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Jiggin' siblings

Zabrina Papunen, 9, left, and her brother Darrick Papunen, 11, showed off their moves on the dance floor at the 11th Madeline Armstrong Annual Jamboree in Teulon last Saturday.

TRIBUNE PHOTO BY BECCA MYSKIW

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Annual Madeline Armstrong Jamboree growing by the year

By Becca Myskiw

The 11th Madeline Armstrong Annual Jamboree brought jiggers to Teulon last Saturday.

The fundraiser moved to Teulon Rockwood Centennial Centre this year to accommodate its growing number of guests. Chair of the Madeline Armstrong Métis Local Shannon Dupont said the event jumped by 250 people this year, hosting nearly 600.

The jamboree is the Madeline Armstrong Métis Local's biggest fundraiser of the year.

"Our Métis Local has been able to contribute over half a million dollars back into the community by doing this event over the 10 years," said Dupont.

The fundraiser is named after Madeline Sanderson, a strong Métis woman who always fought for Métis rights and the Madeline Armstrong Métis Local is from the municipality of Armstrong.

This year the group partnered with Pleasant Home Cemetery and Stonewall and District Métis Local to put the event on. Each of the three groups use the funds for their own causes, but the cemetery partnered specifically to raise money for the pioneer plaque that went missing two years ago.

The fundraiser was a dinner dance with the renowned Mark Morisseau band playing for guests. The Norman

Chief Memorial Dancers also entertained at the event and showcased their talent.

The Norman Chief Memorial Dancers perform at numerous fundraising events in Aboriginal communities throughout the province to promote Métis culture.

Chair of the Stonewall Area and Métis Local Desiree Gillespie said the fundraiser takes about six months to plan and always ends up being worth it. She brings her kids to the event every year so they can learn about Métis culture and see its importance.

"I think [the event is] a great opportunity to showcase Métis culture and have our youth take care of our elders and participate in our community. It brings our Métis community together."

The fast-paced toe tapping music had nearly everyone off their feet at some point to jig before dinner.



Mark Morisseau



TRIBUNE PHOTOS BY BECCA MYSKIW

Shannon Dupont gave every speaker including Lakeside MLA Ralph Eichler a tray as part of Métis tradition.



The Norman Chief Memorial Dancers led a jig around the hall.

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Miss Stonewall becomes Miss Interlake in 2019 pageant



TRIBUNE PHOTO BY LAURA HAYWARD

Teulon's Emma Walc, left, was named the first runner-up, Stonewall's Abigail Georgison was crowned Miss Interlake and Eriksdale's Taylor Kauppila was the second runner-up.

By Gabrielle Piché

Abigail Georgison entered Lundar Fair as Miss Stonewall and left as Miss Interlake and Miss Talent.

Georgison spent last Saturday participating in different aspects of the pageant with five other girls. The competitors came from various corners of the Interlake.

Taylor Kauppila represented Eriksdale, Wynter Petersen wore the Miss Warren sash and Sidney Priemski was Miss Lundar. Brynn Arksey hailed from Woodlands, and Emma Walc came from Teulon.

The winner of Miss Interlake receives \$1,000 for future schooling, while the first runner-up receives \$500, and the second runner-up \$250. This year, Miss Teulon was crowned the first runner up and Miss Eriksdale the second runner-up.

Contestants were judged in four cat-



Miss Stonewall Abigail Georgison was crowned Miss Interlake 2019 and Miss Talent.

egories: talent, impromptu speeches, personal interviews and pageantry.

The girls began with the talent com-



TRIBUNE PHOTOS BY GABRIELLE PICHE

Miss Interlake 2019 contestants, left to right, Miss Woodlands Brynn Arksey, Miss Warren Wynter Petersen, Miss Stonewall Abigail Georgison, Miss Teulon Emma Walc, Miss Lundar Sidney Priemski and Miss Eriksdale Taylor Kauppila.

petition, which is worth 20 per cent of their final score. Some girls sang, some acted and some gave speeches. They displayed their talents in Lundar's arena.

The personality portion of the contest is worth 40 per cent — the largest factor in contestants' overall scores. During this event, judges ask the girls questions to learn more about their personalities and future plans.

In the afternoon, the contestants came back to Lundar's arena to show off sportswear and formal wear. The girls wore clothes representing sports they enjoyed, like archery and badminton, before rushing to change into their formal dresses.

While in their dresses, the girls gave speeches based on questions they'd

Continued on page 4

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Tervoort to begin a new chapter after teaching for 31 years

By Becca Myskiw

After 31 years of teaching in three school divisions and four schools, Tammy Tervoort is retiring.

Tervoort spent the last 20 years teaching at Balmoral Elementary School. She spent the first part of her career in Lundar, Arborg and Inwood, then got the position in Balmoral where she's felt "at home" ever since.

"I've especially loved Balmoral school because it's a small school," said Tervoort. "You get that family feeling being in the building."

Tervoort was diagnosed with breast cancer six years ago and worked almost every day through her battle. She said working was the best decision because it was "her normal" and the students, families and staff were a huge support.

"I could go to the hospital and deal with the cancer part of it," said Tervoort. "But then I go back to school and my kids are like 'Oh we missed you,' and I'd get my hugs."

Tervoort has been in remission for five years now. Almost two years ago, she was diagnosed with Type 2 diabe-

tes and had to make a lifestyle change. Tervoort said her students threw her an end-of-year party with foods catered to what she could eat.

"It was like they were taking care of me," she said.

Teaching runs in Tervoort's blood. Both of Tervoort's parents, Pat and Larry Moldowan, were teachers. Her sister Vhana Moldowan is the music teacher at Stonewall Centennial, and her daughter Amanda Ross teaches too. Education was always important growing up, but she was never expected to become a teacher — she chose it on her own.

"I've always loved that school part of it and making kids get those 'a-ha' moments where it's like 'I get it,'" said Tervoort.

Tervoort has always loved working with kids, and they're her favourite part of the job. For her last year of teaching, she had the classroom theme of "superhero" and had a day dedicated to the theme once a month where she and her students dressed up and played with "break-out boxes." Break-out boxes are like escape



TRIBUNE PHOTO BY BECCA MYSKIW

Tammy Tervoort taught Grade 4/5 for her last year at Balmoral Elementary School.

rooms in a box. It challenges the kids to think out of the box and work together — she said they love them.

Tervoort's decision to retire was difficult, but she has lots she plans once the school year is over. She wants to travel to Disney World and England

with her husband, spend time with her grandchildren and drive around in her 71 Volkswagen Beetle convertible.

"I wanted to retire while I still like the job," said Tervoort.

Splash pad project receives \$75,000

By Jennifer McFee

Summer is starting with a splash for a local project that is getting an injection of government funding.

The Stonewall Kinsmen splash pad project will receive \$75,000 from the provincial government's Building Sustainable Futures Program.

"We are very excited about the provincial grant of \$75,000 as this funding will allow us to complete Phase 2 of the project much sooner than anticipated," said Kinsmen member Chris Luellman.

"Phase 2 consists of a family zone, which will include picnic shelter(s) and other amenities, which are still in the planning stages. We still continue to fundraise due to the ever-evolving plans of making improvements to the family zone of the facility."

Community support continues to

grow as they move forward to the completion of this project.

"The splash pad will be installed at the completion of the swimming season in September 2019," Luellman said. "We do not want to pose a safety risk during the operating season of Kinsmen Lake."

The Kinsmen and Kinettes clubs of Stonewall are very thankful for all the support the community has shown to the project, he added.

"We have received numerous donations from residents, retail businesses and industry in Stonewall and the Municipality of Rockwood. This is truly a regional project that can and will be enjoyed by all, regardless of age or physical limitations," Luellman said.

"The Kinsmen and Kinettes clubs of Stonewall are happy to continue

to add to the legacy of the Kin family in Stonewall as our forefathers did for the community in 1957 when they built Kinsmen Lake for residents of the community."

The \$7.9-million Building Sustainable Communities Program replaces seven legacy grant programs in an effort to respond to local priorities and promote sustainability for non-profit organizations. To start, the province will provide \$1.7 million in grants to support 24 projects led by non-profit and community-led organizations across Manitoba. These shovel-ready capital projects are ready to proceed this summer.

Looking ahead, more approvals will likely be announced over the coming weeks and months as the department continues to review the remaining applications.

> MISS INTERLAKE, FROM PG. 3

been asked earlier in the day. Judges marked the girls out of 30 for their presentation in the sportswear and dresses. They gave a mark out of 10 for the impromptu speeches.

Amanda Russell, Gail McDonald and Kristi Meek judged the competition.

Following the speeches, MC Jamie Christensen announced Miss Stonewall as the winner of the talent competition. Georgison took the stage with her guitar and sang to the audience.

The six contestants cast a secret ballot for Miss Congeniality and chose Miss Warren Wynter Petersen.

Tiegan Smith won Miss Interlake in 2018. She spent the day with the new contestants and prepared them for the day's events.

Smith said participating in Miss Interlake helped her become more confident, and she'd recommend it to other girls.

"You definitely learn a lot of communication skills and people skills, how to interact with people that you don't know," Smith said.

Smith crowned Georgison as Miss Interlake on Saturday.

"It's such a cool event, meeting all the girls," Smith said.

Girls wanting to participate in Miss Interlake must be between 16 and 21 years old. Smith said she hopes more people join in the future.

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Manitoba Theatre Projects earns award for Interlake tour

By Jennifer McFee

Artistic achievements are taking centre stage for Theatre Projects Manitoba, which has earned a Manitoba Arts Council award.

At an event on Tuesday, June 18 at The Forks, Manitoba Arts Council awarded its Prizes in the Arts to four recipients: Theatre Projects Manitoba for the Creating Creative Communities Award, Helga Jakobson for the Emerging Excellence award, Marie-Josée Dandeneau for the Indigenous Full Circle award, and Flin Flon Arts Council for the Rural Recognition Award.

Ardith Boxall, artistic director for Theatre Projects Manitoba, explained that their project involved a month-long tour through the Interlake where they lived in four different communities for a week at a time.

During Week 1 of the Interlake Chautauqua Tour, they spent time in Steep Rock, Ashern, Pinaymootang First Nation, Gypsumville and Moosehorn. After that, Week 2 was in Eriksdale and Lundar.

Week 3 took them to Arborg, Riverton and Peguis First Nation. To wrap up, Week 4 brought the group to Teulon, Gimli, Winnipeg Beach, Gunton and Stonewall.

"We travelled with 12 artists from different artistic disciplines — musicians, writers, actors, drama teachers, poets. We did a varied program throughout the week, so we taught in schools, we did story telling, we did poetry and we did music," Boxall said.

"One part of each week was the production of *Mary's Wedding*. We toured with the show, but we also did arts workshops with all ages in the community, right up to personal care homes and seniors."

Along the way, the artists stayed in each community and became fully immersed in the local life.

"We lived with members of the community in their homes. We taught the kids and we worked with the older folks and everything in between," she said.

"Each week was designed with each different community, based on what they thought their community mem-

bers would like. So we didn't just bring work to the community — we designed arts workshops with members of the community."

Each community gathered a team of local people who were responsible for finding places for the artists to live. At the same time, they made connections with schools and teachers, as well as local artists and musicians.

"The community cohorts in each region know their community better than we do so we built the program with them," Boxall said.

"For example, in Arborg at the legion, we had a giant kitchen party. So all the musicians from Arborg and the surrounding areas had a big evening of playing music together with our musicians."

The tour took place last October after a lengthy planning period.

"We had been visiting the communities to get to know them and to make these plans for 18 months before we actually went on the tour," Boxall said.

"We're a very hyper-locally focused arts organization, so our mandate and our mission is to create work for Manitobans and with Manitobans."

The award also comes with a \$10,000 prize, which will go towards future projects.

"It's very rare and special to be honoured with that kind of reward. We weren't expecting that, of course. We're a not-for-profit arts organization, so we will be trying to figure out how best to use that award in the service of more work in the community," Boxall said.

"It was a pilot project. We've never done anything like this before. We felt that our work has been predominantly in the city, but we're not really serving all the citizens of Manitoba when the art is just being created in Winnipeg. So we hope that this prize money will help us continue to build the rural component of our work."

Merle and Patsy Klyne of Ashern wrote the nomination for Theatre Projects Manitoba because they saw such high value in their mandate to take the arts to rural Manitoba through the Interlake Chautauqua Tour.

As the nominators, they felt that



TRIBUNE FILE PHOTO BY LANA MEIER

The Interlake Chautauqua Tour included productions of *Mary's Wedding* by Stephen Massicotte for the 100th anniversary of the Armistice.

many aspects of the tour were important.

"It reached many Interlakers and included First Nations schools and communities. It provided for a broad mixture of arts from song to drama to workshops, story writing, theatre presentations and community choir work and many other elements. It fostered community connections, reflected the communities' stories back to them, crossed a variety of age groups and enlisted community members in cel-

ebrating their own rich heritage and culture," they said in an email.

"It was a very positive experience for the artists and participants and we hope to follow up with future endeavours. The folks at Theatre Projects Manitoba worked very hard to bring about a successful conclusion for all concerned and we are proud to be associated with them. They are very deserving of the Connecting Creative Communities award from the Manitoba Arts Council."

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Healthy can be holistic

By Evan Matthews

General health, while a common topic of discussion, is often overlooked in most of our day-to-day lives.

On Saturday, Aug. 24, the Canadian Liver Foundation hosts its annual Stroll for Liver, a fundraiser for liver research and education. We hear about so many of these types of walks, whether it be for liver disease, cancer, heart and stroke.

Jay Adam is a local Interlake man working as a dietician and is living with Primary Sclerosing Cholangitis (PSC), a form of liver disease.

Much of what Adam said about liver disease — mitigating its effects once diagnosed or proactively avoiding the disease all together — was actually not so specific to liver disease.

He spoke a lot about healthy eating and exercise or, in a word, wellness.

Of course, he was speaking specifically about liver disease, but so much of what he said sounded like a healthy way of living for anyone and everyone.

For many, the thought of giving up certain habits — drinking and smoking, eating food that isn't good for you, or replacing TV time with exercise — can be a daunting thought,

scary, in fact.

Personally, I've been in both really great shape and really terrible shape. I tend to be an "all or nothing" kind of person, so it can be easy to get down on yourself when things aren't going well or you deviate from a workout regimen or diet.

What I've started to realize, and started to implement, is a more neutral and conservative approach to healthy living.

