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Showing up for cancer

By Austin Grabish

Their hooves were dripping wet and the sky was gloomy, but 72 horses still managed to make their rounds at the fourth annual Showing Up Cancer Horse Show in Selkirk on Saturday.

Riders of all ages took the horses through 14 different classes including western and English at the all-day event.

By late Saturday morning riders were forced to take a brief break due to weather concerns, but all were back riding after about an hour hiatus due to rain.

Nearly 200 people came out to the show and Warren resident and organizer Marlys Schott said she was thrilled with the turnout.

"Everybody's enthusiastic," Schott said. "I don't think the weather's dampened anyone's spirit."

TRIBUNE PHOTO BY AUSTIN GRABISH

Three-year-old Bryce Park makes his way around the fourth annual Showing Up Cancer Horse Show alongside his mother Linda at the rodeo grounds in Selkirk Park on Saturday. Nearly 200 people came out to the show in memory of Warren resident and organizer Marlys Schott's late husband Eric who died of brain cancer in 2007.

Continued on page 3

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Air cadets off to a running start with awards

By Patricia Barrett

If the stall horn goes and the engine cuts out, you should try re-starting the engine. But if that fails, just let gravity pull your airplane into a shallow dive so that you can get enough speed to glide.

And “don’t panic,” said Jefferson Holod, a 301 Alan McLeod VC Royal Canadian Air Cadet Squadron cadet who received two awards for outstanding performance at the unit’s seventh Annual Ceremonial Review in Stonewall last month.

“I’ve always liked heights,” said the sixteen-year-old Warren Collegiate student. Four years of cadet training have prepared him for airborne emergencies, as well as those a little closer to earth.

“I’ve learned how to make it out of the bush after a plane crash,” said Holod, who lives in Grosse Isle and travels to Stonewall once a week (September to June) for cadet class. As luck would have it, he hasn’t been called upon to pit his survival skills against the elements.

Holod earned the top athlete award and top cadet award for his level. He said the criteria for top cadet includes class attendance, an ability to retain information, volunteering for additional duties and keeping the uniform in good nick.

“I’ve always had an interest in planes,” said Holod, who remembers flying at a very young age in a relative’s pontoon bush plane. Holod himself wasn’t at the controls, of course. “That could have been bad,” he laughed.

The 301 Alan McLeod VC Royal Canadian Air Cadet Squadron, based out of the Stonewall Legion, is part of the Air Cadet League of Canada (Manitoba), a civilian organization that teaches young people between the ages of 12 and 18 leadership skills, physical fitness and civic responsibility.

It also teaches them how to fly, which can be a step towards a civilian or military aeronautic career. Holod said the cadets sent him to Gimli’s airport for glider familiarization training.

Familiarization does just what it implies: it gets new pilots accustomed to handling a plane. Whether it’s a glider or a single-engine plane, the principles are the same. Pilots get to experience air dynamics such as lift and drag, learn how to pitch (forward or back) and roll (turn left or right), and communicate with the control tower and other aircraft.

Some gliders have motors, but those which don’t have to be towed into the air by a rope connected to another plane or thrown from a ground-based winch.

“The winch will put you in the air in about 20 seconds,” said Morgan Herda, one of Holod’s fellow cadets. At first it’s a little unsettling for your stomach, she added.

And sometimes pilots can find themselves in



TRIBUNE PHOTO BY LANA MEIER

Pictured left to right, LCol Michele Claveau, Commanding Officer of the Region Cadet Support Unit (Northwest), Sgt. Jefferson Holod, FSgt Morgan Herda, FSgt Brandin Rozsa-Hrabinski and Sgt Major Jim Leamy.

tricky situations.

“He never radioed he was taking off,” said the 17-year-old Lord Selkirk school student referring to a commercial pilot and the near miss she once had while on the wing. “Then he radioed he was letting out skydivers.” They jumped out just above her glider, which could have turned out badly for both parties.

“Glider is only stretched fabric,” said Herda, who’s going into her sixth year as a cadet. “The parachutes could have got tangled in the glider.”

Herda has wanted to fly ever since she can remember and has already earned her glider pilot’s licence. She said the program prepares cadets for countless flight emergencies from the moment they sit in a plane until they earn their licence.

“You need to keep your head straight and think,” said Herda, who will be living at St. Andrew’s airport for about seven weeks this summer to learn how to fly motorized aircraft.

Herda earned the Esprit de Corps award for demonstrating the best qualities of leadership, spirit and participation. “I was surprised,” she said. “There are so many other amazing cadets in our squadron.”

She was also awarded warrant officer second class (essentially a leadership promotion), which she said required going before a review board.

She teaches aviation, meteorology and leadership classes to younger cadets at the squadron. “I’m aware they look up to me,” said Herda, referring to the importance of showing a positive attitude. “I

feel I can’t let them down.”

Fellow cadet Brandin Hrabinski, who has been attending the program for five years, won the Lord Strathcona Trust Fund Medal, which recognizes excellence in military proficiency.

“My whole life’s dream is to fly,” said 16-year-old Stonewall Collegiate student, who plans to take an aviation degree at either Seneca College (Ont.) or the University of North Dakota.

“When the wind pulls you up at a 60-degree angle,” said Hrabinski, “it’s like a rollercoaster ride.”

Hrabinski’s extracurricular cadet work has him marshalling aircraft (visual signalling between ground crew and pilots) for the Women Fly events at St. Andrew’s Airport.

He said he wants to become a military pilot but doesn’t rule out flying commercial aircraft. “You need to put in a lot of hard work,” he said. “And don’t give up on stuff that’s not easy.”

As for Holod and Herda, their intended career paths might take them down the same road to Kingston’s Royal Military College of Canada, where Holod wants to pursue mechanical engineering and Herda, aeronautical engineering.

What they’ll learn as engineers might mean a future without stall horns for new cadets that are sent flying.

For more information about the Air Cadet League of Canada (Manitoba), visit www.aircadetleaguemb.ca



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Local golfers swinging for scholarships

Annual Bryan Lefley Golf Tournament brings in funds for local high school graduates

By Stefanie Lasuik

In spite of sweltering heat and humidity, 166 golfers flocked to South Interlake Golf and Country Club (SIGCC) on June 26 in support of local students. The 18th annual Bryan Lefley Golf Tournament continued a long-time community tradition, which began when the Lefley family sought a means to honour the late Bryan Lefley, professional hockey player and former Grosse Isle resident.

Bryan Lefley passed away following a car accident in Italy in 1997. Because Bryan valued education, the Lefley family decided to create a scholarship fund in his name. To date, the fund has given \$44,000 to 44 graduating Interlake students who've demonstrated athletic talent, academic proficiency, and community volunteerism.

Students weren't the only beneficiaries of the day's fundraising endeavours, however, as a closest to the pin contest totalled \$420 for South West

District Palliative Care and a putting contest sent proceeds to SIGCC's junior golf program.

The tournament featured brown bag, silent, and live auctions all in support of the scholarship fund. Two sets of Winnipeg Jets tickets went in the live auction, a four-seat package scooped up by Bernie VanKemenade and a two-seater purchased by Brian Crockatt.

The SIGCC and head professional, Steve Witiuk, increased the fund's profits by \$600 through a hit-the-green contest hole.

The day's big winners, who sniped an astounding 60 and took the championship on a countback, were Donna Ridgeway, Daphne Harris, Frank Jolin and Steve Witiuk.

Bryan's brothers Mike and Chuck both gave credit to the golfers for the scholarship fund's success.

"People are very, very generous," said Mike, noting that some golfers



TRIBUNE PHOTO BY STEFANIE LASUIK

Steve Witiuk, Daphne Harris, Donna Ridgeway, and Frank Jolin took home new Bryan Lefley scholarship fund flags with their championship title.

have been tournament lifers. The continual success of the tournament has required an extension on the Championship plaque.

"For 18 years this thing hasn't lost any momentum whatsoever," said Chuck, who explained that golfers are already looking forward to next year's event.

The 19th Annual Bryan Lefley Golf Tournament is scheduled for July 1, 2016.

Chuck Lefley estimates this year's total to be around \$10,000 and hopes the fund will be able to expand to offer four scholarships in the upcoming year.

Weather fails to dampen spirits at Showing Up Cancer Horse Show

Continued from page 1

Saturday's show was in memory of Schott's late husband Eric who died of brain cancer in 2007.

Eric wasn't a horseman, but his three daughters all have a passion for

equestrian pursuits.

"He was involved in our love of horse showing," Schott said.

Schott tearfully explained her husband's three-year struggle with cancer, and how he wouldn't let it interfere with his four kids' lives.

"Through all of that he continued to let the girls show," Schott said.

Schott was overwhelmed with the amount of support her family received during this year's show.

She said her late husband would have been deeply moved to see the show.

"I think he'd be pretty proud," Schott said. "I've just got so many volunteers."

She gave special thanks to Stonewall Equine 4-H club, Steeltown Ford and the St. Andrews and St. Clements Agriculture Society for letting the show take place on Selkirk Park's rodeo grounds.

"Without them none of this would be at all possible," she said.

Stony Mountain resident Linda Park came out to the show for the first time with her three kids and loved it.

"It's great," Park said. "It's an excellent show for the kids especially for beginners."

This year's show raised \$3,400. The proceeds will be

split between the CancerCare Manitoba Foundation and the Brain Tumour Foundation of Canada. To date almost \$28,400 has been raised for the two organizations through the horse show.

Money raised from Saturday's show will help families with loved ones battling cancer pay for unexpected costs associated with treatment like hotel stays and parking fees.

Schott said when she took her husband to Winnipeg from Warren for cancer treatments costs added up quickly.

"A lot of times I couldn't even take my kids with me, because I couldn't afford to take them and feed them," Schott said.



TRIBUNE PHOTO BY KELLY TAIT

The Schott family, Bonnie Schott; front, from left, Monica, Marlys, and Stacey Schott.

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Hundreds of volunteer firefighters to benefit from tax credit

Meeting 200-hour requirement could be tough for smaller stations, local fire chief points out

By Austin Grabish

A new provincial tax credit will see volunteer firefighters and other search and rescue personnel save up to \$324 come tax season early next year, but less than half of the volunteers are expected to qualify for the program.

The province announced new tax credits for volunteers back in April when the provincial budget was unveiled, and Finance Minister Greg Dewar reaffirmed the announcement at a press conference in Selkirk last Friday.

"Every year, hundreds of communities across the province rely on friends and neighbours who volunteer their time as firefighters or on search and rescue missions to help keep Manitobans safe," Dewar said in a press release. "This new tax credit will help offset some of the financial costs these brave Manitobans face as part of their service."

In order to qualify for the tax credit, volunteers must give 200 hours in either search and rescue or firefighting services.

There are approximately 3,500 vol-

unteer firefighters in Manitoba across 240 different departments, but only 1,600 volunteers are expected to benefit from the credit, which is modeled after a similar program offered by the federal government that allows volunteers to claim up to \$3,000 in credits.

Clandeboye Deputy Fire Chief Kim Henderson said it might be hard for smaller stations like his to meet the 200-hour requirement.

"I think it's quite a stretch to get that amount," Henderson said. "You have to be a busy hall for that."

Henderson estimates Clandeboye Fire Department responds to around 50 or 60 calls a year, but most are short, lasting usually under three hours.

Selkirk Fire Chief Dan Thorsteinson welcomed the announcement saying the timing couldn't be better citing the number of volunteer firefighters is on the decline.

"It's an excellent thing," Thorsteinson said.

Thorsteinson said he doesn't anticipate any members of the Selkirk Fire Department will have a hard time meeting the 200-hour quota.



TRIBUNE PHOTO BY BRETT MITCHELL

Selkirk Fire Chief Dan Thorsteinson speaks about a new tax credit for firefighters during press conference in Selkirk last Friday.

"There may be some very small communities that would probably have a hard time with that, but 200 hours, it can be done," Thorsteinson said.

Manitoba Association of Fire Chiefs president Martin Haller also welcomed the new credit.

"The volunteer firefighter tax credit

is an important tool to help retain the membership of fire departments in rural communities, which is one of the priorities of our association," Haller said in a press release.

Making it, baking it, or growing it

Teulon's Farmers Market readying for business



By Stefanie Lasuik

The Teulon Farmers Market will kick off on July 10 for another year of bringing Teulon and surrounding residents fresh and homemade goods.

The market's motto of "make it, bake it, or grow it" guarantees that buyers will experience the satisfaction of handmade and homegrown products.

The Teulon Farmers Market is located on Highway No. 7 by the Co-op gas bar, where vendors pull in to sell every Friday from 3 to 7 p.m. This year, customers can look forward to vegetables, fresh baking, spring rolls, perogies, crafts, wood-working, and more.

"We have one of the best markets in Manitoba. We are a smaller size,

but our customers support us," said one organizer, Darci Loehmer.

Customers flock the market from Teulon and surrounding areas. Passerbys on their way to the lake also drop in at the highway seven stop.

The attraction of the traditional farmers market is twofold. Loehmer said that the market is great because customers know where their food is coming from and they have the opportunity to talk to the people who produce it. She also explained that customers are supporting 10 to 15 small and local families, some of which rely on this income.

New vendors can find registration forms and contact information at teulonfarmersmarket.com

Cycling to school pays off



TRIBUNE PHOTO BY DOUG HAROLD

École R.W. Bobby Bend School Parent Advisory Council (PAC) received a \$350 donation from the Stonewall Knights of Columbus for "Take a Hike or Bike Tuesdays!" The generous donation enabled the PAC to purchase two additional new bicycles for their year-end draw. Students that took part were able to submit ballots for the grand prize. The draw was held during the final assembly of the school year on June 26. Pictured back row, from left, Rhena Harold (PAC representative), Greg Ross (principal), Marcel Huys (Knights of Columbus representative). In the front, lucky winners Taylor D., Jane S., and Sydney B.

Multi-level learning a growing demand for ISD



TRIBUNE PHOTO BY JO-ANNE PROCTER

On June 29, Brant-Argyle principal Laura Perrella, right, officially handed over the principal title and the official school bell to new principal Sarah Hadfield. Perrella held the position in Argyle for four years and is confident she is leaving students and staff in very capable hands. Hadfield has been at Brant-Argyle for the past two years and has taught in the Interlake School Division for nine years. She is a former Teulon Collegiate student that Perrella taught English to during her senior years. The tradition of ringing the bell to signal the end of the school day will remain a part of the daily school routine. Perrella will be principal at Warren Collegiate and Ed Harvie will be principal at École Centennial School.

By Stefanie Lasuik

After years of fighting to keep the historical Brant-Argyle School open, Interlake School Division administration and staff are happy to announce that the classes are full and now growing. This fall the school will see a fourth class added.

Brant-Argyle School's alternative programming has been largely sought after, and for 15 new students, it has been obtained. In June, the school announced it would be opening its doors to 15 wait-listed students and adding a fourth full time teacher to accommodate them.

This September Brant-Argyle's classes will include a Kindergarten/Grade 1 split, Grade 2/3 split, Grade 4, 5 and 6 split and a Grade 7/8 split.

The need for the addition came when families became attracted to Brant-Argyle's focus on multi-level learning and whole child education. Multi-level learning occurs when instruction is differentiated so it accommodates all styles and levels of learning.

The teacher, in this case, is seen as the facilitator in a student-directed learning process. Brant-Argyle school's soon-to-be principal, Sarah Hadfield, said that a lot of inquiry-based learning takes place wherein students ask questions and the class finds answers together. The inquiry in multi-level learning is based on the

premise that children have a natural tendency to question the world, so teachers facilitate such curiosity in order for curriculum objectives to be met.

Whole child education aims to keep the student healthy, safe, engaged, supported and challenged. Such education focuses on the head, heart and hand to give students a well-rounded experience.

Brant-Argyle School also focuses heavily on ecology and the environment, conducting lessons outside and engaging students in gardening activities. Next year, the school hopes to add an animal component by bringing in chickens.

The extra classroom has allowed current students' siblings to enter Brant-Argyle and has added to the delight of those waitlisted families. The teachers, too, see the benefits of having siblings in the same class. Hadfield said that it increases the children's comfort as well as strengthens the whole classroom climate and sense of community.

In 2015, Brant-Argyle school will have a student body of 67 kids, who will look to thrive in multi-level learning and whole child development.

"I'm thrilled. It just means that we can keep sailing this wonderful ship in the same direction," Hadfield said.

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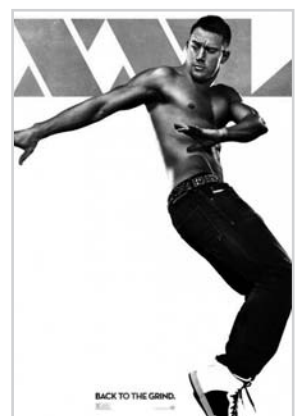
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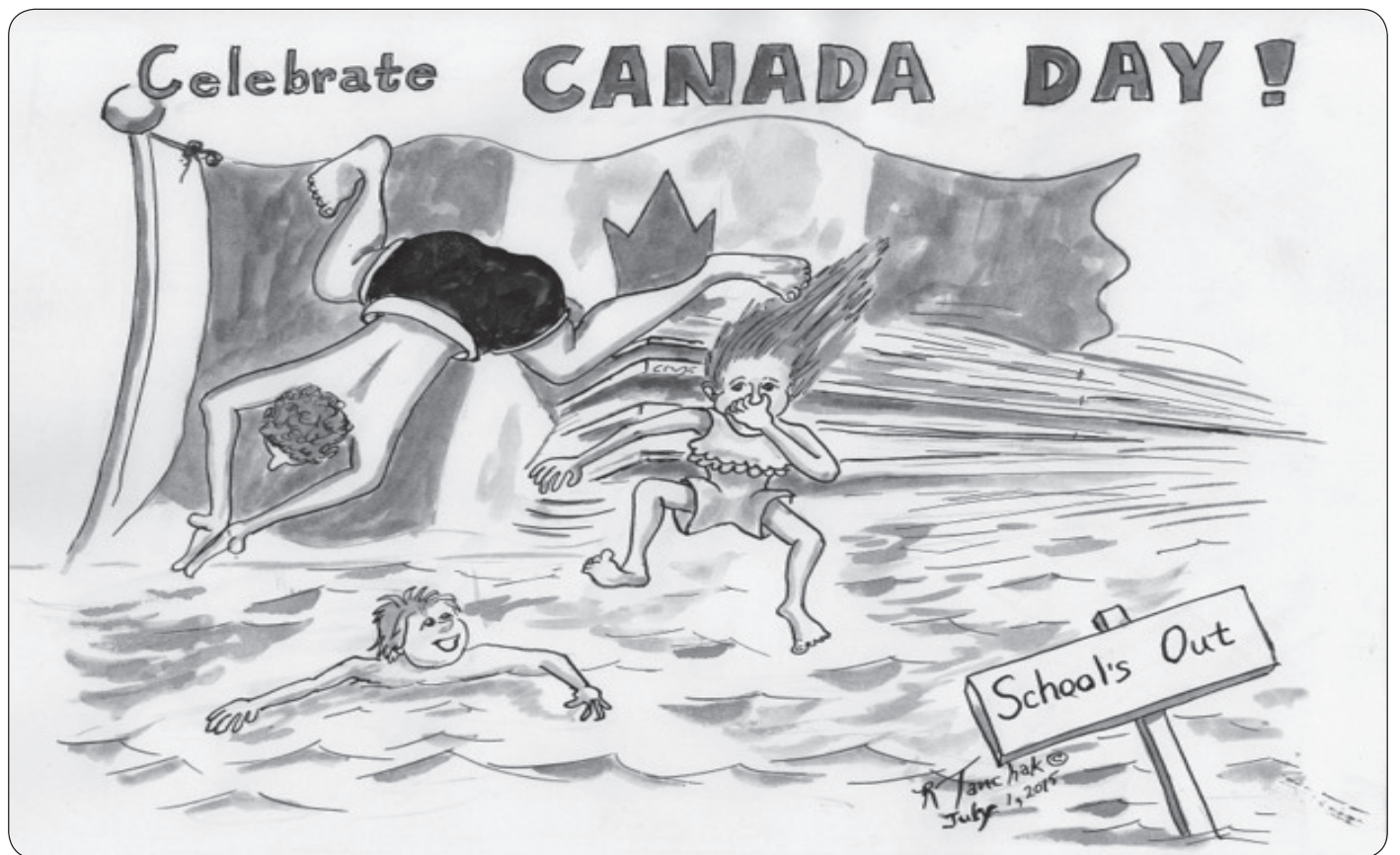


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EDITORIAL > VIEWPOINTS > LETTERS



Gov't spends nearly \$1M on Steady Growth ads, signs in 2014

By Austin Grabish

Manitoba taxpayers are on the hook for the almost \$1 million the Manitoba government spent on signs and advertisements for its Steady Growth, Good Jobs campaign.

