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VOLUME 6 EDITION 25

Stonewall Teulon Tribune

THURSDAY,
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TRIBUNE PHOTO BY JO-ANNE PROCTER

Horns were honking, sirens blasting and children squealing with joy as they checked out all the unique and interesting vehicles at the Touch-A-Truck event at the Ag Fair grounds last Saturday. The Stonewall Children's Centre fundraiser was an interactive, outdoor family event that allowed children to climb, explore and discover a wide variety of vehicles. Pictured, Samuel Burbano checks out McRae Motorsport's big racing car while London, left and her sister Everly Sherry test out the miniature mustang. (See more on page 3.)

Teulon housing development gets green light

By Natasha Tersigni

Despite opposition from neighbouring property owners, the Town of Teulon council unanimously passed a bylaw that would allow a 12-unit sub-division to be built between two single residential dwellings at 137 5th Ave. SE.

A public hearing was held prior to the regular June 9 council meeting to hear the views of residents and other interested parties for Randy Penner's planned development that would consist of two buildings of six family units each. Approximately five residents were at the meeting, and the only ones who voiced their objection were Linda and Jim Gregg, whose property is adjacent on the west side of the proposed development.

Council voted in favour of the conditional use agreement for the development following the hearing at the council meeting.

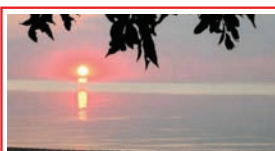
The Greggs spoke with the *Tribune* about the concerns they have regarding the development being built next door to them.

Continued on page 7

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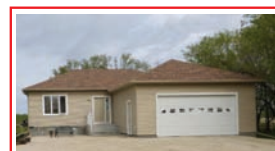


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Argyle child requires STARS transport to Winnipeg

By Patricia Barrett

An incident involving a young person and a riding mower required emergency medical care and transport to Winnipeg by STARS Air Ambulance.

Within six minutes of receiving the call last Wednesday afternoon, Winnipeg-based STARS helicopter was airborne. Its critical care team landed next to the Dr. Evelyn Memorial Hospital in Stonewall eight minutes later, according to STARS Air Ambulance spokesperson Cam Heke.

"It involved a young patient who was struck by a riding mower and suffered significant injuries," he said.

The STARS team — a critical-care nurse and an advanced-care paramedic — went into the hospital to stabilize the patient for transport. The patient was flown to the helicopter's base at the Winnipeg airport and transferred to a waiting ambulance. STARS' medical crew accompanied the patient to a Winnipeg hospital, Heke said.

The Shock Trauma Air Rescue Society (STARS) is a non-profit organization with bases in Manitoba, Saskatchewan and Alberta. It responds

to emergencies such as heart attacks, strokes and traumatic injuries. It can administer blood transfusions and life-saving drugs, according to its website. The service provides people in rural areas with timely access to medical care.

Heke said he spoke with the crew who transported the patient. They said both the Stonewall hospital staff and the emergency medical services ground crew in Winnipeg were "excellent to work with."

"It's always a team effort," he said. "Patient success is due to the whole team coming together."

Between 1990 and 2006, there were 1,161 reported cases of lawnmower injuries in Canada, according to the Canadian Hospitals Injury Reporting and Prevention Program.

The young patient is from Argyle and was transported to the Children's Hospital.

Patient confidentiality is protected under Manitoba's Personal Health Information Act, said Lauralou Cicierski, spokesperson for the Interlake-Eastern Regional Health Authority. "That prohibits us from sharing details."



TRIBUNE PHOTO BY LANA MEIER

A young child from Argyle was transported by STARS Air Ambulance to the Children's Hospital in Winnipeg June 10 after being struck by a riding mower and suffering significant injuries.

Heke said it's not the first incident of this type to which STARS has responded.

STARS personnel provided landing zone training to emergency services in Stonewall on June 10, just hours after STARS was dispatched to the area.

STARS is a helicopter air ambulance

organization that provides rapid and specialized emergency care and transportation for critically ill and injured patients. Doctors, nurses, paramedics and pilots work with a team of dedicated support staff and community partners to save lives 24 hours a day, seven days a week.

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Pole fire causes power outage

By Natasha Tersigni

The Stonewall-Rockwood Fire Department responded to a hydro pole fire at approximately 3 p.m. Saturday afternoon. The fire crews remained on scene for over an hour near the pole that was damaged, which was located behind Korner Kutz at 364 Main St. in Stonewall, waiting for Manitoba Hydro workers to respond to the call.

After responding, Hydro workers deemed the pole safe, as no further lines were at risk of falling. Crews returned at approximately 6:30 p.m. to repair the transformer and pole. Approximately 21 customers were affected by the 90-minute power outage that took place during the repairs to the pole. The cause of the pole fire was dirt around the insulator.

"It is a problem that is fairly common in Manitoba in the spring because we

have the spring melt and the road dirt flies up there (on the insulator). We get pole fires every spring," said Manitoba Hydro spokesperson Scott Powell, who added that pole-top fires occur when dirt from the road covers the insulator and the electricity arcs over the insulator, travelling through the dirt and entering the pole to ignite a fire.

"It can affect an old pole. It can affect a new pole. It can affect any insulator."

This is the second time this spring that a hydro pole has caught fire in Stonewall due to dirt buildup around insulators. On May 7 a fire on a pole outside of Stonewall Collegiate Institute (SCI) left 1,014 customers without power for most of the morning, and all three public schools were closed for the day and students returned home.

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Annual 'Touch-A-Truck' takes over agricultural grounds

By Natasha Tersigni

Stonewall's Agriculture Grounds was turned into a dream garage for children last Saturday as over 30 unique vehicles were parked there for Stonewall Children's Centre (SCC) first ever Touch-A-Truck fundraising event. The daylong event, that allowed children of all ages to climb on board vehicles, raised over \$10,000 for the SCC to help revitalize the centre's outdoor play area.

"The event turned out to be fantastic. We had approximately 1,500 people come through the gates and we had another 100 volunteers and vehicle exhibitors. It blew us away, it was awesome," said event organizer Teryl Moore who added with the success of this year's event, organizers are looking at making Touch-A-Truck an annual event.

"We appreciate every single person that contributed to this event as well everyone who attended. We cannot say enough thanks to all of our volunteers, sponsors as well as the vehicle exhibitors."

Along with checking out a variety of vehicles, including police cars, an ambulance, a fire truck, garbage trucks, various farm equipment, a limousine



Declan Young posed on Thomas the Train.

and the Winnipeg Police Service and Royal Canadian Air Force helicopters, children also had chance to play in Remax's bouncy castle, have their face painted and go for a ride in the Warren Lion's Club barrel train.



Sawyer Park and his dad Corey tested out C&G Lefley Farms' combine.



Rylan Kusminski waves from the drivers seat of a garbage truck.



TRIBUNE PHOTOS BY JO-ANNE PROCTER AND NATASHA TERSIGNI
Colton Weare sat in one of the helicopters provided by the Royal Canadian Air Force.



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The Unger family is very dedicated to their charity work. Jake's mother, Barb, is a member of the Walk Commit-

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On FIFA's field

By Stefanie Lasuik

FIFA Women's Soccer is rocking Winnipeg and the life of one Stonewall resident.

Alex Melsted, Stonewall Collegiate student and member of St. Charles Force soccer club, has obtained the opportunity to stand field-side and watch the action up-close. This is her benefit of volunteering as a ball girl.

For four out of Winnipeg's seven games, Melsted patrols the sidelines at the World Cup. Her duties include fetching out-of-play balls and supplying new balls to the players, but the rewards are greater than that.

"Being right next to that level of competition, no matter what team it

is, is amazing. Being able to see them play at field level and listen to them while playing is absolutely fantastic," Melsted said, noting that she is learning a lot from dwelling on the field.

This learning may be invaluable for Melsted as she moves forward in her soccer career. This year, Melsted is playing on the Manitoba Blizzard soccer team, a team organized to showcase Manitoban talent by travelling to the States for tournaments. The hope of the young players is to be scouted by the numerous university scouts who attend the tournaments.

"My hope is maybe to receive a partial scholarship to go to school and play soccer," Melsted explained.

Stonewall student gets first-row seats for Women's World Cup



TRIBUNE PHOTO SUPPLIED

Fifteen-year-old Alex Melsted stands beside Sweden's national team during a match against Nigeria on June 8.

Lanterns for wishes



TRIBUNE PHOTO BY NATASHA TERSIGNI

In honour of National RV weekend held June 13 and 14, campgrounds across Canada, including Warren's Rubber Ducky Resort and Campground, held a Chinese lantern release event. Rubber Ducky guests gathered on the campground hill Saturday at 10 p.m to light and release their lanterns with proceeds from the sale of the lanterns being donated to Make A Wish Foundation Canada.

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Melissa McCarthy
Jason Statham

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14A

'Rodeo' an extension to the Fairlie name

A dairy-farming family has now made rodeo a family affair

By Stefanie Lasuik

It began when their son Everett had a desire to ride bulls. Now, for the past five years, competitive rodeo has become a family affair. Seventeen-year-old Ethan, 15-year-old Everett, 14-year-old Corbin and 12-year-old Bobbie have made "rodeo" a connotation to the family name, competing in three circuits throughout Manitoba.

The rodeos bring the family together for 12 weekends throughout the year when the four Fairlie kids, along with parents Stacey and Bob, pack up and travel two to three hours to their next destination. Last weekend, the rodeo took them to Selkirk, where Ethan earned second in Tie Down Roping and Steer Wrestling, Everett won Bull Riding and Steer Wrestling, Corbin took first in Friday's Junior Boys Breakaway, Chute Dogging, and Ribbon Roping, and Bobbie placed fourth in Saturday's Goat Tying.

Now that the family has a riding ring in their front yard, they have easy accessibility to practise. Finding the time, however, is more a rarity.

"We practise whenever we have time," the boys admitted, noting that life is busy on the farm.

It is this type of busy farm life that leads to little time for family socialization. The rodeo has been able to change all that.

"It's kind of nice. With the dairy (farm), we didn't used to get away a lot, so this is good for them and good for us," Bob explained.

Participating in rodeo has truly called for an all-Fairlies on deck support system. Bob's and Stacey's parents, Barb and David Fairlie and Jim and Maureen Malcolm, enable the family to travel to weekend competitions by looking after the farm.

While rodeo has become a shared family interest, each Fairlie kid has seen individual success. This year, Everett and Ethan will finish second and third respectively on the Manitoba High School Rodeo Association circuit. In his Grade 9 year, Ethan took top place on the circuit. Everett has excelled in his passions, Bull Riding and Steer Wrestling, taking first place in both categories at year-end. Corbin has a chute dogging gold, and the family's newest rider, Bobbie, won the "Put Your Best Foot Forward" award for contribution and sportsmanship.

Despite their successes, it is the fun the kids have that keeps them coming back.

"It's more fun than anything. Also the adrenaline," Everett said.

While competing against one's siblings has the potential to create a tense atmosphere, the eldest Fairlie boys use it to push each other to become better.

"Everett has always had to really work to get to Ethan's point, but they're really good sports," Stacey said.

There is no love lost in the relationship, either.

"At the end of the day, we all want each other to do good," Ethan said.

The Fairlies look forward to next year, when they hope to take a family trip down to Rocksprings, Colorado to compete in rodeo nationals.



TRIBUNE PHOTOS BY RICK HIEBERT

The Fairlie children, left to right, Corbin, Everett, Bobbie, and Ethan all competed at the 2015 Manitoba High School Rodeo in Selkirk June 5-7.



Bobbie skillfully guides her horse through the Pole Bending event while Everett shows how it's done Bull Riding. In the Break Away Roping event, Corbin shows he's no stranger to a rope either and in the Team Roping event, Everett and Ethan display their skills.

> TEULON HOUSING, FROM PG. 1

Teulon council meeting briefs

"As far as I am concerned, we never had much of an opportunity to say what we wanted. The council kept the discussion going with Randy on different things, and as far as I am concerned, there should have been more of an emphasis put on the people that were for it and against it," said Jim, who has issues regarding the potential increase in traffic, noise and drainage. "I am not against the project. I think it is a good thing for the town, but not this spot."

The Greggs have lived in their house for less than a year, and they said if they knew what the town and Randy Penner had planned for the next-door property, they would have never moved in.

"We bought our house last October and we knew nothing about this. If we had known about this, we would not have bought it. When we visited this place, we saw the nice trees and that it was all green. Even if they built one house next door, it will still be nice and green. Now we are going to have 12 units," said Linda.

"We are going from no neighbour to potentially 24 neighbours."

While the Greggs understand the need for housing in Teulon, they don't understand why a development like this is not being built on the CPR land by the old railroad track.

"I am not for it in this spot. The town keeps talking about the property they have by the tracks, the CPR land. They own it. Why don't they give the build over there?" added Jim.

Penner first approached the town with his plan for the complex at the

April 14 council meeting. At the time, he said his goal was to provide housing for people 55 years old and older and plans to begin work this year.

"The market we are really going after are people leaving the farm or people in town who really don't want to deal with home ownership anymore and they want to move into a small unit to downsize," said Penner.

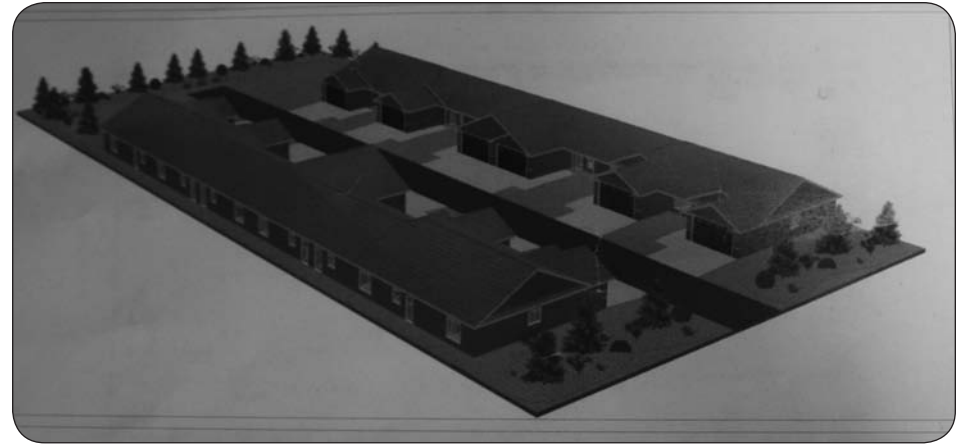
"Our goal is to have all the ground-work done before freeze-up. Maybe that is a lofty goal, but we would really like to move on this this year, and during the wintertime, we would do the wood construction and the finishing. We may only do one unit at a time depending on the demand."

Handi-Van price increase

The Teulon & District Handi-Van Service committee has voted to increase rates for out-of-district users from \$12.50 plus \$0.45 a kilometre to \$25 plus \$0.45 kilometre.

Coun. Cherise Griffin, who sits on the committee, said that this would affect mainly users from the RM of St. Andrews and Selkirk as those municipalities don't providing funding to the committee.

"It is not going to affect any of our ratepayers because Teulon and the RM of Rockwood give money to the Handi-Van and so does the provincial government and that subsidizes our rates. The out-of-district (users) are from Selkirk and the RM of St. Andrews. They are subsidized somewhat by the provincial government," said Griffin, who added the rate hike will



TRIBUNE PHOTO BY NATASHA TERSIGNI

Teulon council voted unanimously to approve a 12-unit sub-division to be built at 137 5th Ave. SE.

affect three current Handi-Van users.

The RM of Woodlands and RM of Armstrong also provide some funding to the committee.

Farmer's Market workshop

Community Futures East Interlake will be hosting a Farmer's Market workshop at the town office on June 24 from 2 to 4:45 p.m. The workshop will focus on pricing and marketing products for vendors of farmer markets.

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Stonewall Quarry Park celebrates 30th birthday

By Stefanie Lasuik

Stonewall Quarry Park hit the big 3-0 and celebrated by inviting the public for free cake and activities. Free admission to interpretive exhibits, access to "Unlocked: Stories of the Interlake," pro bono guided tours of the quarry, and face painting and crafts highlighted Saturday and Sunday's birthday party. Kinsmen Lake also opened for 1985 prices: \$1 per youth and \$2 for adults.