This is something Adam spoke about, too.

If you want to become a healthier person, it won't happen overnight. But by taking a realistic and holistic approach, in time, simple choices will make you a healthier human being in the long run.

If you don't want to give up fast food, just cut down on it. Still enjoy a pizza every so often, but make sure you have healthy foods within your reach at home, too.

If you don't want to quit drinking, limit your drinks to the weekend. A glass of wine in the evening is nice, but maybe see if you're the type of person who enjoys sparkling water.

If you don't want to give up your TV

time, try a stationary bike or a treadmill while you watch.

But any amount of exercise is important. Nobody is saying you have to work out every day, but if you work out once a week, it's better than not working out at all. Two days is better than one. Three days is better than two.

But it's all about what you can do and making an effort.

James Clear, author of the New York Times bestseller *Atomic Habits*, has a great quote on this topic.

"Every action you take is a vote for the type of person you wish to become.

"No single instance will transform your beliefs, but as the votes build up, so does the evidence of your identity.

"This is why habits are crucial. They cast repeated votes for being a type of person."

What type of person you want to be is, obviously, up to you.

But by casting the right votes for yourself as an individual, you can choose a healthy and prosperous life with (seemingly) small choices.

A healthier society is something we all benefit from.

> Got news?
Call Evan Matthews at 204-990-9871
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letter to the editor

Letters to the Editor:
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An open letter to the mayor and council of Stonewall

We of Stonewall Youth Going Green were glad to read that the mayor is beginning steps to introduce a bylaw to ban single-use plastic retail bags. We are presently working on ways to support our citizens when we receive a start date for the ban.

As we are sure the mayor and council are aware, the nation will likely have laws in place by 2021 to see bans on a number of single-use plastics.

We have been a little surprised that it has taken this long for our council to begin work on a bylaw that deals with only one of the many unnecessary single-use plastics that fill our landfills, waterways and natural habitats. We can only hope that a date of implementation for the bag ban will be announced shortly.

Once again, thank you, Mayor Hinds for agreeing to take this

very important step in addressing a major environmental problem. Now, give us the date of implementation so that we can redirect our efforts to other environmental concerns of our community.

Sincerely,
Emily Baker, Liam Brown and
Miya Saj Co-chairs SYGG

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Province invests in Reading Apprenticeship program

By the Manitoba government

The Manitoba government is investing over \$400,000 to support middle and senior years teachers through a renewal of the Reading Apprenticeship program, Education and Training Minister Kelvin Goertzen announced June 5.

"The program provides teachers with new resources to support their students' growth in reading and thinking skills," said Goertzen. "Improving literacy and enhancing classroom instruction across the curriculum is a priority for our government. We want to invest in resources that advance

professional development for teachers and enrich students' learning."

The Reading Apprenticeship program provides training to teachers so they can help students improve literary engagement, fluency and comprehension. The program also offers teachers guidance to support students become motivated, strategic and critical readers, thinkers and writers.

The three-year program engages teachers in various facilitated learning sessions where they explore their own reading and thinking processes in a variety of curriculum texts. This process helps them develop new

strategies to apprentice students in different ways of reading, thinking and learning.

"We believe literacy is one of the foundations of all learning," said Kelly Barkman, superintendent/CEO, River East Transcona School Division. "The Reading Apprenticeship program has had a tremendously positive impact for both teachers and students in our division, and we would like to thank the Manitoba government for its continued support."

The minister noted that studies show the program produces significant improvements in reading comprehen-

sion, engagement and achievement across subject areas. Program findings show significant growth in teacher and leader confidence and capacity, and greater collaboration and communication related to literacy for staff across the school community.

The Manitoba government will provide \$140,000 annually over the next three years for the Reading Apprenticeship program. September 2018 numbers show 600 teachers in 100 French and English schools across 25 school divisions have participated in the Reading Apprenticeship program training.

Housing designated for women and children affected by family violence

By the Manitoba government

The Manitoba government is seeking a community partner to help improve access to safe and supportive housing for women and children who have experienced family violence, Families Minister Heather Stefanson and Sustainable Development Minister Rochelle Squires, minister responsible for the status of women, announced.

"A safe place to call home is important for every family, but particularly for those who are leaving violence and abuse," said Stefanson. "This partnership will help ensure stable housing is available to women and their children when they need it the most. We look forward to proposals from commu-

nity agencies to identify the greatest needs, identify opportunities to create dedicated housing and successfully move this project forward."

Manitoba Housing has issued a request for expressions of interest (EOI) to community groups who have experience in property management or expertise in family violence. The successful proponent will work with the Manitoba government to designate up to 50 social housing units for women and children affected by family violence. These units could be managed by either the proponent or a property management company they select.

"Creating partnerships with our family violence prevention program agencies and Manitoba Housing will

ensure that women who are experiencing family violence can be supported with safe housing options," said Squires.

"Dedicated housing units are essential for women as they move toward independence, and a place of healing and growth. With this new approach, families will benefit from the expertise of a community agency that understands the complex dynamics of family violence."

This work is part of a larger initiative within Manitoba Housing to support locally developed solutions by transferring housing management to local organizations, as they are best able to meet the needs of vulnerable tenants.

The EOI is posted at www.gov.mb.ca/housing/progs/reoi-mhfvpp.html and will close on Aug. 9. The successful proponent will be chosen this fall, Squires noted.

For more information about Manitoba's family violence prevention program, including supports available to women and families, visit www.gov.mb.ca/msw/fvpp.

Manitoba Housing provides a wide range of subsidized housing throughout the province, supporting thousands of families. For more information about how Manitoba Housing partners with community organizations, private groups and governments to create safe and affordable housing, visit www.gov.mb.ca/housing.

letter to the editor

Letters to the Editor: letters@stonewallteulontribune.ca

What's really in a name?

I have to admit that I'm not a faithful *Tribune* editorial reader, and I don't know what caught my eye, but I was a little taken aback to read last week's "Doubling Down on Canada's Past," in particular, the mention of the letter Evan had received in response to a recent editorial. Since I hadn't read it, I just had to look back and see what all the hoopla was about. Turns out that somehow Evan's comment on the brutal treatment of the Mi'kmaq from May 23 had provoked a response of, "They started it," in a letter from a reader. Really? I teach

middle years, and I don't know if I have heard that statement more than once this year from prepubescent adolescents. I scoured the letters to the editor, but alas, the complainant either didn't leave his or her name, (understandable) or the letter just wasn't published (probably best). In any case, I don't think I could have responded much better than Evan did. I won't ask from which history books, written by whom, the reader got their information — it's immaterial. What I will do is what my fellow Turtle Islanders have done for hundreds of

years now. I say to this letter-writer, let's talk. There's a movement happening across Canada called Circles for Reconciliation:

The aim of Circles For Reconciliation is to establish trusting, meaningful relationships between Indigenous and non-Indigenous peoples as part of the 94 Calls to Action from the Truth and Reconciliation Commission. ... Each group will meet weekly or biweekly for 10 gatherings. The vision is to establish 100 circles over a two-year period. ... There is no cost to participate, only a common interest in working toward truth and reconciliation and equality of opportunity for Indigenous people. ... Individuals

as well as schools, colleges and universities, faith groups, corporations, service clubs and others are invited to participate. <https://circlesforreconciliation.ca/>

I invite anyone who would like to be part of a positive dialogue in the greater Teulon/Stonewall area to register either as a group or an individual at info@CirclesforReconciliation.ca or call Raymond Currie at 204-487-0512. When there is enough interest in an area, the groups will begin, and to author of the letter to the editor, I hope to see you there.

Kathy Simcoe, Teulon
Treaty 1 Territory

getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG > NORRIS LAKE

> Fish tales?

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



Catching chairs instead of fish

Hi fellow fishers.

The water lapped gently on the sand bar between the Balsam pier and the northern rock berm. I had come to this fishing mecca in the middle of last week hoping to find an angler with an interesting story we might enjoy. Standing on the pier's new wide concrete lane, enjoying the serenity of the endless grey waves of Lake Winnipeg whipped up by the wind, my straw hat shaded me from the brilliant sun.

There was no one in sight, but suddenly the back of the head of an angler popped up above the rock berm.

"Did you catch anything?" I shouted over the gusting wind.

"Yeah, a couple of nice big walleye," a guy yelled back.

"How about holding them up and we'll put you and your catch in the papers?" I called out.

"OK, hang on. I'll go get them. They're in the water against the rocks," he hollered, disappearing.

I waited. Not a sign of him.

A lady with him waved, smiling and saying, "Hi, I'm Julia Douglas."

I waved back, returning the smile and shifting my stance against the wind and away from the sun.

Suddenly, his head popped up again from the rocks. "They're snagged! Be with you in a minute," he said as he ducked out of sight once more.

I shook my head, smiling to myself,

reflecting on the many unusual occurrences I have experienced when getting a fishing story. Then his whole body came into view slumped over, springing from one huge boulder to another he grabbed his long rod and handled it in a way that looked like he meant to use it as a tool. He turned his head my way and flashed a wide, gleaming grin as if to say "I'm going to get those fish" and abruptly disappeared again.

On the pier, looking for a way to kill time, I found some little stones and began kicking them around. Suddenly the end of our yet-unnamed friend's rod showed over the rocks, whipping and quivering with great ferocity. Shouts of frustration came my way carried on the gusting wind. Then came the sound of a rattling stringer chain and up from the far side of the rocky berm sprang our beaming angler holding two good-sized walleye. Proudly smiling he presented his catch he had rescued from the rocks.

"The waves pushed the fish and the stringer amongst the rocks trapping them and I wasn't about to abandon those creatures to an inhumane end," he shouted.

"Who are you?" I called across the expanse between the pier and rocks.

"I'm Ken Turin from Winnipeg," he responded.

"Well Ken," I chuckled, "it was fun

watching you pop up and down on the other side of those rocks. Hang on while I take a picture of you and your catch for the papers."

It's not often I find 30 women fishing off the Selkirk pier and not a man in sight. There before me, last Thursday, a bunch of ladies from the Community Schools of David Livingstone, Shaughnessy and Wellington were on a free fishing day courtesy of the City of Winnipeg and Wildlife and Fisheries. These girls have been coming here for years. When I asked the head lady, grey-haired and hardy Julie Halcro, if they had ever experienced anything funny, she threw her head back laughing. A few years ago, it was very windy on the pier and a big gust picked up two of their folding chairs and dropped them into the river water. Immediately, a game ensued.

The ladies began casting out onto the river trying to snag the chairs but the current was taking them downstream. They began walking along the pier, following the escaping chairs, casting at them. After 20 or 30 tries they actually hooked and landed them!

Late last week I met a chap by the name of Mike Horbow from Winnipeg fishing off the Hnaua pier. He was a thin fellow who spoke fluidly and intensely in a good-natured way. Dressed in casual shorts and T-shirt with sunglasses strung around his



TRIBUNE PHOTO SUBMITTED
Ken Terin with his rescued catch from the Balsam Bay rock berm.

neck, he told me of his many fishing outings. He related how he loved going to East Shoal Lake and standing over one of the big culverts of the drainage ditches would toss bait into the clear water so that he could see what suckers and jackfish were available. They would dart out from the cover of the culvert and grab the bait then quickly slip back into the darkness of the tunnel. Once he saw a fish he liked, he would bait a hook and drop it in front of it. In his view, getting a fish for supper was never so easy!

Till next week, my friends. Bye for now.

Stonewall council accepting proposals for public Wi-Fi

By Jennifer McFee

The Town of Stonewall is seeking proposals from qualified network providers who could design and install public Wi-Fi in Quarry Park.

"We've been looking at ways that we can improve the services that we have available to offer to the people that utilize the park. It's part of keeping up with technology and keeping the park as current as we can," said Quarry Park manager Catherine Precourt.

"One of the things that we identified that would really be helpful and most requested is Wi-Fi. Once we go through the process, you'll be able to enjoy Wi-Fi on the beach. Our campers who are camping will be able to

log on at their campsites and at the ballgames. It provides us with one more service."

The installation of Wi-Fi would open doors and provide more options for park users.

"For example, we had hosted national tournaments here. In order to stream the games or make the games available to the people who are back home, we needed to have Wi-Fi at the ball diamonds," Precourt said.

"We had the tournament last year where we had to bring it in just for the tournament itself and we don't want to have to do that. We want it to be available so that maybe some of the local teams might want to have their

games streamed live."

The deadline for proposal submissions is June 28. The network providers will need to have proven experience in designing, installing, testing and supporting wireless solutions. They will need to supply services that include equipment, configuration, installation, testing, and ongoing maintenance and support.

In other council news:

- At the June 12 committee of the whole meeting, one topic of discussion was the designation of the kilns as a municipal heritage site.

"I presented on behalf of the Heritage Committee back in February. Then we put together a formal re-

quest that the site be designated," Precourt said.

"Council is looking at moving forward with it. There is a formal process that they need to follow and they've taken the first steps in making that happen."

The bylaw for the municipal heritage designation will be given first reading at the June 19 council meeting.

- On Monday, June 17, the Town of Stonewall hosted a public open house at the Heritage Arts Centre for a proposal to implement reduce speed zones near schools and daycares. See page 19 for full story.

Armstrong residents raise concerns about gravel-filled ditches

By Patricia Barrett

Residents in the RM of Armstrong say gravel has been pushed into their ditches for about a decade now by municipal grading and snowplowing operations, and they're calling on council to put an end to the practice.

The issue had been raised a number of times in the past, according to a delegation of six to seven residents who took time off work to attend council's regular meeting June 11.

They presented council with photos of gravel-filled ditches and roads that have become wider because of the steady accumulation.

"We have pictures of ditches with two or three inches thick with gravel, with crushed limestone," said delegation member Wayne Spakowski, who spoke with the *Tribune* after the meeting. "They [the RM] put gravel on every year, and every year they take it off. That's just crazy."

The delegation said the grader operator creates windrows — long lines of gravel heaped up along the sides of roads — in the summertime.

"The grader takes the gravel from one side to the other side of the road in summer," said Spakowski. "The only thing is they're supposed to leave it on the road and feather it out so when you drive on the gravel, you pack it down."

In the winter, the snowplough operator pushes those heaps of gravel into the ditches.

Spakowski and the delegation say this has been going on for roughly 10 years and "it's getting worse, not better."

The loss of gravels from the roads comes at a cost of "thousands and thousands and thousands of dollars" to ratepayers, said Spakowski. "Usually you [apply] gravel once every three years. Now you get gravel every year because it's gone. I have pictures from

every year, and every year [council's] got different excuses."