The Canadian Press reported last month \$665,474 was spent on radio, TV, and newspaper ads in the last fiscal year that ended March 31.

The information was obtained by the news agency through a freedom of information request.

The province also spent \$327,261 on a program that sees signs displaying the words "Steady Growth" and "Good Jobs" installed at road construction sites, public housing renovations, and other locations where infrastructure work has occurred.

There are several of the signs throughout the Interlake including Selkirk at the construction site of the city's new hospital.

The province's signs are similar to ones erected by the federal government, which promote the Harper government's economic action plan.

Opposition leader Brian Pallister wants the auditor general to investigate the provincial government's campaign for any partisan messaging.

He said the Steady Growth, Good Jobs campaign is a misuse of taxpayer money.

Government spokeswoman Rachel Morgan dismissed Pallister's call and said the province is proud of the campaign.

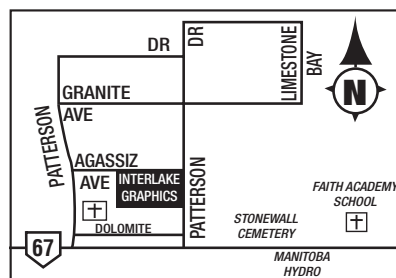
"We're providing good jobs for Manitobans and critical investments to our aging infrastructure," Morgan told the Record via email.

Morgan said Manitobans want to know how their tax dollars are being spent and the government is focused on letting citizens know about the projects in "every corner" of the province that are part of the Steady Growth, Good Jobs initiative.

She said every single government,

Continued on page 7

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Ski patroller carries a torch for 2015 Pan Am Games

By Patricia Barrett

It's usually winter temperatures hovering around the -25 C mark that can make the cheeks of Manitoba ski patrollers a little tender. For Stony Mountain Ski Area's sole patroller, though, it was the heat from the Pan Am Games torch.

"You can get burnt," said 48-year-old Robert Paige, who carried the flame through downtown Winnipeg. "When the wind blew in my face, I felt the heat."

Paige said he was one of three people elected to pass the flame June 22 when it arrived by plane from Hamilton. It got two seats on Air Canada, he said.

The road to becoming torchbearer was far longer than the road Paige ran during the relay. But it was worth it, he said. "It was a once-in-a-lifetime journey. You get a feeling of being part of a Canada thing, a nationwide thing."

He saw advertisements on television for volunteers and applied. As part of the selection process, he said he was put through a rigorous "Homeland Security-style check."

"They wanted to make sure I wouldn't throw the flame around," he laughed.

The torch itself weighs 1.2 kilograms and burns for about 10 to 12 minutes. It can withstand winds up to 70 kilometres per hour. Paige said he was taught to run with a crooked arm, somewhat similar to the position cyclists use to indicate a right turn.

The flame was lit in Teotihuacan, Mexico, during a traditional ceremony at the Pyramid of the Sun, according to the Pan Am Games website. It was flown to Toronto where it began a 41-day tour (which represents the 41 countries competing). It will double back to Toronto for the Opening Ceremony on July 10.

The inspiration for the relay comes from ancient Greece. Torch races (which weren't part of the Olympics in the ancient world) were part of religious festivals. The ritual element –

bringing fire from one sacred place to another while keeping it alight – was more important than reaching the finish line as quickly as possible, according to the University of Leuven's (Belgium) ancient history department. The torch relay became part of the Olympic Games in 1936. The first Pan American Games were held in 1951.

The ancient Greeks may have sprinted in the nude, but Paige and fellow torchbearers wore the games' official uniform of shirt and shorts.

Paige's leg of the relay took him from the Fort Garry Hotel on Broadway down to Main Street, a distance of about 200 metres.

"It was a unique experience," said Paige, who lives in Stony Mountain. His volunteer job as ski patroller includes training in advanced first aid. And he puts those skills to work in the community. The day before the relay, for instance, he said he cycled alongside runners at the Manitoba Marathon making sure none were in medical distress.

As in any relay race, timing and proper hand position are necessary for smooth passing. A flame sizzling at one end of a baton can require a little bit more finesse than usual. Paige said he and the other torchbearers had to practise. "It was a lot slower," he said.

But the relay drew a good crowd. "Everybody came out of the office buildings downtown to watch," said Paige, who works as an instrumentation specialist at Levitt-Safety in Winnipeg. "And the city really stepped up with traffic control."

He said one of the highlights of the relay was meeting Olympic medallist Jon Montgomery, whom Paige saw win gold in skeleton at Whistler in 2010.

"I sat behind him on the bus," said Paige, referring to the trip to downtown Winnipeg the morning of the relay. He said they chatted about sports. "He's just a regular guy."

Montgomery, who was born in Russell, Man., was the last torchbearer,



TRIBUNE PHOTO SUBMITTED

Stony Mountain Ski Hill's ski patroller of the year Robert Paige, right, had the honour of carrying the Pan Am Games torch through downtown last week. Pictured left, Olympic medallist, Jon Montgomery was the last torchbearer, lighting the cauldron at the Forks.

lighting the cauldron at The Forks.

Winnipeg hosted the Pan Am Games in 1967 and 1999. The city is not the only stop outside Ontario. Halifax, Montreal, Gatineau, Calgary and Richmond, B.C., are also on the relay schedule.

Among the sports included in the

games are synchronized swimming, table tennis, rowing, mountain biking, badminton, beach volleyball and shooting. Competitors from Canada, the U.S. and Latin America take part.

For a full list of sports and individual countries, visit www.toronto2015.org

Continued from page 6

of all political stripes and at all levels, advertises programs and services supported by their individual budgets.

Morgan added it was the NDP who brought in the Elections Financing Act, which places an advertising blackout 90 days before an election to create what she called an even playing field for all parties prior to voters going to the polls.

The provincial law left an information chill across the province earlier

this year when a byelection in The Pas was called.

At the time, government officials refused to respond to a wide range of media inquires including ones made by the Record regarding Selkirk's new hospital.

The Steady Growth, Good Jobs Campaign was launched in 2013 after the province raised the provincial sales tax by one per cent.


It is meant to show taxpayers that money from the hike is being used on infrastructure projects.

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Weekly summer camps to keep the youth busy

By Natasha Tersigni

School has only been out for a few days and already summer boredom has begun to settle in for youth. Staff at Stonewall's Youth for Christ drop-in centre is combating the summer blues by once again hosting their Summer Day Camp Programs targeted at youth aged 8 to 14. The centre is hosting five one weeklong camps with the theme changing weekly, so there is sure to be a camp that will suit a variety of interests.

The first camp, running from July 13-17, will be the skate camp. Leading the camp is Garrett Turbett who has been skate boarding for many years.

"Kids always seem to have a blast at this one. We go to one or two different parks every day that week. We are going to go to Steinbach, the Forks and Michael Komenda Memorial Skatepark (in Winnipeg). If kids want they can ask me for help on different tricks," said Turbett, who is a staff member at YFC.

"This camp is for everyone, from someone for whom this is their first time on a skateboard to all the way to some kids who are well seasoned."

The Pretty and Pink Camp will be held July 20-24 and is the only camp offered to girls only; all other camps are co-ed. The week includes a spa day in Winnipeg complete with photo sessions.

"It is also going to be a self-image week where the campers learn that everyone is truly beautiful in their own way. It is all about building self-confidence," said Sara Croy, who will be supervising the Pretty and Pink Camp.

In the past, the most popular camp has been the Adventure Camp and will run July 27-31. The camp features many outings including a trip to Oak Hammock Marsh and a visit to Winnipeg's indoor trampoline centre Sky Zone.

From Aug. 4-7 the Sports Camp will be running at the drop-in centre and includes ultimate, soccer, basketball, football and water games.

Rounding out this year's summer programming is the Dance Camp from Aug. 10-14.

"We are getting Masterworks from Winnipeg to come in and they pretty much run the camp. It is held in the



TRIBUNE PHOTO SUBMITTED

Once again the Youth For Christ drop-in centre in Stonewall will be hosting summer camps for youth aged 8 to 14 throughout July and August.

drop-in centre. They have certified instructors teaching the kids," said Turbett.

Along with the camps, YFC will be continuing their usual programming including Tuesday and Thursday evening drop-in nights from 7-9 p.m.

"Until the camps start someone is going to be here every day of the week.

So if kids want to come and play video games, shoot hoops or skateboard at least one person will be here to hang out with," added Turbett.

All the camps cost \$125 each with registration a week before the start date. For more information or to register go to yfcstonewall.com

New Woodlands School will be ready for September

By Natasha Tersigni

Although the official opening will take place in September welcoming back Kindergarten to Grade 8 students that have patiently waited to begin classes in their brand new school, the keys to the new Woodlands School will be handed over to the Interlake School Division (ISD) in the next couple of weeks so staff can begin getting the building ready for students.

Last week senior administration along with ISD trustees toured the building and saw the progress that has been made since construction started in Nov 2013.

"The progress on the school is excellent. All the millwork is complete and it looks like we will be ready to go for

the beginning of the 2015/16 school year," said ISD Superintendent Christine Penner.

"In a week or two we are hoping to have the keys handed over to us so we can begin setting up the school."

In the next few months staff will be responsible for outfitting the 25,000 square foot school with all the equipment needed, including desks, furniture and electronic equipment. Along with approximately 150 students, the building will also be home to a Woodlands library available for all community members and Woodlands Child-care Inc.

The new school, with a cost of over \$8 million, will replace the existing Woodlands school building which was a pre-engineered building that



TRIBUNE PHOTO BY JO-ANNE PROCTER

The new Kindergarten to Grade 8 school in Woodlands will open its doors this coming September.

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was constructed in 1974. The new building has been built to Leadership in Energy & Environmental Design (LEED) silver standards meaning the school has been designed and built using strategies aimed at achieving high performance in key areas of human and environmental health including sustainable site development, water savings, energy efficiency, materials selection and indoor environmental quality.

South Interlake Seniors Resource

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Manitoba Seniors Guide

The Manitoba Seniors Guide is produced and distributed by the Seniors and Healthy Aging Secretariat and the Manitoba Council on Aging. This guide contains great information and resources helping you to make decisions about important issues such as finances, housing, health services and safety.

Your seniors guide is available to you at no charge from your local Seniors Resource office in Stonewall and Teulon as well as 55 Plus in Stonewall.

On Thursday, June 18th, we celebrated our volunteers at our Annual Volunteer

Appreciation Dinner!

There was a lovely dinner catered by the Warren Herizons ladies and Arnie Appell along with Tony, entertained us later with their guitars and singing. I'd like to thank our volunteers again for their dedication, commitment and kindness. You've all made a difference in someone's life!

Volunteer Drivers are the Nicest People who Meet the Nicest People

Mobility is the key to self-sufficiency, independence and an active social life. Mobility keeps everyone healthy and happy. In earlier years, when weather and distance made walking a chore, we used a car. That scenario lasted many years and included picking up mail and groceries. Eventually physical problems occur and the car sits in the driveway. It's not so easy to get where you want to go, or have to be, and mobility is at risk.

In a perfect world, all seniors' residences would be on Main Street within easy distance of the pharmacy, post office, and the grocery store. This is not a perfect world. The need to remain mobile and independent is answered by the volunteer drivers from the Seniors Resource office. With their help, we now have wings again to get to the grocery store, the pharmacy and the post office. We also have the needed support to keep medical appointments including Cancer Care in Winnipeg.

New volunteer drivers are needed and welcome. The commitment is an easy one. It can be for local trips once a week or once a month. It can also be for longer trips whenever you are available. Your choice. For anyone interested in finding out more about being a volunteer driver or about getting help with transportation please call the Seniors Resource office at **204-467-2719**.

Cheers to the seniors we see tootling around town on their scooters...mobility in action. That's cool!

For more information
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What's new at 55 Plus July Calendar of Events!



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July 7	Book Club @ 10 am	July 29	One Stroke Painting: Rocky the Cat @ 12:00 pm
July 9	Shopping to Selkirk @ 9:15 am	Aug 3	Folklorama - Visit the Cuban, Hungarian, and United Kingdom Pavilions
July 10	Red Cross Presentation: Love & Duty @ 1:30 pm	Aug 12	Folklorama - Visit the Punjab, Israel, and Russian Pavilions
July 14	Luncheon @ Noon		
July 15	MB Legislature Tour and Lunch @ Prairie 360		
July 15	One Stroke Painting: Turtle on Tyndall @ 12:00 pm		

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AUGUST 3 & 12
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Local musicians among this year's folk fest lineup

By Lindsey Enns

Stonewall's Rhia Rae and the Rubies along with folk favorites, Edward Sharpe and the Magnetic Zeros, Jenny Lewis and José González are among the more than 70 performers set to hit the stage at this year's Winnipeg Folk Festival.

From July 9 to 11, hundreds of festival goers and musical acts will descend on Birds Hill Provincial Park for the three-day event which over the years has become popular with all kinds of people.

"Whether you like singer songwriters or you want to dance around to fiddles and banjos we can offer something for everybody," the festival's executive director Lynne Skromeda said. "We're a true family event, we've got a huge kids area ... it's a real sort of something for everyone kind of thing."

The Mariachi Ghost will open the festival on the main stage on Thursday, July 9 at 6 p.m. and Nahko and Medicine for the People will close the show on Saturday, July 11 starting at 10:50 p.m. For a full list of performers and events schedule visit winnipegfolkfestival.ca.

As for how ticket sales are going so far, Skromeda said they are ahead of where they were this time last year.

Skromeda credits the festival's popularity to "the community we've built over time" and the special acts they bring in every year.

This year there will be 10 stages of music to explore, some nestled near the woods and others in the middle of a field with plenty of room to dance.

"It's really about the people and it's about the community," she said. "Everybody's in a good mood, everybody smiles ... it's such a positive vibe and a positive environment."



TRIBUNE PHOTO BY ERIN CORBIN

Rhia Rae and the Rubies, made up of Cory Sulyma, Ben Mak-Wiebe and Erin Corbin will perform on July 10 at 3:45 - 4:40 pm at Shady Grove stage.

Do not fear, PumpkinFest will soon be here

In Teulon's first year without an agricultural fair, the annual PumpkinFest event looks to grow

By Stefanie Lasuik

Although Teulon residents are no longer able to look forward to the town's agricultural fair, they can sit in anticipation of another town tradition. 2015's PumpkinFest will now give Teulon and Interlake citizens a two-in-one experience by becoming a day-long event packed with new activities.

After the retirement of Teulon's Ag-

ricultural Society executive, the 12 new committee members decided to build on the town's already popular festival, PumpkinFest, to create a day not to be missed. The committee plans to incorporate activities from the now-obsolete agricultural fair and to add more family-focused entertainment to the festival, set for Saturday, Sept. 26 from 10 a.m. to 4 p.m.

This year's festival will consume the entire Teulon Rockwood Centennial Centre in competition. Many new categories will join the contest, including canning and horticulture.

Thus, the farmer's market will be bumped outside the hall, where the number of vendors will look to double. Forty-eight tents selling a variety of homemade goods will populate the grounds.

Amidst the market tents will be kids' activities, brought in part by the

Manitoba Association of Agricultural Societies' Ag on the Moove trailer—a 1,000 square foot complex of fun and educational activities that focus on the source of food and fibre.

The festival will add its own kids' events to this including face painting, balloon artistry, pumpkin carving, and a petting zoo.

Interspersed with these activities will be presenters, demonstrators, and entertainers, one of whom will be fan favourite, Robin Chestnut. Six to eight speakers will give speeches about perennials, permaculture, saving seeds, and other agricultural topics.

"Our mission is to show what a vibrant community we have, and agriculture is a big part of it," said organizer Darci Loehmer.

This year, a hefty sum stands to motivate famers and gardeners to get growing. \$1,000 awaits the contestant who brings in the largest pumpkin, with \$500 and \$250 going to second and third place finishers respectively.

"Mark your calendars. It's going to be a fantastic family event," said Loehmer.

Admission for the day will be \$5 per person or \$20 for a family of six.

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Holter-Ferguson, Humanitarian of the Year award

By Stefanie Lasuik

Rhianna Holter-Ferguson has been recognized for her anti-bullying awareness and respect for others her entire life and last week Holter-Ferguson was recognized by the Canadian Red Cross.

On June 25, Holter-Ferguson was named one of Manitoban recipients of the Humanitarian of the Year award.

Holter-Ferguson received the Young Humanitarian award for her commitment to improving the lives of others. At 19, Holter-Ferguson has spoken out against bullying at venues throughout Manitoba, partook in an event featured on the national Family Channel TV network, and led anti-bullying presentations at Stonewall Collegiate as a youth facilitator trained in Red Cross' Beyond the Hurt (BTH) program.

BTH maintains that victims of bullying experience decreased interest in school activities, increased absenteeism, lower grades, and greater tardiness and truancy. It is these experiences that Holter-Ferguson, as a youth facilitator, aims to prevent.

Holter-Ferguson's devotion to the betterment of others' lives exceeds anti-bullying efforts. She also served as a peer tutor, a leader in the Circle of Friends group, which helped incorporate marginalized students into communities and educated young students on issues of peer pressure and drug and alcohol abuse, and a youth representative on Stonewall's town council. In the latter position, Holter-Ferguson

established the Town Council Youth Award to recognize positive community contributions of local youth.

Holter-Ferguson confirmed her apparent belief in giving back to her community.

"I'm at a point in my life where I'm going to school and I have the time and ability to give back to my community. I know there will be times when I have to focus on my career and my education so I figure why not give back to people when I can," she said, noting she plans to engage in humanitarian work throughout her life whenever she is able to.

With the award, Holter-Ferguson joins an impressive roster of Youth Humanitarian winners, including co-founder of the non-profit organization Humankind International Inc., Muuxi Adam, and champion for the homeless, Hannah Taylor.

Holter-Ferguson said she was honoured to be receiving the award and further explained the motivation behind her community engagement.