Members of the public could learn about the long history of the quarry starting with its formation through the Ordovician Sea, read notable stories of interest that took place in the

Interlake, see the quarry firsthand, or simply escape the heat by heading to the beach.

"Quarry Park was designed to pay tribute to the Quarry workers and to the history of the community, and so being able to share our exhibits and the history, it's a good way to celebrate that birthday," park manager Catherine Precourt said.

"The community has been so supportive of us. We wanted to share with them." The park now looks forward to its day camps to be held July 13-17 and Aug. 10-14. More information can be found at 204-467-7980 or stoneqp@stonewall.ca.

Stonewall Teulon Tribune



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'Things are going to heat up over the summer'

Bezan says Russia continues to cause unrest in Ukraine

By Austin Grabish

It was a six-day diplomatic trip across Europe that included dinners with presidents and a meet-and-greet with the Pope, and Selkirk-Interlake MP James Bezan says his cross-Europe tour with Prime Minister Stephen Harper has once again highlighted the dire need for support in Ukraine.

The local MP and parliamentary secretary to the minister of national defence joined Harper for discussions with world leaders on economic trade and security June 6-11, and the current state of Ukraine was a key part of the trip.

Bezan and Harper, along with other delegates, sat down with Ukrainian President Petro Poroshenko and Prime Minister Arseniy Yatsenyuk.

Bezan said a peace agreement with Russia made last fall isn't being honoured, and Russian troops continue attempts to disrupt the sovereignty of Ukraine.

"Things continue to escalate from a violence perspective," Bezan said during a telephone interview from Ottawa on Monday.

Bezan said while he was in Kiev, the capital of Ukraine, Russian troops continued to disrupt the country's border.

He said officials expect the conflict to continue in the coming months.

"Things are going to heat up over the summer".

There is an international debate whether Ukraine should be given weapons or not.

Canada so far has only provided non-lethal aid to the country, but



TRIBUNE PHOTO SUBMITTED

Selkirk-Interlake MP James Bezan meeting Pope Francis at the Vatican during a six-day tour across Europe with Prime Minister Stephen Harper.

that could change if NATO decides to arm it.

"Everything's on the table," Bezan said.

One highlight of Bezan's trip was meeting Pope Francis at the Vatican.

"It was really a special moment," he said.

Harper and Bezan were meeting the Pope for a discussion about the state of current religious freedoms around

the world.

Bezan said Russia has made anti-semitic moves against the Jewish community in Crimea.

The MP also met with Poland's Prime Minister Ewa Kopacz and President-elect Andrzej Duda.

"It was amazing to be involved at this level of foreign relations," Bezan said.

Clarification

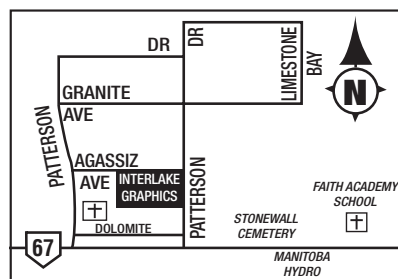
Staff

In the June 11 issue of the *Stonewall Teulon Tribune*, we reported that Shirley Esaruk is a war veteran when in

fact she served in the military after the Second World War.

The *Tribune* apologizes for any confusion.

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



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PST rebate a priority for AMM in next provincial election

Interlake officials gather for annual district AMM meeting

By Natasha Tersigni

Elected officials and their CAOs from municipalities across the Interlake gathered at the Warren Hall on June 10 for the Association of Manitoba Municipalities (AMM) Interlake district meeting. The annual meeting gives members an opportunity to speak with the executive about issues affecting their communities and to learn what key objectives the AMM has for the year.

At the meeting, president Doug Dobrowski spoke on major issues that the AMM will be lobbying the provincial government for in 2015 and 2016. The main issue identified is a need for a provincial sales tax (PST) rebate program for municipalities.

"The lead up to and following the upcoming provincial election the AMM will be relaying its appeal for the province to exempt municipalities from paying PST. The AMM strongly believes that one government should not tax another government as it is counter-intuitive and restricts the ability for the municipality to provide services and programs," he said.

"The federal government provides a 100-per-cent rebate on GST for municipalities, and the province should follow suit with the PST."

Drew Caldwell, minister of municipal government for the province, was in attendance and addressed Dobrowski's comments regarding the PST in his own speech to the membership.

"The current project of the widening of Highway 6 is part of a road bed renewal program, which was part of the reason why we raised the sales tax by a penny a couple of years back. It has provided significant revenues for not only provincial infrastructure but municipal infrastructure and, broadly speaking, community infrastructure across the province," said Caldwell.

"We are paying very close attention to how we can enhance and maximize to the greatest possible extent our investment in municipalities and our partnerships with you in terms of the real nuts and bolts of funding and getting the dollars out there to you."

Following speeches and reports, nominations for new Interlake district directors took place. Both current di-



Manitoba's Minister of Municipal Government Drew Caldwell skirted the issue of municipalities receiving PST rebates similar to the GST rebate program established by the federal government.

rectors, RM of Woodlands Reeve Trevor King and Town of Arborg Mayor Randy Sigurdson, were acclaimed for another two-year term.

After lunch, a discussion and vote took place regarding resolutions that were brought forward and sponsored by Interlake municipalities. The resolutions were on specific issues that the member municipalities wish the AMM to lobby the provincial government for. Once the resolutions pass at the district meeting level, they will be carried forward to the fall annual convention where the entire membership of AMM will vote on the resolutions. If the resolution passes at the fall meeting, then those issues will be lobbied by the AMM at the provincial



TRIBUNE PHOTOS BY NATASHA TERSIGNI
Mayor of Arborg Randy Sigurdson (left) and RM of Woodlands Reeve Trevor King were acclaimed as the Interlake directors and will each serve a two year term on the AMM board.

level.

This year, there were six resolutions that passed at the district level.

- The Town of Winnipeg Beach brought forward the Canada-Manitoba Job Fund Agreement resolution which would see the AMM lobby the province to revise the agreement to include municipalities as eligible recipients under the Canada-Manitoba Job Fund Agreement.

- The Town of Stonewall sponsored a resolution for the province to consider all types of composting, including direct composting, to be eligible to receive Manitoba Composts Support Payments.

- The RM of Fisher sponsored a resolution that would see the AMM lobby Manitoba Conservation to clearly define what areas they deem night light-

ing to be a safe hunting practice.

- Fisher also brought forward a resolution to lobby the province to support recreation centres and municipalities with rising insurance costs.

- The RM of Bifrost-Riverton wants the province to reinstate matching core funding of 75 per cent for local Conservation District programming.

- The RM of Woodlands sponsored a resolution that would see the AMM lobby the province of Manitoba to amend The Emergency Medical Response and Stretcher Transportation Act to allow the licensing of trained volunteer EMR personnel with limited outages. Currently trained EMR personnel in the RM of Woodlands who can't guarantee to be available 24 hours a day, 365 days a year are not being licensed by the province.

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Argyle museum one step closer to reality

By Natasha Tersigni

When Shayne Campbell was a Grade 7 student at Brant-Argyle School, he began a school project to chronicle the history of the village of Argyle. Twenty years later that school project has expanded to the Settler, Rails and Trail Museum, complete with Campbell's personal collection that he donated to the non-profit museum six years ago.

With three heritage buildings, over 1,500 artifacts and the second-largest museum flag collection in Canada, the museum committee has been looking for land for a permanent spot for their museum for the past few years. Campbell, who is currently the president of the museum board, approached the Interlake School Division in May about the museum purchasing two acres of land behind the Brant-Argyle School where the museum would not only house their existing buildings but build a new pavilion as well.

"The project began here and it would be very suitable for it to come back," said Campbell.

"We have been looking for land for the last five years for the museum and we haven't been able to get anything just yet. We wanted to be as close to the village as possible."

After the ISD board meeting on June 8, Campbell and the museum are one step closer to getting their land. The ISD board of trustees voted to pass the sale of the land in principle. The land purchased by the school division in the 1960s has not been used. The land is separated from the school property by bush and a row of trees. An access road will have to be built on the Prime Meridian trail if the sale goes through.

"Ultimately, we need to look at it and see what

costs, if any, we would be incurring if we approve the sale of the land. It does sound counter-intuitive because we are the sellers," said ISD board of trustee chairperson Alan Campbell, who added the motion approves the land sale in principle and means that the board is in favour of the sale but still has a number of questions to be answered, including costs and possible implications for the division.

"Before anything is sold, another motion will need to be passed in due process by the board. There is ample opportunity for oversight by the board."

While no price for the land has been talked about yet and the final sale is still a few months off, the resolution that was passed will allow the museum to move forward and apply for critical grant monies.

"It is really important that we get land soon because Canada's 150th birthday is coming up in 2017 and there are major grants already on the way out. Really, our museum can only flourish if it has its own property. We can only access the big grants if we own land," Campbell told the *Tribune*.

"It is definitely going to take a lot of money to do what we want to do and we definitely don't want to have our small community have to put up the all that money for our big project, so we want to be in the running if the government is handing out money."

Although knowing there is still more work that needs to be done before the final purchase goes through, Campbell said it looks promising for the museum to attain the school land. He is also looking forward to the future potential partnership with the museum and the Brant-Argyle School.

"I was always hoping that we would have a mu-

"IT IS DEFINITELY GOING TO TAKE A LOT OF MONEY TO DO WHAT WE WANT TO DO."



TRIBUNE PHOTO BY NATASHA TERSIGNI

Shayne Campbell, president of the Settler, Rails and Trail Museum, sits on a piece of the two-acre parcel of land behind Brant-Argyle School the local non-profit organization is hoping to purchase from the Interlake School Division.

seum in Argyle. I could just never see the end product. Now it is getting pretty exciting that we are closer to having land," said Campbell, who added that he hopes students will be play a critical role in the museum, including holding spots on the board of directors.

"The whole idea of the museum is to have it youthful and new. By using technology and being hands-on, we are trying to be something different than what most museums are. We are just trying a different model and trying to make it a little more reachable for the public."

Stonewall Legion gives back to the community



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The evening of June 9, on behalf of the Stonewall Legion Branch #52, President Tim Williams donated two cheques fundraised at the popular "Chase the Queen" held at the Legion every Wednesday evening. Pictured left, Williams presented \$6,000 to Dustin Barbour, Tanya Laurie and Tara Smith of the Stonewall Arris Centre to help with the ongoing renovations at their new location. Right, Amy Freeman accepts \$1,000 donation from the Legion and \$200 from the Ladies Auxillary. Freeman was representing the family of Kaylee Heaps of Warren, a three-year-old suffering from a rare gene disorder,

Local petition falls flat with provincial government

By Natasha Tersigni

After collecting more than 1,200 signatures from Interlake residents that support the re-opening of Provincial Road (PR) 415 and 416 and the widening of PR 518, the Shoal Lakes Flooded Land Owners Association presented their petition to Manitoba Emergency Measures Organization and Manitoba Infrastructure and Transportation Minister Steve Ashton at a committee meeting on June 3.

While the committee said they are planning to do more work on PR 518, the answers the group received regarding PR 415 and 416 were less than ideal.

"They said they would look at PR 416 and with PR 415. Nothing is going to happen because their plan was to re-do the road when they changed the channel," said Orval Procter, the president of the Shoal Lakes Flooded Land Owners Association.

"We are disappointed because, at this point, there is no point in changing the road (elevation) because it is on the highest ground. It already exists and it is vulnerable, so put the least amount of money into it and get it operational. When the lake levels change, then look at doing something.

We never got the chance to state that opinion as our group never got to speak with any member of the government (committee)," said Procter.

PR 415 and 416 were initially closed due to flooding and have remained closed since fall 2010. The two roads are key transportation links for Interlake residents, and due to their closure, residents have to drive up to an hour out of their way using alternative roads.

"There are 500 square miles with no east-west connection. You either have to travel PR 229 to the north or you travel Road 82, which starts at the town of Woodlands and Highway 6," added Procter.

Lakeside MLA Ralph Eichler presented the petition and asked questions during the committee meeting on behalf of the association. Eichler said that Ashton put on record that the re-opening of PR 415 and 416 are a priority for the NDP government, but that won't stop Eichler and the Conservative party from lobbying the issue.

"I, along with my colleagues, were the first ones to draw attention to the government that there was a serious



TRIBUNE PHOTO BY NATASHA TERSIGNI

Road closure signs attempt to keep residents off the dangerous Provincial Roads 415 and 416, leaving 500 square miles in the south Interlake without any east-to-west connection.

ous problem here in our area. We are committed to making sure that this issue gets resolved once and for all. I have been fighting this for 10 years," said Eichler in an email to the *Tribune*.

"Our folks have been so patient with the current government to take action on this and so many other issues."

United Church celebrates 90 years



TRIBUNE PHOTO BY NATASHA TERSIGNI

On June 10, parishioners and guests of the Stonewall United Church enjoyed cake and ice cream to mark the 90th anniversary of The United Church of Canada. Pictured left to right: Irene McCormick, Rev. Leonard Orcheski, Kris Laxdal and Lynn Winzoski.

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Funding French Learning

By Stefanie Lasuik

The RBC Stonewall Branch presented the Stonewall Chapter of Canadian Parents for French association (CPF) with a \$1,000 cheque on June 9 as a part of the Royal Bank Day of Service. The Day of Service allows RBC employees to partake in three to four hours of volunteer work and donate \$1,000 to their designated charities. This year, Stonewall's CPF was one of the lucky charities Royal Bank employees provided work and funding for. Lori Siwak, Jordan Bronsdon and Lynn Kjartanson spent time cleaning Bobby Bend's garden in April before donating \$1,000 to CPF last Tuesday. The CPF works to provide local students with French language learning opportunities, such as Camp Soleil and French Immersion programs.



TRIBUNE PHOTO BY STEFANIE LASUIK

Thirty-five years of educating coming to an end

By Jeff Ward

After a lengthy career of teaching, Mona Buors will be hanging up her No. 2 pencil for good at the end of the school year.

Buors never had any aspirations of teaching when she was growing up and never thought she would become one. But after taking a suggestion from her father to get into the educational system, Buors has had a career that she says is as good as anyone could've asked for.

"I guess he saw something in me that I didn't realize," said Buors, thinking of how that moment defined the rest of her life.

"It's the best thing he could have ever done. I enjoy it so much. I love it and I love the kids."

Buors is a passionate educator and has dedicated her entire working career to the craft. Not only has she taught two generations of students but she was instrumental in getting the French Immersion program started in 1989 for the Interlake School Division.

At first, Buors was a bit reluctant to take on the project, knowing it would be a daunting amount of work. But she also knew that she wanted her son enrolled in a French Immersion class and figured that the work would be worth it.

"That summer was devoted entirely to creating that class. I had to order the books, get the curriculum set up and all the materials. And I even had to order all the furniture for the classroom. It was a huge amount of work

but well worth it because we needed the program."

That class was a kindergarten and Grade 1 class and served students from Teulon, Balmoral, Stony Mountain, Grosse Isle and Stonewall. Buors mentioned that teaching younger students actually made the course more enjoyable. It being easier for younger students to absorb the information and to start seeing progress. Buors said that the curriculum had a lot of music-based learning to it and that it was a very effective way of teaching the material.

Buors would leave the area and move to Kelowna with her husband and teach there for a few years before returning to Manitoba in 1992 to teach for Whitehorse Plains School Division (now Prairie Rose).

"It's funny because the principal here (Ecole communautaire Aurele-Lemione in St. Laurent) was my student teacher at that time. I actually have a few teachers I work with now who were student teachers with me years ago, and I now teach their kids.

It comes full circle quite nicely."

The decision to leave after 35 years doesn't come lightly, and although Buors explains that she'll miss the kids, she does have her own grandchildren



TRIBUNE PHOTO BY JEFF WARD

After 35 years of teaching, Mona Buors will retire at the end of this school year, leaving behind a lasting legacy of quality education.

who will keep her busy.

Buors will remain a part of the community and serves as a board member with the Manitoba Metis Federation as an associate minister of health and an associate minister of heritage, sports, culture and youth.