Sometimes the RM claims it was too wet in the fall and the operator couldn't grade the roads properly, he said, or it was too dry and the gravel didn't pack properly.

Spakowski said he and other residents have taken photos in various Interlake municipalities — Rockwood, Gimli, Ashern, St. Andrews — and could not find piles of gravel in their ditches.

"Our delegation recommended that [council's] operator actually take a grading course," said Spakowski. "Contractors should have an accredited training course. Everybody is self-taught and everybody has bad habits."

Gravel in ditches also has the potential to impact the ability of ditches to handle runoff and may possibly lead to overland flooding and road wash-outs during deluges.

"You're filling the ditches up with gravel and the roads are getting wider and wider.

The ditches are getting smaller and smaller," said Spakowski. "It will impede drainage if they keep doing this every year."

Spakowski said council agreed that this shouldn't be happening and promised the delegation it would pass a resolution banning the practice.

Armstrong Reeve Susan Smerchanski told the *Tribune* council had indeed passed a resolution during its June 11 meeting to "ensure windrows do not remain on the roads after Sept. 1."

Weather conditions always affect the work, said the reeve. Nevertheless, the council member overseeing roads in the municipality will be networking and consulting with neighbouring municipalities regarding road maintenance and best practices.

"We appreciate concerns being



TRIBUNE PHOTO SUBMITTED

Armstrong residents are concerned by the amount of gravel being graded into the ditches annually.

brought forward and move forward Smerchanski. to an acceptable [resolution]," said

"IT WILL IMPEDE DRAINAGE IF THEY KEEP DOING THIS EVERY YEAR."

SOUTH INTERLAKE
GARDEN CLUB

PLEASE NOTE - CHANGE OF VENUE

The Heritage Arts Centre - Fullbrook room on the lower level

June 20th, 7:00 pm - Roger Brown

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He'll be sharing tips & tricks on how to impress the judges!

Everyone Welcome For more information contact
Hope to see you there! Tanya Daher 204-467-2235



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Young philanthropist to build school in Nicaragua

By Evan Matthews

A 12-year-old Arborg girl is helping others in a way many people will never attempt.

Alliana Rempel, a Grade 7 student at Arborg Early Middle School, has raised enough funds to build a school in Nicaragua. With the recent donation from RW Bobby Bend students in Stonewall, Rempel now has enough funds to begin construction.

On June 11, the early years students donated \$550 to Rempel, pushing her past her \$10,000 goal.

"I'm an average kid, probably no different than you," said Rempel, as she addressed the 50 Grade 4 and 5 students in attendance.

"But even though I am young and from a small town, I believe I can make a big difference," she said.

Rempel wrote a book titled *One*, with all the proceeds of her book sales going to her fundraising efforts. During the donation presentation, Rempel read her book to the Stonewall students.

One tells the story of Azmia a young girl living in a war-torn country. When terrorists close down her elementary school, she is devastated that she can no longer continue her education.

Luckily, some unlikely heroes — many of Azmia's school supplies — come up with a plan to save the day.

"It took me quite a while to get the story and illustrations just right, but when I did, it was Mrs. Harding who encouraged me to try and get the story published," said Rempel.

"She has encouraged me each step of the way, and I wouldn't be here without the influence of an amazing



Alliana Rempel, 12, author of the children's book *One*, has raised over \$10,000 from the proceeds of the book to build a school in Nicaragua.

teacher.

"It's why I'm so passionate about asking others to help me help other kids get the kind of education I have had," she said.

Azmia — in addition to being the book's main character — is an Arabic word meaning strong, determined and courageous.

Rempel said she believes an educated child is more likely to have the tools to stay healthy, save money, build a business, empower their community, lift their country and change the world.

In order to build the school, Rempel said she's paired with WE Charity.

WE Charity, according to its website, carries the power of WE glob-



TRIBUNE PHOTO BY EVAN MATTHEWS

Alliana Rempel, left, accepts a cheque from RW Bobby Bend students Mackenzie A., middle, and Myles M.

ally, empowering communities to lift themselves out of poverty through the holistic, sustainable international development model, WE Villages. The organization aims to educate and empower young people.

"I have chosen to build my school in Nicaragua because although it is the largest country in Central America. ... It is also the second poorest country in the Western Hemisphere," said Rempel.

"The country struggles with poor access to education, employment, clean water and health services. Around one quarter of the people there live on less than \$2 a day," she said.

Rempel cited statistics outlining the fact that average Nicaraguans have less than five years of education, leaving nearly 25 per cent of the population unable to read, as well as 15 per cent of the country's population between the ages of five and 15 years old having been forced into child labour.

"Alliana, you are truly making a difference in this world. You're inspiring children both near and far," said Olivia, a Stonewall student.

"It is amazing, the work you've completed in your young life, and you so clearly illustrate it all starts with just 'one.'"

Addictions services expand for youth

By Jennifer McFee

Young people seeking addictions services will soon have more options, thanks to a provincial government initiative to embed counsellors within Winnipeg-based agencies.

Youth counsellors from Addictions Foundation of Manitoba (AFM) will now be available for clients at nine agencies: Access Fort Garry, Aikins Street Community Health Centre, Centre de Santé Sainte-Boniface, Eagle Urban Transition, Macdonald Youth Services, Ma Mawi Wi Chi Itata Centre, New Directions, Ndinawemaaganag Endaawaad and the StreetReach Program.

Following a three-month consul-

tation and planning process, counsellors will now be located in these agencies. Under the same roof, youth can also access other supports, such as primary health, mental health services, housing and employment.

"Mental health and substance use problems arising at earlier stages of development can have significant long-term impacts for youth without adequate support and services," said Ben Fry, chief executive officer of the AFM, in a press release. "These changes will enhance pathways to referrals and improve access for youth, including those with complex needs."

At the same time, these partnerships will allow the AFM to broaden its

scope of service, he added.

The embedded counsellors will help to streamline the referral process for youth services and treatment at the AFM. Between April 2018 and March 2019, there were 478 youth admissions to ARM community-based youth services in Winnipeg.

This initiative addresses a VIRGO report recommendation to improve the access and co-ordination of mental health and addiction services in Manitoba.

Stonewall resident Doug Gaudry said the announcement is "fantastic news."

In 2015, Gaudry and his wife Kelli lost their youngest son Cole at the age



SUBMITTED PHOTO
Cole Gaudry graduated my Stonewall Collegiate in 2014.

Continued on page 11

Rockwood burning ban lifted

Rockwood council news in brief

By Jennifer McFee

- The burning ban for the RM of Rockwood was lifted on June 12 at 2 p.m.

- At the June 12 meeting, Rockwood council granted a one-year extension to Canada Sheep and Lamb Farm Ltd. to comply with the conditions of their conditional use agreement. They received approval for conditional use in June 2017 to expand a sheep production to 8,000 lambing ewes from 2,000 replacement ewes, with an increase to 1,333 animal units from 182 animal units. This conditional use approval was set to expire on June 13, 2019.

- Council passed second and third reading of a bylaw to establish the Teulon-Rockwood Recreation Commission. The mission is to maximize opportunities for Teulon and Rockwood residents to participate in recreational and cultural activities. The goals focus on programming, leadership development, volunteer development, resources, public education and awareness, and facility management.

The commission will be made up of one representative from Rockwood, one representative from Teulon, and six community members (three from each community).

- The RM of Rockwood passed first reading of a bylaw to enter into a lease agreement with Office Innovations for a Sharp MX 4070N digital colour photocopier.

- Council passed first and second readings of a bylaw to regulate routes for truck travel within the RM of Rockwood. Individuals who fail to follow the bylaw can face a fine of up to \$1,000, and corporations can face a fine of up to \$5,000, plus costs.

- Council hosted a public hearing regarding a request by Kristine Saskosky to vary the minimum site area requirement for a proposed residual lot to 55.38 acres from the required 80 acres. In 2016, council approved her subdivision file with

conditions. One of the conditions is that she obtain variance approval to reduce the minimum lot area requirement. South Interlake Planning District had no concerns with the variance application, which council approved.

- Council hosted a public hearing regarding a request from Ronald and Ruth Stefshen to allow an existing mobile home to be used as temporary accommodation while a permanent single-family home is being built. They plan to move into the new home once it's ready and to use the existing mobile home for general storage. South Interlake Planning District had no concerns about the proposed site for the new single-family home or with the plan to use the mobile home as temporary accommodations during construction. However, SIPD recommended that the mobile home be removed from the property when it is no longer needed for temporary accommodation.

- Council approved subdivisions for Kelroe Farms Ltd and for Adam Lethbridge with conditions.

- Heather McDermid spoke to council on behalf of REACT about the Cleanfarm program to collect recyclable items from farm products, such as twine, bale wrap and silage film.

- Kasha Wood spoke to council about the placement of a house on an odd-shaped property on Road 79N, which would be in line with current home placements in the area. She was seeking council's pre-approval of a potential variance request before she buys the property, which has been on the market for a long time. Council expressed unofficial approval for her request, but it will still need to go through all of the official processes.

- Argyle skating club representatives Lisa Riley and Ron Watson spoke to council to provide an update about an equipment shed and answered council's questions about future plans.

> ADDICTIONS, FROM PG. 10

of 19 to fentanyl poisoning.

"When my son passed away, I think there wasn't that much availability of any of those services. It could have made a difference if he could have reached out to talk to someone — or if we had the ability to reach out for him," he said. "This is something that we've been lobbying for to help youth."

To help make a difference for other families, an annual motorcycle ride raises funds for Two Ten Recovery, which provides a clean and sober environment for people in recovery from drug or alcohol addiction. This year's ride took place on June 1.

"It continues to grow every year,"

he said. "Right now, we've raised a total of more than \$57,000 and we donate all those funds to Two Ten Recovery."

The event also features guest speakers, including graduates of the recovery program.

"I do a speech, as well, on the most devastating aspect of what drugs can do — and that's losing a child over one pill of fentanyl," Gaudry said.

"Everybody gets a little more awareness and insight into the situation that's happening not only in Winnipeg but throughout all of Canada."



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Vision Impaired Resource coming to Stonewall library

By Becca Myskiw

Vision Impaired Resource Network, VIRN, is coming to Stonewall Library for a hands-on session about reading with low vision on June 21.

VIRN is a non-profit organization that provides positive experiences and information for people who are vision impaired. They focus on peer support, public education, active living and training.

The presentation at the Stonewall library starts at 1 p.m. and will give information on how to manage low vision. It will also showcase equipment that can help make the lives of those experiencing low vision better and help them learn what to do to keep reading.

Branch librarian Joan Ransom said the Stonewall library has money they plan to spend on equipment for their patrons with low vision. They already have a few resources, but Ransom said there's other things out there that VIRN is bringing to show. She said they will also give the library advice on what's best to purchase.

The library already has one of the largest large print collections in the province along with downloadable audio books and magnifiers, but Ransom said there's better equipment out there and that's what the VIRN presentation is about.

All are welcome to attend the presentation at no cost.



TRIBUNE PHOTO SUBMITTED

The Vision Impaired Resource Network will be at the Stonewall Library on June 21.

Course on mindful eating and compulsive eating habits

By Gabrielle Piché

People wanting to learn about mindful eating and compulsive eating patterns can sign up for a course being offered at Stonewall & District Health Centre this summer.

Craving Change™ will run in the hospital's multi-purpose room on June 19 and 26, and July 5. Caroline Le Clair and Bonnie Peloski, both wellness facilitators, will lead the workshops from 1 to 3 p.m.

During the first week of the course, participants learn how their environment influences their eating and how society shapes feeding patterns.

"A lot of the reasons why we eat aren't just for pure nutrition," Le Clair, a registered dietician, said. "One of the main things we ask is, 'Why do we eat?'"

Each class member gets their own workbook with different strategies and exercises. Through the workbook

and classes, participants learn to identify their triggers for eating when they don't need to.

As the classes go on, Le Clair and Peloski inform the group about real hunger versus filling other needs with food.

Le Clair said there's three types of hunger. Heart hunger means emotional eating, like eating when you're stressed or bored. Mouth hunger is when you see something you want, like craving mini donuts after seeing them at a carnival. The third category is stomach hunger.

"That's when we're actually physically hungry, so your stomach is growling and you feel like you need to eat something," Le Clair said.

She said most of the time, people eat for heart and mouth hunger.

Le Clair assigns workbook exercises every week. Participants come to the next class and discuss what they've practised.

"We learn more from each other than just the facilitators talking the whole time," Le Clair said.

The workbook exercises are based on cognitive behavioral theory. Participants don't need to follow the exercises, but Le Clair said those who do benefit more from the course.

"Each person will have these eye openers about their habits with food," Le Clair said. "You can take all of the information and adapt it to your own personal needs."

Le Clair said many people learn from an early age to eat when they're not hungry. Now that she has kids of her own, Le Clair said she sees others using food as a reward or a way to console children. She said adults give kids ice cream and other treats to stop children from crying.

"As we get older, whenever we're upset or emotionally



TRIBUNE PHOTO SUBMITTED

People wanting to learn more can visit cravingchange.ca

hurt, we'll turn to food, and it creates this horrible cycle of emotional eating," she said.

Le Clair said Craving Change™ can apply to everyone because society upholds unhealthy eating habits.

Craving Change™ is free. It's made for adults, but youth can join. If participants are under 18, they're encouraged to come with a parent.

Wendy Shah, a dietician, and Colleen Cannon, a clinical psychologist, created the program in British Columbia. Le Clair and other Manitoban health-care professionals got training and certification in the program in 2008.

To keep her certification, Le Clair must complete updated courses about the program every three years.

Anyone wanting more information about Craving Change™ can visit the program's website at cravingchange.ca.

People who want to sign up for the course at Stonewall & District Health Centre can email wellness@ierha.ca.

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Drive with caution near mounted horses

By Jennifer McFee

Head's up!

Local horseback riders are urging drivers to maintain safe behaviours when sharing the road with equestrian travellers.

Karen MacLean, district commissioner of the Quarry Ridge Pony Club, said the group has been discussing respectful practices on the road — for both riders and drivers.

"With the coming of spring and the talk of riding outside and on the road, we teach safety through our Pony Club program. We always teach the kids the proper way to ride and cross the street. Then the discussion came about how I wish people would respect us on the gravel roads and on the highway," she said.