"It's an honour to be recognized because they are all things that I do just for my own enjoyment. I love to help people," she said, crediting her parents, Terry Ferguson and K-L Holter, for teaching her the importance of giving back.

Holter-Ferguson will officially receive her award on Sept. 10, 2015 at the annual Canadian Red Cross Power of Humanity Luncheon.



TRIBUNE PHOTO BY JO-ANNE PROCTER
Rhianna Holter-Ferguson is one of two Manitoban recipients of the Humanitarian of the Year award and will be recognized by the Canadian Red Cross during a luncheon in September.

TCl graduate recognized for teaching excellence

By Natasha Tersigni,
with files from Red River College

Trenea Chabot, formerly Larson, was awarded the Red River College (RRC) Teaching Award of Excellence for her outstanding teaching practices and dedication to her student's students during this year's June convocation ceremony. The Red River College Students' Association who honours a teacher each year presented the award to Chabot, who is an instructor with RRC's Applied Commerce and Management Education (ACME) department.

Chabot graduated from Teulon Collegiate in 1990 and continued her education at the University of Manitoba where she earned both a Bachelor of Commerce and a Bachelor of Education degree. She began working for RRC in 2000 at the Portage La Prairie Campus 2000, where she taught Office Technician courses for the school's Continuing Education program. A year later she moved to the RRC Notre Dame campus where she currently teaches a variety of Business Administration courses.

Chabot said as an educator she is committed to making an impression on her students by treating them with respect and ensuring coursework is both practical and realistic.



"I just want to add value to whatever I'm



TRIBUNE PHOTO SUBMITTED
Class of '90 Teulon Collegiate graduate Trenea Chabot was awarded the Teaching Award of Excellence by the Red River College Students' Association during the college's spring convocation.

teaching," said Chabot.

"I look at it in terms of, 'What should these students know that will help them in the workplace? And how can I do something that the textbook isn't doing for them?'"

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Wild weather



TRIBUNE PHOTO BY CHRISTINE WILLEY

Humid temperatures made for some scary looking clouds and severe thunderstorms, heavy rains and hail throughout much of the Interlake last Saturday.

Graduates rewarded



TRIBUNE PHOTO BY JO-ANNE PROCTER

On June 29, Interlake School Division (ISD) superintendent Christine Penner and assistant superintendent Wayne Davies officially presented the three ISD General Proficiency Award winners with a cheque for \$1,000 to go along with the plaque they received on graduation day. Each recipient was awarded for being a well-rounded student, academically sound, respectful, co-operative, courteous, a pleasure to teach and for possessing a strong sense of citizenship. Kathryn Nugent from Stonewall Collegiate, Jessica Holod from Teulon Collegiate and Amanda Slagerman from Warren Collegiate all fit this description. During the graduation ceremonies the students were commended for their involvement in school committees and social justice initiatives. Pictured from left, Christine Penner, Kathryn Nugent, Amanda Slagerman, Jessica Holod and Wayne Davies.

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

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Cool treats for great community service

Staff

It was a busy last couple of days of school for the Sterling North students.

On June 24, the students were walking for the benefit of the MS Society of Canada while raising \$5,000 for the cause affecting thousands.

The 90 Grade 3-9 students were honoured to have Stephanie Bevacqua, community outreach and fundraising coordinator for the Manitoba division join them on the four mile walk.

Bevacqua said it was the longest school walk she had been on.



Sterling North's Grade 3-9 students were walking for the MS Society last week. Pictured left to right, Josh MacKinnon, Maggie Cornell and Rhys MacKinnon.

The students were then around Stonewall Thursday for their community service work day.

The curbs from Home Hardware

at the south end of Stonewall along Main St. to Quarry Park and the curbs that run east of Bobby Bend all received a fresh coat of paint. Grade

7 and 8 students stayed close to the school and spent the morning weeding, pruning, picking up garbage and washing windows.



Sterling North students were rewarded with cool treats at The Kiln last Thursday after their annual community service work day.

TRIBUNE PHOTO BY JO-ANNE PROCTER

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TRIBUNE PHOTOS BY LANA MEIER
 It was an evening of good old fashioned fun for the Learn to Play baseball players and their families at Quarry Park on June 24. The children enjoyed tug-o-war, three-legged races, sack races, a bean bag toss and a hot dog bbq to celebrate the end of their season.

Armstrong staff demo new grass cutting equipment

By Jeff Ward

In an ongoing effort to clear drainage ditches of grass the council of the RM of Armstrong recently approved the purchase and lease of a new mower/tractor combo, which was demonstrated just last week.

The demo, which took place June 25, had the public works staff for Armstrong and their new employee who will be operating the tractor training on the new machine.

"The demonstration was mainly a refresher to get everyone updated on the equipment," said Armstrong CAO Corlie Larsen.

"We've always had lots of drainage issues here and this is just a more efficient way of dealing with the blockages. We're able to get more area cleared and quicker than before."

The sidearm mower is more efficient in two ways. The way the arm swings out into the ditch allows the tractor

to remain on level ground, but still have the arm cut on a downslope. It also allows for more grass to be cut as the arm can reach more than 20 feet out into the ditch. The mower can cut at an angle of 50 degrees, which can even reach into the deepest of Interlake ditches.

"This is a popular item for rural areas," said Brian Shygera, territory contact for Degelman, the manufacturer of the mower.

"We only build a certain amount of these each year and they almost always sell out. It's an effective machine and they'll see a return on their investment. They'll also be able to keep their workers safe-

er. The sidearm makes it so that the tractor stays on flat ground and can't be pulled into the ditch or flipped."

The RM council is investing \$8,000 for the lease of the tractor and another \$40,000 to purchase the mower

"WE'RE ABLE TO GET MORE AREA CLEARED AND QUICKER THAN BEFORE."



PICTURE COURTESY OF DEGELMAN

The Degerman sidearm mower can cut at an angle of 50 degrees and will help the RM of Armstrong public works staff clear drainage ditches more effectively this summer.

from Kevin Gudmundson in Lundar for a grand total of \$52,000. The cost of both the lease of the tractor and the purchase of the mower were taken out of equipment reserves according

to CAO Larsen.

The public works department will continue to use their older tractor and mower and will have both machines running in tandem all summer long.

Seniors club celebrates silver anniversary

By Natasha Tersigni

For the past 25 years the Stonewall Legion Seniors Club has been a staple in the community, providing residents a needed outlet for fun social activities including Tuesday afternoon Bingo and dances. On Saturday, members of the club gathered at the legion to celebrate the club's 25th anniversary with a lunch followed by a dance in the legion's clubroom.

"A lot of legions have a separate little group called the senior's club of that legion. We put on social events and do a little fundraising as well. We put on a big craft sale in the fall. It is huge and then we donate the money we make to the legion to help support them," said the club's current chairperson Marilyn Dew.

"The group started out with just two women who were on a bus trip to Alaska. They got talking about how they should do something to help the Legion and raise some money. So they started this little club and they started out with four members and they just grew over the years. And the club has developed to where it is today, 25 years later."

During the club's celebration founding member Ann Williams was recognized. Williams, along with Dorothy Campbell who has since passed on, founded the club. Since 1989, the club has grown from four members to the current membership of 90 people.



TRIBUNE PHOTO BY NATASHA TERSINGI

Pictured left to right, Stonewall Legion Seniors club original member John Klimpke, current chairperson Marilyn Dew and founding member Ann Williams, were among the guests and members that celebrated Stonewall Legion Seniors Club 25th anniversary last Saturday.

PET of the Month

Meet Toby Paulsen

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Bobby Bend patrols recognized by Stonewall RCMP

By Stefanie Lasuik

Traffic stopped at Bobby Bend school on July 24 as parents and teachers took a moment to recognize the school's patrol squads. Four squads, each of eight students, spent the year manning the intersections at Main St. and Second Ave. and Main St. and Third Ave. in order to keep their fellow students safe.

The Grade 3 and 4 student-volunteers were given certificates, and pins from RCMP officer Cst. Dave Higgs for a job well done.

"The Stonewall RCMP very much appreciates what these kids do everyday," Higgs said, noting that the RCMP doesn't receive many calls to the school thanks to the diligence of the patrols.

He also thanked the students from a personal viewpoint, explaining that he has kids in the community and he appreciates the importance of knowing they're safe.

Vice principal, Jeff Levesque, praised the students for the characteristics they lent their jobs.

"Not only do these patrols have leadership qualities, but they do their jobs very well and they are dependable," said Levesque, who commended the students for working hard through the snow and rain.

For the kids, being a patrol is fun.

"It's fun to patrol," said Reghan K., citing the perks of her job, such as being with her friends, a field trip, and hot chocolate.

The school also expressed gratitude to the adult crossing guards, Jeanette Sheasgreen and MaryJane Slatcher, who have both served in their positions for over 20 years.

Earlier in the week, the school's 33 conflict managers and 18 green team members were also recognized. The conflict managers are comprised of Grade 4 students who are trained in conflict resolution in order to volunteer their time to resolve disputes during recess time.

Bobby Bend's Green Team spends many recesses sorting and counting plastic bags during the school's annual fall Plastic Bag Round Up. They continue to help with recycling throughout the school year.



TRIBUNE PHOTOS SUBMITTED

Patrols pictured left to right, back row: Cst. David Higgs, Mrs. MaryJane Slatcher, Rylan S., Sydney S., Landon G., Kael B., Ty W., Holden F., Carter B., Daryn B., Halle S., Andrew H., Evan G., Neveah F., Nicholas D., Chelsea S., Mrs. Jeannette Sheasgreen; middle row: Brady B., Spencer S., Maddy F., Jake M., Landon A., Adam N., Heather W., Gillian G., Colin F., Caralyn S., Hunter M.; front row: Ashely S., Lindsay C., Emmitt G., Melody D., Reghan K., Alex M. and Cheyenne C.



Green Team, back row: Sayla M., Hayden T., Rylee C., Shelby J., Maya O., Kaitlyn T., Austin B., Mason M., Kyle R.; front row: Amara R., Ethan W, Sara V., Karra L., Austin S. Zachary H., Wyatt L. Missing from the photo Dylan I. and Addison K.



Conflict managers, back row: Kylie S., Reed L., Curtis T., Dylan L., Brody C., AJ V., Marcus M., Kaylee S., Ryder B., Omen H.; middle row: Mikala F., Madison D., Tyra W., Kyra S., Ava F., Jack M., Brody K., Carter N., Christian B.; front row: Quinn H., Kaylee K., Saidee R., Eric O., Nicholas G., AJ R., Holly C., Hayley K. and Melody M. Missing from photo is Landon B., Kyle M., Aiden S., Sydney O. and Tyler E.

**Classified booking
deadline is
Monday 4 p.m.
prior to Thursday's
publication.
Call 204-467-5836**

Town hosts composting demonstration



TRIBUNE PHOTOS BY MARNEY BLUNT
The Town of Stonewall hosted a composting demonstration on Sunday, June 28 with the town's composting specialist Lloyd Jensen. Jensen spoke about proper materials to put in compost bins, including organic materials such as kitchen waste, garden scraps, leaves and grass; moisture content, which should be 40 to 60 per cent; and allowing for the required amounts of oxygen. The demonstration was intended to encourage town residents to use their composting bins or to teach people how to properly compost if they unsure whether they were doing it correctly.

A BERRY SWEET DAY

Yummy berries!

These delicious little fruits provide us with lots of good vitamins without plying us with unhealthy calories... until we make sinful desserts with them of course!!

The health properties of berries are at the peak when they are freshly picked...another great reason to incorporate them into our daily meals and snacks.

Try this recipe with your freshly picked berries...



Creamy Strawberry Crepes

Ingredients
Original recipe makes 12 filled crepes
3 eggs
1/2 cup milk
1/2 cup water

3 tablespoons butter, melted
3/4 cup all-purpose flour
1/2 teaspoon salt
1 (8 ounce) package cream cheese, softened
1 1/4 cups sifted confectioners' sugar
1 tablespoon lemon juice
1 teaspoon lemon zest
1/2 teaspoon vanilla extract
1 cup heavy cream, whipped
4 cups sliced strawberries

Directions

1. Place the eggs, milk, water, melted butter, flour, and salt in the pitcher of a blender; blend until smooth.
2. Heat a lightly oiled griddle or non-stick skillet over medium heat. Pour or scoop the batter onto the griddle, using approximately 2 tablespoons for each crepe. Tip and rotate pan to spread batter as thinly as possible. Flip over when the batter is set and the edges are beginning to brown. Cook until the other side begins to brown. Stack finished crepes

on a plate, cover with a damp towel and set aside.

3. Blend the cream cheese, confectioners' sugar, lemon juice, lemon zest, and vanilla with an electric mixer until smooth. Gently fold in the whipped cream.

4. To serve, fill each crepe with 1/4 cup sliced strawberries and 1/3 cup of the cream cheese filling, roll up and top with a small dollop of the cream cheese filling and more sliced strawberries.

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Project New Hope tees off in the right direction

First annual charity golf tournament benefits Canadian veterans

By Stefanie Lasuik

A great time was had by all at the first Annual Project New Hope Canada Fundraiser Golf Tournament held last Sunday. Teams of four traversed Netley Creek Golf Course, competing in contests and hitting the best ball for the South Interlake based organization, which provides veterans and their families the education, training and skills necessary to manage their lives after operational service through family retreats, seminars and workshops.

In all, 31 golfers hit the links to raise money for the cause, including local government representatives, James Bezan and Ralph Eichler. During dinner, both spoke on the importance of local volunteer organizations that cater to the needs of veterans. They pledged their full support for organizations such as Project New Hope Canada.

Throughout the day, golfers had the chance to vie for closest to the pin, longest drive, and closest to the line prizes before raising funds through a silent auction, a 50/50 draw, and a poker hand derby. The proceeds will benefit the charity that reaches a helping hand across the nation to those who've served Canada.

"We do have lots of people coming back injured from the various places we send them, either physically where you can see a wound, or mentally where you can't see it," a Project New Hope Canada director, Donald Adamko said.

The tournament featured two winning teams. Doug Lyons, Andrew Lyons, Kevin Stevens and Gerg Podrick took the men's team division, while



TRIBUNE PHOTO SUBMITTED

Thirty-one golfers participated in the Project New Hope Golf tournament last Sunday.

Reg Matheson, Mark Brezden and Marilyn Dew won the mixed division title.

Adamko was pleased with the support given on

Sunday and hopes to see more golfers out for next year's event, which is tentatively scheduled for the last weekend in June.

worship *with us*

> FAITH

The Covenant of Josiah

The life story of King Josiah was an example of greatness, in the ancient times of the Bible. His life and the reforms he brought to the nation of Israel are found in the later chapters of the book of Second Kings. Josiah was the last of the honorable kings that had the opportunity to turn the nation from great wickedness and lead the people in a direction that gave them protection from the judgments that the prophets had declared against them.

There were many kings before Josiah that could have made changes to the religious practices of the people. Some kings were the catalyst of evil practice in the nation; while others made enough changes that the pagan

worship was driven underground for a period of years. The pagan or amoral practices had led to a variety of worship that the God of Israel had commanded them to never participate. Some of these were methods of false worship, like idols being placed in front of the temple to Jehovah in Jerusalem. Other pagan practices included men causing their children to "pass through the fire to Molech" (II Kings 23:10) allowing the wind and fire to determine if their child would survive or be "taken" by Molech. For many generations, these evils had grown more and more common in the lands of Israel.

Josiah became king at the tender age of eight years old. His father had

been a wicked king and an ungodly example to him. Somehow Josiah was able to rule in a good manner from the very beginning. It wasn't until he was eighteen years old that he learned how far the nation had fallen from the laws and direction that God had given them.

His response to hearing what was the long neglected direction from God was to repent and turn the nation from its destructive past. He called all the elders and leaders of the nation together and made a promise/covenant before God that he would do all in his power to end the evil practices that existed publicly and privately throughout the land. The result of his public statement was astonishing.

The leaders not only agreed with him; but also, supported him in cleansing the land from much of the pagan practice that had plagued the nation and kept them from God's blessings for so many years. The final result of Josiah's covenant with God is that the nation had a king that ruled the nation with grace and peace for over three decades. He died honorable in battle and was deeply grieved and mourned by the leaders of the elders and prophets of the nation.

My question to you is simple. Are you ready to take a stand and make a covenant for the purity of your life and home? God Himself is waiting to join with you in this covenant and the results will be astonishing. Don't put it off like so many people do. Be a Josiah and talk to God today.

Pastor Jonathon Dewey
Cornerstone Church
joncdew@gmail.com

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Ledochowski wins two major MHSAA awards

Teulon Collegiate student-athlete named top female high school athlete in Manitoba

By Brian Bowman

Jade Ledochowski did a lot of winning in her final year as a student-athlete at Teulon Collegiate.

And that winning continued on Monday as Ledochowski was honoured with two major awards at the Manitoba High Schools Athletic Association's 2015 Jostens High School Athletes of the Year media conference at the Holiday Inn South in Winnipeg.

Ledochowski was selected as both the "AA" and overall provincial Josten's Female Athlete of the Year. It was a great way to end an outstanding high school athletic career for the Teulon standout.

"It was incredible," said Ledochowski Tuesday morning. "It was completely unexpected to win the overall one. It was really nice."

This past season, Ledochowski was a very busy young lady, participating in cross country, soccer, volleyball, basketball, badminton, baseball and track and field.

She was named an all-star at several basketball tournaments, an all-star at the Provincial "AA" Championships, and was also a Graduating Basketball All-Star while being named to the All-Manitoba team.

Ledochowski was also the starting pitcher on the boys' baseball team, was a Zone cross-country team champion, and was selected as a game star and all-star at the "AA" volleyball provincials.

"It wasn't an easy task but I was able to pull through and win the overall award," she said. "I think, overall, my teams had a very good year. TCI, in general, had a very good year athletic wise. I wouldn't have been able to do it without the team – it was really nice how everybody came together in the last year."

As great of an athlete that Ledochowski is, she also excels in the classroom. She was the co-student council president and sat on the MHSAA board of directors as a

student representative.

While doing all of that, she maintained a 93 per cent academic average.

But where does she find the time to study?

"It gets hard sometimes when I get pretty booked up," she admitted, adding she wanted to thank her parents, coaches, and teammates for all of their help over the years. "There were a lot of late nights – I'm just thankful for morning spares."

Ledochowski plans on attending Lake Region State College in Devils

"IT WASN'T AN EASY TASK BUT I WAS ABLE TO PULL THROUGH AND WIN THE OVERALL AWARD."



TRIBUNE PHOTO BY DIANA LEDOCHOWSKI

Teulon's Jade Ledochowski was selected as both the 'AA' and overall provincial Jostens Female Athlete of the Year at the Manitoba High Schools Athletic Association's 2015 Jostens High School Athletes of the Year media conference last Monday.

Lake N.D. She will be playing on the school's softball team and has future plans on becoming a sports psychologist.

"I'm so excited," she beamed. "I have

a friend that goes there and she said the team is supposed to be pretty good next year, so I have high hopes for athletics. I'm so excited to go there."

Phillies to honour former coaches at provincials

Staff

The South Interlake Phillies will be hosting a dedication ceremony on the evening of July 10 to recognize former coaches Larry and Phyllis Klimpke.

The ceremony will take place on diamond five following the 5 p.m. game at the U16 provincials at Quarry Park.

Everyone is invited to attend this dedication ceremony to recognize the Klimpkes, who formulated the first-ever Interlake "A" division female fast-ball team during the 1994-95 season.