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Beloved minister leaves Warren/Meadow Lea United

Robert Humble revitalized church life in Warren and Meadow Lea during his time there

By Stefanie Lasuik

A teary farewell was said on Sunday at Meadow Lea United Church as the members of Meadow Lea and Warren United said goodbye to their minister of three years. While Robert Humble's time at Warren and Meadow Lea United Churches was relatively short, the impact he made on the joint congregation was profound.

"Robert has added so much life to our churches," congregation member, Barb Fairlie said.

The life he has added has been in terms of both greater spirituality and increased attendees. When Humble began his ministry at Warren and Meadow Lea in September of 2012, he drew increasing amounts of churchgoers back to the church. Congregation members say this is largely due to his presentation style.

Humble incorporates humour, back-and-forth engagement, worldly knowledge and life experience into his ministry, which he ties together with musical talent. Members also cite his new ideas for worship and activities as a major attraction.

Humble introduced an outdoor Nativity service to the churches, a Grad thanksgiving celebration, a Vacation Bible Camp, spring and fall services at Lions Manor in Stonewall for former senior residents, and a June ice-cream celebration.

Although Humble was a half-time

minister, churchgoers said that the time he put in exceeded such title.

"He has a very busy schedule but always has time to talk to you," congregation member Faye Mason added.

Talking to church members was very important to Humble, and he seemed to possess an innate ability to remember names and faces of those he rarely saw.

"If you and he have crossed paths even briefly, the next time he will recognize your face and more than likely be able to put a name to it," David Fairlie remarked.

Futhermore, Mason explained, Humble made great efforts to get to know congregation and community

members and their families.

While the congregations are sad to see him leave, they are glad for the unity he has left them with. The two congregations form one, which travels alternately to Warren and Meadow Lea churches for Sunday services.

Mason said that Humble's messages are consistently directed to both congregations, regardless of location, and that this has helped to bring the congregations closer together.

"Robert has been so positive and respectful about the partnership that he's helped make it stronger," congregation member Betty Kelly said.

Kelly further noted that the two congregations' imitation of Humble's welcoming manner and activities is

"ROBERT HAS ADDED SO MUCH LIFE TO OUR CHURCHES."



TRIBUNE PHOTO BY STEFANIE LASUIK

Robert Humble and his wife, Heather Bell, received gifts from Warren and Meadow Lea congregations, including a humorous candy bar card.

something she hopes members will continue after Humble's departure.

On Humble's final Sunday ministering to the Warren and Meadow Lea congregation, well-wishers filled every pew and spilled out the back of the Meadow Lea church.

"We wish Robert and (his wife) Heather all the best as they continue on life's adventures," David Fairlie said.

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RM of Woodlands supports cottage development despite prov. recommendations

By Natasha Tersigni

At their June 9 council meeting, RM of Woodlands councillors voted 5-2 to pass the second reading of the zoning by-law amendment that would allow Lake Ranch Development, a 413-lot cottage sub-division, to be built in the north corner of the RM.

Council held a public meeting on May 14 where at the end a lengthy list of reasons why various provincial departments, including Manitoba Agriculture, Food and Rural Development (MAFRD), Community and Regional Planning Branch, Drainage and Water Control Licensing, Conservation and Water Stewardship and Infrastructure and Transportation Water Planning and Standards, would not be in support of the project.

Many of the residents in attendance, along with the development representatives, thought that those government department comments meant the end of the line for the project, but Woodlands council decided to continue to support the project.

Woodlands Reeve Trevor King told the *Tribune* that he wants to see the project continue and that passing the second reading of the by-law amendment will now mean the government departments have to have a closer look at the proposed development.

"We are not working against the

government. We just felt that some of the issues they had with the flooding and the drainage that we could deal with them. We can address all of those issues in the conditional-use agreements," said King.

"We just felt that we wanted to see it go to the next step and see where it goes from there."

Councillors Carl Fleury and Lorna Broadfoot voted against the passing of the second reading. Deputy reeve Ila Buchanan, who voted against the first reading of the by-law amendment, changed her support and voted for the second reading based on what she heard from the public at the May 14 meeting.

"I was against the development for first reading. After the public hearing process and listening to the residents that came out to the public hearing, I was surprised with the amount of support from the area residents," said Buchanan, who added that concerns from residents who stated they were against the development could be addressed in a development agreement.

"We are nowhere near signing a development agreement, and that agreement will take care of all the other concerns that I believe I have regarding the sub-division, whether it be waste water, water quality and flooding issues."



TRIBUNE PHOTO BY NATASHA TERSIGNI

After hearing from residents at the May 14 public hearing regarding a by-law amendment for the proposed Lake Ranch Development, the RM of Woodlands council voted to pass the second reading of the by-law amendment which would allow the 413 cottage lot sub-division to be built in the RM.

Now that the by-law amendment passed second reading, it goes to the provincial government to have it approved by the minister of municipal government. If the department approves the by-law amendment, it will then be returned to council for third

and final reading. Once the zoning by-law amendment is approved, the council and Lake Ranch Development can begin discussions on a development agreement.



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Aboriginal Day held in Inwood



By Natasha Tersigni

Ahead of Canada's National Aboriginal Day taking place this Sunday on June 21, the Madeline Armstrong Métis Local hosted their fifth annual Aboriginal Jamboree in Inwood to celebrate the Aboriginal and Métis culture in the Interlake area.

Guests packed in to the Inwood Memorial Hall and hit the dance floor, accompanied by traditional Métis fiddling music played the Gaudry Boys band from by St. Laurent. Also during the jamboree, square-dancing troupe Norman Chief Memorial Dancers, led by NDP MLA for Point Douglas Kevin Chief, entertained the crowd.

Event organizer Shannon Dupont said the day was a success and all money raised will be donated back into the community, including a \$2,000 donation to 301 Alan McLeod VC Royal Canadian Air Cadet Squadron a \$2,000 donation to the local seniors group the Golden Gals, and donations to the local Wish Ride and the local Christmas Cheer Board.

"This is a great event and a good time had by all," said Dupont.

"The jamboree showcases our heritage and everybody comes out and has a really great afternoon."

TRIBUNE PHOTO BY NATASHA TERSIGNI

Shannon Dupont presents Selkirk-Interlake MP James Bezan with a framed piece of traditional Metis beaded jewelry as a thank you for the \$1,500 grant from the federal government to host the jamboree.

Booking deadline is Monday at 4 p.m. prior to Thursday's publication.

SCI named first fair trade school in Manitoba

By Natasha Tersigni

It was six years in the making, and thanks to the hard work of teachers, students and administration, Stonewall Collegiate Institute (SCI) has been named the first Fair Trade designated school in Manitoba and the second in Canada.

The designation, which Fairtrade Canada created in December 2014, came on June 10 just after Cathy Chalmers' Grade 12 business class finished the four main criteria points needed to be a fair trade school. The requirements to be named a Fair Trade Designated School by Fairtrade Canada include having a school steering committee made up of an administrator, teacher and students; demonstrating that fair trade is incorporated into classroom learning; supporting ongoing communication and engagement to increase the awareness of fair trade; and having Fairtrade-certified products available for purchase.

Fair trade, a social movement that intends to help producers in developing countries achieve better trading conditions, has been something students in SCI have been learning about for the past six years.

Three years ago, Chalmers began focusing on fair trade in her business classes. Students that started taking her class in Grade 10 through Grade 12 have been focused on educating peers and businesses in the Town of

Stonewall on fair trade practices. This year, her six Grade 12 students advocated for fair trade with businesses in Stonewall, and they also began selling an extensive line of Fairtrade-certified products, including chocolate bars and coffee, in the school store.

"By introducing students to fair trade products, we have shown them a more ethical way of spending their money. When we describe fair trade, we don't describe it negatively against companies that don't support fair trade, for example, Nike shoes and the claims they support sweat shops and child workers. We don't bash the companies that students support that are cheaper, but we would explain that because fair trade products are a little more expensive, the students' money is going to go towards something that helps people," said Grade 12 student Chase Wilson, who has been in Chalmers' business

class since Grade 10 and is passionate about advocating fair trade business practices.

While the students in Chalmers' Grade 12 business class are set to graduate in a few weeks, they are looking to the younger grades to maintain the fair trade school designation and improve on programs at SCI.

"We put a base down, and to see future students build off of it would be awesome," said Wilson.

"Over the next couple of years, we are hoping to integrate more products into the school, such as getting

"WE PUT A BASE DOWN, AND TO SEE FUTURE STUDENTS BUILD OFF IT WOULD BE AWESOME."



TRIBUNE PHOTO NATASHA TERSIGNI

Stonewall Collegiate Institute (SCI) Grade 12 students Chase Wilson, pictured left, and business teacher Cathy Chalmers proudly hold SCI's Fair Trade School designation certificate. SCI is the first Fair Trade designated school in Manitoba.

the canteen to use fair trade products in everything they make and sell in the school. We are going to potentially have fair trade coffee for teachers and in the canteen and fair trade ingredients for home ec classes".

Chalmers is excited about SCI being named a fair trade school and she said future classes will continue the work that students have done.

"We are planning on making a school-wide committee next year and

are hoping to be leaders in helping other schools in Manitoba achieve Fair Trade School designation. I am hoping to have students involved in the National Fair Trade Conference, which is being held in Winnipeg in February 2016," said Chalmers.

"We will also continue to promote fair trade in Stonewall and work towards having Stonewall designated as a Fair Trade Town.



Tabula Rasa season finale

TRIBUNE PHOTO BY JO-ANNE PROCTER

The Interlake's young adult choir Tabula Rasa shared their love of music by hosting their annual Wine and Cheese concert "No Place I'd Rather Be" at the 55 Plus in Stonewall last Saturday evening. The choir sang two sets together, as well as one set that was dedicated to solos, duets and trios by talented members. Next season will start in September and interested singers can contact Kendra Obach at klobach@gmail.com for details.

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ISD. CONNECTIONS

A PUBLICATION OF THE INTERLAKE SCHOOL DIVISION

June 2015

CELEBRATIONS OF LEARNING

June 23rd

- Stony Mountain – 7:00 p.m.

June 24th

- Warren Elementary 10:00 a.m.
- Woodlands School-9:15 a.m. (K-3) 11:00 a.m. (4-8)
- Grosse Isle School – 10:00 a.m.
- École Stonewall Centennial School – Grade 7 – 9:00 a.m.
- École Stonewall Centennial School – Grade 8 – 5:30 p.m.

June 25th

- Teulon Elementary – 9:30 a.m.

June 26th

- Brant Argyle School - 11:00 a.m.
- Balmoral School – 9:30 a.m.
- École Stonewall Centennial School – Grade 5/6 – 9:30/9:00 a.m.

Graduations

June 19th

- Lightly School
- New Haven School
- Prairie Blossom School

June 20th

- Stonewall Collegiate – VMSC – 1:30 p.m.

June 22nd

- Warren Collegiate – Sunova Arena – 2:30 p.m.

June 25th

- Rock Lake School

June 26th

- Teulon Collegiate – June 26 – Teulon Collegiate – 2:00 p.m.
- Concord School– June 26th

Foundational Beliefs

We believe...

- In fostering independent, lifelong learners who are critical and creative thinkers.
- In nurturing responsible global citizens who have respect and empathy for others in a diverse society.
- In communicating in a way that facilitates the open-minded sharing of ideas.
- In creating a challenging, caring, inviting and respectful learning community.
- That we must address the needs of all learners in a safe and engaging learning environment.
- That we must provide appropriate resources to meet a range of learning needs.

ISD 2014 – 2018 STRATEGIC PLAN

1.1 Literacy

1.2 Numeracy

2 Positive, Respectful Learning Environment

3 Intellectual Engagement.

To read more on the Strategic Plan visit our website:
<http://www.isd21.mb.ca>

VISION STATEMENT

To enable each student to realize his/her full potential as a contributing and responsible member of society.

MOTTO

"Preparing Today's Learner for Tomorrow"



Interlake School Division is pleased to bring this edition of ISD Connections to you. This version is very special to us as it was written primarily by our students. We hope you can feel the enthusiasm and pride with which they tell their stories. On another note, as I reflect on the 2014-2015 school year, I am impressed with the myriad of initiatives, programs and opportunities that have promoted engagement, learning, sustainability, and inclusion. With student achievement as the focus, the division has successfully implemented Professional Learning Communities, initial assessments, classroom profiles, and progress conversations. As we look forward to the next school year, we are excited about implementing a division-wide restitution program – a proactive behavior management program that focuses on helping students fix their mistakes and returning them to class strengthened. The Interlake School Division is looking forward to collaborating with all stakeholders as we continue to move the division forward in positive and engaging ways. I wish everyone a restful, rejuvenating summer filled with lots of fun and laughter.

Christine Penner, Superintendent/CEO, Interlake School Division

MAKING A MOSAIC AT GROSSE ISLE SCHOOL

During the week of May 11-15th our artist in the school was Dimitri. We worked on our school project which is a tile mosaic featuring the Red Brick School. The Red Brick School was established in 1920 until our current school was built in 1975. Also included on our mosaic is our school logo, and other items that we foster in our school such as, numeracy, literacy, along with our passion for sports, and the arts.

For approximately three hours per day our Grade 5/6 and 7/8 classes worked with the artist by cutting small subway tiles into smaller pieces which we put on to a template and taped them down to create the piece. Once we completed each section of our tile mosaic, our artist, Dimitri, would then place it on the wall using mortar.

This was a fun activity to do with our entire school. The part that I liked the most was cutting the tiles and seeing them formed into a complete mosaic. During this project I found myself engaged the entire time we were working with Dimitri. My fellow classmates found themselves immersed in this project which carried out of the classroom and into the hallways and the playground. We really enjoyed working with our hands and creating the centre piece of our school. On behalf of my fellow students, I would like to thank our teachers for letting us have this opportunity to work with Dimitri.



By: Mackenzie - Grade 7

I.S.D. CONNECTIONS



FRENCH CULTURAL DAY AT ÉCOLE CENTENNIAL SCHOOL

On Friday, February 20th the Grade 6 students participated in a French Cultural Day where they participated in a variety of voyageur games, experienced French culture and language and had a great time!

Grade 6 Winter Carnival.

On Monday, March 20th, École Stonewall Centennial School Grade 6 classes participated in a Winter Carnival to end off our unit in French class about Winter Carnivals. In the school, we held many events such as jousting, arm wrestling, leg wrestling and chicken fights. Our grade was split into 8 teams to do the events listed above. After 2 events we went to the gym to participate in a relay. We also went outside and did a tug-of-war.

To get in the spirit, the Grade 5 French Immersion class and parent volunteers made and served us crêpes, a traditional French dish! We got to choose 3 out of 5 toppings to make our crêpes delicious! It was fun to work in groups, especially because we don't usually get to see people from other classes.

On behalf of the Grade 6 classes we would like to thank the parent volunteers, the Grade 5 French Immersion class, the Grade 8 leaders and the teachers who set up the activities. The day couldn't have happened without them! Thanks for the AWESOME day!

By: Maddy F. & Lauren B

Journée culturelle Les crêpes

Le vendredi 20 mars était une journée très spéciale à École Stonewall Centennial. Les élèves en 6e année ont célébré la francophonie avec des «activités voyageurs» et la nourriture française. C'était nous, leurs amis en 5e année qui ont préparé des crêpes délicieuses pour eux. M. Hyckie et 6 parents sont venus pour nous aider- c'était bien apprécier! Il y avait beaucoup de garniture de dessert-miam, miam!! L'expérience était fantastique parce que tout le monde parlait en français. J'ai hâte pour l'année prochaine!

By : Kalin M.



MAKING 'ENERGY HOG' MOVIES AT ROSSER ELEMENTARY

Rosser students made Energy Hog movies in tech class. It was Mrs. Daigneault's idea because she is our tech teacher. We made Energy Hog movies because it was Earth Day. What is an energy hog you ask? An energy hog is someone who wastes energy. In one video, it shows how you should always shut down computers.

In another video: "Turn out the lights when you leave the room!"

The *shut-down computers* group was Ashley, Chloe, Mia J and Hailey. Addison helped film. Chloe and Hailey were the energy hogs. Ashley was the kid, and Mia J. was the police officer. We made up our own parts and the introduction. We also filmed and acted it by ourselves. We even had to find our own props. Afterwards, we shared our videos with the school.

By: Hailey T.