"I believe in turning negatives into positives, so I asked the kids how can we help to educate community members about road safety when coming across mounted horses."

The Pony Club kids, who range in age from seven to 14, came up with the idea of spreading the word through an article in the *Tribune*.

For MacLean and many others, they often hold their breath when they're riding on the road.

"I live north of Argyle on 40 acres with gravel road. Some people are po-

lite, but some people just zip past you at 90 kilometres an hour," she said.

"The gravel flies. When you're riding a 1,200-pound horse, it might spook or riders could be dismounted and fall off. There's lots of dangers."

MacLean recommends that drivers approach mounted horses the same way they would approach a cyclist or someone pushing a stroller along the side of the road. She also suggests not honking your horn since that might spook the horse.

"WITH THE COMING OF SPRING AND THE TALK OF RIDING OUTSIDE AND ON THE ROAD, WE TEACH SAFETY THROUGH OUR PONY CLUB PROGRAM."

"Basically passing a horse and rider that's riding on the shoulder would be no different than passing somebody pushing a stroller or pedestrians walking on the shoulder. Most people tend to slow down for pedestrians, but lots of people don't think to do that when horses and riders are out and about," she

said.

"If you hit a horse, it would be like hitting a moose. People would move over for a moose, but a lot of people don't give the equestrian group the same respect. Over and above the comfort of the horse and rider, what happens if there's an accident that involves a car and injures the people inside? The safety rules are for com-



TRIBUNE FILE PHOTO BY LANA MEIER

Caution is needed when passing horses and riders.

mon sense."

When sharing the road with horses, the best practice is to pass slow and wide. Motorists should also remember that horse riders and drivers of horse-drawn carriages have the same right to use the road and must follow the same rules, according to Manitoba's Highway Traffic Act.

"We're just looking to educate the general public and say 'Head's up,' which is a term we use in the horse community," MacLean said.

"Horses will be out and about on the road, and young and old are riding these horses. A little bit of respect would mean a lot for safety."

Teulon council cancels regular meeting

By Evan Matthews

Teulon's municipal council failed to form quorum last Tuesday.

On Tuesday, June 11, only two of the five council members, Mayor Debbie Kozyra and Coun. Barb Mankewich, were able to attend the regular meeting of council.

Council received an email the morning of the meeting, stating the meeting would be cancelled due to lack of quorum. Mayor Kozyra said the lack of attendance consistently from some councillors is concerning for taxpayers, at the very least.

"Sad to hear this," Marilyn Korotash

wrote on the town's Facebook page, after learning of the meeting's cancellation.

"You would think this would be a busy meeting with the Centennial celebration happening this month," she wrote.

Deputy Mayor Michael Ledarney and Coun. Danny Hutchinson cited personal reasons for their respective absences, while Coun. Rey Girardin cited he was away on business.

The next town meeting will not take place until after the Centennial celebration.

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CIB Yard of the Week kicks off



TRIBUNE PHOTO BY JO-ANNE PROCTER

Ballot boxes to submit Yard of the Week nominations can be found in the Stonewall Library and at Home Hardware. Library program facilitator Kelsey Dingwall, left, and CIB's Asta Johannesson.

By Jo-Anne Procter

Summer is short and many homeowners and businesses take great pride in beautifying their yards to enjoy for the season.

The Town of Stonewall's Communities in Bloom (CIB) committee has designated the month of July to feature some of the hard work and efforts gardeners have put in to the curb appeal of their yards for not only their enjoyment but others passing by.

The general public is encouraged to nominate any yard they feel should be awarded the Yard of the Week honours. Ballot boxes can be found at the South Interlake Regional Library and

Home Hardware, both in Stonewall.

Yard of the Week winners receive a \$10 gift certificate from Home Hardware, acknowledgement in the *Stonewall Teulon Tribune* and a sign on their front lawn for the week.

Judges will look at the use of colour, unique features, lawn appearance, general curb appeal, and condition of trees and shrubs.

This year the committee chose the colours pink, purple and white as a theme.

The committee is hosting their next meeting June 24 at the town office at 7 p.m. and all are welcome to attend.

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RW Bobby Bend students celebrate intergenerational learning

By Jennifer McFee

Intergenerational connections blossomed throughout the school year, culminating in a celebration at a local elementary school.

This year, Grade 2 students at Ecole RW Bobby Bend School have been partnering up with older adults through the South Interlake 55 Plus organization.

On Wednesday, June 5, the students and adults met up at the school to celebrate the enjoyable times they've spent together.

Jacqui Holod, who teaches one of the five Grade 2 classes, reflects on the relationships that have formed.

"It's been incredible. It's probably been the most positive experience that we've had as a large group all year. It's been absolutely fantastic," she said.

"This was our final event, and it was a celebration of all the activities that we have done this year. Usually our kids have gone to the 55 Plus centre, but this time the adults came to our school."

Each Grade 2 classroom hosted the adults for one class period. They each focused on a different endeavour, such as math activities, word-building activities and making bookmarks. Afterwards, they headed to the gym for a

physical activity and wrapped up the event with an outdoor snack and time to socialize.

"They were all really different activities, which was great. The kids got to highlight their skills as well. The kids became the teachers instead of the adults, which is neat for the kids and fun for the adults too," Holod said.

"It was also really nice to have the adults in the school working with the kids. It was really sweet."

Throughout the year, the two age groups have met together for weekly fitness activities and, more recently, they created birdhouses together. A large section of Grade 2 social studies focuses on community awareness, so this initiative fits in well with the curriculum.

"I think it's really great for the kids to under-

Continued on page 20



TRIBUNE PHOTOS BY JACQUI HOLOD
Lorne Rezansoff, right, assists Grade 2 student Martin at the intergenerational celebration.



Grade 2 classes hosted intergenerational activities.



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Annual cadet ceremonial review celebrates 11 years

By Becca Myskiw

The 301 Alan McLeod VC Royal Canadian Air Cadet Squadron hosted their 11th Annual Ceremonial Review on June 6.

The cadets work from September to June to complete training and to celebrate the year at the ceremony. Commanding Officer Capt. Christopher Babcock said the ceremony is a demonstration of what the group has been working on for the past year. The cadets receive awards, promotions and move to the next level after working hard throughout the year to meet the criteria to do so.

"It's kind of like a graduation ceremony for the year," said Babcock. "This is where they've all passed their levels, received their promotions, receive their awards handed out and just get to celebrate their success."

Babcock said the program provides experiences for the cadets that a lot of kids don't get. It gives them a chance to better themselves as Canadian citizens, and the annual ceremonial review lets them be proud of all they've accomplished.

Although this year marked 11 years of ceremonial reviews, the 301 Alan McLeod VC Royal Canadian Air Cadet Squadron is celebrating their 10th year as a group. Babcock said they started in January of 2009.



Royal Canadian Legion, Stonewall Branch #52 president Ms. Teresa Taplin presented Payton Gross with The Royal Canadian Legion Cadet Medal of Excellence. Gross also received the top level four award.



Officer Cdt. Morgan Herda presented Charlotte Johnston with the Top Bandsman award.



Maj. Bruce Kiecker presented Sgt. Johnathan Shipley with the Top Overall Cadet award.



TRIBUNE PHOTOS BY BECCA MYSKIW



Commanding Officer Cpt. Christopher Babcock presented Cpl. Michael Sullivan with the Top Athletic award. Sullivan was received an Award of Merit from Sport Manitoba at the 2019 Provincial Biathlon Championship on behalf of Sport Manitoba.



Mr. Ian Greaves of the Air Cadet League of Canada presented Beth Ladyka with a rosette for her five years as a cadet.



Commanding Officer Cpt. Christopher Babcock presented LAC Kaleb Van Steelant with the Top Athletic award.



Cdt. Morgan Herda presented Sgt. Lance Lecocq-Gareau with the top level five award.



Maj. Bruce Kiecker presented Sgt. Skylar Kopec with The Lord Strathcona Trust Fund Medal. Kopec also received the Best Dress and Deportment award.



Officer Capt. Pamela Graves presented Nikolas Remillard with the Most Improved award.



Officer Capt. Pamela Graves presented Mark Stott with the Most Improved award.



Officer Cadet Al Sullivan presented Cpl. Caleb Fearn with The Best Morale and Esprit de Corps award.



Officer Cadet Al Sullivan presented LAC Ethan Mann-Lecoq with The Best Morale and Esprit de Corps award.



Ci. Bonnie Hodgson presented Sgt. Adam Stamler with the Top Biathlete award.



Lt. Myles Shastko presented LAC Thomas Johnston with the top level one award.



Cdt. Madison Bumstead presented Liam Trippier with the top level two award.



Ci. Bonnie Hodgson presented Matthew Morton with the top level three award.



Cdt. Madison Bumstead presented Olive Johnston with the Top Marksman award.

Celebrating the grand opening of the Stony Mountain Child Care Centre

By Becca Myskiw

The Stony Mountain Child Care Centre is officially up and running.

The grand opening of the centre last Thursday brought out community members and local dignitaries to support the new establishment.

Dignitaries included MLA Ralph Eichler, Rockwood Coun. Tom Huffman and Neil Wirgau, Interlake School Division Supt. Margaret Ward and Trustee John Hueging, Sunova's Ian Billingham, Child Care co-director Jenn Joel and president Sandy Marohn.

The new centre was built in two phases and took nearly 10 years to organize, fundraise and build. Phase 1 was the building of the preschool centre that opened this past February. It created 32 new spaces for children aged two to four years old at the child-care centre.

Phase 2 is the infant centre of the building and has room to take care of 16 infants, making it the largest infant childcare centre in the Interlake. This part of the building opened in April.

Hillary Peden has two children using the daycare. She said the new centre means reliable care close to home for her family.

"I wouldn't want my kids to be anywhere else to be honest," she said.

Peden said the new daycare allowed her to register her 11-month-old daughter with the centre and made it easier for her to find the spot. Infant childcare is one of the hardest to find in the province, and Peden said she can relax a little more knowing both of her kids are taken care of.

Stony Mountain Child Care Centre board president Sandy Marohn said land for the new building was gifted to them by ISD after a long look for the right space.



Sandy Marohn recognized everyone who made the daycare centre possible in her speech.

"It's been the perfect spot for it," said Marohn. "There's lots of room, we're right beside the school, so without that donation this project might not have been as successful as it was."

The board lost the grant for the new daycare centre once and was given the opportunity to get it back. Marohn said they got their act together and worked quickly to keep the grant the second time around.

The new centre also created nearly double the jobs it offered before. It went from employing 11 childcare workers to 23, but Marohn said they're still hiring Early Childhood Educators and Child Care Assistants.

"It's been exciting for our staff to have bigger challenges and grow their career," said Marohn. "They all now have more opportunity and more spaces to grow within and now that we're one of the larger employers here, we are able to hopefully create more economic stimulus within the community."



TRIBUNE PHOTOS BY BECCA MYSKIW

Marohn, far left, invited everyone who made the daycare centre possible up to cut the ribbon including John Hueging, Jennifer Joel, Ian Billingham, Ralph Eichler, Tom Hoffman and Neil Wirgau.

The whole childcare system in Stony Mountain can now take care of 110 children as opposed to the original seven when it first opened in 1973.



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Left to right: Hillary, Parker and Jeremy Peden participated in the 4th annual walk-a-thon with Lily and Sam Cook before the grand opening.



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Town of Stonewall unveils proposed reduced speed zones



TRIBUNE PHOTO BY GABRIELLE PICHE

Town of Stonewall council members and administration met with the public to discuss reduced speed zone changes, new 4-way stops and solar flashing crosswalks at the Quarry Park Heritage Arts Centre this past Monday.

By Gabrielle Piché

The Town of Stonewall unveiled its proposed plan for reduced speed zones around schools and day cares this past Monday.

Council held an open house at the Heritage Arts Centre for residents to attend. Posters were displayed with the town's proposed changes.

Council proposes that reduced speed zones border École R.W. Bobby Bend School on all sides. They suggest a reduced speed zone on Second Avenue N. between Stonewall Collegiate Institute and École Stonewall Centennial School, and another one on Fifth Street W. by the two schools.

If implemented, cars would have to slow down in the school zones from 8 a.m. to 4 p.m. on weekdays in September through June.

Stonewall is planning a reduced speed zone on Third Street W. in front of Starting Blocks preschool program and Stonewall Children's Centre. This speed zone would be relevant year-round. Cars would need to slow down from 6 a.m. to 6 p.m. on weekdays.

Council has plans to add 4-way stops to some of the town's intersections:

- Fourth Ave. N. and Second Street W.
- Third Ave. N. and Second Street W.
- Third Ave. N. and Main Street
- Second Avenue N. and Second Street E.
- Fifth Ave. S. and Third Street W.
- Second Avenue N. and Spruce Lane
- Third Ave. N. and Fifth Street W.

The proposal includes two new solar flashing crosswalks. One would be built at the intersection of Fifth Ave. S. and First Street E. The other would cross Fifth Street W. at First Ave. N.

Wally Melnyk, Stonewall's CAO, and Clive Hinds, the town's mayor, were at the open house.

"We're asking tonight for some feedback and to see whether this makes sense or not," Melnyk said.

Council met with transportation staff from Interlake School Division, the RCMP, daycare operators and other education staff in the community while planning the project.

To have reduced speed zones by the next school year, council will have to finalize decisions in June or the beginning of July, Melnyk said.

He said the project will be relatively cheap.

"It's mostly signage and a little bit of advertising, so it isn't a huge cost or budgetary requirement."

Local politicians began talks about the reduced speed zones in October 2018. Some residents said they wanted change around the school areas at a community forum.

New legislation in 2019 gave council more power to act on the requests for speed zones.

In March, the province's Traffic and Transportation Modernization Act took effect. It allowed municipalities to set speed limits on their municipal roads.

The Reduced-Speed School Zones Regulation passed in 2013, giving municipalities control over school zone speed limits within their communities.

Verna Campbell came to Monday's

open house. Campbell lives in Stonewall. She said she's seen kids run into the street from the day care on many occasions.

"I don't want to be the one to see a child get killed or hit," Campbell said.

She said the school zones are a good idea, but they need to be monitored by police.

Wayne Johnson, a local resident, said if smaller towns can have reduced speed zones around schools, Stonewall can too.

"We've got how many schools here, and we don't have a reduced speed zone," Johnson said. "I'd like to see that, for sure."

Some people who attended the open house said there was an excessive number of stop signs on Second Ave. N. Council will go over residents' feedback from the open house at an upcoming meeting before finalizing any plans.