The Klimpkes were also the driving force behind the success of the Phillies' organization from that time until

their retirement, which came immediately following their dream of hosting the western Canadians at Quarry Park in 2011.

Individuals are asked to come out and watch the South Interlake Phillies play in that 5 p.m. game and then meet under the Quarry Park picnic

shelter area (aka beer gardens/concession) at 6 p.m.

Former players are asked to dig out some old Phillies' attire to wear for a picture and make plans to stick around after the dedication ceremony to chat with Larry and Phyllis.

Rams recognize students' athletic excellence

By Brian Bowman

The Stonewall Collegiate Rams had several outstanding athletic achievements this past season and the school was able to honour those accomplishments at its annual awards banquet June 24.

"All in all, we had a pretty decent season," said SCI physical education teacher Curtis Grieve. "We had some really good highlights throughout the year."

Some of the highlights featured the Rams reaching the provincial finals in soccer, the junior varsity boys' volleyball team finishing as runner-ups in the WWAC, and the SCI girls' fastball team winning the bronze at provincials.

On an individual level, Amber Schneider won a silver medal in the junior varsity 400-metre race at the MHSAA provincial track and field championships last month at the University of Manitoba.

"There were a lot of highs throughout the year in a lot of different areas, either on the field or in the gym," Grieve said proudly.

SCI's varsity athletes of the year were Sam Mandryk and Eryn Stewart. Both were tremendous athletes that enjoyed stellar high school careers.

"When you look at athletes of the year, we use criteria that cover a lot of different stuff," Grieve explained. "How many sports do they play? What is their GPA? Were they a captain or MVP? Are they involved in other school activities?"

"These are kids that were involved on our athletic teams, were leaders, and were involved with activities outside of school."

The future of Rams' athletics looks strong with SCI's winners of the junior varsity athletes of the year awards. Brielle Cara and Spencer Winsness are both great athletes that should have outstanding high school careers.

They are two of several very good JV athletes at SCI.

"All of our coaches that coached in

the junior varsity area this year are excited about some of the young athletes that we have in Grade 9 and 10," Grieve said. "Our Grade 9 and 10 girls' group is really, really strong. If we can get them to play as many high school sports as they can, and not specialize in certain stuff, it's a group that will be very successful."

At the awards night, SCI took time to recognize Ed Dow for all of his time coaching and teaching over the years. They also had a well-deserved tribute to the late Charlie Cooke.

Cooke, an extremely popular teacher and longtime girls' soccer coach, passed away this past school year after a courageous battle with cancer.

Here are the award winners from the Rams' athletic banquet:

Varsity Boys Basketball Rookie of the Year - Zach Kendel

Girls Fastball Rookie of the Year - Amber Schneider

Ram Award - Carson Ouellette

JV Boys Volleyball Most Valuable Player - Tanner Good; Most Improved - Evan Loewen

JV Badminton Most Outstanding Player - Thomas Dunlop; Most Outstanding Foster Bytheway

Special Olympics Most Improved - Kendra Swerdyliak; Coach's Award - Jordon Hooper

Boys Soccer Most Valuable Player - Bret Sveinson; Coach's Award - Ryker Balzer

Hockey Most Valuable Player - Sam Mandryk; Most Valuable - Bryce Stovin

Varsity Badminton Most Valuable - Reid Boyer; Most Valuable - Symantha Ciulla

Baseball Most Improved - Seth McMahan; Coach's Award - Braden Groot

JV Boys Basketball Most Valuable - Simon Winsnes; Most Valuable - Evan Loewen

Varsity Girls Volleyball Coach's Award - Alisa Diogo; Most Valuable - Brielle Cara

Girls Rugby Most Valuable - Kathryn



TRIBUNE PHOTOS BY JO-ANNE PROCTER
Pictured left to right, Stonewall Collegiate's junior varsity athletes of the year, Spencer Winsness and Brielle Cara and varsity athletes of the year Eryn Stewart and Sam Mandryk.

Nugent; Coach's Award - Chloe Dick
JV Girls Volleyball Coach's Award - Alycia Palmer; Coach's Award - Jenna Kendel

Varsity Boys Basketball Most Valuable - Riley Walters; Coach's Award - Curtis Ngo

JV Cross Country Most Outstanding - Amber Schneider

Varsity Cross Country Most Outstanding - Ryan Humeniuk

Girls Soccer Most Valuable - Sarah Lyle; Most Valuable - Alex Melsted

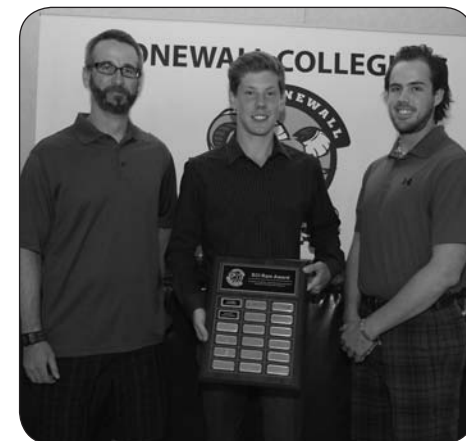
Fastball Most Valuable - Tatum Lindley; Coach's Award - Jordyn McInnes

Varsity Girls Basketball Most Valuable - Eryn Stewart; Coach's Award - Raisa Fenske

JV Girls Basketball Most Valuable - Brielle Cara; Coach's Award - Randi Frost-Hunt

JV Track Most Outstanding - Amber Schneider; Most Outstanding - Quin Arsenault

Varsity Track Coach's Award - Randi Frost-Hunt; Coach's Award - Ryan Humeniuk.



Grade 10 student Carson Ouellette received the second-annual Ram award. The award is given to an athlete that may not have won a most valuable player award, but is a valuable part of any team, plays more than three sports and coaches feel that this athlete is a great leader. Ouellette played volleyball, hockey, badminton and was a member of the track and field team.

Teulon Collegiate students nominated for MHSAA scholarship

By Brian Bowman

The Manitoba High Schools Athletic Association announced the winners of the 2015 Credit Unions of Manitoba High Schools Scholar Athlete Awards on June 22.

The four student athletes award-

ed \$1,000 scholarships were Caitlin Wilkinson of Ste. Rose School, Seth Friesen of Vincent Massey High School (Brandon), Tara Frisch of Nellie McClung Collegiate (Manitou) and Riley Dirks of Oak Park High School.

Teulon Collegiate had two student-athletes - Sawyer Lambourne and Jade Ledochowski - nominated for the scholarships. There were 49 individuals nominated this season.

The scholarships were awarded to four graduating high school stu-

dent-athletes who maintained a minimum 85 per cent average and competed in at least two interscholastic sports.

Other criteria include school, community, volunteer, and citizenship activities.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Former teacher, coach honoured and remembered

Charlie Cooke passed away after a short battle with cancer this spring

By Jo-Anne Procter

Special recognition was made to former Stonewall Collegiate Institute (SCI) teacher and soccer coach, Charlie Cooke at SCI's annual sports awards banquet June 24 in the school gymnasium.

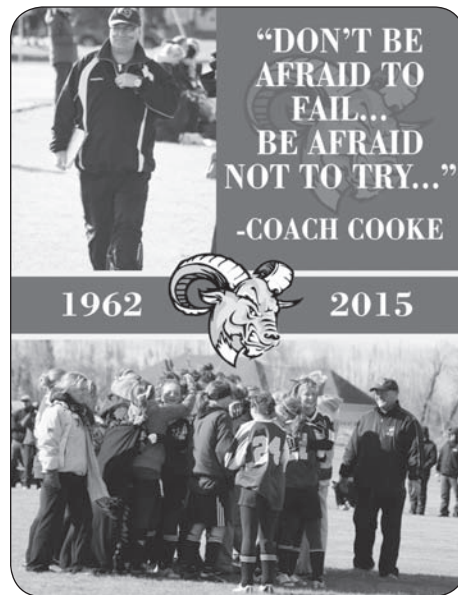
"On April 3, students and staff of SCI were dealt a horrible loss - the loss of Mr. Cooke, long-time coach, teacher, colleague and friend. It devastated the whole SCI community," said Curtis Grieve, the banquet's emcee and SCI teacher and coach.

Cooke's daughter, Rebecca, presented the soccer awards on behalf of her father. Well known for his quotes, it was only fitting that Rebecca opened with one of her father's beloved quotes.

"Winning is supposed to be hard. If it wasn't hard, everyone would do it."

Before Cooke was a teacher, he was an athlete who loved soccer and hockey. He passed on this knowledge to the SCI girls' soccer team, which he coached for over 20 years, winning three provincial championships. His teams reached the provincial finals 10 times.

"Before he (Charlie) died, he used his daily bursts of energy to write his speech for this year's sports banquet," said Rebecca.



A banner was unveiled in memory of SCI teacher and coach Charlie Cooke who passed away this past year.

Rebecca shared his notes:

This year's girls' soccer team had a very successful season - going all the way to the provincial finals before losing to a strong Winkler team.

Season highlights were winning the home tournament for the fourth consecutive year and representing Zone 5 for the 20th straight time at provincials.

This was a strong team this season, two players really stood out. Sarah Lyle and Alex Melsted were awarded the 2014-2015 SCI soccer MVP's.

Warren Johnson, a fellow teacher and friend, shared some fond memories of Cooke.

"He went the extra mile to help people around him and help people in



TRIBUNE PHOTOS BY JO-ANNE PROCTER

A few of Cooke's 2014-2015 Rams girls' soccer team posed with coach Cooke's family with banners they won this past season. Pictured, left to right, Alex Melsted, Randi Frost-Hunt, Sarah Lyle, Bethany, Bernadette and Rebecca Cooke, Mallory Harvey, Eryn Stewart and Symantha Ciulla.

need," Johnson said. "He had a special gift of finding students who felt left out (and) he was always there to talk to them and help them identify their strengths.

"This was exemplified in his coaching as he found a way to bring out the best in his players in the SCI soccer and hockey programs. His love and passion were centred around his family, school, sports, loud music and stats."

Johnson said Cooke took pride in the teams that he coached.


"As we honour him today, I know that he wanted recognition for the Rams varsity girls' soccer teams on all their success and not to take personal

credit but recognition of the success of all the Rams teams he coached in the last 20 years. He will be forever remembered, loved and missed."

Cooke's wife, Bernadette, and daughters Bethany and Rebecca were presented a plaque from Manitoba High Schools Sports Association Zone 5 to recognize Cooke's commitment and dedication to soccer.

A banner was also unveiled that will hang in SCI's gymnasium.

"It has been a very tough year for all of us," Grieve said. "It means a lot to us that forever we can walk in the gymnasium and see someone who has had an impact on all of us as much as coach Cooke."



Come out and support your Stonewall Blue Jays

<p>Thursday, July 2 Stonewall Blue Jays vs Kildonan Mudcats 7:30 & 9:30 pm Fines Field</p>	<p>Tuesday, July 7 Stonewall Blue Jays vs St. Boniface Legionaires 7:30 pm Whittier Park</p>	<p>Thursday, July 9 Stonewall Blue Jays vs Springfield Sr. Braves 7:30 pm Fines Field</p>
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Warren Wildcats U10 lose one game all season

By Brian Bowman

The Warren Wildcats U10 softball team lost only one game all season. But it came with a provincial title on the line.

Warren had to settle for the silver medal after a tough 6-1 loss to the Glenboro Canucks at the U10 "B" provincials last weekend at the John Blumberg Complex.

"We came up against some good pitchers," said Wildcats' head coach Candace Procter. "Glenboro had a good team. I am beyond proud (of our team)."

Warren posted a spectacular 23-1 record - behind some strong pitching - this season.

"They showed up for every game and practice and did their best," Procter said. "It was a true team effort all season long. Every kid was a key component on the team. They got on their bats when they needed to or they made the play in the field."

Procter had high praise for the girls that she coached.

"This group was beyond fantastic to work with," said the Wildcats' head coach, noting they started their season with just "seven or eight players" at games due to injuries. "It was such an enjoyable year to coach and the support we got this season from the parents was amazing."

"From the parents, to the kids, the whole group was amazing to work with. It was a phenomenal season."

In closing, Procter wanted to thank her assistant coaches - Julie Allary, Melaine MacDonald, Lindsay McRae, and Jodi Chartrand - for helping her out this season.



TRIBUNE PHOTO BY HEATHER CAMPBELL

The Warren Wildcats U10 softball team won silver this weekend after a tough 6-1 loss to the Glenboro Canucks at the U10 'B' provincials last weekend at the John Blumberg Complex.

Pictured back row, left to right, Julie Allary, Teagan Atchison, Sophia Dowsett, Madison McRae, Alyssa-Lynn Procter, Tessa Stewart, Bryn-Lee Procter, Candace Procter; front row, Melanie MacDonald, Aliyah Allary, Rianna Cassils, Lily Campbell, Sarah Gilmore, Kjersten Green. Missing from photo Lindsay McRae and Jodie Chartrand.



The Wildcats' Tessa Stewart hits the ball during her team's 8-7 win over Russell.



TRIBUNE PHOTOS BY JO-ANNE PROCTER
Warren's Allyssa-Lynn Procter was great on the mound all weekend.

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- Dropped off at the Municipal Administration Building at 285 Main Street, Stonewall MB.

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The Rural Municipality of Rockwood



take a break

> GAMES

SUDOKU

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

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!

Level: Intermediate

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!

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

Sudoku Answer

N	V	B	E	T	D	E	R	S	S		
V	N	M	V	L	E	N	E	E	G	O	
M	V	R	P	T	I	S	B	V	C		
N	B	I	N	S	T	F	V	S	B		
S	E	G	V	L	I	O	P	S			
M	O	M	K	T	S	E	H	T	S		
R	E	I	S	S	V	S	S	H	S		
I	C	S	V	S	S	S	O	T	V		
B	F	H	H	P	E	M	S	P	U		
T	V	T	O	K	V	D	H	T	O	S	
S	E	D	U	L	C	N	I				
X	M	H	M	L	E	S	U	B	H	C	
S	F	V	S	S	O	V	V	N	V	I	
E	A	V	A	I	E	P	I	C	I	V	S
L	P	L	B	A	B	B	V	B	B	V	A

Crossword Answer

CROSSWORD

CLUES ACROSS

- Swedish rock group
- Founder of Babism
- 2 stripe Army rank (abbr.)
- Of Salian Franks
- Indicates near
- Swiss river
- Golden pothos
- Runs PCs
- E. Tunisian seaport
- Cyprinid fishes
- Genus Ulmus
- Stitched garment border
- Taken in as a part
- Pierre is the capital
- Brush upward
- Moby's author's initials
- Belgian franc
- Mongolian capital Ulan
- Computer code for letters & numbers
- Initials of Watson's detective
- Spanish be
- Jauntier
- Cormoran Strike's 2nd novel
- Wasted material
- Bleat sound
- Excess body weight
- Oral polio vaccine
- Rigs
- Drawstring
- Baltic flat-bottomed boat (alt. sp.)
- Double curve
- Point midway between NE and E
- Mackerel shark genus
- Used to be United
- Animal nest
- Abba __, Israeli politician

CLUES DOWN

- Signing
- Spoken in the Dali region of Yunnan
- Worthless drivel
- Aboriginal race of Japan
- Adorn
- Greek god of light
- Atomic #83
- Eating houses
- Baby buggy
- Supervillain Luthor
- Hansom
- Tennis champion Arthur
- Flank
- Sleep
- Richly patterned weave
- Hoagies
- Moonfish
- University of Santo Tomas
- Duo indicates
- Regarding this point
- Stand for coffin
- Not yielding
- Point midway between S and SW
- Data executive
- Changed gears
- ___ Sauer: Weapons co.
- Brews
- ___ May, actress
- Shiny cotton textile
- Cavalry-sword
- Bullfighting maneuver
- Shopping containers
- "Puppy Bowl" network listing
- Hillside
- Metrical foot
- Dog in Peter Pan
- Romaine lettuce
- Irish Sea Isle

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Tribune

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Stonewall, MB
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South 1 Mile on Ammeter Rd
Then 1/2 Mile West
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Sunday July 5 @ 10:00 am

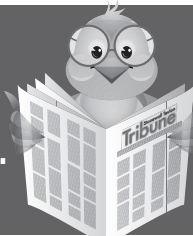
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Then East 2 Miles on Rd 106
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ROCKWOOD LUMBER

PART-TIME POSITION

The South Interlake Fifty-Five Plus, Inc. has an opening for an Administrative/Program Assistant.

The Administrative/Program Assistant shall be responsible for planning and coordinating various senior programs and activities.

Qualifications:

- Experience and ability to work with seniors and volunteers
- Computer knowledge including Word and Excel
- Initiative and ability to work with minimal supervision
- Ability to multi-task and prioritize

Deadline for Applications: Monday, July 6, 2015

Submit Resume to:
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Email: si55plus@mts.net

Only those selected for an interview will be contacted.

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Eddie's Gravel Supply Ltd of Winnipeg Beach is accepting applications for Laborers/Asphalt Laborers. The applicants must have a valid drivers licence, work well with others and be in good physical shape. Local work 204-389-2023.

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Wanted - used musical stringed instruments. Also: amps, etc. Phone 204-376-5244, Arborg.

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Wholesale Water Filters!! New Water-ite water softeners, 30,000 grain/\$550. All sizes avail. Reverse osmosis systems, \$220. Paterson iron removers/\$490. Greensand iron odour removal systems, \$690. All Seasons Furnishings 204-661-8581.

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Do you have a disability? Physical or mental. We can help you get up to \$40,000 back from the Canadian Government. For details check out our website: disabilitygroupcanada.com or call us today Toll-Free 1-888-875-4787.

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Red, Yellow & Russett potatoes for sale. Sunflower seeds, wild bird seed & deer feed. Call 204-886-2676 Interlake Potato Farm.

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1100 International mower, wobble box & cutting bar new last year; Lawry stack mover, good condition; Tempo treadmill. Ph 204-886-2665.

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Standing hay for sale. 65 acres. Ph 204-322-5614.

ANNOUNCEMENTS

CARD OF THANKS

Thank you everyone for the many expressions of kindness, support and love you have shown us during this period of bereavement for our family. It has been a comforting blessing to each of us.

Perhaps you sent a lovely card,
Or sat quietly in a chair;
Perhaps you sent those beautiful flowers,
That we saw sitting there.
Perhaps you spoke the kindest words,
As any friend would say;
Perhaps you were not there at all,
Just thought of us that day.
Whatever you did to console our heart,
We thank you so much for whatever part.
-Elsie Murray and family

ANNOUNCEMENTS

CARD OF THANKS

I would like to thank Dr. Venter and all the Stonewall Hospital staff for the wonderful loving care they gave Bill (and me). Also thanks to family and friends for the visits, baking, flowers, cards and especially the hugs that were so appreciated. Most of all to my family, I couldn't have made it without your love and support. May God bless you all.
-Dorothy Myskiw



ANNOUNCEMENTS

CARD OF THANKS

The Vandal family would like to thank everyone who sent over meals, baked goods, flowers, donations to the Health Science's Foundation and sincere sympathies, either by card, email or phone calls to us during the sudden passing of our beloved husband, father and grandfather, Don. It was all greatly appreciated.
-Lori, Keith, Lane, Janine and families

ANNOUNCEMENTS

CARD OF THANKS

Thank you to my family and friends for all the cards, flowers, baking, phone calls and visits while I was in the hospital and the continued support I have received since coming home. Your thoughtfulness will always be remembered. Thank you so much.
-Lorraine Barnes



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Bridal Shower
in honour of
Ashleigh Dearman
(bride-elect of Jordan Brad)
July 12, at 1:00 p.m.
at Woodlands Community Hall
Ashleigh and Jordan are registered at Bed, Bath & Beyond and Sears
Everyone Welcome

NOTICE OF HEARING

**UNDER THE HIGHWAYS PROTECTION ACT
THE HIGHWAY TRAFFIC BOARD**

Notice is hereby given that a hearing of the Highway Traffic Board will be held on Tuesday, July 14, 2015 at 10:00 a.m. in Room 204-301 Weston Street, Winnipeg, Manitoba.