**Peyton and Brady
- energy hogs!**

ISD. CONNECTIONS

GRADE 12 WARREN COLLEGIATE STUDENTS LEND A PAW

On Thursday April 30, 2015 at 8:30 myself and four other Grade 12 Global issues students, Kathleen P., Josh H., Brett G. and Keegan S. hosted a pancake breakfast in the gymnasium. When we were assigned an action project as part of our mark towards Global Issues class, we soon-to-be-graduates decided to organize a pancake breakfast. This cause was chosen when I personally visited the rescue shelter when my brother and his girlfriend had adopted a puppy from Manitoba

Underdogs Rescue. When I went to the rescue, I found out that they were struggling. I saw a poster on the wall asking for used or new leashes, collars, crates, kennels and food preferably puppy food. Just as I was leaving the shelter I overheard one of the Manitoba Underdog representatives telling another adopter that they were short on their food supply for the dogs and they were close to running out because they have been getting so many abandoned puppies in their care. The Manitoba Underdogs Rescue is an entirely volunteer-run organization; they take unwanted or abandoned puppies and distribute them to loving foster families. The rescue's goal is to provide foster families with all the supplies and services they need to care for the puppies, be it food, toys, or vetting expenses. Unfortunately, tough times have caused this goal to go unmet. Students from WCI, Warren Elementary, Grosse Isle and even some community members all munched out on some delicious pancakes for this good cause. This event approximately fed 300 people to raise about \$920 dollars along with some item donations on behalf of this fundraiser.

We ended up pulling off this event by waking up early and starting to cook pancakes at about seven o'clock in the morning in order to have some ready for the first students off the buses. We got many helpful volunteers along with some teachers. The pancake breakfast went for two hours. When the event started it went a bit slow but then suddenly the food line was backed up out the school doors. We were hauling pancakes and sausages back and forth between the gym and the home ec room. After the big rush was over and people started to clear up, we packed everything up that we rented like the tables and the big grill and hauled them back. We cleaned the gym up and just like that all the planning and organizing this event was over and we were done.

When we contacted the organization about our donation we received this email: Wow, is all that I can say! This is very touching, and means so much to our team at MUR!

We recently brought in a stray from a reserve named Lebowski with a fractured vertebrae (likely from being hit by a car). He will be riding along with Percy, our blind dog needing eye surgery, to the University of Saskatchewan at the end of May for an MRI and CT scan to determine what type of surgery would be beneficial for him to maintain his ability to walk, and do what we can to alleviate any pressure or problems the fracture could cause. The funds raised at the pancake breakfast will cover the remainder of this cost! The effort and dedication shown by Warren Collegiate is just amazing!



By: Hope A.

HUTTERIAN STUDENTS MOVED BY CANADIAN MUSEUM OF HUMAN RIGHTS TOUR

On April 15, **Hutterian High School and Middle Years** students made their first visit to the CMHR. The experience clearly made a memorable impression on them. The following student reflections capture the impact of their inspiring visit:

"At the Museum I learned that nothing is impossible. The building alone is incredible but the history inside is amazing. I learned that the museum collects stories instead of artifacts, which is really interesting considering that most museums usually show history through old objects. The stories show how people have been fighting for human rights, almost since the beginning of time. I also learned that histories are connected. Our tour guide was a Mennonite and he knew about Hutterite history through his own Mennonite history."

"From the outside of that enormous building to the amazing inside, the Museum wasn't like any other museum I'd ever seen. Almost everything they made had a meaning behind it. I liked that the building got lighter the closer we came to the top, and how they said the battle for human rights is a *journey from the darkness into light*. It all felt very...thoughtful."

"I liked that instead of telling us what human rights are, they asked us what WE think human rights are. Leaving the Museum I felt proud of the people who fought for personal peace and made a change. I left inspired to do the same."

"I thought the Museum was amazing. The architecture is mind blowing. Every stone, every window, every path that leads you through the building is symbolic. What kind of a mind could think of all that?"

"The thing I found the most moving about our tour was the Imagine area, where people who visit can leave their own messages and wishes for a better world. There were cards, literally from people from all over the world there.

It makes me think, if all those people from all those places were as moved as I was by the stories in the Museum, then there is a lot of hope in the world."



I.S.D. CONNECTIONS



ONE HUNDRED YEARS OF LEARNING AT BRANT-ARGYLE

One hundred years of learning at **Brant-Argyle School** was proudly celebrated in many ways this year. All of us wrote and performed in our Christmas concert for example. It was a heartwarming tale of students from 1914 who stumbled upon a time travelling phone booth and visited the present-day Brant-Argyle School. To prepare for this and other centennial themed projects, all of us from kindergarten to grade eight spent the autumn months interviewing elders and past students, reading community history books, and looking at dozens of timeworn photos. It wasn't long before we all wanted to leave our own memories of Brant-Argyle School!

As the weather chilled and brought us indoors, we welcomed a Winnipeg ceramic artist named Bud Gillies to work with us to create beautiful ceramic tiles. The theme of the project was "Brant-Argyle" and the colourful tiles show our memories and inspirations during the centennial year. The end product represents each student and staff member of 2014 and can be seen near our school gym. This May and June, we continue to stay with the theme of community and one hundred years as we plant our heirloom gardens and build a model of the present day Argyle. We are all connecting to our roots and growing for the future.

TIP STUDENTS USE COLLABORATION AND CRITICAL THINKING IN UNIQUE CHALLENGE

The students at **The Infinity Program** recently had the opportunity to check out The Real Escape in Winnipeg. The students were challenged to use team work, logic, and problem solving skills to complete tasks collaboratively and solve puzzles in order to escape a mysterious room in 60 MINUTES! The scene as described on The Real Escape website is as follows;

The year is 1942. You and your group have been wrongly convicted of a horrifying murder and sentenced to... life. You have had your last meal and you've said your good-bye's. As you await your fate, you are given one hour of quiet reflection time free from any prison guards. You can accept your fate OR use what little time you have left to save your lives and escape. You have 60 minutes.....GO!

The students worked diligently to communicate with each other and solve

the clues that would secure their escape. Despite all of their efforts and a few helpful clues from the game moderator, the students came up less than 10 seconds short of their escape! It was a great effort by all, and based on their feedback, students were completely engaged in the experience: "It baffled my mind!"... "I thought it was pretty cool and not something we get to do every day!"... "I think we could have worked together a bit better and then we wouldn't have been 10 seconds short!"... "It was a cool test of my brain power." "It was amazing! I'd do it again!"



MATH IS FUN

"We did a Math games day for all the Grade 5 to 8 students at **Warren Elementary**. There were five groups of kids and 5 stations. Each station was 20 minutes long. We played, Yahtzee, 99, Bingo, math games on the computer and tangrams in the library. The games that we played were FUN and we learned lots!

By: Emma and Amber – Grade 6 students

How do we get students interested in Math? Having a mini Math Games event is one way. While each station actually focused on a different part of the general Math curriculum, to the students it was a fun way of spending the morning. The events were organized by the Math PLC group whose focus for the year was finding different activities to make math more interactive and engaging to students.

I.S.D. CONNECTIONS

S.C.I. TRAVELS TO KENYA

Over spring break 2015, ten students and two teachers from the Interlake travelled 13075 km across the world to the little community of Pimbiniet, Kenya, Africa. During the eleven days we were there we were immersed in the culture and volunteered in the community. Every activity we participated in was connected to one of the five Free The Children pillars. These pillars are: education, clean water and sanitation, health, alternative income and livelihood, and agriculture and food security. In the education pillar we went to Pimbiniet Elementary School where we toured the old classroom at the elementary school and laid the foundation for a new classroom. On two of the days we got to interact with the children from the elementary school. We also visited the first all-girls Free The Children high school named Kisaruni, which means safe place. We were given a tour by the students who attend the school. For the clean water pillar we got to participate in a water walk with the local mammas. We walked 1 km to the water hole and carried 20 L of water on our backs with a rope around our

foreheads. It provided three days of water for the mammas who came on the water walk with us and for their families. Also, we were taught about water conservation and how we can reduce our own water usage. We had the opportunity to visit the Free The Children health clinic named Baraka, which means blessing. We toured their lab and maternity ward. They are also constructing a surgical facility for the upcoming year. For the alternative income and livelihood, we were split into groups and given a scenario of buying a week worth of food and something extra the families needed. Each group was given 500 Kenyan Shillings (\$7.00 Canadian) to complete their task. It made us all appreciate our stocked kitchens and having plenty of food in our homes. Also, we got to bead with the local mammas as this is a way for the locals to get another source of income. For agriculture and food security we learned about how the school gives the locals water, and



the crops they plant. We learned about how Free The Children taught locals on how to properly grow and maintain their crops and gardens. Our group also got to experience some of the African landscapes by going on a safari and a morning hike. We all came home much more grateful and appreciative of what we have here in Canada. We would definitely recommend this trip to anyone wanting to be immersed in cultural experiences.

By: Sara S. and Mackayla J.



From left: Teekca Spence., Tianna P., Jessica K., Sara T. (crouched), Georgia R., and Selena M.

TEULON COLLEGIATE GIRL'S GROUP

This year our guidance counsellor Ms. Kosteckyj ran a girl's group for us after school on Thursdays. We covered topics like: body image, relationships, emotions, and Aboriginal traditions and crafts. Miss Kosteckyj supplied us with healthy snacks to eat while we had our girl's group, and sometimes we even made the food ourselves. One week a member of our group brought a recipe and all the ingredients for bannock, and we made soup and bannock. I think my favorite thing that we did was the dreamcatcher workshop with Teekca Spence. She showed us how to make the dreamcatchers and also gave us some background on the meaning of dreamcatchers, which was really cool. I really enjoyed being a part of this group at school this year.

By: Jessica K. - Grade 12

LEARNING GOALS AT WOODLANDS SCHOOL

One of our strategies for numeracy this year at **Woodlands School** was to establish learning goals and routinely reflect on growth and progress. One of the tools we used is Reflex Math, an online tool that helps students of all ability levels to develop fluency with their basic facts in addition, subtraction, multiplication and division.

Mrs. Procter used Reflex Math in conjunction with Math journals and articulated learning goals as she worked with a group of grade 5 students. Reflex Math was accessed on school iPads on a daily basis. Students found

the format engaging and effective. They enjoyed the progress pyramids and seeing their improvement on a daily basis. One of the students felt it was the "best math program ever" and a program that "tests you but in a fun way."

As students progressed, they began to realize the RM motto, "The harder you work, the smarter you get." Their endurance developed and they were able to work through more complex tasks. More importantly, students could reflect on where they were and what their next steps could be.



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MÉTIS HERITAGE

This year **Balmoral School** students learned all about the Métis heritage. Almost everything we did as a school somehow related to the Métis. It started with our family groups, the group names were named after the different aboriginal groups in Canada. We focused on one group each month, and learned a little bit about their culture.

Then we had guest speakers and presenters. One of the musical presenters was a group of students from the Keystone Colony, who played the fiddle. This group was led by Clint Dutiaume. Another musical presenter and artist who came out for two weeks was Ted Longbottom. He helped the K-8 students write a song about the Métis' journey. Ted also sang us some of the songs he wrote. The president of the CPF (Canadian Parents for French), Paulette Dupuis, showed us what the Métis people wore and what they might carry with them. We were able to view a dog sledding expert, and learn about maple syrup and enjoy a maple syrup taffy treat, created by the grade 7's and 8's in French class. We also were lucky enough that we were able to Skype with David Bouchard, a Métis author. Some of the students were able to ask him some questions about his job. Talon Allard did a jig for Mr. Bouchard and he received a copy of his new book. All classes have been doing an author study and a novel study on David Bouchard and his books.

For a final event, the whole school was able to go to Oak Hammock Marsh to take part in their Festival du Voyageur. There were different activities for the groups to do such as, making bannock, games, snowshoeing, sling shot shooting and even a little bit of learning. In the grade 7/8 French class, the students created Prezis using technology on the Métis and their lifestyles.

In February, the theme for I Love to Read month was "Portage through the Pages". The students made a paper canoe for each book they read and it was put on the wall in the gym, the family group that made it the farthest got to have the first popcorn party. Family group 2 won the popcorn party.

Students enjoyed learning about the Métis and the important role that they continue to play in our province. There might be more Métis activities coming as the year comes to an end.

By: Tiana, Amanda, Saige and Jackie - Grade 7



ACTIVE LEARNING AT TEULON ELEMENTARY

Teaching students about the importance of quality daily physical activity is an important responsibility we do not take lightly at **Teulon Elementary School**. Consistent daily physical activity is a key indicator of overall wellness. We feel that exposing students to a number of different physical pursuits at an early age will benefit them as they grow and develop. Our students love these activities. They are excellent way to foster interest for further years, and they give the students something to look forward to.

Below is a summary of some of the ways we get our students active at TES:

- Rocks & Rings Curling Program – 2 day clinic – grades 1-6
- Cross – Country Ski Fest at Ross Creek – one day excursion – grade 5's.
- We also have ~25 sets of skis and snowshoes our students can use.
- Archery Manitoba – 1 day clinic – grades 4-6
- Tennis Manitoba – 2 day clinic – grades 1-6
- MPIC Cycle Safety – 1 day clinic – grades 2-4
- Can Bike Program – 1 day clinic – grades 5-6
- Golf Manitoba – 2 day clinic – grades 5-6
- Orienteering Manitoba – 1 day clinic at Bird's Hill Park – Grade 5-6
- Winter Olympics – full day of activities (Skating, Curling, Orienteering, etc.) – K-6
- Floor Hockey Intramurals – Jan. to June - grades 5-6.
- Dance Club – every Wednesday from April to June – grades 4-6.
- Cross-country and Track & field teams.

What some of our students had to say....

Jaiden – 'Ross Creek was great because I love skiing and snowshoeing. We were active the whole day and we got to get away from school and work.'

Emma – 'Ross Creek was my favorite too. We were taught how to ski before at the school, but Ross Creek was better because there were big and small hills. We had a choice of what we wanted to do which I liked. It was a lot better than sitting at your desk doing work.'

Jaiden – 'the orienteering we did at Green Acres was fun because we were active, and we got to explore. We got to go in partners which was fun because we had to work as a team.'

Rheo – 'the floor hockey intramurals were entertaining to watch and play. We had an actual league with teams so it was great to play against each other.'

Camryn – 'I liked the archery clinic because I have a set at home, and it was good to learn about the sport and how to do it properly and safely. It is a fun activity to do and challenging.'

Josh – 'I enjoy the cycle safety clinic because I live in the country so I don't get many chances to ride my bike in town with my friends. They had an obstacle course set up that we go through, and then after we go for a ride through town.'

As you can see, despite not having a dedicated PE teacher we are able to expose our students to a wide-variety of physical activities from high quality instructors. We appreciate the support of our TEPAC to help support additional costs that arise. A special thanks also goes out to our Grade 5 teacher Mr. John Blackwood for helping organize many of these clinics.



I.S.D. CONNECTIONS

ÉCOLE R.W. BOBBY BEND SCHOOL - DAY OF PINK

In April, **École R. W. Bobby Bend School** joined together with more than 15,500 students, parents, and community members from over three hundred thirty-five schools and workplaces to participate in the annual province-wide Red Cross Day of **Pink**. This initiative started in 2007, when two high school students in Nova Scotia took a stand against bullying when a male classmate was bullied for wearing a **pink** shirt to school. Students were encouraged to take part and to support Day of **Pink** by wearing something **pink**, which allowed them to enter their name in a draw. When asked why having a day such as this is important, students said:

*"Day of **Pink** is important so we can all work together to make bullying stop."*

*"At Day of **Pink** we learn the story of the boy and the pink shirt. It shows people that you shouldn't be judged on what you wear."*

*"I think Day of **Pink** is important because people learn so much about bullying – you should be a buddy not a bully and boys learn that **pink** is okay!"*

"It helps us learn how to support a kid who is being bullied. It reminds us how kids who get bullied feel."

This day included a variety of special activities - a friendship song learned in music classes and sung by the entire school at the Day of **Pink** Assembly, special Day of **Pink** activities were carried out in individual classrooms, a **pink** cupcake sale with cupcakes made by D and D Cakes, and **pink** kool-aid served by Lynn Kjartanson, Cristina DeBin, and Lori Siwak from the Stonewall Royal Bank of Canada.

