the pallbearers, pianist Diane James, and the choir members for their important contributions to the service. Many thanks to Dave Citulsky of MacKenzie Funeral Chapel for his professional and caring guidance, and to Tracy for the wonderful lunch she provided. We also wish to thank Dr. Graham, Dr. Macek, all staff of Rosewood Lodge, Stonewall Hospital, and the IERHA Home Care for their care to Dad.

-Sincerely,
Gwen and Gordon Thompson
Anne Cramb

ANNOUNCEMENT

GRADUATION



A.J. Stewart
Congratulations on your graduation
from the U of M with a
Bachelor of Science in Pharmacy
We are so proud!

-Love from,
Mom, Dad, Eryn, Amma, Afi and Gran

ANNOUNCEMENT

ENGAGEMENT



McMechan - Kitching

Bill and Judy Kitching of Stonewall are pleased to announce the engagement of their son, Neil to Katie McMechan, daughter of Don and Karen McMechan of Winnipeg (Melita). A 2017 summer wedding is planned.

Golden Willow Farm AUCTION

**Marielle Casngne
and the late Bertrand
Saturday, June 18 • 10 AM**

St. Agathe MB. Cross bridge to east and follow signs.
Nice large Grain Farm Auction. No smalls. Please be on time.



Check www.billklassen.com for more info.

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



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

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

Call 204-467-5836

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

Stonewall Teulon
Tribune

Call 467-5836 or
email igraphic@mts.net



North American Lumber

Building on your ideas since 1906

NOW HIRING!

SALES & YARD LABOURER Full /Part Time

This position will work at the sales desk as well as in the yard. Duties will include assisting customers, point of sale cash and credit transactions, receiving product; loading building materials such as lumber, siding, fasteners, etc.; strapping and securing loads; delivering and unloading of building materials and duties as assigned.

Candidates need to be organized, honest, reliable, and customer-focused. Must have a valid Class 5 driver's license and a clean driver's abstract. Previous experience driving trucks, pallet jacks and forklifts required. Ability to work with little supervision and lift heavy loads continuously through the day. A background in construction and/or retail sales would be an asset.

DELIVERY DRIVER Full /Part Time

Duties will include assisting customers, loading building materials such as lumber, siding, fasteners, etc. onto the customer's vehicle or Company truck, strapping and securing loads, delivering and unloading of building materials at the customer's request.

Candidates need to be organized, hard working, honest, reliable, and customer-focused. Must have a valid Class 5 license with a clear driver's abstract, previous experience driving trucks and forklifts, able to work with little supervision and lift heavy loads continuously through the day.

A background in construction and/or retail sales would be an asset.

Email your resume to:
careers@northamericanlumber.ca

CASUAL

DELIVERY DRIVERS & CARRIERS WANTED

In preparation for an impending Canada Post Strike in July the **Stonewall Teulon Tribune** will require delivery drivers and carriers to get the news out. With a possible strike date of July 2nd we will need delivery people in our urban areas and delivery drivers in the rural areas. The publications take two days to get out, they are delivered beginning Wednesday morning and must be completed Thursday.

If interested please contact
Christy Brown at 204-467-5836 or email:
christybrown@stonewallteulontribune.ca

Classifieds Announcements

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

Stonewall Teulon
Tribune

ANNOUNCEMENT

IN MEMORIAM

Larry Strauss
April 17, 1964 – June 6, 2014
No one know how much we miss you,
No one knows the bitter pain
We have suffered since we lost you
Life has never been the same.
In our hearts your memory lingers,
Sweetly, tender, fond and true;
There has not been a day since
That we don't think of you.
-Lovingly remembered by
your family

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

Stonewall Teulon
Tribune

Call 467-5836 or
email igraphic@mts.net

OBITUARY



Esther Kozyra
(nee Gooley)

It is with heavy hearts we announce the passing of our Mom, Baba and Great-Baba. On Tuesday, May 31st, 2016 Esther passed away peacefully at her home at the age of 84 years. Esther will be deeply missed by her daughter, Debbie Kozyra; daughters-in-law Joyce and Valerie Kozyra; Baba will be greatly missed by her grandchildren, Krystyna Kozyra and Danielle Fleury; David (Krista), Lynn, Aaron (Erin-Brie), and Michelle (Demetri) Kozyra; great-grandchildren Sidney, Annabelle, Nolan, Ashton, Jordyn, and Finley Kozyra; sisters Pat (Peter) Yablonski, Ruth (Stan) Wityshyn, brother Art (Joan) Gooley; and numerous nieces, nephews, cousins, friends and family members.

Esther was predeceased by her husband, Stanley Kozyra; her sons David and Leonard; her parents Ed and Helen Gooley; and her father-in-law and mother-in-law Joseph and Minnie Kozyra.

Esther was born on April 8th, 1932 in Foley, MB. She was born and raised in Foley and was swept off her feet at Crabby Steve's barn dance by Stanley Kozyra, who became her husband of 50 plus years. She was a soft spoken, gentle, peace-loving soul. She was an exceptional mother, grandmother, great-grandmother, sister, wife, aunt, and friend. Esther was the perfect role model and she proved that hard work and love pays off. Her favourite pastimes included playing cards, seeing her grandchildren and great-grandchildren, listening to music and laughing. Baba taught us all the true meaning of kindness and generosity and also to love unconditionally with intensity. The most important thing in her life was her family.

She gave them unconditional love and her door was always open to each and every one of us. Mass of Christian Burial was celebrated on Monday, June 6th in St. John Vianney Roman Catholic Church. Interment followed at Windsor Cemetery.