**SPEED ZONES - PART IV -
SECTIONS 97 & 98 H.T.A.
18000-S - R.M. OF ROCKWOOD**

Consideration to be given to the following speed zone changes in the R.M. of Rockwood:

- Reduce the speed zone from 90 km/h to 70 km/h on a portion of Road 76.5N, beginning at Road 5E and continuing westerly for a distance of 1.2 km;
- Northerly extension of the 70 km/h speed zone on a portion of Road 8E, also known as Sturgeon Road, for 800 metres.

The Highway Traffic Board will be prepared to consider all submissions, written or oral, on the above applications by contacting the A/Secretary prior to or at the hearing.

200 - 301 Weston Street Winnipeg, MB R3E 3H4
Phone: (204) 945-8912
Michelle Slotin, A/Secretary
THE HIGHWAY TRAFFIC BOARD



**Rural Municipality of Woodlands
Career Opportunity
Planning Clerk - Full Time**

Duties Include

- Process Variance applications
- Process Conditional Use applications
- Zoning Amendments
- Subdivisions
- Site inspections
- Responsible for notices and public hearings
- Assist with development agreements
- Knowledge of planning legislation and providing clear guidance to homeowners, builders, etc.

Position Details

- Wage is dependent upon education and experience
- Full benefit package with pension
- Monday to Friday, 8:30 AM to 4:30 PM, 35 hours per week
- Training will be provided

The successful candidate will have a strong capability to communicate and deal effectively with the public, to work with Council and staff, and to build partnerships in the community and surrounding area, while effectively representing the interests of the Municipality.

Resumes will be accepted until July 10, 2015 at 4:30pm.

Please send a resume to:

RM of Woodlands

Attention: Adam Turner, C.A.O.

PO Box 10, 57 Railway Avenue, Woodlands, Mb. ROC 3H0

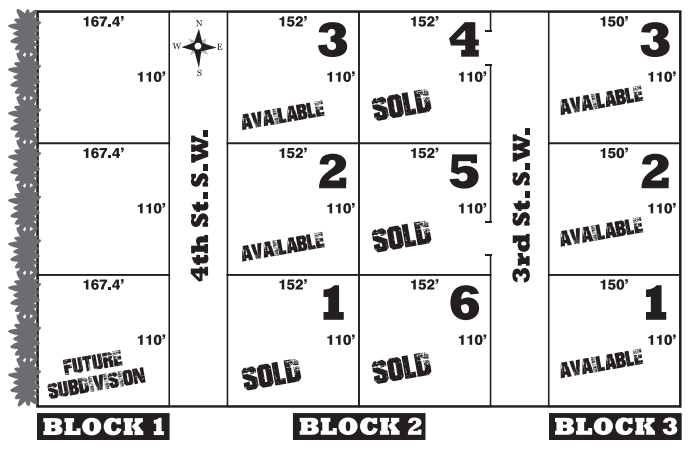
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3-Cheese Pasta Bake

Preparation
Stir soup, cheeses, milk and black pepper in 1 1/2-quart casserole. Stir in pasta.
Bake at 400°F 20 minutes or until hot.

Preparation Time: 15 minutes
Bake Time: 20 minutes
Makes 4 servings

Easy Substitution: Use 2 cups of your favorite shredded cheese for the 8-ounce package.

Ingredients
1 10 3/4-ounce can Condensed Cream of Mushroom Soup (Regular, 98% Fat Free or 25% Less Sodium)
1 8-ounce package shredded two-cheese blend
1/3 cup grated Parmesan cheese
1 cup milk
1/4 teaspoon ground black pepper
3 cups corkscrew-shaped pasta (rotini), cooked and drained

Speedy Pasta Pie

Ingredients
1 box (375 g) whole wheat spaghetti or macaroni
1 lb (500 g) Extra Lean or Lean Ground Beef
1 medium onion, finely chopped
2 to 3 large cloves garlic, minced
1 tsp (5 mL) dried Italian herb seasoning
1 pkg (454 g) light ricotta cheese
1 pkg (300 g) frozen chopped spinach, thawed and squeezed dry
1-1/2 cups (375 mL) part-skim shredded mozzarella cheese
1/2 tsp (2 mL) pepper
4 cups (1 L) fat- and sodium-reduced pasta sauce
1/4 cup (50 mL) grated light Parmesan-style cheese

Directions
Cook pasta according to package directions. Drain and rinse; set aside.
Meanwhile, cook beef, onion, garlic and Italian seasoning in large deep frypan over medium heat for 8 to 10 minutes or until beef is thoroughly cooked and any liquid has evaporated. Remove from heat. Stir in ricotta, spinach, 1 cup (250 mL) of the mozzarella and pepper; combine well. Toss with cooked pasta (don't worry if pasta tears).

Spread 1-1/3 cups (325 mL) pasta sauce into each of two 9-inch (23 cm) deep-dish glass pie plates; layer with pasta mixture. Spread remaining pasta sauce over top of each; sprinkle each with Parmesan and remaining mozzarella. (Can be covered and refrigerated or frozen.) Cover loosely with foil and bake in 350° F (180° C) oven for 30



minutes. Uncover and bake for 5 minutes. Let stand for 5 minutes before cutting to serve.
Makes 12 servings
Preparation: 15 minutes
Cooking: 45 minutes

**This recipe contains higher total fat per serving than is recommended by the Heart and Stroke Foundation. However, the saturated fat serving still meets the Foundation's criteria. Make sure that fat intake for other meals you consume the day you prepare this recipe is lower. The Foundation recommends that women consume 45 g to 75 g of fat a day, and men 60 g to 105 g daily.*

Lasagne-style Pasta Pie: Spread 1-1/3 cups (325 mL) pasta sauce in 13 x 9-inch (3 L) baking dish. Top with pasta mixture and remaining pasta sauce. Sprinkle with Parmesan and remaining mozzarella.

Heart-Healthy Makeover: We used lean ground beef and lighter cheeses along with fat and sodium-reduced pasta sauce. This dish is a great way to sneak in some spinach for the spinach adverse.

www.heartandstroke.mb.ca

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Scheduling Appointments Just for You:

A Positive Approach to Managing and Maintaining your own Well-being!



When you are setting up appointments, chances are that for the most part they are for other people. Chances are too that you play a starring role in relation to them. You might be the Chauffeur (in addition to the Coordinator). Or maybe you are the In-vehicle Caterer of Snacks (hopefully healthy and nutritious ones). Or perhaps you are the Absent Chef. You have decided (for whatever reason) to allow Monsieur Mac, Madame Wendy, or some other host from a Chomp-as-you-go establishment to step in and lend you their (let's face it) not very healthy or nutritionally sound culinary skills. Not to mention your superior cooking ability (as I'm sure your family would back you up on this, or at very least offer to pay your tuition fees at a reputable Cooking school).

How often do you schedule time which requires you to notify others in your household through verbal, hand-written, or texted communication that you will be unavailable to them for a specified period of time? If your answer to this question is never, rarely, or that you would prefer to

just do as my mother once did (and hide in her bedroom closet for a short break from my three sisters, myself, and my brother) I would suggest to you that this is an area of self-improvement well worth the time and effort.

Your plan of action could be to go jogging, cycling, or walking (with or without the family pet, depending on which would be a more relaxing use of your time) or heading out to a drop-in or weekly scheduled exercise class.

Alternatively, you might decide to let others know that you are at home but that you are not to be disturbed (except in the case of a legitimate emergency) as your attention will be occupied by that exercise machine (which up until now has been collecting cobwebs, spiders, and other assorted creatures while waiting for you down in the basement).

Recently I enjoyed watching a VHS tape (which a member of my family had very kindly taped for me a few years back) of Serena and Venus Williams competing in the finals of the Ladies Breakfast Championship at Wimbledon. It was great to see these two terrific female tennis players in action!

Irene Shaw

Greek-Style Pizza

Ingredients
1/2 cup mayonnaise dressing with extra virgin olive oil
2 cloves garlic, finely chopped
2 tablespoons grated Parmesan cheese
1/2 teaspoon dried oregano leaves, crushed
1 (10-inch) pre-baked pizza crust, thin style
1 cup cherry tomatoes, halved
2 cups baby spinach leaves
1/2 small red onion, thinly sliced
1/2 cup feta cheese

Preparation
Preheat oven to 450°F.
In small bowl, combine mayonnaise dressing, garlic, Parmesan cheese and oregano. On cookie sheet, arrange pizza crust. Spread with mayonnaise mixture,



then top with tomatoes. Bake 12 minutes or until tomatoes are soft.

Top with spinach, onion and feta. Bake an additional 5 minutes or until cheese is melted.

Preparation Time: 30 minutes
Cook Time: 17 minutes
6 servings

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ANNOUNCEMENTS

IN MEMORIAM



George Kowalchuk
May 5, 1917 - July 8, 2003

Those we love remain with us
For love itself lives on,
And cherished memories never fade
Because a loved one is gone.
Those we love can never be
More than a thought apart,
For as long as there is memory
They'll always live on in our hearts.
-Loving you and Eddie always
and missing you both every day,
your wife, Mary
and your children,
Tom (and Chris), (Patty), Rosalie (and Mike),
Lucy (and Terry)
and their families

ANNOUNCEMENTS

IN MEMORIAM



Mary Grandmont
April 8, 1925 - July 6, 2013

In loving memory of our
dear mom, grandma and great-grandma
who left us two years ago today
We honor you for whom you were,
And the special things you've done...
That made your life so rewarding,
And made you such a special woman.
Your memories are ours to cherish,
As we fondly remember your ways...
Keeping you safely tucked in our hearts,
Is where you'll always stay.
The world will never be the same because
Of the beautiful difference you've made!
-All our love
from your family

OBITUARY



Anne Fontaine

Peacefully, after a short but courageous battle; it is with deep sorrow we announce the passing of Anne on July 26, 2015 at the St. Boniface Hospital at the age of 84. She was a resident of Stonewall, MB.

She is survived by spouse Romeo Fontaine, husband of 61 years; daughters, Denise (Perry), Brenda (Darryl), and son Richard, her grandchildren Dannielle (Daniel), Justine, Christie and Mike and her great-grandchildren Cody, Chelsey and Nixon as well as her sister Olga.

Anne had an infectious smile and an outgoing personality. She loved bowling, bingo and fishing. Her biggest enjoyment in her life was her kids, grandkids and great-grandkids.

She is predeceased by her mother Pauline, father Joseph and brothers Bill and Peter.

Service will be held on Friday, July 3 at 7:00 p.m. at MacKenzie Funeral Home 433 Main Street, Stonewall, MB.

In lieu of flowers, please send donations to the Heart and Stroke Foundation.

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



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FOR RODGER DYCK ESTATE
THURSDAY, JULY 16 • 10 AM
2 miles N of Homewood corner on Hwy 3**



Partial list: JD 9610 Combine RWA, 2950 Sep Hrs. 1995 JD 9600 Combine, 3290 Sep Hrs. 1990 Topkick tandem truck, newer box. 2003 Genius 2210 tractor FWA, 4250 HRS. JD 8970 and 4630 tractors Macdon 9300 Swather 30 ft

See billklassen.com for listing and photos.



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Inwood grads look forward to the future

By Natasha Tersigni

The graduating class from Inwood School knows that good things come in small packages. And even though the 2015 class only had four students, that did not stop family and friends from packing Inwood Hall last Thursday afternoon to see the graduates begin a new chapter in their lives.

During his farewell speech to the grads, Inwood School Principal Len Metro included some important life lessons, in alphabetical order.

“F-Fear nothing. Everything you want is just beyond you. Love, laugh and learn often. You owe that much to yourself. R-remember your roots and where you come from. No matter where you end up remember the roots that gave you strength,” said Metro.

“T-Think big picture. While the details do matter there are many pathways to your dreams, you just need to find the best one for you.”

Following Metro’s speech, awards were presented to the graduates. Katheryn Chic was awarded the Governor General’s Award, which is given to the student with the highest academic average in all Grade 11 and 12 courses. Chic, will be attending CDI College for bookkeeping and business administration courses, and was also awarded the ISAC Academic Scholarship, Lakeshore Proficiency Award, Sunova Scholarship and Inwood Women’s Institute Scholarship.

Emily Caumartin was the other big award winner of the afternoon. Caumartin, who plans to pursue a career as a veterinarian technician, was awarded the Lakeshore Teachers’ Association Scholarship and the Vocational Excellence Award.

Caumartin was also this year’s valedictorian. During her address Caumartin spoke on the benefits of coming from a small school and the relationships that the graduates have been fortunate enough to build with their peers and teachers throughout the years.

“Coming from a small school has its perks. At Inwood School I have experienced the special connections with



Emily Caumartin during her Valedictorian Address.



TRIBUNE PHOTOS BY NATASHA TERSIGNI
The 2015 graduating class from Inwood School, pictured left to right, Emily Caumartin, Dustin Tomchak, Stephan Leininger and Katheryn Chic.



Dustin Tomchak accepts his diploma from Principal Len Metro. Tomchak is the only grad who attended Inwood School from Kindergarten to Grade 12.

teachers. We, the students, value the one on one time each teacher gave us,” said Caumartin.

“A few of us that are graduating are going to post-secondary school while others are going straight into

the workforce. We are all prepared for the future because of our teachers and parents.”

Ending her address Caumartin left fellow graduates with a quote to help guide their future and prepare them



Judy Strick presented Katheryn Chic the Governor General’s Award.

for what lies ahead.

“Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all love for what you are doing.”

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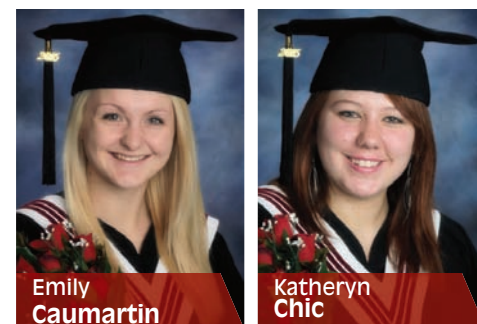
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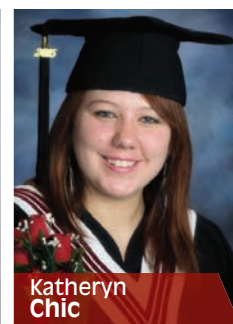
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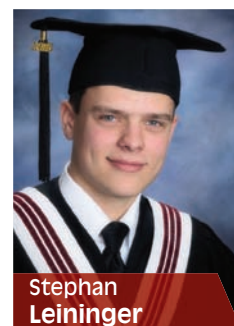
Graduates Emily Caumartin (left), Stephan Leininger and Katheryn Chic before the convocation ceremony began.



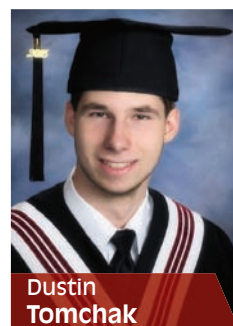
Emily Caumartin



Katheryn Chic



Stephan Leininger



Dustin Tomchak



Katheryn Chic received the Inwood Women's Institute Scholarship by Florence Chitz.



Emily Caumartin accepts the Vocational Excellence Award from Marvin Coverdale.



Katheryn Chic accepts the Sunova Scholarship from Colleen Rohne.

2015 Inwood School Awards, Bursaries and Scholarships

Katheryn Chic
Governor General's Award
ISAC Academic Scholarship
Lakeshore Proficiency Award
Sunova Scholarship
Inwood Women's Institute Scholarship

Emily Caumartin
Lakeshore Teachers' Association Scholarship
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St. Laurent grads are set to change the world

By Jeff Ward

The crash of thunder outside the St. Laurent Catholic Church was drowned out by the thundering applause from proud parents during the St. Laurent School Graduation Ceremony.

Parents, friends and family packed the pews and the sound of camera shutters filled the church hall as the 13 graduates walked down the aisle to their seats and awaited their hard-earned diplomas.

"I don't like speaking after the students, because it's always such a hard act to follow," said St. Laurent School Principal David Halldorson.

"I'm always very proud of our students and all they do. The diplomas these graduates receive represent years of hard work, commitment, dedication, achievement and will mark a turning point in the lives of these young people."

Halldorson quoted the famous Apple Inc. advertisement "Here's to the Crazy Ones," explaining that it fit perfectly with this particular graduating class. The quote ends by saying, "Because the people who are crazy enough to think they can change the world, are the ones who do."

Students Kalie Byron and Cole Allary gave the class remarks. Both Byron and Allary explained just how quickly four years can pass and how much has been accomplished over that span of time.

"Now we're the Grade 12's who stand here ready to graduate and move forward in the world, yet at this sentimental moment we can't help but look back," said Byron to a crowd of more than 50.

There were 19 awards handed out to students during the ceremony



TRIBUNE PHOTOS BY JEFF WARD

St. Laurent School graduation ceremonial cap toss Saturday afternoon.

with Miranda Short picking up 10 of those, including the Governor General's Award. Melanie Ernste received six awards including one of the two medals handed out for the St. Laurent School Hawk Award. The other St. Laurent School Hawk Award was presented to Cole Allary.

The St. Laurent School Hawk Award has traditionally only gone to one student who has excelled not only academically but as a member of the community. This year, however, the award was given to two students because the staff found it impossible to pick just one.

Guest speaker Evi Bruce addressed the graduates on behalf of the school

board wishing them well in their future plans. Prairie Rose School Division Superintendent Terry Oslowy spoke about the level of care and compassion St. Laurent School engrains in its students.

"Raise your hand if you have ever been hugged, or seen another student hug Mr. Halldorson," asked Oslowy, to which every graduate raised their hand and laughed.

"This is a very special community and a very special school that you have. It is probably one of the most caring schools that I have seen in my entire career."

The ceremony closed with the traditional tossing of the graduation cap.



Principal David Halldorson presents Miranda Short with the Governor General's Award.