All students took part in writing or drawing a friendship/anti-bullying message on a **pink** hand which was put together in a school-wide display, "Hand in Hand, Together We Stand!"



Some of the submitted student messages were:

"Do unto others as you would have them do unto you!"

"Soyez gentil!"

"We are hand in hand to stop bullying!"

"Bullying stops here!"

"Sois un ami pas un tyran!"

"Stop bullying and let the world smile!"

*"Day of **Pink** represents stopping bullies!"*

"Be bully aware – stand up for yourself and for others!"

"Be a buddy...not a bully!"

"Be a friend!"

"Soyez gentil a tout le monde!"

"Friendship rocks!"

"Soyez un bon ami!"

Engaging youth in activities to help explore what it means to be respectful, to have positive friendships, and to promote kindness helps to create healthy schools where everyone feels safe and welcome. At École R. W. Bobby Bend School we feel that Day of **Pink** is a great way for students to come together to show their support against bullying and to raise awareness of the impact of bullying. However, bullying prevention is not a one-time event. It is an ongoing process that needs to be integrated into other facets of learning.

We continue to implement programs throughout the year that teach both respect for others and peaceful conflict resolution, by way of using books, videos, discussions, and through school-wide programs which include Bucket Filling, WITS, Kelso's Choices, and Conflict Managers. In addition, this year we were very fortunate to have Dr. Mary Hall, the director of Safe Schools Manitoba, visit our school to speak to each of the Grade 3 and 4 classes on the different forms of bullying, as well as the dynamics, the causes, and the consequences of bullying.

For more information on bullying please see:

www.edu.gov.mb.ca/k12/safe_schools/bullying_hurts.pdf

HAVE A



ISD. CONNECTIONS

THE WATER PROJECT

At **Stony Mountain School**, the grade seven class is fundraising to send money to Africa so they can build wells near their school. These children are getting sick from the dirty water they are drinking. This is a terrible problem that we can fix together. We need all the help that we can get to reach our maximum amount. All you have to do is donate whatever you want! If you want to help us please go to one the sites listed below:

Twitter: Grade7waterproject
Instagram: Gr7waterproject
Website: Thewaterproject.org

By: **L. Barnett**

As part of the Grade 7 Social Studies unit, we have put together a project that promotes clean water for less fortunate people in Africa. We have split the class into 3 groups. 1) The Promotion Group has been planning games and obstacle courses that will be friendly to all grades. 2) The Technology Group has set up an Instagram account (gr.7waterproject) that you can follow, a Twitter account and a Weekly website. 3) The Fundraising Group has been brainstorming ways to reach our goal of \$1,000 to build and sustain a well. We decided to do this after exploring a unit on poverty in Africa. We learned about thewaterproject.org, and then decided on making sure that we can be a part of the change that is happening. We hope you can help with cooperation and donations. Remember to look out for change happening at Stony Mountain School.



2015-2016 BUDGET

OPERATING FUND STATEMENT OF REVENUES, EXPENDITURES AND ACCUMULATED SURPLUS For the Year Ended June 30			
	2014 Actual	2014 Budget	2013 Actual
REVENUES			
Provincial Government	22,932,755	22,626,870	22,634,048
Municipal Government	11,614,199	11,684,910	10,078,534
Other School Divisions	37,968	55,000	72,469
Private Organizations and Individuals	215,953	211,500	311,151
Other Sources	146,695	125,720	112,224
	34,947,570	34,704,000	33,208,426
EXPENDITURES			
Regular Instruction	19,192,741	19,438,000	17,954,073
Exceptional	5,721,041	5,642,000	5,812,137
Community Education and Services	267,268	245,000	260,068
Divisional Administration	1,363,705	1,289,000	1,357,717
Instructional and Pupil Support Services	1,589,256	1,571,000	1,542,711
Transportation of Pupils	2,215,158	2,092,000	2,067,553
Operations and Maintenance	4,029,441	3,547,500	3,509,286
Fiscal	588,706	600,000	561,486
	34,967,316	34,424,500	33,065,031
Current Year Operating Surplus	(19,746)	279,500	143,395
Non-vested sick leave (Recovery)	(30,837)	0	3,318
Less: Net Transfers to Capital Fund	(234,052)	(279,500)	(73,913)
NET CURRENT YEAR SURPLUS (Deficit)	(222,961)	0	66,164
Accumulated Surplus (Deficit) - Beginning of Year	1,031,873		965,709
Accumulated Surplus (Deficit) - End of Year	808,912		1,031,873

The Board of Trustees of the Interlake School Division approved the 2015-2016 school year fiscal budget at the meeting on Tuesday, March 10, 2015 with an investment of \$36,212,000 in public education.

The Division received a 0% increase in provincial funding operating revenue from the Provincial Government for the fourth straight year.

New property assessment increased by 1.76% throughout the Division.

The Board of Trustees held their annual public meeting on February 19th, 2015 at École Stonewall Centennial School to present the draft budget with a proposed increase to the special levy for 2015. Considering public feedback and upon further review of the draft budget the Board approved an increase to expenditures of \$1,136,000 for a total of 3.24% increase in costs to the 2015-2016 budget.

The 2015 calendar will have an increase to the special levy by .378 mills. This will see an increase in taxes of 2.698% to residential property owners. **The new mill rate for 2015 for the Interlake School Division was set at 14.381.**

Adjustments in the 2015-2016 Budget include:

- No new school buses have been budgeted for in 2015-2016.
- Increase in maintenance department capital "D" by \$50,000 to offset last year's \$100,000 reduction.
- Elimination of all technology mentors in the Division.
- Reinstate out of province travel for professional development effective July 1, 2015.
- Increase to furnishings grant to all schools of \$5 per student across the Division.
- Increase funding for high schools for Senior Years Technology for Level 1 and Level II.
- Additional staff allocated for alternative education.
- A one-time payment for band resources for Teulon Collegiate \$14,000.
- Purchase of new computer file servers for schools/technology department.
- \$150,000 purchase of furnishings and landscaping for the new Woodlands School not supported by the Public Schools Finance Board.
- Purchase Divisional equipment and eliminate the contracting out costs for grass cutting and spring to fall grounds maintenance.

The entire public presentation can be viewed on our website www.isd21.mb.ca.



Get more curb appeal with a few exterior renovations

Are your renovations giving you a headache? For all your outdoor projects, both big and small, don't hesitate to bring in some professional expertise. After all, you want your house to look beautiful as well as protect you from the elements, right?

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nal appearance of your home is the first thing that visitors notice. That's why exterior renovations are as important as improvements to the inside. Several options are open to you for making your house more welcoming. For example, painting the front door is a simple and effective way of giving a new look to your home. Take into account the colour of the roof, as

well as the brick or siding, when choosing the shade. But that's not all. Your landscaping colours, as well as those of neighbouring houses, should also be taken into account. You'd rather upgrade the exterior cladding? Depending on your preferences, a bricklayer or housepainter can give new life to your house's facade.

The front door isn't the only one that can be improved. If you want to replace your garage door, bring in



a garage door installation expert to make sure it works properly for years to come. Lastly, for your home to look great, it's important not to neglect the driveway. A paving contractor will be able to meet all your needs.

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Water infiltrations, drafts, mould and wobbly handrails: ensuring that your home is as safe as it is attractive can take a lot of work. You need to replace your roof? A professional roofer can guarantee you a sound roof. Contact a foundation specialist to carry out all your excavation or waterproofing jobs, or even to repair cracks in your foundation. Is climbing the steps up to the front porch a dangerous sport? With an expert in the construction of balconies or porches, your stairs, railings, balconies, steps and porches are in good hands.

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BEAUTI-TIPS EXPERT ADVICE ON ROLLERS

JUST ROLL WITH IT!

Achieve a professional finish with less work!

Roll one on: Rollers are the tool of choice when painting large areas but they aren't all created equal. They come in a variety of lengths, fabric coverings and nap heights and just like great brushes, they can be used more than once. To achieve a professional finish with less work, you need to choose the proper roller for your project.

HERE'S WHAT TO LOOK FOR:

Pile Height: As a general rule, the higher the sheen of paint the lower the pile height should be. A gloss paint deserves a 5mm roller. Suede, eggshell or velvet finishes look marvelous with the most common roller, the 10 mm. For a flat paint or primer, choose 15mm.

Lint Free: Here's a guaranteed little-known fact! Lint free rollers are great but it is still necessary to rinse with water before using latex paint or mineral spirits if using alkylid. This eliminates any loose fibres getting in your paint and primes your roller to except the paint faster. Who knew!

Pile Density: Just as in fine carpets, pile matters – the thicker the pile density the better the roller applies the paint. High pile rollers hold more paint resulting in a smoother finish and less time reloading your roller.

Seam Lines: Choose a roller that do not have conspicuous seam lines, otherwise you might end up with unplanned patterned walls.

The Ends: A good quality roller has tapered ends to prevent paint seeping inside the roller. The Core: Want a roller that keeps its shape? Since cardboard cores soften and develop flat spots, choose a roller with a PVC plastic core.

With rollers, you really do get what you pay for. An inexpensive roller will mat or fail to evenly spread even the highest quality paints, and it may leave your walls feeling rough because of lint imbedded on your walls.

Be Cagey: Get a handle on your roller. A good roller cage, like Beauti-Tone's Rollerlock paint roller frame 1655-113, is built for pros. Its heavy duty construction features four wires, not three, a no-slip system to keep the roller from shifting, a strong handle to support the roller, and a high-quality connection at the base to support an extension pole.

ROLLER MUST HAVES

A roller cover 1656-840 keeps your roller ready to go if you can't finish your project in one day.

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Centennial students make a splash for Karama

By Stefanie Lasuik

The students of Stonewall Centennial School spent Friday afternoon racing through sprinklers, splashing in pools, and tossing water balloons. The school's Water Fun Day was one of many fundraisers the school has held to raise money for their sister school in Karama, Uganda. Members of the school's social justice team are working towards a goal of \$3,500, enough money to build Karama Nursery School a well for clean water.

"Building a well will benefit the entire community as well as the school," Centennial's vice-principal Michelle Procter said.

Centennial's social justice team, who chose to host a water fun day, appreciate the significance of living in Canada.

"If we have so much water that we can use to do this without it being really hazardous for us, the fact that they don't even have it for regular life makes it a lot harder to grasp," eighth-grader and social justice club member Beth Ladyka said.

"It shows how fortunate we are and how much they need, so we just really feel like us helping them is a good thing to do," fellow social justice team member Rikki Frost-Hunt explained.

The social justice team is students helping students.

"Us being kids helps us relate a lot. What you should be doing in summer is what we do — you fill up water balloons; you have water fights. It's the best part of summer, and they don't even have water to regularly drink," Ladyka explained.

While the social justice team members are leading the initiative to fundraise for Karama, the entire school stands behind them.

"Our school is really supportive of us when we do this. We do a lot (of fundraisers), and the fact that they all bring money and support has been great," said Ladyka.

For Water Fun Day, Centennial students raised \$398 through donations.



Camryn M. gets some air while protecting her water-filled cup in water-themed jump rope.



Emmi M. runs through the sprinkler in a team race event.



TRIBUNE PHOTOS BY STEFANIE LASUIK

Stonewall Centennial students battle it out in a game of Doctor Dodgeball, boys versus girls.

Stonewall wraps up spring mini-soccer league



Local soccer players aged three to eight took to the VMSC soccer pitches on Saturday for some local World Cup action of their own. Stonewall Youth Soccer Association (SYSA) held their mini-soccer spring league wind-up tournament, which saw teams play friendly matches early in the day. The annual spring league is a chance for young players to learn the game's fundamental skills before moving up to the SYSA league.

TRIBUNE PHOTOS BY NATASHA TERSIGNI

Woodlands resident prepares for deep brain stimulation surgery

By Patricia Barrett

The thought of having electrodes inserted into your brain through a hole in the skull the size of a dime might not appeal to many people. But for some sufferers of Parkinson's disease, this surgical procedure is something they're willing to undergo.

Valerie Tummillo of Woodlands said she'll be participating in a number of tests in the upcoming months to see whether she's eligible for deep brain stimulation (DBS) surgery.

"I was cleaning out my freezer," she said, "when my pinkie finger started shaking. I ignored it until it got to my whole hand."

That took about two months. Tummillo was 45 years old at the time. She's now 52 and suffers from constant trembling, primarily on the right side of her body. Her right hand, arm and leg shake badly, and the disease has begun to deprive her of the ability to speak clearly.

It also interfered with her job, and she had to give it up a couple of years ago. Tummillo was employed with the Interlake branch of the Association for Community Living, where she managed a group home for people living with mental challenges.

"I really loved it," she said. "It was hard to go."

You often hear Parkinson's disease described as progressive and degenerative. Put simply, that means the brain begins to irreversibly deteriorate over a period of time. For some people, that occurs over many years. Others may experience a rapid decline.

The brain's inability to produce dopamine, a chemical that regulates movement, can result in symptoms such as trembling in the hands, legs and face, impaired balance, slow movements and rigidity in the limbs and trunk. Those who do develop the disease usually get it in their 60s. But it can affect people younger than 40.

"Sometimes I feel weak," said Tummillo, who has to take three different medications every day to help control the tremors. "If I do too much, I have to rest."

Over time certain medications might aggravate the tremors. Tummillo said she takes one that gives her "the jerks." Another causes her skin to become red and blotchy.

It's common for Parkinson's patients to eventually develop difficulties walking. Tummillo said she doesn't walk very well, but she's determined to stay active as long as possible. She practises Tai Chi and walks regularly with a neighbour.

The historical record is populated with references to Parkinson's disease, although it remained nameless until the 19th century. Greek physician Galen (c. 130-200 A.D.), who treated injured gladiators and ministered to the health-care needs of Roman emperors, described shaky hands. Renaissance polymath Leonardo da Vinci (1452-1519) wrote about "trembling parts" in his diary. Playwright William Shakespeare (1564-1616) had characters in King Henry VI speak about "the palsy." The disease was named after English physician James Parkinson (1755-1824), who observed patients with the symptoms then wrote a treatise titled *An Essay on the Shaking Palsy*.

Since James Parkinson's day, medical advances with drugs have helped alleviate the severity of the tremors. Deep brain stimulation surgery has been around for over 20 years and is an accepted treatment across the globe.

"If a patient says, 'I'm eating medications by the

bucketful,' we might be able to help that patient with surgery," said Dr. Jerry Krcek, the only neurosurgeon in Manitoba performing DBS surgery.

Surgery is not for everyone, though, he said. There are a number of tests patients have to undertake before they're approved for DBS.

As strange as it might sound, the first thing neurologists have to determine is whether a patient actually suffers from Parkinson's.

"There are things that can mimic the symptoms of the disease," said Krcek, who works at Winnipeg's Health Sciences Centre. Multiple system atrophy (a disease that affects the brain and spinal cord) has symptoms similar to those experienced by Parkinson's patients, he said.

AIDS, multiple sclerosis, heavy industry chemicals and certain types of medications can also produce movement impairments similar to Parkinson's, according to the literature available in the online medical database PubMed.

"You'd be surprised how complicated it is," said Krcek, who has co-authored a number of DBS research papers that have appeared in journals such as the *Canadian Journal of Neurological Sciences*. "We don't recommend DBS for other variants of the disease because they don't respond well."

Patients will routinely undergo MRI scans. Krcek said those scans usually look normal (taking age into consideration) as opposed to scans of people with multiple sclerosis, which show characteristic plaques on the brain. At the same time, neuroradiologists will look for any possible abnormality — in blood vessels, for instance — that might caution against surgery.

Another pre-operative test measures the symptoms patients experience both on and off their medication. They're scored on how well they respond to medication. That, in turn, indicates how well they might respond to DBS.

"The cut off is about 33 to 35 per cent improvement," said Dr. Krcek, who also teaches neurosurgery to medical students and neurosurgeons in training. "If we gave a patient medication and saw only a 10 per cent improvement, DBS surgery wouldn't do much better."

The electrodes that go into the brain are about the width of a hair. They're attached to wires that run under the skin down the back of the scalp and around to the front of the chest where they're attached to a battery-operated device that's placed below the collarbone. The device emits electrical signals that stimulate the brain areas associated with movement, he explained.