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Summer reading program is off to an explosive start

By Becca Myskiw

Stonewall librarians brought their annual summer reading skit to Rosser School on June 12.

Each year, branch librarian Joan Ransom writes a skit and performs it with bookmobile librarian Pam Palcat at schools throughout the Interlake School division. Ransom and Palcat learned to play the ukulele for the "I Lava to Read" summer program.

Ransom and Palcat made their way through tropical waters where they came upon a sad volcano who doesn't have a library to read in.

The librarians told Volly the Volcano all about the Stonewall library and its summer reading program, which ended with Volly's dream of reading being fulfilled and him exploding with hearts.

The library reading program encourages children from kindergarten to Grade 9 to read over the summer. Children can register for the program at the library and will receive a log book to keep track of their reading.

Children are encouraged to hand in their log sheets after five hours of reading. For every hour, children receive 10 library dollars to buy things

from the library store, which can either be spent right away or saved for a special purchase.

Ransom said the program gets kids reading but also teaches them to save money and spend it wisely.

"We found that an incentive program works wonderfully," said Ransom. "Kids love shopping at the store.

Not only are they improving their literacy skills by reading but they're also working on numeracy skills."

Ransom said this was their fifth year doing the skit and she's seen the number of children in the library during the

summer double since then.

Ransom and Palcat perform over 10 skits each year and use the theme of the presentations in the library throughout the summer. This year, the volcano will be at the library along with floating islands for children to sit and read on.

"Kids want to read. They want to earn the money. They want to buy their incentive that they choose," said Ransom.

The summer reading program is already underway, and everyone who registers before July 1 is automatically entered in a draw to win a family pass at Kinsmen Lake.

"WE FOUND THAT AN INCENTIVE PROGRAM WORKS WONDERFULLY."

> INTERGENERATIONAL LEARNING, FROM PG. 15

stand that older adults have a lot to offer — and perhaps more energy than they think. When we go to an activity with them, the kids are the stars. They are absolutely well loved by every adult there," Holod said.

"At the same time, we've heard that more people come out for the 55 Plus programs when the kids are going to be there. So it's a win-win all the way around."

Looking ahead, Holod expects that the initiative will continue with future classes.

"The program is cemented now, so we'll just keep building on it and keep working on community engagement," she said.

"It's just been the most positive experience for both sides."

Eadie McIntyre, president of the 55 Plus board, shared similar sentiments.

"Needless to say, we had ourselves a wonderful time with those cute little Grade 2s," she said. "It has been fabulous."

The older adults always looked for-

ward to seeing the centrepieces that the students would make for the monthly 55 Plus luncheons.

"They were beautiful and sometimes they would have little candy treats in them. They just really brightened the day for all of our seniors, and then our seniors were able to take them home," McIntyre said.

"A lot of times, there were little messages from the children included so it became a little personal. We really looked forward to them."

For the windup event, the kids all received special Frisbees as part of the intergenerational celebration.

"The seniors treated them all to a 55 plus Frisbee to play with. Believe it or not, we may be old, but we still enjoy playing with toys," McIntyre said with a laugh.

"We had fun in all the classrooms. For one of the arts and crafts, we made bookmarks with individual children. For the little person that I worked with, he signed my bookmark and I signed his. We became friends — we really did. It has been wonderful."



TRIBUNE PHOTOS BY BECCA MYSKIW

Rosser Elementary students oohed and aahed when the hearts came out of Volly the Volcano.



Joan Ransom, left, and Pam Palcat learned to play three notes on the ukulele for the summer reading program skit.

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> MEAL IDEAS



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Sweet Potato and Black Bean Chili

1/2 cup quick-cooking barley
1/2 teaspoon salt
Heat casserole over medium heat. Add bacon and cook until browned and crisp, about 7-8 minutes. Using slotted spoon, transfer bacon to paper towel-covered plate.
Reduce bacon fat in casserole to 2 tablespoons and return to stove over medium-high heat. Add sweet potatoes, onions and jalapeno pepper; cook, stirring occasionally, until onion is slightly softened, about 5 minutes. Add garlic and cook 1 minute. Stir in chili powder, cumin, oregano and ground chipotle; cook until fragrant, 15 seconds.
Pour in broth, tomatoes, beans and barley; reduce heat to medium-low, cover and simmer until sweet potatoes are tender and barley is cooked through, about 20 minutes. Remove from heat and stir in bacon and salt; let stand 15 minutes before serving.

Prep time: 30 minutes
Cook time: 60 minutes
Servings: 6
Circulon Symmetry Chocolate 5.5-Quart Casserole
6 slices thick-cut smoked bacon, chopped
1 pound sweet potatoes, peeled and diced into 3/4-inch pieces
2 medium onions, chopped
1 jalapeno pepper, seeded and finely chopped
5 garlic cloves, minced
2 tablespoons chili powder
2 teaspoons ground cumin
1/2 teaspoon dried oregano
1/4 teaspoon ground chipotle pepper
2 cups chicken broth
1 can (14 1/2 ounces) no-salt-added fire-roasted diced tomatoes
1 can (15 ounces) no-salt-added black beans



Honey-Pumpkin Cornbread

1 tablespoon grated orange zest
Heat oven to 400 F. Lightly butter baking pan.
In bowl, combine flour, cornmeal, sugar, baking powder, baking soda and salt.
In separate bowl, whisk pumpkin puree, eggs, butter, honey, buttermilk and orange zest. Stir flour mixture into pumpkin mixture until moistened; transfer to prepared baking pan. Bake until cornbread pulls away from sides of pan and toothpick inserted into center comes out clean, 20-22 minutes. Cool in pan 5 minutes. Remove from pan and cool on wire rack at least 10 minutes before cutting.

Prep time: 20 minutes
Cook time: 20 minutes
Servings: 12-16
Circulon Nonstick 9-Inch Square Baking Pan
1 1/2 cups all-purpose flour
1 1/4 cups yellow cornmeal
3 tablespoons sugar
1 1/2 teaspoons baking powder
1/4 teaspoon baking soda
1/2 teaspoon sea salt
1 cup canned pumpkin puree
2 large eggs, at room temperature
5 tablespoons unsalted butter, melted
4 tablespoons honey
1/3 cup buttermilk



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'Nobody can give you wiser advice than yourself.'*

Cicero

When we have confusion in life about what path to take, it is generally not because we do not know what we want. Somewhere deep inside we know what we really want.

Confusion often comes within our minds once we start thinking about how others will feel about our choice. We often have two impulses: one is to please ourselves, the other is to please friends and family. If the choice we are making pleases everyone, then there is no problem.

Sometimes what we know is right and true for us brings us into conflict with the desires of others. Whether it is how we are raising our children, a decision to go back to school, who our

Deep Inside We All Know What We Really Want

friends are, a decision to enter or leave a marriage - we may face opposition.

Advice may be offered from many sources, but still, we may feel stressed or unsettled because we know if we follow our truth, someone will be upset with us. This is where courage comes in.

If you know in your heart what is right for you, then you must release the need to receive approval from others, and the need to have them understand. Sometimes you just have to do what you have to do.

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



Roasted Banana Coffee Cake

Serves 8
8 tablespoons (1 stick) unsalted butter, melted and cooled, plus 1 tablespoon at room temperature for the pan
2 tablespoons granulated sugar
2 bananas
3/4 cup chopped pecans
3 tablespoons dark brown sugar
1 teaspoon ground cinnamon
1 1/2 cups unbleached all-purpose flour
1 teaspoon baking soda
1 teaspoon baking powder
1/4 teaspoon freshly grated nutmeg
1 cup granulated sugar
2 large eggs, lightly beaten
1/4 cup sour cream
1 teaspoon pure vanilla extract

dust with the granulated sugar and tip out any excess.

Place the bananas on a small rimmed baking sheet and roast for 15 minutes. Remove and set aside to cool.

In a small bowl, combine the pecans, brown sugar and cinnamon. Set aside. Sift the flour, baking soda, baking powder, and nutmeg through a fine-mesh strainer into a medium bowl.

In the bowl of a stand mixer fitted with the paddle attachment, beat together the butter and sugar on low speed until light and fluffy, 2 to 3 minutes. Add the eggs one at a time, mixing well after each addition. Scrape down the sides of the bowl with a spatula, then add the roasted bananas, sour cream and vanilla. Beat until incorporated. With the mixer running on low speed, spoon in the flour mixture and mix until just combined.

Pour the batter into the prepared pan and smooth the top with a spatula. Sprinkle evenly with the pecan topping. Bake for 40 to 45 minutes, or until a toothpick inserted into the center comes out clean with a few crumbs attached.

Let cool for 10 minutes before slicing and serving.

Preheat the oven to 350 F. Butter a 9-inch round cake pan with the 1 tablespoon room temperature butter and

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INSIDE > OUTSIDE > UPSIDE DOWN

Balmoral Sports Day fun



TRIBUNE PHOTO SUBMITTED

The Balmoral 11U Orioles baseball team swept through Sunday with only two runs scored against them to take the gold medal in the final game facing the Lundar Brewers. Pictured back row, left to right: coaches Wes Killbery, Travis Williams, Geoff Snell; middle row: Dylan Fox, Carson Schaeffer, Migel Bauml, Hudson Sigurdson, Kade Williams, Jayden Yablonski; kneeling: Tyler Loehmer, Dallas Slater, Paul Chartrand, Cai James, Easton Killbery; laying in front: Kade Maxwell and Aiden Cameron.



TRIBUNE PHOTO BY NIKKI MANNING

The Stonewall Blue Jays U13 baseball team went undefeated during their entire season, including winning gold at tournaments in Warren on June 1 and Balmoral on June 8. Pictured after the Balmoral tournament victory are coaches Dan Jensen, Stu Schaeffer and Geoff Reimer. Back row: Evan McMurtry, Evan Grandmont, Emmitt Gillespie, Hunter Manning, Tyler Persoage and Bryce Anderson. Middle row: Spencer Schaeffer, Ben Toews and Maddex Brau, and on the bottom are Evan Reimer and Landon Allarie.



TRIBUNE PHOTOS BY BECCA MYSKIW

The rainy weather couldn't put a damper on one of Balmoral's largest tournaments to date with over 60 teams coming out to hit, run and throw on June 8 and 9. The annual Balmoral Sports Day baseball tournament was very successful with the host committee and volunteers working tirelessly to put the event on providing a great experience for all the players, coaches and parents. This year's tournament had teams from Winnipeg and as far away as Morden to compete with the talent in the Interlake from Stonewall, Warren, Grosse Isle, Teulon, Balmoral and more.

Allen commits to Mayville State University Comets

Staff

Liam Allen has signed a national letter of intent to attend Mayville State University and play baseball for the Comets beginning in the fall of 2019.

The Comets are eagerly looking forward to the St. Andrews' product wearing a Mayville State jersey.

"Liam will be an outstanding addition to the Comet baseball program," said Mayville coach Scott Berry. "His ability to pitch and to play a position is something we really liked when recruiting him. Coach (Billy) Tomblin has spoken very highly of Liam and we were fortunate enough to have him come down this winter on a visit with his father where he was able to showcase his abilities to the staff.

"Needless to say, we really liked what we saw and cannot wait to have him here this fall," he added.

Tomblin is excited to recruit quality players from north of the border.

"Last year, coach Berry and I talked about getting back up to Canada, finding those kids who want to come down to the states and earn a degree while playing collegiate baseball," Tomblin said. "Thus far, this has paid off for us in the 2019 signing class but I see it continuing to improve with the addition of Liam."

Tomblin loves the fact that Allen can play a variety of positions.

"He is extremely versatile, with the ability to play first, third and pitch, and is one of those kids that you just really enjoy watching play the game," he said. "There doesn't seem to be a moment that goes by that he isn't smiling ear to ear and truly enjoying every minute he has on the field.

"I first saw Liam last summer and knew he was meant to wear pinstripes on Scott Berry Field, we are extremely excited about his decision."

WCI athletes recognized at annual luncheon

By Jo-Anne Procter

For the third year running, coaches at Warren Collegiate have been acknowledging their athletes at a special luncheon to celebrate their accomplishments as teams and individuals.

On June 11, teacher and coach Jennifer Krahn addressed athletes, telling them that sport teaches all the attributes needed to be a winner in life.

"Sports is considered the second half of education. The beauty of sport is that you get to learn things that you don't in the classroom. They are life lessons," she said.

"On a court no matter what sport you play, on a track no matter what event you are running, it (resilience) teaches you how hard it is to win."

Vice-principal Tyler Oliver congratulated students on an outstanding athletic year, both on and off the court. He praised them for bringing home WCI's first-ever provincial AA volleyball banner as well as another provincial varsity girls basketball banner. The Wildcats also claimed Zone 5 banners for varsity girls volleyball and basketball, varsity boys volleyball, junior varsity girls volleyball and junior girls track and field.

The junior girls Athlete of the Year award was shared this year by Grade 10 students Paige Wright and Emma

Goodman. Both athletes had an outstanding year in athletics. They excel individually and often as partners and teammates. When they work together, they are a force to be reckoned with.

Both played junior and varsity volleyball and basketball. In badminton, they were undefeated at the zone championship. In track, they were both zone champions on the 4x100 team. Both are described as very coachable, terrific role models and teammates. Wright and Goodman are both strong competitors and are known for their dedication, drive, determination and passion for succeeding.

This is the second junior varsity Athlete of the Year award that Wright has been awarded.

Grade 10 student Lane Bond is the junior varsity boys Athlete of the Year. Bond participated in many sports. He is known as a quietly intense competitor who calmly leads by example and is a quick learner and key member of his teams. Bond was instrumental on the rookie high school hockey team and is just as strong of a ball player. You can count on him in all situations. He was the badminton Zone 5 champion and is the track and field Zone 5 champion 4x100 relay team and placed third in shot put. He keeps top marks and is just an all-around great



TRIBUNE PHOTO BY JO-ANNE PROCTER

WCI junior and varsity athletes of the year were acknowledged at a luncheon banquet on June 11. Pictured, left to right: Emma Goodman and Paige Wright (junior varsity female athletes), Lane Bond (junior varsity male), Alex Chester and Grace Goodman (varsity female athletes), and Asa France (varsity male).

guy to be around at WCI.

The Varsity girls Athlete of the Year award was unanimously agreed on to be awarded to friends, cousins and teammates Alex Chester and Grace Goodman.