St. Laurent Class of 2015 Awards and Scholarships

Miranda Short - Top Student in Applied Math, Physics, ELA Comp, Chemistry and Biology. Also Highest Average, Applied Scholarship Award, The Honourable Yvon Dumont Community Engagement Scholarship, Honour Roll Award and Governor General's Award

Melanie Ernste - Top Student in ELA Lit, Essential Math, Law and Family Studies. Also received the Post Secondary Education Award and the St. Laurent School Hawk Award

Kalie Byron - Top Student in Foods, also received the Citizenship Award and the Diligence Award

Andrea Diell - Top Student in Industrial Arts, also received the Perseverance Award

Tawney Miller - Volunteering with Seniors Award

Daniel Emms - Perseverance Award

Alex Willis - Perseverance Award

Matthew Kipling - Resilience Award

Cole Allary - Top Student in Phys Ed, also received the Craig and Ernie Memorial Award for Sports, as well as the St. Laurent School Hawk Award

Kevin Chaskey - Computer Whiz Award

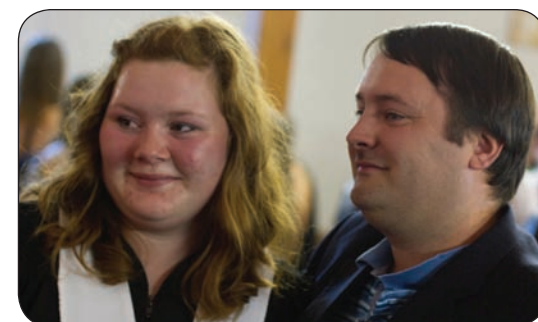


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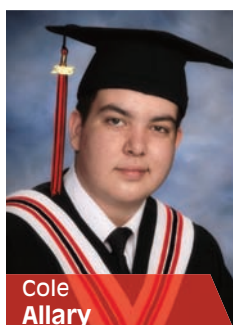
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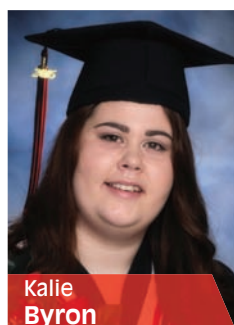
Kalie Byron and Cole Allary give the class remarks before their diplomas are handed out.



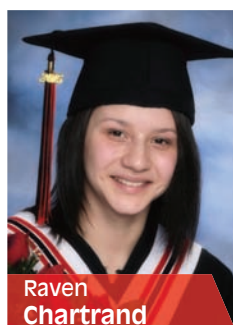
Students celebrate their graduation with friends and family members, all posing for pictures to help capture the memory.



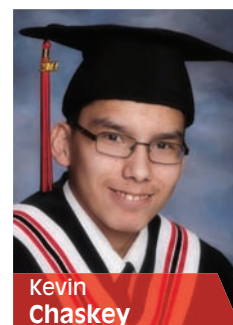
Cole Allary



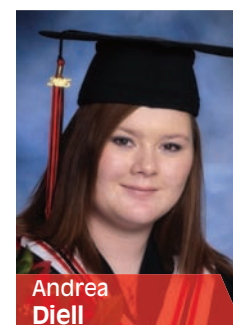
Kalie Byron



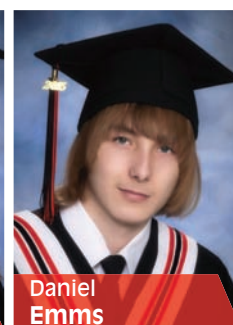
Raven Chartrand



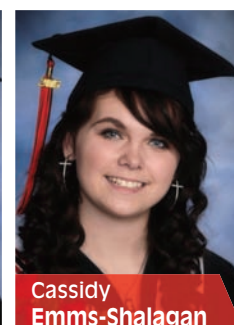
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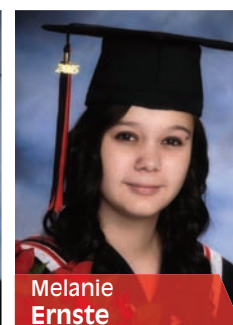
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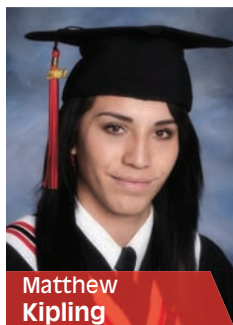
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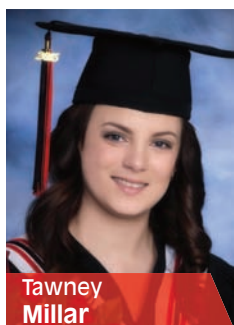
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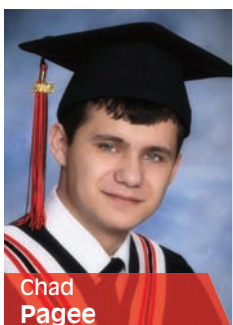
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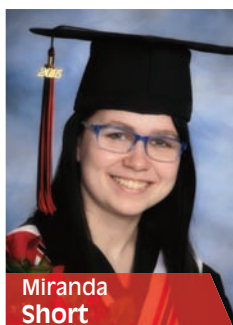
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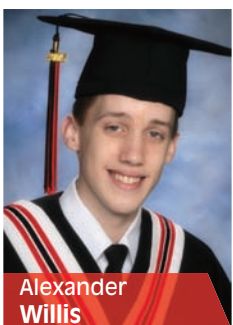
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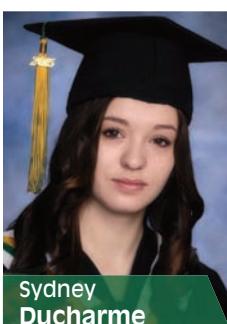
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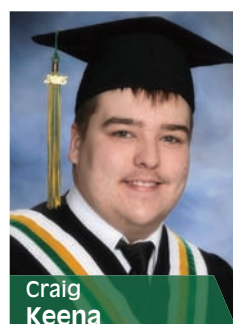
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Congratulations
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Stonewall grads glitter and shine on the red carpet

By Jo-Anne Procter

With a lifetime of opportunities ahead of them, 107 Stonewall Collegiate Institute graduates walked down the red carpet to a song composed by fellow grad, Jeremy Parisian, at their graduation ceremony June 20.

'All that glitters' was the theme of the day and was reflected on during the opening speech.

SCI principal and emcee of the graduating ceremony Margaret Ward addressed graduates, their family and friends.

"Today's ceremony presents an opportunity for each of these young people to glitter and shine in the spotlight, proudly realizing that they have reached this milestone and attained their goal, graduation."

Many in attendance have played a special role in the lives of graduates as they have grown from excited five year olds on their first day of Kindergarten to young adults with stars in their eyes as they proceed on the next leg of their journey of life.

"Now is the time to set new goals, find something you love to do and pursue that passion with all that you have and once in awhile I hope you will look back and fondly remember your high school years and all the success you have experienced," said Ward.

ISD school board trustee Fran Frederickson brought greetings, wishes for success, health and happiness to grads on behalf of the division. After explaining that schooling one student from Kindergarten to graduation costs \$167,834.63, she added that she believes taxpayers get excellent value for their dollar.

"One hundred and seven grads costs \$17,958,305.41. What a phenomenal amount of money, but I think you are worth every penny. I am always amazed at how talented and articulate you are. You are truly global citizens and I think that our future is in great hands," said Frederickson.

Following the handing out of diplomas, scholarships and awards, the jazz band played, the choir sang and Ward thanked retiring staff Ed Dow and Sharon Doerksen for their many years they dedicated to SCI.

Valedictorians Katrina Nugent and Tyler Rosmus thanked classmates for deeming them worthy of speaking on their behalf.

Nugent and Rosmus both asked teachers for parting words of advice for the graduates.

Ms. Doerksen said, "If you have a choice, be kind."



TRIBUNE PHOTOS BY JO-ANNE PROCTER, OWEN NISHI AND DESTINY GULEWICH

ISD Sunova Credit Union Medals of Academic Excellence were presented to students who achieved an overall average of 90 per cent in six compulsory credits. Pictured left to right, Sunova Credit Union Stonewall branch manager Leonard McKnight, Coral Williams, Alexander Ross, Patricia Nichols, Carly McMillan, Hannah Matheson, Veronica Kessler, Shannon Furness, Gillian Furness and ISD asst. superintendent Wayne Davies.

Nugent said although this lesson has been taught since Kindergarten, "We all need to continuously think about it and use it so we can be the best person possible. Kindness has a ripple effect, it makes our schools our homes and work places a pleasure to be in and each other enjoyable to be around."

Rosmus remembered SCI teacher Charlie Cooke, who passed away earlier this year, as a man well loved by his family, friends, co-workers and students.

"His passion for music and sports rang true with a lot of us. Always easy to talk to and always a smile on his face that lit up the halls. Mr. Cooke had a love for quotes that couldn't be matched. Still in room 204 his favorite quotes line the walls, one for every situation. Mr. Cooke you may be gone, but will never be forgotten, forever irreplaceable. Your absence has left a void in our SCI family. For Charlie Cooke this ones for you: Rest in Peace," said Rosmus.

Teachers were thanked for all the lessons they taught along the way and for pushing students to their limits unlocking their full potential.

Nugent thanked Mrs. Ward for all the work she has done for SCI and for graduation day.

And, "Last but not least, thank you to our parents for all the support and guidance. Thank you for the direction



Kathryn Nugent received the General Proficiency award from Christine Penner.

even if we didn't want it, or listen, we appreciate it in the long run," said Nugent.

Ward's final words to the grads, "We hope you look back and remember how success feels today, but that you also look ahead to see the great things that are in your future."

And from Mr. Cooke's wall, "Be kind, everyone you meet is fighting their own battle. If we all recognize that we each have our own struggles, we will also clearly recognize that there will be times in our lives when we each need a little help. Sometimes you will be the one who needs some help and



SCI principal Margaret Ward presented the Governor General's Academic medal to Hannah Matheson.



SCI valedictorians Katrina Nugent and Tyler Rosmus.

sometimes you will be able to return that favour and help another."



Long-time friends and neighbors Raisa Fenske and Jordan Lamm.

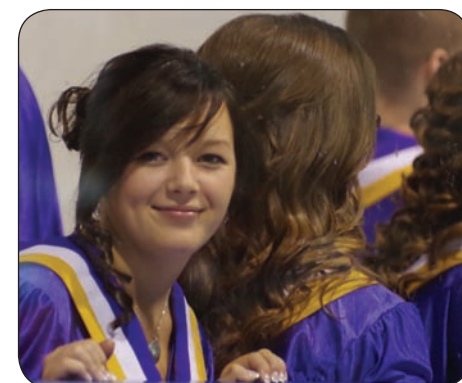


Meagan Varndell, Amber Tolsma and Robyn Taplin take time to capture memories.



Brooke Ogilvie and Ward share a moment on stage.

Mackayla Johnson patiently waits for the ceremony to begin.



Cecilia Reis was very excited to collect her diploma.



Choir members left to right, Sara Berg, Cayla Bray, Ginny Francis, Kaitlin Lussier and Emily Bouvier sang O'Canada.



Braden Groot gives a thumbs up.



The grads applaud themselves for their achievements.

Congrats to the Colony Students



CONCORD SCHOOL - CONCORD COLONY

Krystal Kleinsasser
Rachel Kleinsasser

LIGHTLY SCHOOL - CLEARWATER COLONY

James Waldner
Angela Wollman
Megan Wollman
Priscilla Wollman
Nicole Wollmann

NEW HAVEN SCHOOL - NEW HAVEN COLONY

Damaris Wollmann
Marissa Wollmann
Tamara Wollmann

PRAIRIE BLOSSOM SCHOOL - PRAIRIE BLOSSOM COLONY

Caleb Maendel

ROCK LAKE SCHOOL - ROCK LAKE COLONY

David Gross
Sara Anne Gross

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Graduates Bryce Stovin, Jordyn McInnes and Byron Gard try on their hats for size.



Ryker Balzer and Thomas Allan take direction from Mrs. Shadlock.

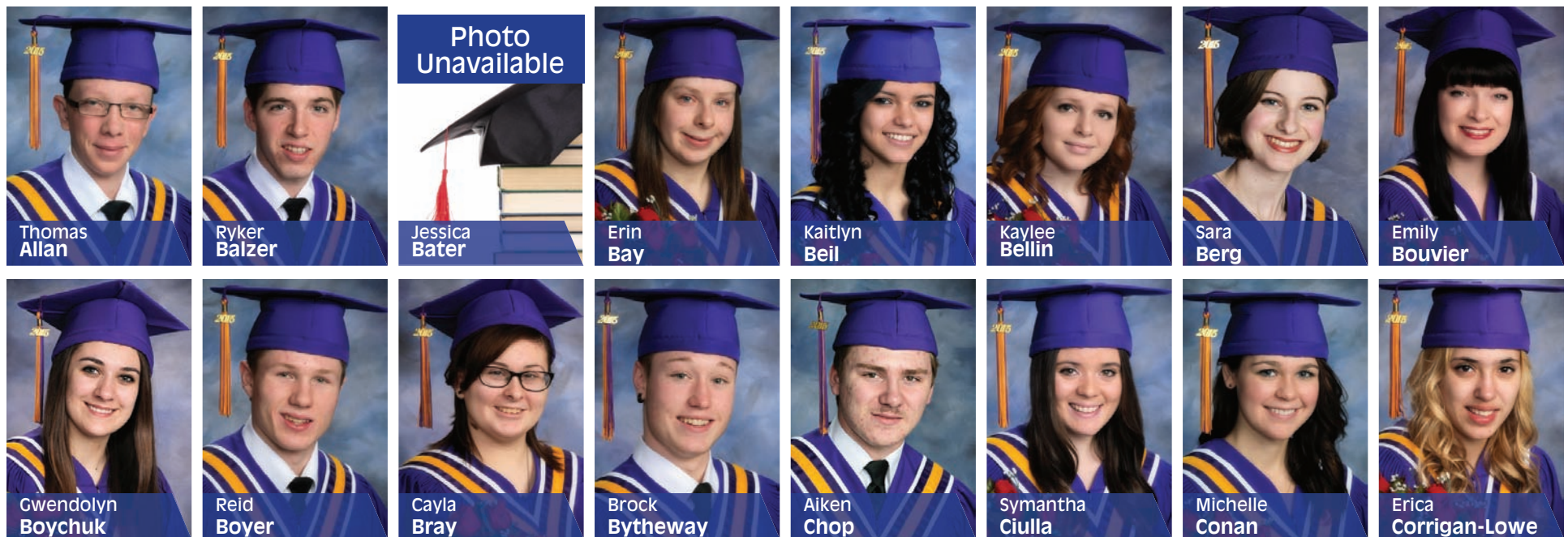


Waiting to walk the red carpet, pictured from left, Reid Boyer, Ashley Granger, Sara Good, Byron Gard, Brock Bytheway, Shannon Furness and Gillian Furness.

Class of 2015 Awards

Recipient - Award Sponsors

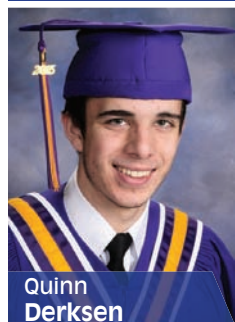
- Kaylee Bellin – Stonewall Independent Order Odd Fellows Lodge #49
- Sara Berg – Leslie Sigvaldason Memorial, Stonewall Knights of Columbus
- Cayla Bray – Ella Mae Emms Johannesen Family
- Emily Bouvier – Interlake Teachers Association
- Michelle Conan – James Family Memorial, Stonewall Royal Canadian Legion Branch #52
- Quinn Derksen – Interlake Assoc. Non Teaching Employees
- Alice Fox – Stonewall & District Lions Club
- Gillian Furness – Stonewall Royal Canadian Legion Branch #52, Ronald & Jessie Matthewson
- Shannon Furness – William M. A. (Bill) Campbell Memorial, Keith A. Cosens Memorial
- Breanna Irving – Randy & Barb Wawryk
- Mackayla Johnson – Stonewall Royal Canadian Legion Branch #52, Stonewall Kinsmen Club
- Veronica Kessler – Stonewall Royal Canadian Legion Branch #52, Stonewall & District Lions, Bryan Lefly Memorial
- Cassy Lamb – Stonewall Kinsmen Club, Stonewall Stony Mountain Masonic Lodge
- Jordan Lamm – Stonewall United Church
- Nick Latschislaw – Stonewall United Church, Stonewall Royal Canadian Legion Branch #52
- Kaitlin Lussier – William M.A. (Bill) Campbell Memorial
- Jordyn MacDonald – Sunova Credit Union
- Hannah Matheson – Lifetouch Canada Inc., Interlake Bus Drivers, Ronald & Jessie Matthewson,
- Carly McMillan – Stonewall Kinsmen Club, EPR Stonewall
- Patricia Nichols – Merranda H. Abas Memorial, Ella Mae Emms Johannesen Family, Ronald & Jessie Matthewson
- Kathryn Nugent - Interlake Community Foundation, SCI Canteen
- Katrina Nugent – SCI Canteen, Ronald & Jessie Matthewson
- Jeremy Parisian – Walter Malazdrewich Memorial
- Alex Ross – Stonewall & District Chamber of Commerce, Ronald & Jessie Matthewson
- Sara Scott – Keith A. Cosens Memorial, Interlake Teachers Association
- Bryce Stovin – Stonewall Stony Mountain Masonic Lodge
- Coral Williams – Ronald & Jessie Matthewson, Interlake Community Foundation, Stonewall Royal Canadian Legion Branch #52



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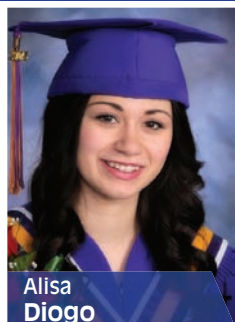
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Quinn Derksen



Jared Dick



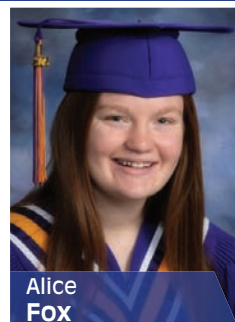
Alisa Diogo



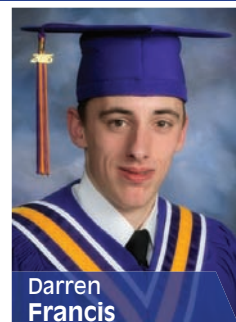
Colin Farebrother



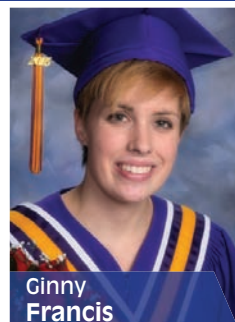
Raisa Fenske



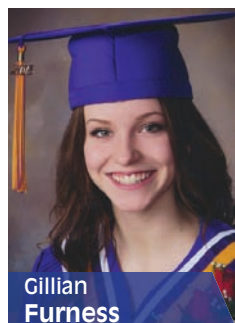
Alice Fox



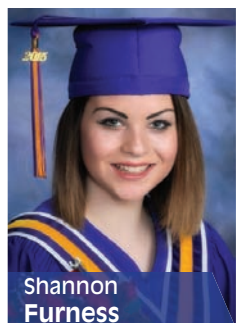
Darren Francis



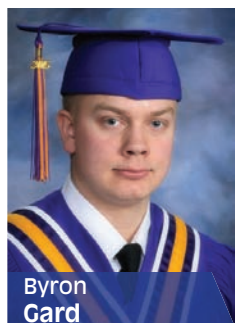
Ginny Francis



Gillian Furness



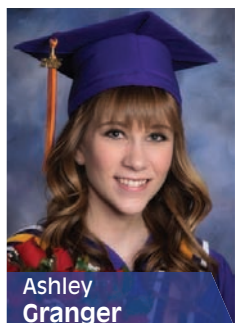
Shannon Furness



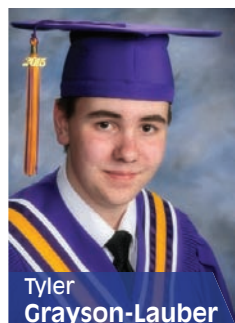
Byron Gard



Sara Good



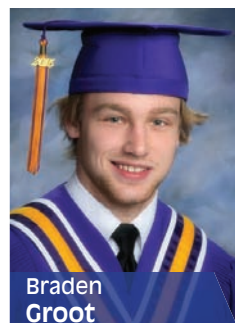
Ashley Granger



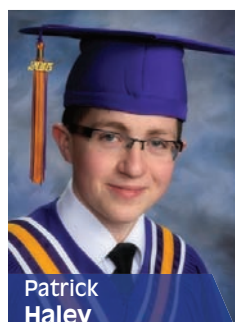
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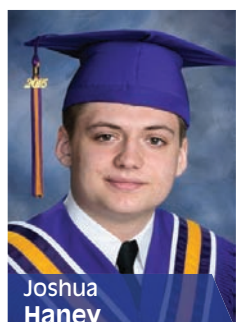
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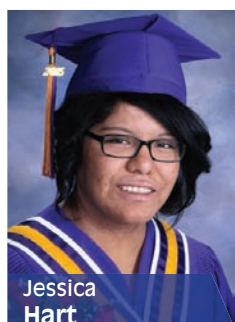
Braden Groot