Patients are awake during the first stages of the surgery, but the scalp is completely frozen. "They may feel the vibration of the drill," said Krcek, who moved to Winnipeg from Calgary in 2003 to set up the province's DBS program, "but they feel no pain."

Tummillo said she's "excited and scared. But the pros outweigh the cons." She has been briefed on what to expect if approved for the procedure. In the first part of the surgery "the surgeon will ask you all sorts of questions. Do you feel any tingling? What day is it?"

The reason patients need to be awake is that neurosurgeons need their co-operation with "mapping" to ensure electrodes are placed in the correct spot.

"If the patient says, 'I have double vision, Doc, or I feel tingling,' I know I'm too close to nerves that control eye movement or produce sensation," said



Valerie Tummillo of Woodlands finds quilting a great distraction as she awaits testing for deep brain stimulation surgery.

Krcek. "We want the best results without side effects."

During the latter part of the procedure, patients are given a general anaesthetic before the neurosurgeon situates the wires and hooks up the device, which is somewhat similar to a pacemaker.

Krcek said there may be misperceptions about DBS surgery that are important to temper through education.

To be honest, it won't fix balance issues," he said. "There's also no cure for Parkinson's."

Some patients may feel as though DBS has failed them after a number of years. But it's actually the progression of Parkinson's that may account for a return of their symptoms, he said. The settings on the stimulator device below the collarbone, however, can be adjusted — so can the medications.

That people respond differently to DBS is something Tummillo said she became aware of through participation in a support group at Deer Lodge Hospital. It allows people who've had DBS surgery, along with those who would like to have it, to share stories.

"I know it works differently for everybody," said Tummillo. "There are people in the support group who've had great improvement and people who haven't," she said.

While she waits for testing to get underway, Tummillo stays busy making quilts for family and friends.

"I've heard other quilters say, 'I gave a quilt to so and so, and they turned it into the dog's blanket,'" she laughed. No one has done that to her creations. She said the activity takes her mind off the tremors.

"When you do something you really enjoy," she said, "your brain focuses on that, and you don't have the symptoms for a while."

For more information about the disease, visit the Parkinson Society Manitoba website at www.parkinsonmanitoba.ca.

Warren track stars share golden shoes

WCI's dangerous jumping duo create the ultimate story of friendship and success

By Stefanie Lasuik

One pair of golded Nike spikes — the “magic” shoes. When passed from friend to friend at High School Track and Field Provincials, they set the stage for the ultimate story of friendship and rivalry.

Grade 12 student Josh Hofer has seen great success in his high school track career. He broke all-time school long jump records and won consecutive Zone 5 meets. If it weren't for friend and competitor Josh Granberg, those records would still adorn WCI's record plaque. Granberg, one year behind Hofer, followed in his friend's tracks, scooping up school jumping records the season after Hofer would set them. This year, Hofer could not even wallow in his success for two weeks.

During track and field zones, Hofer was having a particularly excellent day.

“Josh was jumping as big as he could,” Granberg said.

On his second jump, Hofer cleared the school's previous varsity record with an outstanding 6.15-metre leap.

Hofer would take first and Granberg

second in the meet.

Nine days later, when the province's best high school track and field athletes assembled to compete at the University of Manitoba, Hofer offered to share his Nike spiked-shoes with Granberg, who did not have spikes for the rubber track. Granberg would jump in the first flight, Hofer in the second. Granberg stepped up to his mark in Hofer's shoes, took flight, and measured a 6.16-metre jump. One centimetre was all it took to top

Hofer's record.

“He let me use his shoes, and I was jumping farther than I ever have,” Granberg said.

The boys would go on to take second place in their respective flights, setting up one last showdown to take place the following day in the finals.

Unfortunately, Hofer entered the final round greased up with numbing gel. After tweaking

his leg in the previous day's events, Hofer was in pain.

Hofer managed to post a 6.07 with his first five jumps, but on the fifth, his quad gave out.

“It was instant pain. I could barely walk on it. It started swelling up by

“HE LET ME USE HIS SHOES, AND I WAS JUMPING FARTHER THAN I EVER HAVE.”



TRIBUNE PHOTO BY STEFANIE LASUIK

Josh Granberg (left) and Josh Hofer (right) shared a magical pair of shoes in their final head-to-head track and field competition.

my knee.”

Hofer left to the doctor, where the diagnosis was a torn quadricep muscle.

Granberg, meanwhile, stuck a 6.32-metre leap with Hofer's spikes — a mark that placed him third in the province.

“I started jumping bigger and bigger, and I wanted him to jump with me, but with his leg, he wasn't able to,” Granberg said of the finals.

Granberg not only earned a provincial bronze medal but a record-breaking name-plaque with his injured friend's shoes.

“Just to be on the podium felt great. But breaking the record, I was kind of upset because I wanted him to be able to stay on (the record board) after he graduated,” Granberg said.

The now-crutched Hofer said he was happy to see Granberg up on the provincial podium, and although he is a little more hesitant when thinking of his broken record, he deemed it a “laughing matter” more so than anything. When asked if he has any regrets about lending his friend his shoes, the answer was an invariable and unmistakable “no.”

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> FAITH

An interesting thing happened late one Friday evening as I lay awake, stressed out and fretting, trying to fall asleep. I was struggling with a situation that was happening at that time, and frankly, it was robbing me of my joy. In fact, I was so angry and frustrated that I couldn't put it out of my mind. Man, was I angry!

As I lay there thinking about how bizarre and strange it all was, I just became angrier. And as I became angrier, I tried harder to put it out of my mind. And of course, the harder I tried not to think about it, the more I thought about it! Have you ever been there?

And then this thought came to me: “What would Jesus do?” It's a phrase that has been around (as far as I can tell) since at least the nineteenth century, and the person asking themselves this question is really asking, “In this situation, how do I think Jesus himself would act, or want me to act?” It's a simple yet highly effective way to remind oneself of Jesus' teachings. I felt certain that God reminded me of that phrase that night, as I lay there stewing about my problem.

Another thought followed immediately, and I thought this one was actually humorous! The second

thought was, “Jeff, you're preaching on being ‘Patient in Affliction’ in two days!” The irony was not lost on me. (God sure has a sense of humour!)

The net result of these two questions (which I feel were clearly from God) was like a light going on. Where mere seconds before were stress and anger, suddenly there was an immediate peace. I felt awesome. It was no longer up to me to figure out what to do about it — now I had a Divine Temple in the way of Christ's teachings! I soon fell fast asleep.

Jesus told us when we are afflicted to remain patient (Ro. 12:12) and that these trials are character build-



ing (Ro. 5:1-5). And in fact, Jesus not only foretold these trials, he also told us he has them all under control (Jo. 16:33).

Sometimes we need to be reminded of this, just as I did, that sleepless Friday night.

Pastor Jeff Andrews
www.alivefamilychurch.ca

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Junior high athletes set four new divisional records

By Natasha Tersigni

Students in Grades 5 to 8 from across the Interlake School Division (ISD) gathered at Stonewall Collegiate Institute on June 9 for the division's annual track and field meet. While the daylong event is a chance for the students to take part in various track and field disciplines, schools also compete against each other for the coveted school banners and bragging rights for the year.

At the end of the day, points are tallied from students placing in the top five of their event to see which school had the most points. This year, Woodlands School walked away with the small school banner and Ecole Stonewall Centennial School won the big school banner. Also at this year's meet, four divisional records were broken.

Breaking a 38-year-old primary boys' long jump record of 4.55 metres set in 1977 by Darrin Willis of Teulon was Stonewall Centennial's Braden Bell, who jumped 4.68 metres.

Centennial's Grade 5 student Brooke Wadge placed first in the primary girls' 1,500-metre run with a time of 5:43.11. Wadge's time beat out the previous record set by Bri Langlois in 2005 by 3.11 seconds. Centennial's Grade 7 student Cale Woods ran the junior boys' 1,500-metre race in 5:14.34, surpassing Justin Kafka of Stony Mountain School's record of 5:28.81 set in 2008.

Warren Elementary School's primary boys' 100-metre relay team, including Riley Janke, Lane Bond, Ashton Fisher and Keon Joynt, finished with a time of 1:01.43, just squeaking under the record set by Teulon Elementary School in 2009 by 0.74 seconds.



Grade 6 student Braden Bell from Stonewall Centennial School broke the 38-year-old record held in the Primary Boys' Long Jump with his 4.68-metre jump.



TRIBUNE PHOTOS BY NATASHA TERSIGNI
Stonewall Centennial's Brooke Wadge (front) set a new divisional record in the primary girls' 1,500-metre run with a time of 5:43.11.

Fisher selected to Hockey Manitoba's U-18 POE development roster

By Brian Bowman

Warren's Mekaela Fisher has been selected to Hockey Manitoba's U-18 development roster.

The talented forward played last season for the Central Plains Capitals. She was third on the Caps in goals scored (22) and points (43) in 62 games last season.

Hockey Manitoba released the 2015 U-16 and U-18 Program of Excellence Development Camp rosters last Friday.

Both the U-16 and U-18 programs will host a skills camp in early July, followed by a prep camp later in August for U-16 and the Bisons' exhibition series for U-18 in September.

The skills camps will entirely focus on further developing individual player skills and tactics along with fitness testing and training. The prep camp and exhibition series, held in August and September just prior to the start of the 2015-16 tryout season, will feature more team tactics and systems with more competitive ice sessions and inter-squad games.

2015 POE Development Camps:

U-16 POE Skills Camp - July 9-11 - Winnipeg (Seven Oaks)

U-18 POE Skills Camp - July 15-16 - Winnipeg (Seven Oaks/MTS Iceplex)

U-16 POE Prep Camp - August 13-15 - Winnipeg (Seven Oaks)

U-18 POE Bison's Exhibition Series

- September 11-13 - Winnipeg (Max Bell Centre)

Thirty players have been named to the U-16 POE development camp roster featuring a breakdown of four goalies, 10 defencemen, and 16 forwards.

The female U-18 roster, meanwhile, features 27 players, which includes three goalies, eight defencemen, and 16 forwards.

U-16 Team Manitoba will compete at the Western Canada U-16 Challenge Cup set for Oct. 27 to Nov. 1 in Calgary. U-18 Team Manitoba will compete at the National U-18 Women's Championships in Huntsville, Ont. from Nov. 4-8.



PHOTO COURTESY CENTRAL PLAINS CAPITALS
Mekaela Fisher

Cara named to Team Manitoba U16 squad



TRIBUNE PHOTO SUBMITTED

Stonewall's Brielle Cara has been named to the provincial volleyball team and will travel to Richmond, B.C., next month for the National Team Challenge Cup.

By Brian Bowman

When most athletes hear the news that they have been named to a Manitoba provincial team, they get to celebrate immediately.

But in the case of Brielle Cara, she had to wait a little while.

"I was really excited but I was in class when my mom texted me about it," said Cara, 15, a Stonewall native. "I couldn't really do anything, but once I got out of class, I was able to tell my friends and we were all excited about it."

Team Manitoba should be excited about Cara's volleyball talent. The 5-foot-7 libero is a standout defensive player who isn't afraid to dive around the court to prevent the ball from hitting the floor.

"There's more thinking (to the position)," Cara explained. "It's hard in some cases but it's easier for me because of my height disadvantage."

Cara is a very versatile player that can play a multitude of positions. At the club level with the Junior Wesmen, she plays the power position while she was a setter with the Stonewall Collegiate Rams this past season.

"It's kind of hard transitioning but it's nice to have a feel of every position so you know the whole aspect of

the game," Cara explained. "You know every position is harder for different people."

Cara loves the fact that she has had many opportunities to meet so many people through volleyball. She'll get yet another chance to meet new people next month when Team Manitoba heads west to Richmond, B.C., for the National Team Challenge Cup.

The NTCC is the largest elite/provincial team tournament held in Canada with over 20 teams, combining two age groups in one venue over six days. The elite championship will bring together the best athletes and coaches representing their province/territory, culminating in a national championship.

Team Manitoba should be competitive at the elite tournament. Cara said they have plenty of height and are loaded some strong power hitters.

"I'm excited (to go there) because I know I'm not the best in Canada so I don't have that much pressure as some people," Cara said. "I'm going there for fun and I'm excited that I made Team Manitoba. It will be nice to see scouts out there watching but it's not one of my main concerns at this age."

Tillett named to Team Manitoba U18 football roster

By Brian Bowman

The Interlake Thunder Midget team had one player – Michael Tillett – selected to Team Manitoba's U18 final roster.

Tillett, a very talented defensive lineman from Teulon, was one of six Thunder players trying out for the Manitoba team. Linebacker Brad Findlay also went deep in the tryout process, according to Thunder Midget head coach Kris Johnston.

Johnston was proud to see one of his players make Team Manitoba.

"It's tremendous for Michael," said Johnston Tuesday afternoon. "Obviously, he's just going to continue to get better. He's getting great coaching with the provincial team and he's going to have the opportunity to play against some of the best players in all of Canada."

Competing at a provincial level will definitely help the 6-foot-3 Tillett in

the near future.

"Having that experience is going to do nothing but make him better," Johnston said. "Playing all of that football in the summer is going to make him better. He's going to come back a more intelligent football player and he's going to come back a more technically sound football player."

"The whole game itself is going to slow right down for him and he'll be that much better."

Tillett, 17, has a tremendous future in football. He definitely has the potential to play at either the junior or university level.

"He was one of the outstanding players in our spring scrimmages," Johnston noted. "He's a very intelligent and team oriented young man. He's a huge contributor to our program. The sky, is honestly, the limit for him. He's got size that you just can't teach and he has the willingness to learn."

Warren-Teulon lacrosse completes inaugural season

By Stefanie Lasuik

Teulon and Warren Collegiates' inaugural season in the Manitoba High School Field Lacrosse league may not have been a success statistically, but it sure was psychologically. TCI/WCI's 18 team members learned the tactics of Canada's official summer sport and brought back memorable stories along the way.

"I think it was a good introduction to the sport for the kids," coach Paul Magnan said.

"The boys got a firsthand look at what field lacrosse is: a fast-paced, physical, skilled game."

The boys had to learn to use their teammates and move the ball well to obtain quality chances on net, Magnan explained.

Matched up against schools of 1,200 kids or more made this learning process fast and necessary.

Despite inexperience and smaller school size, the team is already excited to hit the field next year.

"The kids are already saying, 'When is it going to start next year?'" Mag-

nan said, noting that more students are eager to join in light of the stories brought back from competition.

For Magnan, the highlight of the season was seeing the growth of players from the first practice to final game. He explained that the players understood the game a lot better and developed their stick skills immensely.

"At the beginning of the year, they're learning standing still passing and catching to a very big difference of running full speed and catching a ball and having somebody stick-check you at the same time or body check you."

The fun experience the team had has translated into a keenness for the game that can be observed by driving through the streets of Teulon. Magnan said that he has seen kids walking around town with lacrosse sticks in hand.

"I think it was a great inaugural year and created a large interest and we look to build on it from here."

Stonewall wins tourney titles in Warren



Austin Holod was solid on the mound to give the Blue Jays an 8-4 victory over Altona to win the Bantam 'AA' tournament in Warren.

By Brian Bowman

Altona has traditionally fielded tough teams to beat in amateur baseball.

But the Stonewall Blue Jays made it look easy last weekend at a Bantam "AA" tournament in Warren.

Stonewall doubled Altona 8-4 in the final to win the tournament title.

"We played very well," said Blue Jays' coach Rick Holod. "That was probably the best that we've played all season."

Austin Holod pitched four solid innings on the mound for Stonewall to pick up the win. Logan Furkalo threw the final inning to secure the victory.

"Our pitching was really strong and our defence was solid," Rick Holod said.

To reach the championship game, Stonewall trounced Corydon (Winnipeg) 8-2 in a semifinal



TRIBUNE PHOTOS BY LANA MEIER

The Bantam Blue Jays pictured back row, left to right: Larry Furkalo (assistant coach), Kaitlyn Holod, Seth McMahon, Austin Holod, Andrew Everitt, Ryan Brown, Gage Stephens, Logan Buors, Rick Holod (coach); front row: Braden Renner, Zach Dowsett, Logan Furkalo, Scott Yeo, Max Morton. Missing from the photo Scott Stephens (assistant coach) and Rhys Bremner.

matchup.