The banners hanging on the walls of the gymnasium for the past four years have their names on every one of them since they are the leaders and the drivers of their teams. They are exceptional people, athletes and students, as well as great role models both on and off the court. They work so hard to be the best that they can be. They are always on top of their game and push their teammates to be better on and off the court. The duo shared the award in both Grade 10 and 12 and Chester also received it in Grade 11.

Graduating student Asa France is the varsity boys Athlete of the Year. France has collected the top male athlete award three of his four years at WCI. France was acknowledged for his feet off the ground and head in the clouds and his ability to defy gravity. He is known for his ability to take control of a game and make everyone else look great. He always appears calm and is prepared mentally and physically. He is a quiet leader, he mentors younger athletes and he is always helpful. France is described by his coaches as irreplaceable.

Krahn had all of the graduating athletes stand and look around at the gym walls where the many banners

they helped bring to WCI hang.

"You have contributed to the many banners and successes of the Wildcats. You have set a tone and a goal for our young athletes to follow in your footsteps," she said. "Thank you for what you have done in your years at Warren Collegiate."

The staff and students at WCI will be bidding farewell to long-time teacher and coach Rene Comeault.

Krahn said that for the past 25 years Comeault has not only contributed in time but whole-hearted spirit in his coaching of any sport that he touches.

"He is going to be a huge loss to our school and he needs to be recognized for all his years of coaching and awesomeness," she said.

Other awards included:

Paige Wright (jv girls volleyball); Jacee Turner and Alex Chester (varsity girls volleyball); Gerrit Boonstra and Riley Janke (junior boys volleyball); Asa France, Bren Hunter and Hunter Sholdice (varsity boys volleyball); Bobbie Fairlie (junior varsity girls basketball); Alex Chester (varsity girls basketball); Riley Buchanan and Liam Bangle (junior varsity basketball); Nick Peixoto and Hunter Sholdice (varsity boys basketball); Lane Bond and Emalia Sinclair (badminton); Grace Goodman (fast pitch); Corey Procter and Owen Tataryn (baseball); and Katie Dorsch, Emma Goodman, Grace Goodman and Juliette Neudert (track and field).

King named to Team Manitoba's U16 male roster

Staff

Warren's Karson King was named to Team Manitoba's male U16 roster last week which operates as part of the Program of Excellence for 2019.

King played last season for the Interlake Lightning Bantam team.

All three Team Manitoba rosters (male U16, male U18, and female U16) were selected following the Program of Excellence Top-40 Camps which took place in Portage la Prairie May 9-14.

Athletes took part in practices, team building activities, and intersquad exhibition games which were evaluated by the program coaching staffs helping lead to the final roster selections.

The next step in the U-16 Program of Excellence will be the U-16 August Prep Camp Aug. 9-11 in Winnipeg



Karson King

Team Manitoba U16 males will then compete at the WHL Cup which takes place in Calgary in late October.

"SPORTS IS CONSIDERED THE SECOND HALF OF EDUCATION."

Chester selected MHSAA 'AA' female athlete of the year

By Brian Bowman

There are a lot of great female high school athletes in Manitoba competing with "AA" schools.

But the Manitoba High Schools Athletic Association decided Warren Collegiate's Alex Chester was the best of them all.

Chester will be honoured with her award on June 26.

"Obviously, it feels really good (to win the award) but I didn't really expect it," said Chester, a multi-sport star athlete with the Wildcats. "Other girls in the past have won it and I thought it was a pretty big deal. "When I was told that I won it, I was pretty excited. It felt really good and it was a good way to end off my last year of high school sports."

Chester and her Wildcat teams had some real good battles this season facing tough competition.

"Our volleyball competition was really hard at our provincial final," she said. "And the same with basketball, there are so many good teams that

can compete at a higher level, for sure. The teams in 'AA' are really, really good."

Chester's teams enjoyed a tremendous amount of success in her senior year. Their goal, she said, was to really put in a great effort to see how much they could achieve in each sport.

"We all said, 'We want to make this year really good,'" she said. "It's our last year and we're all best friends. We've been playing together for four years and we worked really hard in volleyball. At every practice, we worked so hard to get that provincial title - we wanted that so bad."

"And, in basketball, it was the same thing. We're all so close so it was so easy for us to work together. When we won basketball, it was great to win two provincial titles. It was really good and a great way to end off everything."

Chester could not have asked for a better high school experience than the one she enjoyed at Warren Collegiate.

"I say this all of the time, 'I wouldn't

want any other team or any different team all through high school,'" she said. "My favourite thing about high school was (playing) sports and I am so thankful for my teams. We were successful and had so much fun together and our coaches really helped us out and taught us everything that we know."

"I wouldn't change anything if I had a choice."

Wildcats' varsity girls' volleyball coach Tyler Oliver admitted it will be tough to say goodbye to Chester, who also competed in badminton and track and field this past season.

"Her compete and drive to be the best she could be is something to marvel at," he said. "She works so hard on and off the court to pursue that athletic excellence."

Great athletes are often great leaders. That was certainly the case with Chester.

"She was the captain of our basketball team ... and with volleyball she would help out with our JV team any



Alex Chester

time I asked or if she had some extra time," Oliver said. "And, in track field, she is always one of the first people to congratulate an athlete and cheer them on at the finish line. Leadership, with her, is definitely there."

Having a ball



TRIBUNE PHOTO BY KERRIE HOLM

Local players Tessa Stewart, left, and Ella Holm were selected to Team Manitoba's U14 girls' baseball team. The pair are part of a developmental squad that will compete at the western championships in Saskatoon from Aug. 15-18. Before that, Team Manitoba will compete at a Clearwater tournament on July 1.

United tie first-place Impact

By Brian Bowman

Heading into last Thursday's game with the Stonewall United, the first-place Interlake Impact had given up just three goals in six games.

But Stonewall broke through that stifling defence to score three goals in a 3-3 draw in Manitoba Major Soccer League 5th Division action.

"I think our team is starting to gel a little bit more now since we've had a few games under our belts," said the United's Jason Ferris. "They're getting better every game."

Ryan Raflant scored two of those Stonewall goals while Nicholas Dale also tallied. Benny Wiens, Eric Plett and Chris Cho replied for the Impact.

The United did a great job scoring against a very good defensive team.

"We ended up putting another guy up and we started filtering through the middle and out to the wings," Ferris explained. "They are a good team and I'm glad there's another Interlake team representing in the Manitoba Major Soccer League, which is nice."

Stonewall is getting more and more used to playing a system which has one forward and five



TRIBUNE PHOTO BY LANA MEIER

The Stonewall United's Rayden Labelle races an Interlake Impact player to the ball during MMSL action last Thursday.

guys in the middle.

"It's a hard system to learn to play and we have a lot of new players," Ferris admitted. "It's a very good system if you learn to play it properly. I think with the formation and the guys getting to know each other and how we play, we'll be a lot better."

With the tie, Stonewall is now 1-3-2 and has five points to sit tied for eighth place with Kucame FC in the 10-team division. But the United have visions of moving up in the standings over

the course of the season.

"I feel like as the season goes on, I think we're going to be a hard team to beat," Ferris predicted. "We have had a consistent 15 guys coming out for every game, which is good, if guys need a break. As time goes on, if the commitment continues we'll be doing (well) this year."

Stonewall will host Carmania FC on Sunday at 6 p.m. and then will visit the Portage Cobras next Wednesday at 7:45 p.m.

Swimming success



TRIBUNE PHOTO SUBMITTED
Stonewall's Julian Murdock, 16, a member of the Selkirk Dolphins Swim Club, won six medals at the Jr. Provincial Swim Meet on June 7-9. He won gold medals in the 50-metre backstroke, 100m backstroke, and the 100m individual medley. Murdock also won bronze medals in the 50m freestyle and 100m freestyle events. All were personal bests, including a race in 200m freestyle. He also placed third overall in his age group for the competition.

St. Boniface stops Stonewall in an extra inning

By Brian Bowman

The Stonewall Blue Jays gave the first-place St. Boniface Legionaires a real good battle for seven innings on Sunday.

But things really unravelled in the eighth and extra inning.

St. Boniface snapped a 5-5 tie to score seven runs in the top of the eighth for a 12-5 win in Winnipeg Senior Baseball League action.

"They were hitting the ball and everything fell in the hole," said the Blue Jays' Adam Kirk. "Everything that went through on the ground went through the 5-6 hole or it was just out of somebody's reach and then we made a couple of errors."

The Legionaires scored a pair of runs in the top of the seventh to take a 5-2 lead. But the Blue Jays answered with three runs in the bottom of the inning to force the extra frame.

"We battled all game long but, unfortunately, in the final inning they got a bunch of hits," Kirk said. "We got three in the seventh, so we never say die."

St. Boniface also scored a run in the second and added a pair in the fifth. Stonewall plated their other two runs in the third.

Last Wednesday, the Blue Jays blitzed the Boni-vital Brewers 12-0 in a five-inning game in Stonewall.

"Our bats lit up their pitching," Kirk

recalled. "We had a pretty good game."

Stonewall scored five runs in the first inning, added one in the second, and then scored three in both the third and fifth innings.

Blue Jays' pitcher Eric Swanson threw a no hitter and was just a single walk away from a perfect game

Boni-vital committed five errors in the lopsided loss.

No statistics for the Blue Jays from either game were posted on the league website at press time.

On June 10, the Blue Jays were doubled 4-2 at home by the Elmwood Giants.

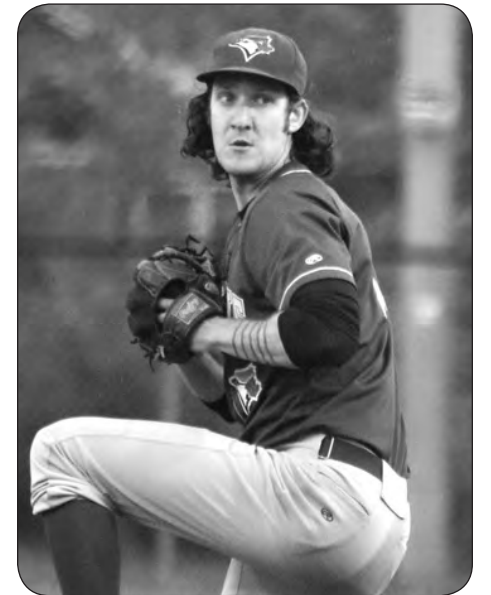
Stonewall scored a run in the fourth inning to take a 1-0 lead by Elmwood came back by plating a pair of runs in both the top of the sixth and seventh.

Stonewall scored its other run in the sixth.

Rory Tycoles had three of the Blue Jays' seven hits and also scored a run.

Kirk, who scored the Blue Jays' other run, said there is quite a bit of parity amongst teams in the league this season. He feels the Blue Jays have the talent to compete with anyone on a nightly basis.

"I honestly think any team has a chance to win it and we've added Caleb Smith back to our pitching staff," Kirk said. "He's come back after a few years being absent and he's been such a huge addition so far. He's thrown



TRIBUNE PHOTO BY LANA MEIER
Caleb Smith has been a very nice addition to the Stonewall Blue Jays' pitching staff this season.

real well and he definitely adds that third starter to our pitching staff and he makes us deeper that way.

"If we get anybody in a five-game (playoff) series, I think we have a definite chance to win, there's no doubt."

Stonewall, now 5-4, will host the St. James A's (3-3) on Wednesday (7:30 p.m.) and then will battle the North Winnipeg Pirates the following day at 7 p.m. at the Vince Leah Community Centre.

Grosse Isle Jays playing great baseball in recent weeks

By Brian Bowman

The Grosse Isle Jays have been playing some great baseball in recent weeks.

And they have the wins to prove it.

The Jays were winners of five of their past six games before losing 5-2 the Macdonald Yankees in 18U "AA" action this past Monday.

"We started off pretty slow this year but, man, have they ever come on nicely," said Jays' head coach Trevor Procter.

Grosse Isle has improved quite a bit over the season in all areas - offence, defence, and situational. They have even been playing some small ball to generate offence.

"They're starting to figure things out," Procter said. "They're a learning group."

Grosse Isle was 7-7 and in a tie for fourth place with the Carillon Sultans, each with 21 points, at press time. Carillon had played three fewer games, however.

"We're very happy with where we are in the standings, especially the

way the season started," Procter said. "Most of our wins have come in the last month here, which is good because we're now playing better going into provincials. We're getting better every game, put it that way."

That is 7-7 record is really good considering Grosse Isle wasn't even sure if they would be able to field a team this season.

"We barely got enough players to make a team and then we added a couple of players that were just playing high school ball," Procter noted. "We were able to have them come out and commit to us and it's a good thing we did because they are a couple of key players."

A big turnaround for the Jays recently has been their improved defensive play. Grosse Isle has allowed only 27 runs in its past seven games - an average of 3.85 a game.

"The one thing I stress with these kids every single game, and I know it sounds like a cliché, but defence wins," Procter said. "The less mistakes you make in a game, the less runs you

give up and if you keep a team down to three runs or less in a game, more often than not you're going to be winning games."

The Jays will host the North Winnipeg Marauders on Wednesday and then will play the Red River Valley Pioneers on Sunday in Dugald. Both games start at 6:30 p.m.

Grosse Isle also has two games to be played that were postponed earlier in the season. But because the city playoffs occur about a week after the regular season ends, the Jays may only be able to make up one of them.

The Jays are hoping to get those games in along with some exhibition contests before they head off to Mornden for the provincials from July 19-21.

Grosse Isle is the only team from the Interlake at the 18U "AA" level so the Jays received an automatic spot into the provincials.

They are really looking forward to seeing how they fare at provincials.

"Going into provincials, originally we were thinking we're just going to

go there and represent," Procter said. "Now, were going to go there and be pretty damn competitive."

Correction

By

In last week's edition of the *Stonewall Teulon Tribune*, it was erroneously reported that two local players were selected in the MJHL Bantam Draft.

In fact, there were four.

Besides Karson King being picked by the OCN Blizzard and Austin Lourenco selected by the Selkirk Steelers, two other Interlake Lightning players were chosen.

Matlock's Brayden Stevenson was taken in the second round, 16th overall by the Dauphin Kings while Stonewall's Alexander Kaczorowski was picked by the Swan Valley Stampeders in the fourth round, 43rd overall. The *Tribune* deeply apologizes for these two omissions from last week's article.

Thunder to tackle Mustangs in junior girls' football playoffs

By Brian Bowman

It's playoff time for the Thunder Rods junior girls' football team.