Pallbearers were Glenn Marmonier, John Kostiuk, Robert Kostiuk, Brian Yablonski, Ronny Spawski, and Ken Guttormson. Honorary pallbearers were Baba's six grandchildren, Krystyna, Danielle, Lynn, David, Aaron, and Michelle; and her six great-grandchildren, Sidney, Annabelle, Nolan, Ashton, Jordyn and Finley.

In lieu of flowers, if friends and family so desire, donations may be made in Esther's memory to the Rockwood Festival of the Arts, online at www.rfota.ca, or mailed to RFOTA at P.O. Box 76 Teulon, MB R0C 3B0.

Wojcik's Funeral Chapels, Winnipeg, (204)568-8668, www.wojciksfuneralchapel.com

"Your bright light will always shine in the memory of everyone you touched.
We love you and we will miss you."

Wojcik's Funeral Chapels, Winnipeg,
(204)568-8668
www.wojciksfuneralchapel.com

OBITUARY



Anna Juliette Overby

Peacefully, at the Teulon Hospital on Saturday, May 28, 2016 Anna Overby (Veldkamp) passed away at the age of 87.

She is survived by sons Ken (Iris), Ralph (Carleen), Ron (Darlene); grandchildren Neil (Deanne), Jillian (Devin); Ryan, Heather (Don), Jennifer, Julie; Brett (Shirley), Rachel (Matt), Jonathon, Caroline, Brianna; great-grandson Bentley. She is also survived by her siblings Bill (Marge), Paul (Margaret), Tony (Teresa), Terry (Al), Ed (Louise); sisters-in-law Ragna and Helen; numerous cousins, nieces and nephews; her special friends Eleanor Bruce, the old time dancers and neighbours at Gateway Manor.

Anna was predeceased by her husband Ernest in 1999 after 47 years of marriage; parents Henry and Marguerite.

A special thanks is extended to Rose Farmer and the home care staff at Gateway Manor and Dr. Loudon and the nursing staff at the

Hunter Memorial Hospital.

Anna was born in Teulon on July 13, 1928 and lived in the Interlake most of her life.

Funeral service will be held Friday, June 10 at 2:00pm at MacKenzie Funeral Chapel, Teulon, Manitoba.

MACKENZIE FUNERAL HOME TEULON
(204) 467-2525 • info@mackenziefh.com

MacKenzie
FUNERAL HOME

OBITUARY



Roderick (Rod) Stephen Kakowchuk

Rod Kakowchuk, Stonewall, Manitoba, born January 13, 1948. He passed away on June 6, 2016 at the age of 68 years after a short and difficult battle with cancer. He is survived by his wife of 45 years, Verna; and daughter, Candace. He is also survived by his Mom, Shirley Kakowchuk; one brother, Raym; two sisters, Sheryl (Sam) Loschiavo, and Dalyce (Bob) Loschiavo; as well as members of Verna's family – Ken (Noreen) Friesen, Debra Friesen, Don Friesen, and numerous nieces, nephews, great-nieces and great-nephews from both the Kakowchuk family and Friesen family. Rod was predeceased by his dad, Steve Kakowchuk, in January 2008. Rod married Verna on October 9, 1971, and they had one daughter, Candace, who is the pride and joy of their life. He was so very proud of all of her achievements in her education and career, and that he was able to call her his daughter. Each year Rod and Verna travelled east to visit Candace and spent many vacations with her, enjoying the scenery in that part of the country, as well as spending time with her and her friends.

Rod worked for Carte International Inc. for over 30 years, both full-time and then on a contract basis after his retirement, and only was fully retired since July 2014. Rod decided to take early retirement 5 ½ years ago, joining Verna who had retired six months earlier. That first year they took a three day Alaskan cruise and 11 day land tour, travelling through Alaska and the Yukon via train and tour bus. Then in October 2014, they took a 17 day trip to Italy, touring the hilltop towns through Tuscany, as well as Rome and Pisa. On October 9 of that trip, Rod and Verna celebrated their 43rd wedding anniversary in Venice, and being typical tourists, made sure they took a gondola ride to celebrate.

Rod was a great husband and father, as well as a great uncle to his nieces and nephews, and the next generation of great-nieces and great-nephews. Most recently he wanted to make sure the youngest great-nephew received his 1st birthday present personally from Rod, so we made sure that he was able to visit Rod at the hospital.

Rod was diagnosed with non-smoking lung cancer on February 10, 2016, and once the results from the biopsy were received, the diagnosis changed to sarcomatoid mesothelioma, a very rare type of cancer. His fight was nearly four months, and it was a difficult fight on his behalf.

A Celebration of Life will be held on Sunday, June 12th, at 2:00 p.m. at the MacKenzie Funeral Chapel, Stonewall. Following the service interment will take place at the Stonewall Cemetery.

In lieu of flowers, if friends and family so wish, donations can be made to Katie Cares, 255 – 13th Street, Winkler, Manitoba R6W 1S5, www.katiecares.ca

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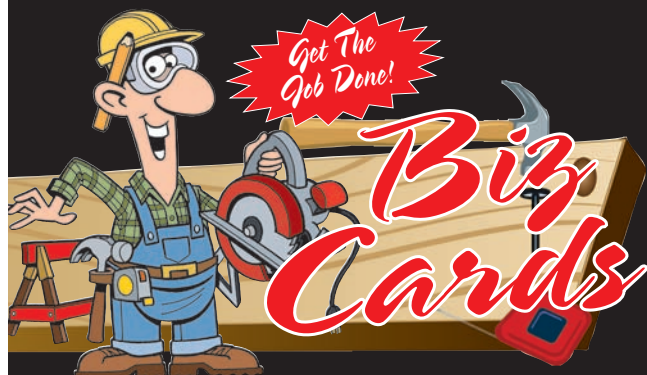
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