The Blue Jays finished their round robin with a 2-1 record.

Confidence-wise, the tournament win should give the Blue Jays a nice boost for the rest of the season.

"It's huge," Rick Holod said. "We have never beaten (Altona) before and we have probably played them three times over the last couple of years. That was our first win, so it was a huge victory, for sure."

In league play, Stonewall has been very good so far, posting an impressive 6-1-1 record. Rick Holod said the players are getting better and better each time out.

"It was a good tournament (last weekend) and guys are certainly improving," he said. "It's shaping up nicely for the balance of the season."



TRIBUNE PHOTO BY HOLLY KLIMPKE

The Stonewall Blue Jays PeeWee No.1 team finished with a 4-0 record to win the Warren tournament this past weekend. The Blue Jays defeated Arborg 8-5 in the gold-medal game. Pictured back row, left to right: Kent Klompke (coach), Samantha Holyk, Colton Unger, Connor Bindle, Hunter Olson, Bill Olson (coach); front row Maddox Daneliuk, Adrian Klompke, Max Reid, Jake Unger and Jonathan Shipley. Missing from photo Owen Forbes.



TRIBUNE PHOTO BY LISA SLATCHER

The Stonewall No. 3 Grand Slam team was undefeated in the Warren tournament last weekend, winning the gold medals. Pictured, left to right, Shawn Slatcher (coach); middle row: Adam Newcombe, Jaxon Bell, Maddox Bran, Evan Grandmont, Cole Ives; front row: Lucas Abraham and Brody Slatcher.

Senior soccer teams lose games

By Brian Bowman

Stonewall Impact FC lost just its second game of the Manitoba Major Soccer League season after a 2-1 loss to Forza -WSP Sunday evening in Stonewall.

No goal scorers from the game were posted on the league website at press time.

The loss came exactly a week after Stonewall edged Valour FC 3-2.

Dylan Andrade, Dami Adegunie and Carvalho Mathew scored for the winners.

Darren Douglas and Birkha Rai replied for Valour FC.

Stonewall Impact FC (4-2) was tied for second place with Galacticos FC (4-1) heading into this week's slate of games. Forza -WSP leads the Third Division standings with a 5-0 record.

Stonewall will host New Youth United on Friday and then Rovers FC on June 26. Both games have 7:30 p.m. starts.

In Fifth Division action, Stonewall United FC is 3-3 and tied for fourth place in the league standings. Last Thursday, Stonewall United FC lost 4-1 to CCS Sweat Shack at Vince Leah Community Centre.

Again, no goal scorers were available.

Stonewall United FC will host FC Russia on Sunday and then will play Mutiny FC at Buhler Recreation Park in Winnipeg next Wednesday. Both games will start at 7:30 p.m.

Swan, Einarson selected in MJHL draft

By Brian Bowman

A pair of Interlake Lightning players were selected in the Manitoba Junior Hockey League Bantam draft on June 7 in Neepawa.

Goaltender Adam Swan of Ashern was picked by the Winnipeg Blues, who had the ninth selection in the fourth round.

Seven picks later (fifth round, 49th overall), Gimli forward Jack Einarson was picked by the Virden Oil Capitals.

Einarson was a captain for the Lightning last season. The 5-foot-9, 145-pounder scored six goals and had 13 assists in 42 games last season. He also had 36 penalty minutes.

"Jack is another terrific kid — a natural leader," read a scouting staff comment on Virden's website. "He is very dangerous from the blueline in."

Next year's annual MJHL Bantam draft will be hosted by the Selkirk Steelers from June 3-5. It will serve as a kickoff to the Steelers' 50th anniversary (1966-2016) celebrations.



Adam Swan



Jack Einarson

Blue Jays still undefeated in WSBL

By Brian Bowman

The Stonewall Blue Jays are now the only undefeated team in the Winnipeg Senior Baseball League standings.

Stonewall improved its record to a perfect 7-0 after a wild 9-8 victory over the Elmwood Giants at Fines Field on Sunday.

Last Thursday, Stonewall posted an impressive 2-0 home win over the St. James A's.

The Jays jumped out to a quick 2-0 lead in the first inning and didn't look back.

Adam Kirk and Rory Tycoles drove in the two runs for the Jays.

Eric Swanson threw a great game, giving up just three hits and walking none.

The Blue Jays also earned a berth into this year's Provincial "AA" All-Star tournament in Brandon from July 17-19.

Stonewall, now a full game and a half ahead of the second-place Kildonan Mudcats (5-1), hosted the St. Boniface Legionaires (5-2) on Wednesday but no score was available at press time.

The Blue Jays will then host Kildonan this Friday and the Springfield Sr. Braves (0-5) on Monday. Both games have 7:30 p.m. starts.

Local ISD teachers recognized by MHSAA

By Brian Bowman

The Manitoba High Schools Athletic Association recognized a pair of local teachers — Warren Collegiate's Cathy Pleskach and Stonewall Collegiate's Christy Steeves — for their longtime contributions to high school sports.

Other teachers receiving certificates of recognition were Brett Nohr — Vincent Massey High School (Brandon),

Derek Simpson — Murdoch MacKay Collegiate, Terrill Outhwaite — Killarney School, and Cam Kelbert — Steinbach Regional.

As well, several awards were handed out Monday at the MHSAA annual general meeting in Gimli.

Missy Penner of Garden City Collegiate was presented with the Nick Laping Leadership Award while


Kevin Newton of Glenboro School was presented the Frank L. McKinnon Award for his outstanding volunteerism in high school sports.

The 2015 Grey Cup Legacy High School Coach of the Year was awarded to Jeff Maxwell of Elton Collegiate in Forrest, Man.

Approximately 110 teacher/coaches and administrators were in Gimli this

past Monday and Tuesday to discuss policies and philosophies pertaining to high school sports.

The MHSAA is a voluntary non-profit organization comprised of 193 high schools across the province. Over 30,000 student-athletes and over 2,900 volunteer coaches are involved with the association.



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

<p>Friday, June 19 Stonewall Blue Jays vs. Kildonan Mudcats 7:30 pm Fines Field</p>	<p>Monday, June 22 Stonewall Blue Jays vs. Springfield Sr. Braves 7:30 pm Fines Field</p>	<p>Thursday, June 25 Stonewall Blue Jays vs. Elmwood Giants 7:30 pm Koskie Field</p>
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Meyers Auction - Estate of Ian MacKenzie 10 a.m. June 27 MNP Building Portage, MB. Antiques, collectables, furniture, electronics, tools & shop items. 204-476-6262 www.meyersauctions.com

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3 bdrm., 2 bath condo for sale at Manor Park Condos. Finished basement. Gas heat, water & fireplace. Ph 204-467-8657.

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> GAMES

SUDOKU

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

Level: Intermediate

Fun By The Numbers

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

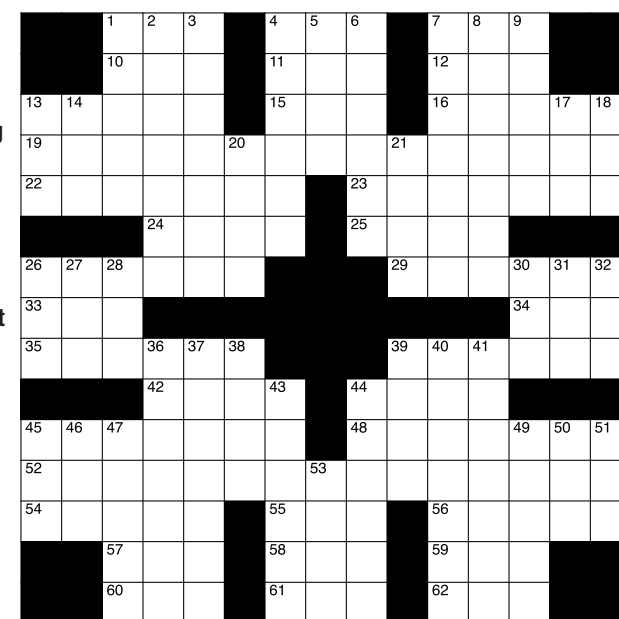
Sudoku Answer

Crossword Answer

CROSSWORD

CLUES ACROSS

- Sunscreen rating
- Military mailbox
- 12th month (abbr.)
- Sunrise Mount of Shandong
- Escape from the law
- Similar suffix
- Pyrrole
- Anger
- Blue-billed diving ducks
- J.K. Rowling's pseudonym
- Projecting part of a rampart
- What St. Helens did
- Large integers
- Adhesive or digital
- Writing providing information
- Inscribed upright stone slabs
- The night before
- Black tropical American cuckoo
- Heartache from loss
- Hush money payer
- Geological times
- Types of fish eggs
- Young pilchard
- Lack of momentum
- "Blue Bloods" A.D.A. actress
- Rust fungi
- Make lace
- Small lizards
- Energy Savings Measure
- Before
- Lilly, drug company
- Comic book character rooted in Japanese mythology
- Radioactivity unit
- Tear apart



CLUES DOWN

- Posts or stumps (Scot.)
- Painter's board
- Containing more fire
- In a way, adjusts
- 1/100 Serbian dinar
- Breakfast egg dish
- Throw into disorder
- Prisoner on the lam
- 1st Hindu month
- Treats high blood pressure (abbr.)
- A plural of zoon
- Ouray Res. Tribe
- Doctor of Philosophy
- Large quantities
- Ladies undergarments
- Foot (Latin)
- Macao monetary unit
- Prefix denoting "in a"
- Research workplace
- Midway between NE and E
- Title of respect
- Somewhat crimson
- Folding paper art
- Gradually diminish
- Too osseous
- Go in again
- A citizen of Israel
- Irish, English or Gordon
- Had a wild disturbance
- Helps little firms
- They
- Brown, wild & long-grained
- Thysanopterous insect
- Gandalf actor
- Initials of Dannielynn's mother
- "Dragon Tattoo" actress Rooney

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TOWN OF STONEWALL

COMMUNITY & LEISURE SERVICES MANAGER

The Town of Stonewall is seeking applications from qualified individuals for the position of Community & Leisure Services Manager.

Under the management and direction of the Chief Administrative Officer, the Community & Leisure Services Manager shall manage Stonewall Quarry Park including Kinsmen Lake and the Baseball facility. This position shall also be the principal staff resource and be the dedicated liaison to community organizations, groups and individuals for tourism, recreation, leisure and culture.

The preferred applicant will have education and experience in tourism, recreation, leisure and culture including community relations and facility management. Sound management and administrative skills, experience in budget preparation and public relations would be an asset.

Qualified applicants are invited to submit a detailed resume, marked **COMMUNITY & LEISURE SERVICES MANAGER** to the undersigned no later than 4:00 p.m. Friday July 10, 2015.

Anne Burns, CMMMA
 Chief Administrative Officer
 Town of Stonewall
 Box 250
 293 Main Street
 Stonewall, MB R0C 2Z0
 Fax 204-467-7999
 info@stonewall.ca

We thank all those individuals who apply, however, only those granted an interview will be acknowledged

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In the matter of the estate of ENID MAUREEN COBURN late of the Town of Stonewall, in the Province of Manitoba, Deceased. All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, 666 Leila Avenue, Winnipeg, Manitoba, R2V 3N7 on or before the 15th day of July, 2015. DATED at Winnipeg, Manitoba, this 11th day of June, 2015. Sharon Boonov Law Office Solicitor for the Executor



RCMP D.S.A. POSITION TOWN OF STONEWALL

The Town of Stonewall is seeking applications from qualified individuals for a permanent full-time position of RCMP detachment service assistant.

Under the supervision and direction of the Stonewall RCMP Detachment Commander, the RCMP DSA performs varied administrative duties in the preparation of files, correspondence and reports, data entry and provides assistance to the public over the telephone and in person.

The preferred applicant will have education and experience in office administration and data entry, computer word processing, public relations and good interpersonal skills. A job description for the position may be obtained by contacting the undersigned.

Qualified applicants are invited to submit a detailed resume, **marked RCMP DSA**, to the undersigned no later than **4:00 p.m. Tuesday, June 23rd, 2015.**

Applicants who are selected for an interview shall be subject to a security clearance check

Anne Burns
CAO
Town of Stonewall
Box 250
293 Main Street
Stonewall, MB R0C 2Z0
Phone (204) 467-7979
Fax (204) 467-7999
Email to info@stonewall.ca

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FRUITFUL PARTNERSHIP ORCHARD UPDATE

The Teulon Collegiate Green Team would like to say

thank you

to all of the people who made the tree planting event at our school on May 29th possible. Thank you to the **Northbridge Financial Corporation**, a supporter of Tree Canada, for the very generous contribution. Thank you to the **Town of Teulon**, who donated thousands of dollars of "in-kind" support, and most notably to **Ms. Colleen Engel** and **Mr. Glenn Marmonier**, who partnered with us to apply for the grant. Thank you very much **Mr. Brian Borkowsky** and **Mr. Myles Hodge** for being the Green Team's valued mentors, and for providing training sessions to us on tree planting and pruning techniques. Special thanks goes to **Mr. Ken Fosty** from Tree Canada, and to the **volunteers from Northbridge Financial Corporation (Federated Insurance)**, who spent the entire day on Arbor Day at TCI, preparing the area and guiding the students in planting the trees properly. Thanks also to **Mr. Glen Chatel** from Collision Corrections, who generously donated the use of his trailer. We are very grateful to you for your support!

ANNOUNCEMENTS

CARD OF THANKS

Stony Mountain Hilltop Manor Fundraising Committee would like to say thank you to everyone who helped and attended the Manor's Spring Tea on June 13th. Special thanks to all who donated baking and the following local businesses and individuals for their prize donations. Betty Coburn, Billy Plohan, Cheryl Deprez, Chicken Chef, Chris Deprez, CIBC, Debbie and Jerry Hayduk, Diane Dahlin, Harvey Dann, Jaspersen's Greenhouse, Jim Butler, King's Septic, Leanne Sinclair, Linda and Bob Byle, Linda Gurney, Lorraine and John McMahon, Mareplace Foods, McLeod House, Memory of Jean Hayduk, Mickey and Reg Dixon, Mountain Do or Dye, Mountain Motor Inn, North American Lumber, Percy Sutherland, Pizza Den, Quarry Furnishings, Red Star Chinese Food, Rockwood Motor Inn, Sing Fei Restaurant, Stonewall Family Foods, Stonewall Florists, Stonewall Home Hardware, Stonewall Pharmacy, Stony Mountain Pharmacy, Subway, Summit Café, Suzanne Durston, The Bargain Shop, The Kiln and Vi Gilson.

-Sincerely,
Stony Mountain Hilltop Manor Fundraising Committee

ANNOUNCEMENTS

CARD OF THANKS

Woodlands Childcare Inc. would like to thank the community for their generous support and donations for our Spring Tea held on May 29th. A special thank you to students of Woodlands Elementary and Warren Collegiate for the fantastic entertainment. Thank you to the Simonsons for donating the beautiful picture of the Prairie Dog that was raffled off and won by Daniel Koss. Thank you for attending and sharing the afternoon with us.

-The Woodlands Childcare Board

ANNOUNCEMENTS

CARD OF THANKS

I would like to thank all of my friends and relatives that came out to the Red Barn on May 24, 2015 to celebrate my 80th birthday with me. Special thanks to my sister Diane along with Angela, Rob, Grant and Caroline for putting on the lunch. I had the pleasure of having six former classmates from the 1940's of Little Mountain School in attendance, Keith R. who remembered my first day at school. Thank you to Joyce, Mary and Viola, sister Diane and brother Brian for joining in. It was a day to remember.

-Ron Roche

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

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Ecusta Fiber Plant Final Auction – Winkler, MB

Monday, June 22, 2015 • 10 AM

All remaining equipment at the site 3 miles east of Winkler on Hwy 14 at Mile 17 W. Everything sells as is where is to the highest bidder!

The Flax straw processing plant with baler and shieve equipment all going for parts or scrap. Two 500 electric horse power mills - each on triple axle semi trailer 10 x 60' two 500 HP electric 3 ph, balers, each on 10" x 60 triple axle semi trailers. Two Cyclone dust collectors on 8 ft x 45 ft Drop Deck. one cyclone collector free standing, large voltage power switch and observation panel. Most of this equipment is mounted on Trailers from light to tandem 40 ft to 60 ft x 10' with triple axle. Equipment is mounted on trailers, in many cases welded to deck. A number of 30 hp Fans 575 volt 3 phase power. Some Hydraulic power units 30 to 40 horse power.