The club, which features players from the Interlake Thunder and St. James' Rods' programs, will be playing the St. Vital Mustangs in a semifinal game Thursday.

"We have a team with low numbers," said head coach John Montgomery last Friday. "We have 12 girls but they are very determined and all very awesome."

The Thunder Rods played the Mustangs in their final regular-season game last Thursday, losing 54-24 but played very well, according to their head coach.

"We gave them a good run for their money but they ended up beating us... but I was quite happy and impressed with the girls," Montgomery said. "We have one more game against them and we'll make some adjustments."

The Thunder Rods finished in third place during the regular season with a 2-4 record while St. Vital was second at 4-2.

The 12-player roster of Interlake players has six on it that have never before played competitive football. There was a lot of learning going on this past season.

"I think our strength is that they are all very flexible in their positions," Montgomery noted. "We have had to have people play all over the place. Some start out as defensive linemen and then end up as running backs - everyone is all over the field. And that's good, it develops them into all-around football players."

The Interlake and St. James players have gelled nicely as a squad.

"They came together," Montgomery said. "It was a little (awkward) at first but they all started to come together. They're a real fun bunch of girls and we're seeing friendships develop over the season as everyone gets to know one another."

In the other semifinal matchup, the first-place North Winnipeg Nomads (5-1) will battle the East Side Eagles (1-5).



TRIBUNE PHOTO BY LANA MEIER

The Thunder Rods' Melody Debreuil (64), who lives in Stonewall, runs with the ball against the St. Vital Mustangs during regular-season action last week. The same two teams will meet up in a playoff game.

Interlake splits doubleheader with St. Boniface

By Brian Bowman

The Interlake Blue Jays had a pretty good day at the ballpark on Sunday, splitting a doubleheader with the St. Boniface Legionaires at Quarry Park.

Interlake outslugged St. Boniface 16-9 (after being down 9-3) in Game 1 but was then edged 7-6 in Game 2.

"We got off to a rough start, handed them some runs, made some errors," said Blue Jays' head coach Adam Kirk. "But I kept telling the boys it's a long game, a seven-inning game, and then our bats came along and they made a couple of errors."

That impressive comeback win by the Interlake was an important one.

"It was nice to see the offence bail out the pitching and the defence," Kirk said. "It would be nice to see the defence bail out the pitching sometimes but we're getting there. It was a good start and I thought we should have done more with the second game after winning the first game with so many hits."

The Legionaires took a 7-2 lead in Game 2 but the Blue Jays battled back to make it a one-run game. Interlake then had runners on second in both the sixth and seventh innings but could not get that key hit when they needed it.

With the split, Interlake is now 4-10

and remains in last place in the seven-team league. The Blue Jays are currently 7.5 games back of the first-place Elmwood Giants (10-1).

Scoring hasn't really been a problem for the Interlake as the Blue Jays have scored 88 runs. The problem, however, has been their defensive play as they have surrendered a league-worst 106 runs — an average of 7.57 a game.

It's tough to win ball games when a team is giving up that many runs.

"Pitchers have pitched good and the defence has kind of let them down," Kirk admitted. "There's times when it doesn't get put down as an error because nobody touched (the ball) so

they end up being hits. But it's starting to sort itself out and we're getting there. We played really well (Sunday)."

Interlake will be busy this week with three home games. It's an important week for the club.

"We're starting to get past mid-season here so we have to start turning it around and figuring it out to make sure we're playing better ball because the playoffs are coming," Kirk said.

The Blue Jays will host the Altona Bisons on Wednesday (7:30 p.m.), the Pembina Valley Orioles Friday (7:30 p.m.) and the Giants on Sunday.

Interlake Orioles 18U 'AAA' team playing well

By Brian Bowman

The Interlake Orioles gave the St. James A's a real good battle on Sunday.

But the local squad couldn't give their dads another Father's Day gift as they lost 4-3 in 18U AAA baseball action.

"I was really happy with it, especially with the first time that we played them, they kind of took it to us pretty good," said Orioles' head coach Eric Swanson. "It was good. We were right in it until the last inning."

St. James took a quick 4-0 lead but the Interlake came back to score a few

runs off two A's relief pitchers.

On Saturday, Interlake played a doubleheader with Team Manitoba U16 in Stonewall. The Orioles lost Game 1 by a 17-1 score but battled back to win the next one 5-1.

"(Team Manitoba) is really good," Swanson noted. "They're a deep team and they don't have any easy outs in the lineup. All of their guys can throw hard and throw strikes."

Last Wednesday, Interlake defeated the Carillon Sultans 6-4 in Stonewall. It was nice to see the Orioles' offence plate some runs as they have scored

just 36 times this season.

"We hit the ball that night and things were kind of working for us," Swanson said. "Our biggest (Achilles' heel) is not scoring enough runs."

Interlake, now 2-9, hosted the Carillon Sultans this past Tuesday but no score was available at press time. The Elmwood Giants will then visit Quarry Park on Thursday. First pitch is 7 p.m.

On Monday at 7 p.m., Interlake will play the North Winnipeg Pirates at Koskie Field.

It's a busy stretch of games in the

middle of June.

"I'm looking forward to it, personally," Swanson said. "Getting a lot of games in a row will help us assimilate how we're going to use our pitchers for provincials and stuff because of the pitch count."

"We're playing a couple of really good teams but I think they are also winnable games, too, which will be nice for us going into the end of the year."

"Obviously, we had a tougher start (to the season) but I think we're playing a lot better now."

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

RECYCLING

Quick removal of one or multiple vehicles. Cash paid. Call Dave 1-204-688-8781, Stonewall.

SCRAP METAL

Buying scrap metal, cars, tractors, combines, farm scrap, any metal material, any farm machinery. Ph Lonnie at 204-886-3407 lve. message or cell at 204-861-2031.

Buyer for all farmyard scrap, any autos, appliances. NO ITEM TOO LARGE! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

APARTMENT FOR RENT

Age 55+ Apartments -INWOOD SENIORS LODGE bachelor & 1bdm suites. RGI & capped rent. Meal program & activities on site. Call Tina for more info: 204-278-3534 email: inwoodm@highspeedcrow.ca

Farview Place in Teulon now has suites available for rent, we are located across from the hospital and a short walk to downtown. All suites have either a balcony or patio and utilities are included in your rent. Please call Farview Place at 204-886-2760 for more information.

SHOP LOCAL

APARTMENT FOR RENT

Main floor suite for rent at 166 Dufferin Ave. in Stony Mountain. 2 bdrm., 1 bath. \$850/mo. plus utilities (water is included in rent). Availability as soon as July 1st. Email info@adrproperties.ca

HOUSE FOR RENT

Stonewall - 2 bdrm. house with basement. Fridge, stove, (washer & dryer negotiable), short walk to amenities. No smoking, no pets. Avail. August 1st. \$1200/mo. plus utilities. Ph 204-206-4227 or 204-461-0666.

NEWS TIPS? CALL 204-467-5836

GARAGE SALES

Moving yard sale - Sat., June 22 from 10 a.m. - 3 p.m. Rd 7 West off Hwy. 227, yard #76120.

SERVICES

Livestock & flat deck hauling services. Will also move equipment & hay bales. Ph 204-278-3763 or 204-861-0003.

HELP WANTED

Part time waitress position at McLeod House Tearoom. 3-5 days per week starting in June. Experience preferred. Ideal for university student who is available 3 days in fall & winter. Apply in person with resume or mcleodhouse@mymts.net

HELP WANTED

HOTLINE cook req'd. Seeking part time breakfast, lunch & dinner cook. Must have some kitchen experience. Call CRAVINGS RESTAURANT 204-467-9078 or cravingstaurant@hotmail.com

Teulon Day Care is looking to fill a Canada Summer Grant position. We are looking for someone 15-30 years of age (preference will be given to someone over 18). Position is 35 hours/week commencing July 2 - Aug. 30/19. Casual substitutes also needed. If interested send resume to teulondc@mymts.net or drop off at the centre.

HELP WANTED

Rockwood Victoria Co-op Ltd. is hiring a part time bulk milk truck driver to haul bulk milk from the farms to dairies in Winnipeg. Must have Class 1 license. Contact Ted at 204-461-2038.



VOLUNTEER WITH THE CANADIAN RED CROSS TODAY!

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EMAIL: VOLUNTEER@REDCROSS.CA

BALMORAL BASEBALL TOURNAMENT

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- THE UMPIRES
- ALL VOLUNTEERS

SPECIAL THANKS TO
BRENDA MARTINUSSEN & JO-ANNE HOLOD

take a break

> GAMES

SUDOKU

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

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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

Sudoku Answer

K	C	E	N	M	E	D	E	R	S	R	I	S
S	I	I	V	W	G	V	T	E	V	R		
I	H	B	S	E	O	V	O	V	A	T	I	N
R	E	B	V	S	C	A	N	D	E	V	V	B
S	S	O	G	V	R	D	O	R	V	E	P	
E	T	B	B	V	R	H	V	M	S	S	O	
d	v	v	s	g	v	r	d	e	s	v	v	r
v	e	v	g	c	n	y	d	e	s	v	r	e
w	m	r	w	m	i	g	v	t	a	e	r	
S	d	v	g	e	v	r	i	n	v	c		
E	T	E	D	E	R	S	I	S	R	I	S	
E	T	E	D	E	R	S	I	S	R	I	S	
E	T	E	D	E	R	S	I	S	R	I	S	
S	B	O	B	E	R	I	T	S	D	V	S	

Crossword Answer

X CROSSWORD

CLUES ACROSS

1. Drains
5. Cleveland baseball team
10. Leans in for apples
14. Language spoken in India
15. Norwegian parish
16. Wings
17. "Family City, USA"
18. Prague
19. Tottenham footballer Alli
20. Cakes
22. A way to save for retirement
23. Good gosh!
24. HBO Dust Bowl series
27. ELO drummer Bevan
30. Kids' game
31. Computer giant
32. Luxury automaker
35. Made disappear
37. Mandela's party
38. Greek personification of Earth
39. Semitic lords
40. Where to put groceries
41. Healthy lunch
42. Greek mountain
43. Disfigure
44. Ramble on
45. Partner to carrot
46. Figure
47. Mock
48. Former CIA
49. Salts
52. Bleated
55. Never sleeps
56. Cavalry sword
60. Scottish island
61. Cyprinid fishes
63. Italian seaport
64. Fruit tree
65. Old World lizard
66. U. of Miami mascot
67. Gentlemen
68. Cover with drops, as with dew
69. Don't stick it out

CLUES DOWN

1. Broken branch
2. A distinctive quality surrounding someone
3. Commoner
4. It can be poisonous
5. Recipe measurement
6. Eager
7. City in Finland
8. Acting appropriately
9. Pitching stat
10. Cops wear one
11. Evergreen genus
12. Lacking hair
13. Witnesses
21. Supplies to excess
23. This street produces nightmares
25. Cool!
26. Basics
27. Type of jazz
28. Remove
29. Seaport in Finland
32. Large formation of aircraft
33. You should eat three every day
34. Dips feet into
36. Patti Hearst's captors
37. Swiss river
38. Talk
40. Humorous conversation
41. Gurus
43. Actress Gretchen
44. Hitters need one
46. Offer
47. Flower cluster
49. The Navy has them
50. Palmlike plant
51. Vaccine developer
52. Guys (slang)
53. Jai __, sport
54. Assert
57. Beloved movie pig
58. __ Clapton, musician
59. Gamble
61. Hit lightly
62. Carpenter's tool

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

Stonewall Teulon
Tribune
Call 467-5836



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

Call 467-5836



EXPERIENCED ICE MAKER WANTED

The Selkirk & District Curling Club requires an experienced ice maker for the upcoming season.

For more information call:
Tom Want 204-485-4759
Garry Dola 204-771-1439
**Deadline for application:
July 16, 2019**

HELP WANTED

Farview Place is currently hiring for the position of Manager. Duties to include but not limited to: daily operation of office including answering calls and service requests, managing accounts payable, preparing payroll, monthly bank reconciliations, preparing board meeting packages, and forwarding requisitions to Manitoba Housing for CAP and RS. Application will close June 30, 2019. Please email resumes to farviewplace@mymts.net. Only successful applicants will be contacted.

HELP WANTED

Agricultural Equipment Technician - 2 permanent full-time positions. \$32 - \$44/hr., group insurance benefits. Start as soon as possible. Job Requirement: Apprenticeship certificate or equivalent experience, 3-5 years experience, diagnose/repair, troubleshoot, replace parts, perform service/maintenance to new and used equipment. Leo's Sales and Service Ltd., Hwy 101, & Sturgeon Road, Winnipeg, MB R3C 2E6. 204-694-4978.

DAYCARE

Fallen Oak Farm Family Daycare near Marquette currently has 4 spaces available Monday to Friday. For more information text 204-228-7788 or Instagram at [fallenoakfarm.mb](https://www.instagram.com/fallenoakfarm.mb)

BUSINESS OPPORTUNITY

-Tea house & gift shop, price reduced to \$405,000, great turn key business; -restaurant & lounge, newly remodelled, great sales & location. Listed at \$589,000. Smalley Realty, 204-339-1665.

BOOKKEEPING

Prairie Bookkeeping offers bookkeeping solutions to small business 204-998-4789.

INCOME TAX

Prairie Bookkeeping offers personal & small business income tax preparation. Certified to efile with CRA. 204-998-4789.

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Local grown cold pressed Canola Oil. Available at Grassroots Shift, Wpg. Beach Mall. Also cleaned black oil Sunflower Birdseed available at Reykdal Farms. Ph. 1-204-641-1245 or 1-204-642-2092.

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REMEMBER YOUR LOVED ONES WITH A MESSAGE IN THE TRIBUNE



TOWN OF STONEWALL PUBLIC NOTICE

Public Notice is hereby given that the 2018 Audited Financial Statements are available at the Town Office for public viewing during regular office hours 8:30 AM – 4:30 PM Monday to Friday. They are also posted to the Town website at www.stonewall.ca

Wally R. Melnyk, CAO
Town of Stonewall

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LEGAL SECRETARY

Grantham Law Offices requires a legal secretary for a full-time position, preferably with legal experience but not required. Duties will include preparing legal documents and dealing with clients. Specific training will be provided. Salary will commensurate with experience. Please forward your resume to:
Grantham Law Offices,
Box 1400, Stonewall, Manitoba, R0C 2Z0
Attention: Doug Grantham



TOWN OF STONEWALL PUBLIC NOTICE

ONGOING CEMETERY MAINTENANCE

JUNE 17, 2019

The Parks Department would like to remind everyone that pursuant to Town of Stonewall By-Law 02-18, the ONLY decorative items permitted are fresh and artificial flowers, provided they are in an approved receptacle permanently affixed to an upright monument.