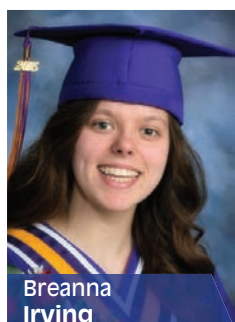
Patrick Haley



Joshua Haney



Jessica Hart



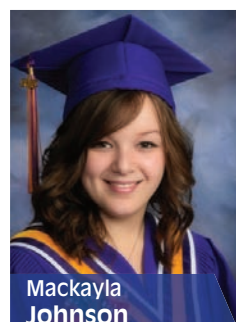
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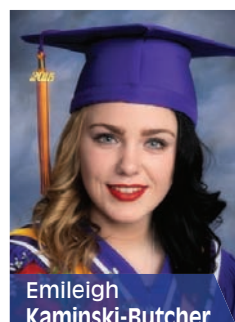
Jayden Joel



Devan Johnson



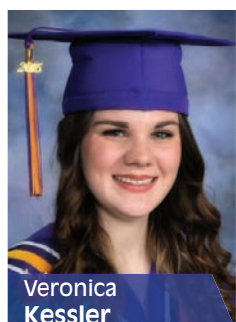
Mackayla Johnson



Emileigh Kaminski-Butcher



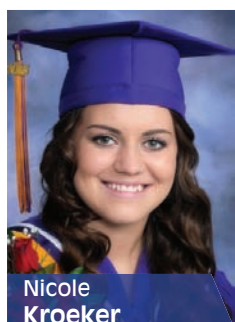
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Veronica Kessler



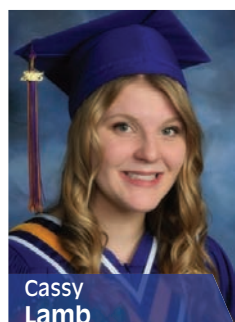
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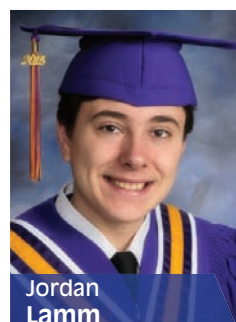
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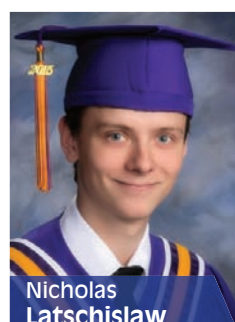
Sherry LaCoste



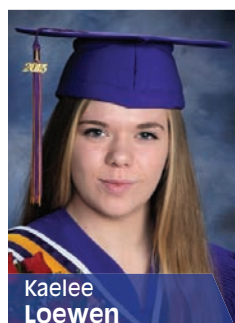
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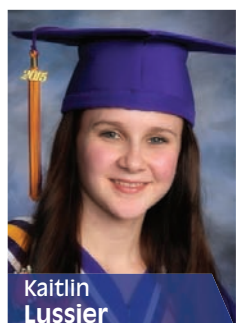
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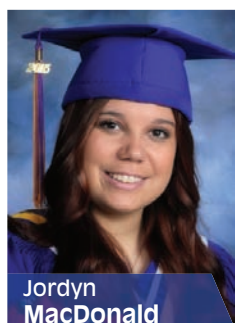
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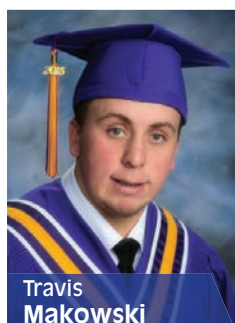
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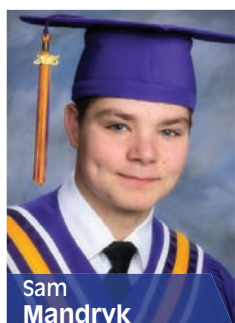
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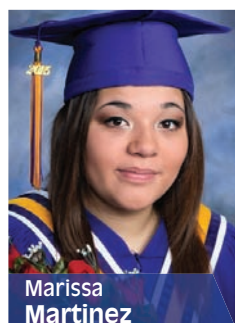
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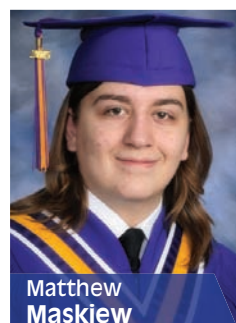
Travis Makowski



Sam Mandryk



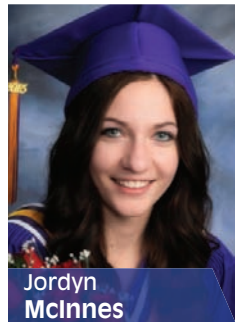
Marissa Martinez



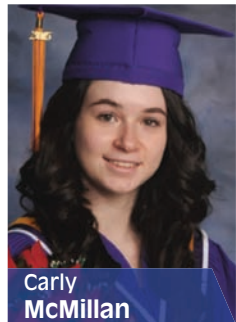
Matthew Maskiew



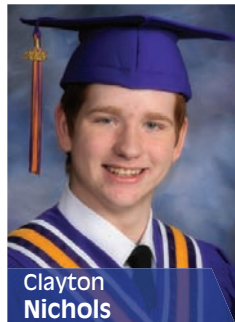
Hannah Matheson



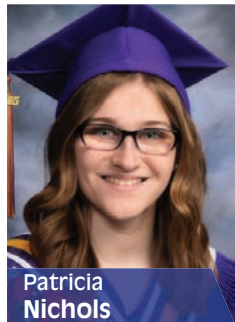
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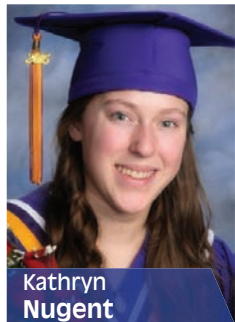
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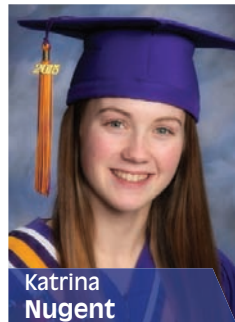
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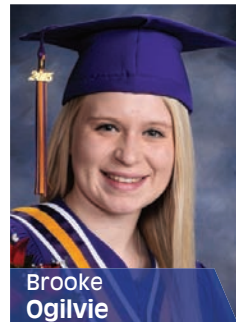
Patricia Nichols



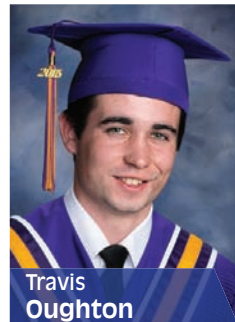
Kathryn Nugent



Katrina Nugent



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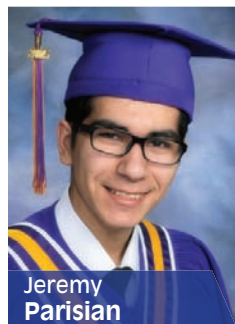
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Jeremy Parisian



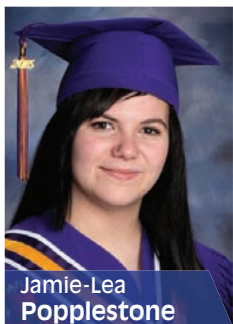
Gillian Pinniger



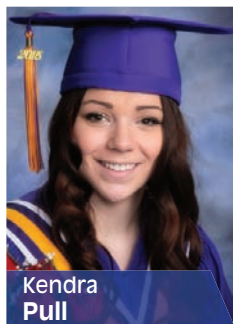
Chance Pirie



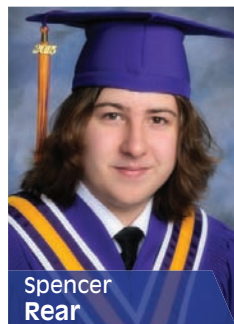
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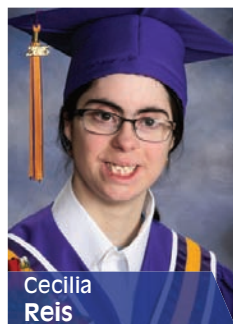
Jamie-Lea Popplestone



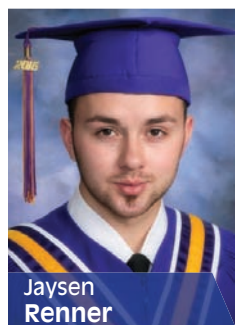
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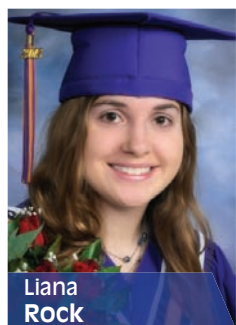
Spencer Rear



Cecilia Reis



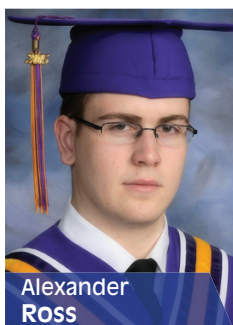
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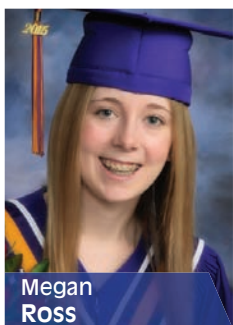
Liana Rock



Tyler Rosmus



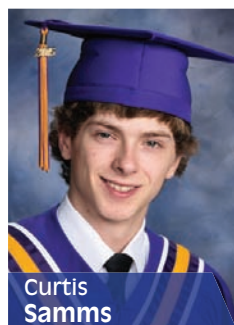
Alexander Ross



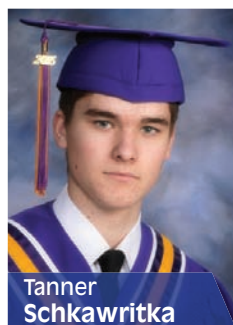
Megan Ross



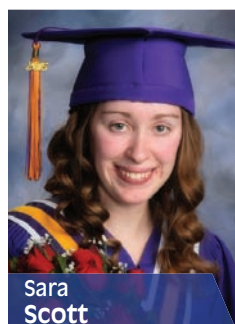
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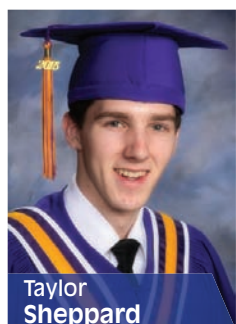
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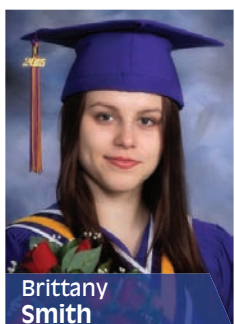
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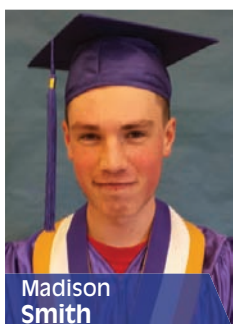
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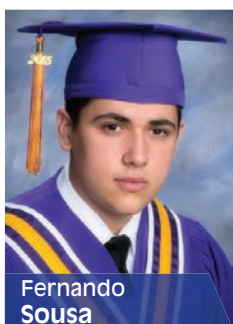
Taylor Sheppard



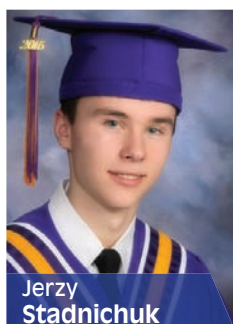
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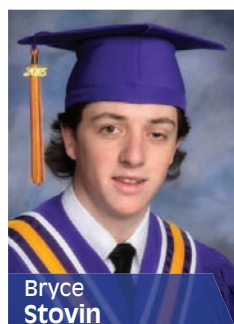
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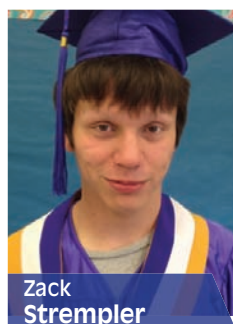
Fernando Sousa



Jerzy Stadnichuk



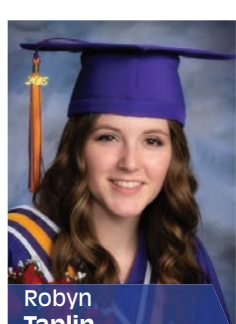
Bryce Stovin



Zack Strempler



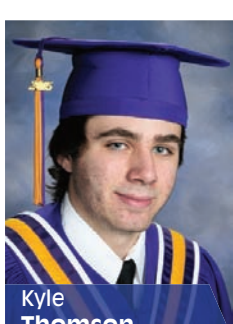
Conrad Swanson



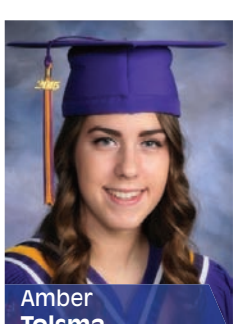
Robyn Taplin



Koenraad Thievin-Andres



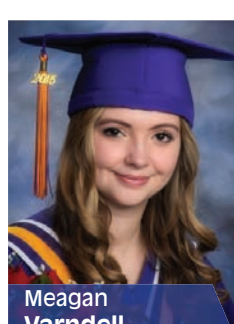
Kyle Thomson



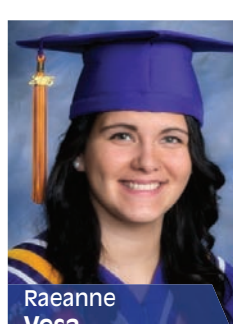
Amber Tolsma



Bryce Unrau



Meagan Varndell



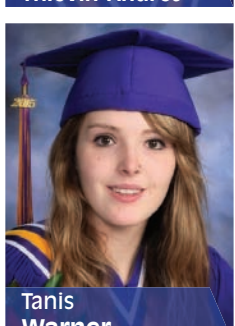
Raeanne Vesa



Brad Wall



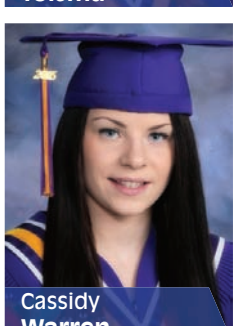
Riley Walters



Tanis Warner



Troy Warner



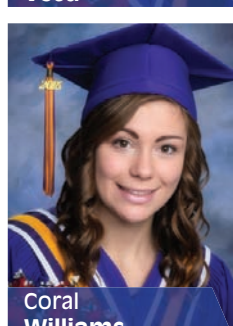
Cassidy Warren



Adam Waterer



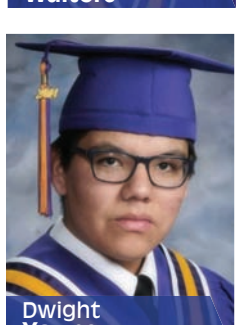
Caleb Whiteside



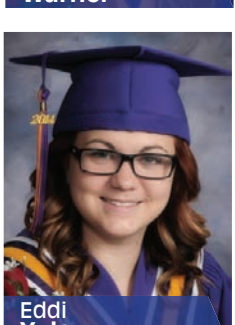
Coral Williams



Chase Wilson



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WCI graduates celebrate milestones and success

By Jo-Anne Procter

"Do not follow where the path may lead. Go, instead, where there is no path and leave a trail." – Ralph Waldo Emerson was the quote of the day for Warren graduates. The quote appeared on the program.

Warren Collegiate Institute principal Ed Harvie welcomed families, friends, staff and 34 special guests that made up the WCI Class of 2015 at the annual graduation celebration June 22.

Harvie addressed the graduates.

"Today is a day of good friends and celebration. You have all endured and accomplished much in your stay here."

He said that students impressed in academics, athletics, in their significant contributions to committees and clubs and their dedication to various educational and social causes. Students raised funds that have and will make an impact on many lives.

Harvie encouraged the grads to learn through their initiatives.

"You have demonstrated that we make a living by what we get and make a life by what we give. You have all left your mark in this school in one way or another."

School Trustee John Hueging, brought greetings and words of wisdom to graduates on behalf of the Interlake School Division board.

With 13 years of school behind graduates, Hueging explained they now have a new chapter and pages of life that they can do anything they want with.

"If you work hard with diligence, passion and emotion, your dreams will come true," he said.

"There are many paths in life for you, not just one, maybe two, three, four, five. Don't be afraid to change, open doors, even look inside and find out that it is not for you."

"Take the time to challenge yourself to become a better person. Don't take this world as status quo, speak your mind, no matter what you believe, because you are our future and we are excited on where you will take us."

WCI teacher Cathy Pleskach introduced and personally acknowledged each graduate while Harvie and vice-principal Nancy Orlesky presented his or her diplomas.

Awards were next on the agenda with Cole Janke owning the stage. He



TRIBUNE PHOTOS BY JO-ANNE PROCTER

ISD Sunova Credit Union Medals of Academic Excellence were presented to students who achieved an overall average of 90 per cent in six compulsory credits. Pictured left to right, ISD asst. superintendent Wayne Davies, Nicole Yanke, Jessica Braun, Cole Janke, Jessy Lawrence, Amanda Slagerman and Sunova Credit Union representative Chantelle Grenkow.

was first presented a new scholarship by Trevor King, Reeve of the R.M. of Woodlands for \$400 for his commitment, volunteerism and leadership to the community. Janke is involved in the Marquette Curling Club, Meadow Lea Hall, Youth in Philanthropy, he took part in fundraising of the new skate board park in Warren and traveled to Kenya to help build a school.

Orlesky then presented Janke with WCI's highest academic achievement awards. Janke excels in every subject and scored a perfect 100 in five courses and 99 in Pre-Calculus math with an overall average of 99.86 per cent.

"Whatever way we look at it, his average is merely perfect."

Janke was also awarded the Governor Generals Academic award, the most prestigious award that students in Canadian schools can receive. Janke's Grade 11 average was 99.29 per cent and Grade 12 was 99.86, a cumu-



WCI teacher Ryan Margetts presented Josh Hofer with Varsity Male Athlete of the Year.

lative average of 99.58 per cent. Cole is excited about his future and is looking forward to one day being a pediatrician.