SOME ADDITIONS

CONIGNED by Dave Guenther and Construction, Winkler manitoba,

2004 Cat 262B Skid steer loader cab heat, Desjarins man lift, 80 ft reach, gas powered engine, ELECTRIC 12 Volt, PD30 DC Will lift up to 30 ft straight up, 2005 Great Dane, 45 ft Deck semi trailer tandem 24,5 x 1100 tires, alumin deck saftietd trailer with piggy back fork lift attachment, Selick piggy back TMF-55 FORK LIFT cap, 5500 lb, serial # 368190155320. Selick Piggy Back TMF -55 Tryicle forklift serial # 65406035532D. 2000 Mec 33RT Sissor lift, 4 wheel drive, Kubota gas Mec 2033ES LIFT NOT RUNNING project or parts, 250 ft of Rollers 30" 24" 16" with



Turning sockets in some sections, also support stands see photos on these, Tandem axle long pole pintle hitch, 15 ft roller deck

trailer, Jon deere 3130 tractor 3 pth, pto, power steering, no loader, Wood chipper 30 horse power 3 phase.

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This list may look short but if there is any thing you may find useful, come on down. Machinery needs to be off the premises in 20 days, July 22, 2015

See photos & full listing at www.billklassen.com

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ANNOUNCEMENTS

CARD OF THANKS

Thank you friends, family, co-workers and neighbors for your generous donations to JDRF/"Jake's Team" walk for the cure. We're just steps away....

-Jake Unger

ANNOUNCEMENTS

CARD OF THANKS

The 301 Royal Canadian Air Cadet Squadron from Stonewall, MB would like to thank Mr. Doug Carter, Mr. Brad Kenyon, and the Air Canada Pilots Association for the generous donation of funding to provide 20 familiarization flights from Harv's Air at the St. Andrews Airport. With the backing of the ACPA, Mr. Carter was instrumental in starting the 301 Squadron remote control flying program and now Mr. Kenyon has brought forward the reality of flight for our cadets. Mr. Kenyon presented this donation to Captain Graves at the 301 Cadet Squadron Annual Ceremonial Review on June 4 in Stonewall. These flights will be awarded to cadets who achieve a high standard in all areas of the cadet program; and show an interest in a career of aviation and flying. Thank you again to Mr. Doug Carter, Mr. Brad Kenyon and the Air Canada Pilots Association for their support and generosity to 301 RCACS.

-Regards,
Sheldon Hrabinski
301 RCACS

ANNOUNCEMENTS

CARD OF THANKS



The 301 Royal Canadian Air Cadet Squadron from Stonewall, MB would like to extend a thank you to Shannon Dupont and The Madeline Armstrong Metis Local from Inwood, MB for the generous donation that was presented to our squadron at the Inwood Jamboree on Saturday, June 13. The cadets all had a fantastic time at the Jamboree and look forward to the fundraising opportunity and volunteering at your event again next year. Your generosity and involvement with 301 Air Cadet Squadron is greatly appreciated.

-Thank you,
Sheldon Hrabinski
301 RCACS

ANNOUNCEMENTS

BIRTHDAY

We wish a very
Happy 60th Birthday
to
Jack Cieslar
on Wednesday, June 17th

ANNOUNCEMENTS

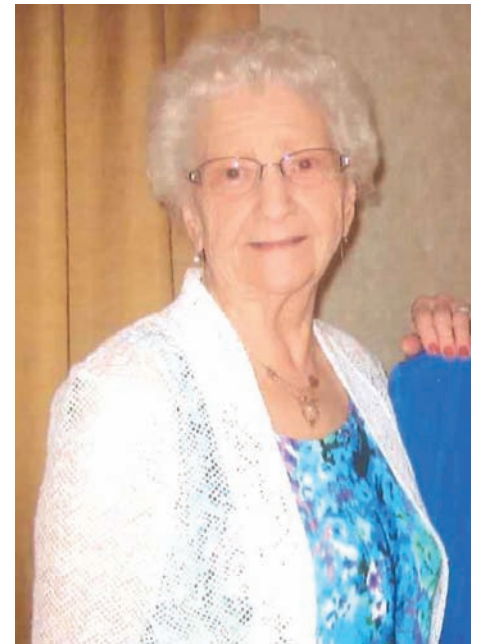
BIRTHDAY



Happy 75th Birthday
June 16th
Jessie Minaker
-Love Janet and Jim

ANNOUNCEMENTS

BIRTHDAY



Evelyn Waldbauer
Happy 90th Birthday!
June 18th, 2015
Thanks for being a great Mom
Grandma, and Great-Grandma!
-With love from your family



Thank you

The MCNA would like to thank the Sponsors and Community Partners who helped make the 2015 Better Newspapers Competition a continued success!



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Salmon Pasta Salad With Mint and Lemon Vinaigrette

Preparation

Cook pasta according to package directions; drain. Rinse with cold water; drain again. In medium bowl combine drained pasta, salmon, cucumber, onion and mint.

For vinaigrette, in small bowl combine lemon juice, oil, honey, zest, if desired, salt and pepper; whisk to blend. Pour over pasta mixture; toss gently to coat. Add tomatoes; toss gently. Serve immediately or cover and refrigerate up to 24 hours. Serve on top of lettuce with fresh lemon, if desired.

Preparation Time: 30 minutes

Chill Time: up to 24 hours

Makes 4 (2 cup) servings

Note: Cooked smoked salmon or smoked turkey breast may be substituted for cooked salmon.

Ingredients

8 ounces (about 3 cups) uncooked Rotini
12 ounces coarsely chopped cooked salmon (see note)
1 cup chopped seeded cucumber
1/4 cup chopped red onion
3 to 4 tablespoons snipped fresh mint
3 tablespoons fresh lemon juice
1 tablespoon olive oil
2 teaspoons honey
1 teaspoon lemon zest (optional)
1/4 teaspoon salt
1/8 teaspoon coarse grind black pepper
1 cup halved cherry tomatoes
Leaf lettuce (optional)
Lemon wedges (optional)

T-Bone Steaks with Dad's Steak Rub

Ingredients

4 T-Bone Steaks
2 tablespoons cooking oil
Dad's Steak Rub (see recipe below)

Preparation

Thaw steaks overnight in refrigerator or quick thaw by placing sealed steaks in sink with water for 30 minutes to 1 hour.

Prepare rub recipe.

Heat grill on medium. Blot dry steaks with clean paper towel, then brush each side with cooking oil.

Generously season both sides of steaks with rub.



Grill steaks to desired doneness. For medium rare steak, grill for about 8 minutes on first side and 6-7 minutes on second side.

Preparation Time: 15 minutes

Cook Time: 15 minutes

Total Time: 30 minutes

Serves 4

Note:

To prepare cumin and coriander, toast by placing in dry pan over medium heat, shaking pan about 2-3 minutes until seasonings start to brown. Crush using bottom of pan on cutting board or with mortar and pestle.

Yield: 1/2 cup

Dad's Steak Rub

4 tablespoons coarse sea salt or kosher salt
1 tablespoon coarse ground black pepper
1 tablespoon coarse dehydrated onion flakes
1/2 tablespoon coarse dehydrated garlic
1/2 tablespoon crushed red pepper
1 teaspoon whole dill seed
1 teaspoon dried whole thyme
1 teaspoon whole cumin (toasted and crushed coarse)
1 teaspoon whole coriander (toasted and crushed coarse)

Preparation

Combine all and mix well. Store in airtight container or zip lock bag for up to 6 months.

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The Skill: Finding Ways to Afford Good Nutrition



There's a widespread perception that more nutritious foods cost more, but that isn't necessarily true. Some of the most nutritious foods on the planet (including many varieties of beans, lentils, and whole grains) are stunningly inexpensive. If you learn even a few vegetarian recipes (for soups, stews, salads, or more ambitious ethnic dishes), you can use beans or lentils as an alternative protein source to meat. You will improve the nutritional quality of the meal, and save a lot of money doing it! You can also save money by forgoing soda and sweet drinks, both of which are fairly expensive sources of empty calories, and sticking with plain H₂O instead. If you shop on a budget as many of us do, compare prices and sizes to find the best value. If you have a recurring ingredient in many of your meals, see if you can find it in the bulk food aisle.

While the most healthful foods are in the produce aisle, produce spoils a lot quicker than processed foods do, and there's a fair amount of variability in taste (whereas you always know exactly what Doritos will taste like). There are delicious peaches and peaches that taste like plastic, and it's very frustrating to spend money on fresh produce only to find out at home that it's tasteless (or worse). There's definitely a learning curve to selecting ripe fruits and vegetables, but once you get the hang of it, you'll be able to consistently bring home tasty, ready-to-eat produce. The key is

to buy firm, brightly colored, blemish-and bruise-free vegetables and greens that are crisp and free of brown spots or wilting. With fruits, look for those that are firm, have a good color and smooth skin, and are free of bruises, blemishes and insect holes. If you have any doubts, don't be shy about asking the produce manager for advice about choosing produce that can be hard to judge-especially items such as melons or pineapples.

Your best bet is to buy fruits and vegetables when they're in season, because they tend to cost much less then. (You can always buy berries in the summer and freeze them for later use.) Try to buy from a local farm, vegetable stand, or co-op that ships fresh fruits and vegetables to your home. With these venues, the produce is often of higher quality and fresher because it's local.

It's often less expensive to buy frozen fruits and vegetables, and these items are just as nutritious as their fresh counterparts because the items are generally frozen at their peak, just after being picked. Canned fruits and veggies are another affordable option; just be sure to rinse the fruits (since they're often canned in syrup) and the vegetables (which are often immersed in a salty solution) for optimal nutritional value.

Disease-Proof: "The Remarkable Truth About What Makes Us Well" by David L. Katz, MD, MPH, FACPM, FACP

Brenda Stafford - Juice Plus - Team Pursuit
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Ingredients

1/2 cup (125 mL) Arborio (short-grain Italian) rice
3 cups (750 mL) 1% milk (approx.)
2 1/2 tbsp (33 mL) pure maple syrup
1/4 cup (50 mL) dried cranberries, cherries or blueberries, (or a mixture, chopped if large)
Grated zest of 1 lemon or small orange
Ground cinnamon

Cranberry Maple Lemon Rice Pudding

Directions

In a heavy saucepan, bring rice, milk and syrup to a simmer over medium heat, stirring often.

Reduce heat to low, cover and simmer, stirring occasionally, for 20 minutes. Stir in cranberries and half of the zest; cover and simmer for 5 to 10 minutes longer or until rice is very soft and pudding is slightly thickened (it will thicken considerably upon cooling). Serve hot, warm or cold, stirring in more milk as necessary to thin. Sprinkle each serving with cinnamon and remaining zest.

Prep time: 5 min | Cook time: 35 min
Makes: 6 servings

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OBITUARY



William Myskiw

Peacefully on Thursday, June 11, 2015 William Myskiw of Warren, MB passed away.

William was born in Fraserwood in 1933.

He is survived by wife Dorothy; sons Blaine (Donna), Blair (Tracy); daughters, Cathy (Keith) Butland, Andrea (Randy) Olynyck; grandchildren Bud, Brad, Jessica, Jennie, Katy, Carly, Brady, Shianna; sisters Mary (Frank) Galloway, Stella James, Irene (Dennis) Gallant, Jeanette (Bob) Copeland; sister-in-law Eilene Myskiw; and many nephews and nieces.

He was predeceased by his parents William and Katherine; brother Fred; sister Evelyn; brothers-in-law Bob James, Don Wardrop and nephew Bradley Gallant. Bill loved to travel but farming was his life. Even after retiring he loved to help on the farm.

In lieu of flowers, those who wish could make a donation to the Meadow Lea United Church.

Funeral service will be held on Thursday, June 18, 2015 at 1:00 p.m. at MacKenzie Funeral Chapel, Stonewall.

MACKENZIE FUNERAL HOME STONEWALL
(204) 467-2525 • mack_home@mts.net



OBITUARY



Graham Douglas Murray

It is with pain in our hearts that we say goodbye to a dear son, husband, father, grandfather, uncle, and friend, Graham Douglas Murray at the age of 66.

Graham peacefully passed away at the Victoria General Hospital June 16, 2015, after a very brief illness with pancreatic cancer. He is survived by his loving wife of 45 years, Elsie Murray; his children Tracy Ross (Kevin), Travis Murray; granddaughters Morgan and Kira Ross; and mother Marion Murray. Also numerous nephews and nieces, aunts and uncles, and sisters-in-law. In death he will be joining his father Douglas Murray, who passed away July 4, 1992.

Graham was born June 10, 1949 in Winnipeg Manitoba, and raised on the farm in Warren Manitoba where he attended high school, and achieved his high school education. He married his high school sweetheart Elsie, June 20, 1970. Graham worked at Air Canada for 29 years, and started his own Telecommunication business in 1990, which was one of his greatest achievements, in which he also received many awards for his outstanding sales. His success was something to be proud of. Graham was particularly well known for his time and dedication to community, which included Warren Curling club, Rec Center (coaching hockey, and baseball), Church Council and Town Council.

Graham had many hobbies and interests including camping, boating, fishing, and sewing canvass (believe it or not); he also enjoyed a new found love of pickle ball. Graham was a friendly, hardworking, and easygoing man who was generous to all those who knew him. Although a quiet man at times, his sense of humor was sure to get anyone laughing.

We would like to thank all the staff at the Victoria General Hospital, 4th floor, for their outstanding care and compassion showed to Graham during his time there.

A viewing will take place at MacKenzie Funeral Home in Stonewall Manitoba on June 21, 2015 at 7:00 p.m.

Funeral services will be held on Monday June 22, 2015 at 2:00 p.m. at MacKenzie Funeral Home in Stonewall, with an interment at Warren Cemetery.

In lieu of flowers, donations may be made to Cancer Care Manitoba.

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OBITUARY



Bernice Mclvor (nee Fines)

Surrounded by the love of her family, Bernice Mclvor passed away peacefully on June 12, 2015 at Rosewood Lodge in Stonewall.

Bernice was a loving and devoted mother to her children, Bob and wife Adair; Judy and husband Bill; Rick and wife Pat. She is also survived by her dearly loved grandchildren, Christine (Ryan), Andrea (Victor), Jason (Lolita), Tricia (Darrell), Ryan (Char), Glen and great-grandchildren, Luke, Gabriella, Max, Joceline, Olivia, Jake, Nate, Zach and Blake.

Bernice was predeceased by her husband Charles in 1995 and her grandson Jonathon in 1990.

Bernice was born June 16, 1919 to Richard and Mabel Fines in Darlingford, Manitoba. She was the second youngest child of a family of nine and spent her growing years in Baldur, Manitoba.

On April 23, 1943, Bernice married Charles Mclvor just prior to his disembarkation with the Canadian army. Following the Second World War, they made their home in Selkirk for a number of years before moving to Stony Mountain.

Bernice was a very caring, supportive and wonderful mother who always provided guidance and strength to the family. She was an avid sports fan and was a very proud cheerleader at all of her children's and grandchildren's activities.

While her primary role was a full-time wife and mother, once her children were in school, Bernice obtained a job at Sears in the fabric department. This job suited her well as she was a very accomplished seamstress. She enjoyed her many years at Sears where she shared long-standing friendships with her co-workers.

Bernice and Charles had very fulfilling retirement years, sharing their enjoyment of travel, golf, curling, bowling and camping. They were married 52 years prior to Charles' passing.

For the last 13 years, Mom waged a battle with Alzheimer's disease. Fighting a disease that robs so many of basic human dignity, it is with deep gratitude that we thank her caregivers, both past and present, for ensuring this was something that Mom never had to endure.

A service to honour Bernice's life will be held at Stonewall United Church on Wednesday, June 17th, 2015 at 10:00 a.m.

With the number of cases of Alzheimer's disease increasing at alarming rates, support of organizations that focus on this disease is critical. If you wish to make a donation in memory of our Mother, please consider the Alzheimer Society of Manitoba, 10-120 Donald Street, Winnipeg, MB R3C 4G2.

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