EVERYTHING ELSE will be removed from the cemetery and discarded.

The Parks Department will also begin work in the South East section of the cemetery to remove dilapidated, dangerous, detrimental, and unsightly grave coverings, curbing, trees, shrubs, plants, and flowers.



Farm Auction for Ethel Campbell Saturday, June 29, 2019 10 am Argyle, MB

Directions: From the corner of Hwys #6 and #236 (Stonewall), travel West on #67 to #322 then drive North 5.5 miles. OR from town of Argyle, drive 3/4 mile East to Rd 1E then 1.5 miles North. Watch for signs.

TRACTORS Case IH 495, 3ph/W/Canopy, 540 pto, 2946 Hrs, 16.9-24 Rubber, clean tractor* IH 1486, duals, 9059 hrs, runs good* JD 4010, W/4020 pistons & sleeves, std shift, runs good* IH Farmall M, Diesel, runs good* IH TD 9 W/ dozer blade, (not running)* Farm built tractor w/fel, made from combine chassis with a Minnibota Cab, one of a kind* **VEHICLES** 1974 Ford F 100 half ton, runs good, 2 tone paint, true survivor, ready for a classic restoration* 2001 Kia Sedona Ex Minivan, 127,000 orig kms, minty loaded ride, tow pkg, extra clean, safetied* 1987 Ford F-800, Grain Truck, box & hoist, gas* 1964 Ford F100 half ton, 6 cyl, 3 spd trans, showing 128,000 miles* Ford F 600 Grain Truck, V8 330, 5 spd, 2 spd axle W/ box & hoist* 1952 Ford F-5, 3ton W/box & hoist* 1949 GMC 1433, 1 ton, 6 cyl* Ford Fairmont, 6 cyl for parts* 1990 Suzuki Swift* 1973 Ford F-150 for parts* 1972 Dodge Custom 300, 1 ton, 318, 4spd, steel box & hoist, 56,812 miles showing* 2) 1967 Ford Meteors, 2 door hardtop, for parts* 1968 Pontiac Parisienne, 2 door hardtop, for parts* Ford Model A, some parts* 1940 Chevrolet 12-11, for parts* 1940's Plymouth Cranbrook, for parts* 1950 Chevy Deluxe, for parts* 1969 Snowjet snowmobile* 1970's JD 400 snowmobile* 2 Wheel Trailer* 1950 Chevy Deluxe, parts* **EQUIPMENT** Schulte RW 1400 Rock Rake, premium condition* IH 5500 30' Chisel Plow, W/mulchers* IH 4500 Vibra Shank, 35', W/mulchers* Flexi Coil 45' Harrow Bar* Versatile 4400 Swather, 15' header, pickup reel* Versatile 400 Swather W/cab 15' header* MF self propelled Swather* Case pull type Swather* MF 850 Combine* MF 510 Combine* Case manure spreader* JD 14 T square baler* Versatile sprayer* MH 9 run seed discer* JD 16' press drills* CCIL seed discer* Rock-O-Matic rock picker* Rock-Eze rock picker* JD 10' tandem disc* Crow Foot packer* NH 1033 bale wagon* Farm King 7" Pto auger* Co-op 8' deep tiller* Co-op cultivator* Cockshutt New Steel #8 double disc* Seed drill* Homemade 3ph snowblower* Basket hay rake* 3 bottom plow* Tandem trailer* Hay rack* **MISC.** Very large piles of assorted scrap* Dismantled machinery* Car parts* Steel* Minneapolis Moline combine grain hopper* Lawn tractors* **ANTIQUe FURNITURE** see website
Please view www.lampportanddowler.com for listing and photos!

John Lampport 204-841-4136 Tim Dowler 204-803-6915

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Stonewall Teulon
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HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail stonewoodelkranch@mymts.net

FARM PRODUCE

Local unpasteurized liquid & creamed honey for sale. Sold in various sizes, 1 kg & up. Ph 204-461-1267.

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FARM AUCTION

BALMORAL, MB. | MONDAY, JUNE 24 | 10:30 AM

For more information, contact seller Mark Fobes 204-998-8158

DIRECTIONS: From Balmoral, MB 11.5 kms west on Rd 85N to dead end (Hwy #322), 1.7 kms north on Hwy #322 to Rd86NW, East on Rd 86NW to sale site. Watch for signs Sale Day.

Note: 1 week to pick-up and remove all items from sale site

NO LIVE INTERNET BIDDING WILL BE AVAILABLE AT THIS SALE www.fraserauction.com



FARM EQUIPMENT AUCTION FOR EVA HARMS AND ESTATE OF LATE JIM HARMS

Saturday, June 29 • 10am

Dominion City, Manitoba, 2 miles north on PR 200. Partial listing MF 860 low houred combine, JD 7720 combine, Versatile 850, 3pth low hrs, IHC 1466, 1256, WD9, 730 Case and other older tractors, trucks, tillage etc.

Cliff Harms 204-427-2926

See website www.billklassen.com for more photos.



Ph: (204) 325-4433
Cell: (204) 325-6230
Fax: (204) 325-4484

PHILLIPS DOUG RETIREMENT FARM AUCTION

Saturday, June 22 • 10 am

1 mile east of Roland mb, on highway 23 north side, JD 4440, 4230 W/148 Loader, model G, Ford 771, JD 7720 titan II Combine. 74 Dodge Grain truck and more, calving barn to be moved. Please be on time lunch available.

See website www.billklassen.com for more photos & listing



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For a complete listing visit www.fraserauction.com

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Announcements

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or Email classifieds@stonewallteulontribune.ca

Stonewall Teulon
Tribune

OFFICE/WAREHOUSE HELP WANTED

The *Stonewall Teulon Tribune* is hiring an administrative/warehouse person to work Tuesday to Friday, 8 a.m. to 4 p.m. Hours of work can vary on Tuesdays.

A working knowledge of Microsoft office, excel and Quickbooks would be an asset.

Please email your resume complete with work experience to Lana Meier at news@stonewallteulontribune.ca before June 28, 2019.

Stonewall Teulon
Tribune



Class 1 company drivers wanted to haul bulk liquid products throughout MB, SK, AB and the US.

Competitive pay structure, Dedicated dispatch, Well maintained equipment, Comprehensive benefits package. One year of Commercial driving experience required.

Contact us or submit your resume:

Phone: 204.571.0187

Email: recruiting@renaissancetrans.ca

Fax: 204.727.6651

Or submit an online application @

www.renaisancetrans.ca

Need to Promote Your Business?
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EF MOON is a second generation Heavy Construction Company founded in 1962 and located in Portage La Prairie Manitoba.

We are currently seeking experienced, goal oriented individuals for immediate employment in a number of areas: Class 1 drivers, Foremen, skilled laborers, sewer & water personnel, excavator, dozer, grader, rock truck, loader and packer operators.

We offer competitive wages, comprehensive benefits plan, Safety training and a safe work environment.

Requirements are: minimum class 5 driver's license, positive work attitude, able to work well with others or alone, safety oriented, work extensive summer hours including some weekends, work away from home, pass a drug and alcohol test.

If you are interested in joining a well-established and growing company with room for advancement, please visit us at 1200 Lorne Ave. E. in Portage La Prairie, MB to fill out an application, apply online at www.efmoon.ca, or email a resume to toddt@efmoon.ca

ANNOUNCEMENT

ANNIVERSARY



You are invited to a
Come and Go
50th Wedding Anniversary
for
Peter and Lois Karish
on **Sunday, July 7, 2019**
from **1-4 p.m.**
at **Fraserwood Hall**
No gifts please, bring your dancing shoes.
RSVP please to
204-886-7075 or 204-641-1603

ANNOUNCEMENT

IN MEMORIAM



Ryan George Grandmont
June 22, 1978 - June 24, 2018
My Superman. You grew stronger when most people would have crumbled hearing those devastating words "you've got stage 4 pancreatic cancer".
Your positive attitude and relentless determination should have earned you a gold medal. You are amazing!
Some say that being a caretaker is difficult but that was the easy part. While the shock is starting to settle and the tears continue to flow, learning to move forward without you here will be the hardest thing I will ever have to endure. Trigger and I miss you every second of each day. Happy birthday babe. I love you. Until we meet again.

-Christine McIvor and Trigger
xoxo

ANNOUNCEMENT

IN MEMORIAM



Bert Jorheim
November 25, 1925 – June 26, 1993
Twenty-six years have passed
Since the sad day when you left us
We see so many of your good characteristics
Your spirit and memory lives on.
-Love from Freida,
Alvin, Heather, Marilyn, Murrey,
Alex, Jacob, Matthew

Are you an AUTOMOTIVE TECHNICIAN
Driving to work in the city?

Would you like to make the same wage to work in Selkirk? Selkirk Tire and Auto are looking for an experienced **Automotive Tech.** Make the same wage as the Big City Shops and Dealers without the drive to Winnipeg.

Drop resume in person to 38 Main Street or email Selktire@mts.net



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Visit: southbeachcasino.ca/careers

ANNOUNCEMENT

IN MEMORIAM



Ryan Grandmont
In loving memory of
Our Son, Brother, and Uncle who
Passed away one year ago
June 24, 2018
Sadly missed along life's way,
Quietly remembered every day.
No longer in our lives to share,
But in our hearts you're always there.
-Forever missed and loved
by Dad, Mom, Patrick, Angela,
Preston, Malcolm, Evangeline,
and Henrik

Don't forget to send your special words of remembrance for loved ones passed.

Stonewall Teulon
Tribune
Call 204-467-5836 or
email igraphic@mts.net

Announcements Stonewall Teulon Tribune

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ANNOUNCEMENT

IN MEMORIAM



Roger Ledochowski
October 25, 1958 - June 17, 2016

In loving memory of our son
Of all the special gifts in life,
However great or small;
To have you as our son,
Was the greatest gift of all.
Remembering you is easy,
We do it everyday;
Missing you is a heartache,
That never goes away.
Rest In Peace son, forever loved and sadly missed

-Love Mom and Dad

ANNOUNCEMENT

IN MEMORIAM

Roger Ledochowski
October 25, 1958 - June 17, 2016

How well I do remember,
All the special times we had;
As we were raised side by side,
Sharing good times, sharing bad.
Sometimes we would disagree,
But always made up in the end;
But as we grew up to be adults,
We became the best of friends.
Sadly missed along life's way,
Lovingly remembered every day;
No longer in our life to share,
But in our hearts you're always there.
Sadly missed and loved
Roger, our brother and uncle

-Roxane and Craig
Ross and Sonya
Rodney and Diana
and your 11 nieces and nephews

Your memory will live forever
Engraved within our hearts



OBITUARY

Peter Dziedzic
September 24, 1935 - June 13, 2019

It is with great sadness that the family announces the passing of Peter Dziedzic. He is survived by brothers Frank (Diane), Victor (Charlene); sisters Theresa (Cliff) Capuska, Carol (Tom) Gallipo. Also survived by sisters-in-law, Helen, Jeanie, Hazel, Pearl, Marie and Steffie Dziedzic. There are many nieces and nephews.

Peter was proud to come from a family of 23 siblings. He left home at a young age and successfully owned A P Transmissions in Edmonton. Peter's family was important to him, he never missed a Dziedzic gathering and he was usually wearing his suit and dress shoes. He was a hardworking man of great faith. Peter was a devoted member of St. Josaphat Ukrainian Catholic Church.

Funeral Service will be held on Saturday, June 22, 2019 at 11:00 a.m. at Komarno Community Hall. Interment will take place at St. Mary's Cemetery, Polson, MB.

If friends so desire, memorial donations may be made to St. Mary's Cemetery, c/o Theresa Capuska, Komarno, MB., R0C 1R0.



204-886-0404

OBITUARY

Lois Ellen Ward

It is with great sadness we announce the passing of Lois Ward aged 82 years of Teulon, MB. on Saturday, June 15, 2019 at Stonewall Hospital.

Cremation has taken place and there will be no formal service.



204-886-0404

OBITUARY

Albert Charles Bernshine
January 9, 1950 - June 11, 2019



It is with heavy hearts that we announce the sudden passing of our beloved husband, father, godfather, grandpa, uncle and friend. Our lives are forever changed.

We would like to thank our dearest family and friends for their support; and the IERHA Paramedics and Arborg Hospital.

After working all of his life, Albert finally retired and was busy making their new home beautiful. Albert and his wife Arlene were "living their dream" in Gimli.

Until memory fades and life departs, you will live forever in our hearts.

A celebration of Albert's life will be offered at the Stonewall Legion, Friday, June 21, 2019 from 1:00 - 3:00 p.m.

In lieu of flowers, please make a donation to the charity of your choice.

OBITUARY

Joyce Mary Barker
(nee Dewar)



Peacefully on June 9, 2019, surrounded by a large contingent of loving family, mom left this world on the wings of a dove to be reunited with many family and friends who left before her.

A mother's work is never done and Heaven must have needed more.

To know mom was to know the kindest person this world has ever seen.

Nothing else mattered to her more than family and friends. She only asked that you pay your kindness forward; and for this, the world was a better place.

Mom/Joyce is survived by her daughter Tracy; sons Rob (Diane) and Doug (Tracy); her grandchildren Travis, Brittany (Matthew), Tyler, Wesley and Kobie (Taylor). She is also survived by her fur baby Luna and the twinkle in her eye, great-grandson Paxdyn and great-granddaughter Kyra. She also leaves behind special "daughters" Marj and Carole, her best friend Dorothy and many nieces and nephews and brothers-in-law John Searcy and Frank Barker.

She was predeceased by her husband Bob in 2015; by her parents Alexander and Mae; her siblings Don (Audrey), Ted (Sylvia), sister Doreen and sister-in-law Jean Barker.

Mom was the smell of certain foods we remember

She was the cool hand on our brows when we were sick,

She was our Christmas morning,

She was our first love, our first friend and nothing on

Earth will ever take that away.

A private family service and interment will be held at a later date.

If friends so desire, memorial donations may be made to a charity of Spinal Cord Research, eg. The Rick Hansen Foundation, 300 - 3820 Cessna Drive, Richmond, BC, V7B 0A2.



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