Ryan Margetts then presented Josh Hofer with the Varsity Athlete of the Year Award. Hofer's list of accomplishments during his high school career is long. Margetts described him as a compassionate leader who is gen-



ISD Superintendent Christine Penner presented Amanda Slagerman with the ISD General Proficiency award.

uinely concerned about team success over personal glory. Hofer lead the Wildcats to their second straight Zone 5 golf championship. In volleyball he was zone champion in Grades 9, 10, 11 and 12. He finished his high school hockey career playing with a broken limb and was an all-star in scoring in the Winnipeg High School Hockey

**"WHATEVER
WAY WE
LOOK AT IT,
HIS AVERAGE
IS MERELY
PERFECT."**



Cole Janke received the Governor General's Academic Medal and WCI's Highest Academic Achievement award.

League Price Division.

In track and field Hofer was the Zone 5 long jump champion with a school record of 6.15 metres and second in triple jump. He advanced to provincials as a member of the 4 x 100m relay team, long jump and triple jump.

Cole Janke and Amanda Slagerman delivered the valedictory address to fellow grads. They reminisced about their time at WCI and the impression they wanted to leave on the school.

"The staff have been molding us into the people we are today for the past four years and they have left more than the wildcat footprint on our hearts," Slagerman stated.

She also talked about the importance of learning.

"Whether its spending the next seven years in university, picking up skills in the workforce, or travelling around the world, education will be a vital piece in our futures." Slagerman said. "As time goes on and we get older, we will need to be adaptable

and willing to change. We will have to learn from our mistakes and allow ourselves room to grow."

Janke and Slagerman suggested setting realistic goals for the future and to be passionate in your pursuits, be willing to learn and adapt while having fun.

"We hope wherever you find yourselves you are happy to have the same support systems you have with you today."

Orlesky thanked Harvie for the past 13 years he has dedicated to WCI, 12 as principal.

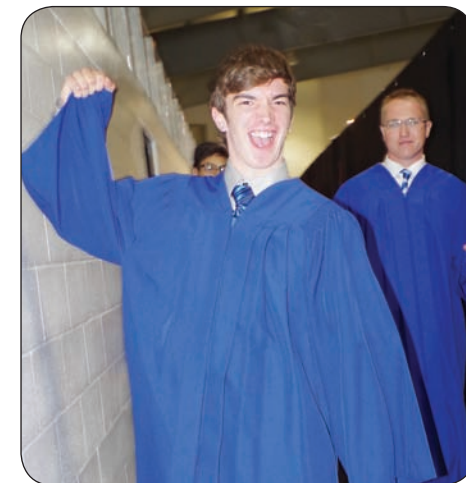
"His positive leadership has left his mark not only on students of WCI but also our staff," she said. Harvie will be principal at Ecole Stonewall Centennial starting in September. She also thanked Cindy Wuerch for her many years at WCI as guidance and scholarship counselor and wished her well in her latest adventure as she travels to Kuwait to teach.

In closing Orlesky said farewell to

the Warren graduating Class of 2015.

"We hope that even as you open the many doors of opportunity that await you, you will remember that the doors of WCI never close"

"Go through each door with confidence work hard, be positive, thankful, kind and grateful."



Travis Beauchamp is one happy graduate.



Dylan Heidinger, Josh Hofer, Hope Anderson and Nicole Yanke celebrate.



Tara Green and Stephanie Deverill exit with their official papers.



Warren Collegiate Institute Class of 2015.

WCI Graduation Awards & Bursaries

Elissa Aisicovich – U of M Hogg Centennial Entrance Scholarship
 Hope Anderson – Hockey Manitoba Canad Inns Scholarship, Sunova Credit Union, U of M Guertin Centennial Entrance Scholarship
 Travis Beauchamp – Woodlands District Wildlife Association
 Jessica Braun – U of W Entrance Scholarship, Highest Mark in Psychology 40S 87%
 Stephanie Deverill – Community Development Corporation Trades Scholarship, Walter Malazdrewich Memorial, Highest Mark Economics 40S 93%
 Tara Green – Walter Malazdrewich Memorial, U of W Entrance Scholarship, Highest Mark in Essential Math 40S 69%
 Dylan Heidinger – Interlake Community Foundation
 Josh Hofer – Warren Collegiate Hockey Bursary, Travis Price Hockey Bursary
 Corbyn Hunter – William M.A. Campbell Memorial, Highest Mark in Law 40S 87%
 Cole Janke – R.M of Woodlands Scholarship, Meadow Lea United Church, Community Development Corporation Leadership Award, Meadow Lea Community Centre Scholarship, Interlake Bus Drivers Association, Meadow Lea Community Centre Scholarship, Caisse Groupe Financier, Warren & District Lions, 2015 Manitoba Mathematical Contest – District 5 recipient, Highest Marks in: Advanced Math 45S 100%, Biology 40S 100%, Calculus 45S 100%, Chemistry 40S 100%, English 40S (Comp. Focus) 100%, French 40S 100%, Physics 40S 100%, Pre-Calculus 40S 99%
 Jonathan Kaus – Michael Lindell Memorial Scholarship
 Jessy Lawrence – Life Touch, James Family Scholarship, IANTE Scholarship, Interlake Teachers Association, Highest Marks in Art 40S 100%, English 40S (LIT) 95%, Global Issues 40S 97%
 Zachary Lewco – Highest Marks in Applied Math 40S 90%, Apprenticeship 40S 85%
 Stephan Manaigre – U of M Hogg Centennial Entrance Scholarship, Ben & Marjorie King Memorial Bursary
 Silas Maytwayashing – Ben & Marjorie King Memorial Bursary
 Chelsea Mudge – Stony Mountain Stonewall Lodge #12, U of W Entrance Scholarship
 Emily Munro – U of M Hogg Centennial Entrance Scholarship
 Katelyn Myskiw – Red River Exhibition Foundation Agriculture and Agri-Food Industry Red River Cooperative Scholarship, Walter Malazdrewich Memorial Award, Ben Elskamp Memorial Scholarship, Myra Langrell Scholarship, Highest Marks in Choral Music 40S 97%
 Samantha Olson – Woodlands Ladies' Auxiliary to the Legion, Woodlands Hall Board
 Kathleen Porteous – Red River Exhibition Foundation Agriculture and Agri-Food Industry Red River Cooperative Scholarship, Meadow Lea Community Centre Scholarship, Marquette Consumers Co-op, Myra Langrell Scholarship, Elskamp Farms, South Interlake 4-H
 Brandon Prokopowich – Michael Lindell Memorial Scholarship
 Madolyn Proskurnik – U of W Entrance Scholarship
 Keegan Sigurdson – William & Francis Dutka Memorial Scholarship
 Amanda Slagerman – Grosse Isle Womens' Institute, Interlake Community Foundation, WCI Student Council Grad Bursary, Highest Marks in Global Issues 40S 97%, Peer Tutoring 41G 98%
 Nicole Yanke – Manitoba Pool Sub-District 802 Memorial Bursary, Myra Langrell Scholarship, U of M Queen Elizabeth Entrance Scholarship

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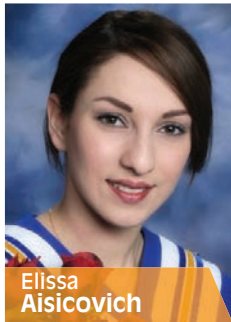
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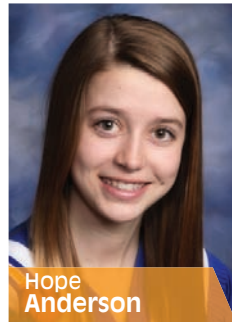
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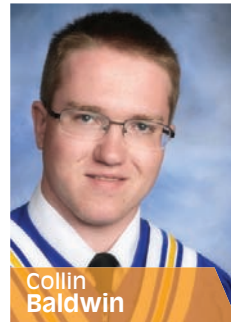
GRADUATION 2015



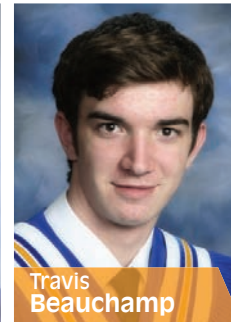
Elissa Aiscovich



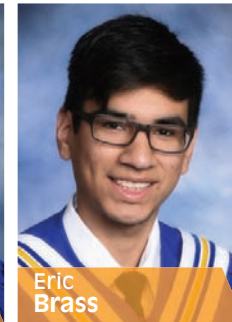
Hope Anderson



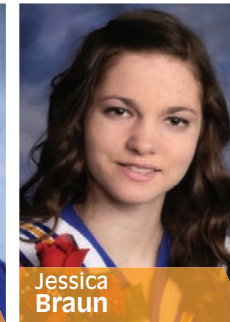
Collin Baldwin



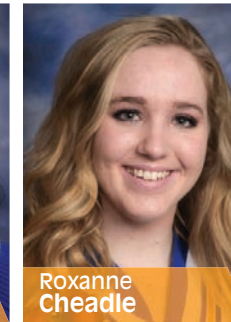
Travis Beauchamp



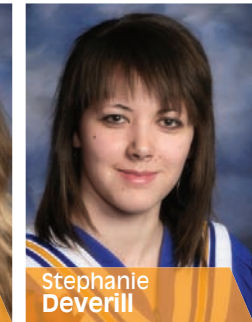
Eric Brass



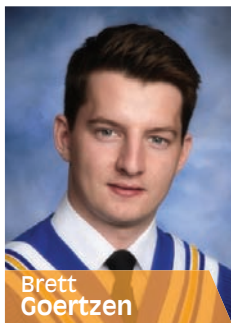
Jessica Braun



Roxanne Cheadle



Stephanie Deverill



Brett Goertzen



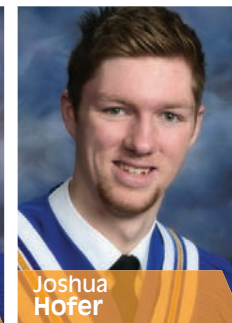
Nicholas Gower



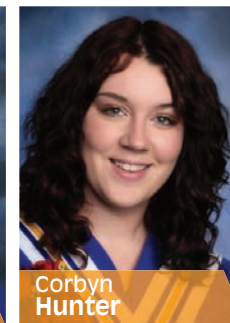
Tara Green



Dylan Heidinger



Joshua Hofer



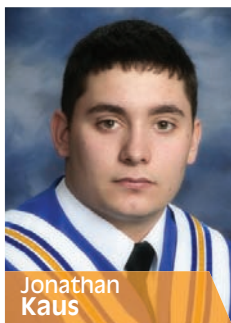
Corbyn Hunter



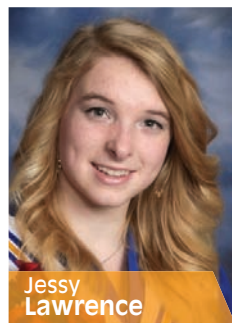
Bradley Jackson



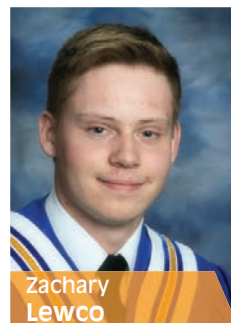
Cole Janke



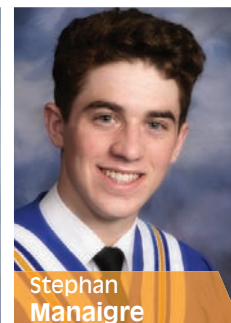
Jonathan Kaus



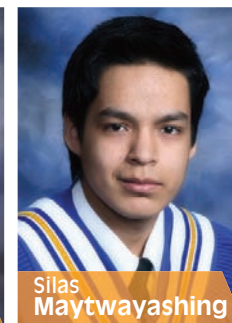
Jessy Lawrence



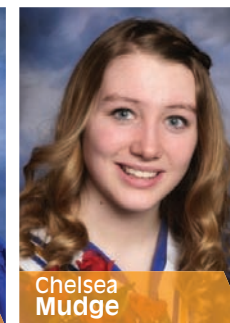
Zachary Lewco



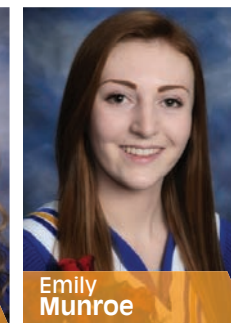
Stephan Manairge



Silas Maytwayashing



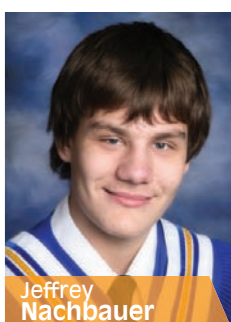
Chelsea Mudge



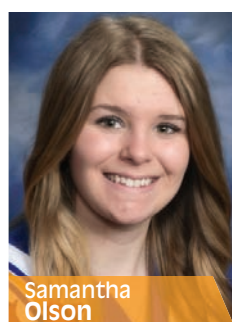
Emily Munroe



Katelyn Myskiw



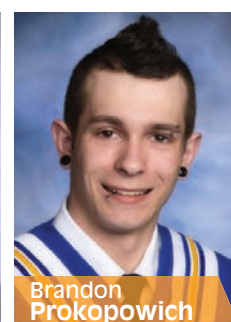
Jeffrey Nachbauer



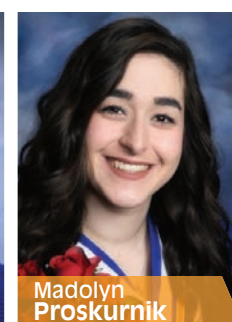
Samantha Olson



Kathleen Porteous



Brandon Prokopowich



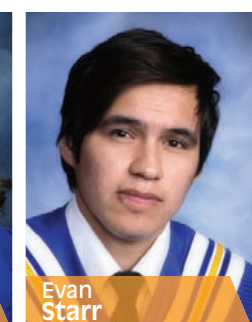
Madolyn Proskurnik



Keegan Sigurdson



Amanda Slagerman



Evan Starr



Brenton Van Hussen-Olson



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A new journey begins for Teulon Collegiate grads

By **Natasha Tersingi**

Their journey was remembered and their accomplishments celebrated while 37 Grade 12 students from Teulon Collegiate Institute took to the stage for their graduation last Friday, June 26.

Principal Paul Magnan addressed the graduates by congratulating them and giving them advice for the future.

"Every story you have ever connected with, every leader you have ever admired, and every puny little thing that you have ever done and have ever accomplished is a result of taking action. You have a choice; don't sacrifice a thousand tomorrows for a few today's and don't settle for a little life," said Magnan.

"I've learned it is possible to set your sights high and achieve your dreams and do it with integrity, character and love. Each day that you are moving towards your dreams without compromising who you are, you are winning."

After opening remarks the award portion of the ceremony began. The big winners of the afternoon were Sawyer Lambourne, Jessica Holod, Jade Ledochowski and Troy Eskilson.

Lambourne, who will be attending the education program at the University of Winnipeg with plans to become a science teacher, received the TCI Student Coach Award, TCI Student Athlete of the Year, Interlake Teachers' Association Scholarship, TCI Culture and School Service Awards, Janet Kuchma Leadership Award, I.A.N.T.E. Bursary and the Red River Co-op Scholarship.

Lambourne was very active in school including being a member of the TCI student council, a Helping Hands committee member, a volunteer tutor for Grade 7 and 8 students and a member of TCI's Youth in Philanthropy program. He also played volleyball, basketball, soccer and badminton and participated in track and field, cross country and curling.

Ledochowski received the I.S.D Excellence Award, TCI Student Athlete of the Year, T.C.I. Alumni Scholarship, Chris Chartrand Memorial Scholarship, Interlake Community Foundation Award, TCI Culture and School Service Award, TCI Principal's Award and Bryan Lefley Scholarship. She will be attending Lake Region State College in North Dakota where she has earned a sport scholarship for softball. Throughout her years at TCI Ledochowski was a Helping Hands committee member, volunteered throughout the Teulon community,



Teulon Collegiate Institute's graduating class of 2015.

TRIBUNE PHOTOS BY NATASHA TERSINGI

participated in cross country, track and field, basketball, volleyball, baseball, coached junior high volleyball and was student council co-president.

Holod is heading off to the University of Lethbridge in Alberta this fall where she has been accepted into the school's new media program and will be playing basketball. Holod was also very active at TCI. She coached junior high girls volleyball and basketball teams, helped at Teulon Elementary School in the Kindergarten program, was TCI Yearbook editor and student council co-president. She received the I.S.D. Excellence Award, Reps Leadership Award, TCI Student Coach Award, Interlake Community Foundation Award, William M.A (Bill) Campbell Memorial Award, TCI Culture and School Service Award, TCI Principal's award, Royal Canadian Legion Branch #52 Award, James Family Scholarship, Bryan Lefley Scholarship, Board of Governors Admissions Scholarship, Board of Governors Relocation Scholarship, Management Student Leaders Scholarship and Robert M. Cook Scholarship in Fine Arts.

Interlake School Division (ISD) trustee Sally Cook also presented Holod with the Interlake General Proficiency Award.

"The recipient is someone who represents a well rounded student



ISD trustee Sally Cook presented Jessica Holod with the Interlake General Proficiency Award.



ISD Superintendent Christine Penner presented Troy Eskilson with the Governor General's Bronze Medal



TCI Teacher John Kooning presented Sawyer Lambourne with the Interlake Teachers' Association Scholarship.



Sisters Britni (left) and Emily Trombo received the Red River Partners in Education Scholarship presented by TCI teacher Oksana Kosteckyj.

Continued on page 15

Continued from page 14

through academics, sports, extra-curricular activities and citizenship. This year's candidate was very active on sports teams, coached younger students at TCI and is a fantastic example of good citizenship," said Cook of Holod.

ISD Superintendent Christine Penner presented Troy Eskilson with the Governor General's Bronze Medal, which is given to a student who has the highest academic average in all Grade 11 and 12 courses. Eskilson, who will be attending the University of Manitoba in the fall, was also awarded the I.S.D. Excellence Award, Interlake Bus Drivers' Association Award, Sunova Scholarship and the MTS Futures First Scholarship.

Ending the ceremony with their valedictory address was Eskilson and Kurt Carter, who reminisced about their last six years at TCI and what a typical school day has in store for students.

"The day typically starts off on a low note when you have to hear Mr. Magnan talk about his favourite team the Montreal Canadians, as if you needed

more reasons to hate Monday mornings. Patrolling the hallways you will always find Jason 'Deputy' Darragh policing the notorious hat law," said Eskilson.

"A hop, skip and a jump past the younger weirder high schoolers leads you to the English room. A very calm teacher with high expectations is here. Mrs. Fenske does what many consider is impossible; she manages to make you dread watching movies."

"Across from this room is Mr. Ledochowski's room where he teaches physics and essential math. If you hear the Beatles and other moldy classics you have found it. Here you will also find people counting down the last 59 minutes of class," continued Carter.

The pair ended their address with a final goodbye and one last joke, delivered by Eskilson.

"All the assignments, late nights, depressing test scores, provincial exams and high school are over. And we have also listened to speakers praise our individuality while dozens of us stand up in here identical matching caps and gowns."



Teacher Shayne Campbell presented the William M.A Campbell Memorial Award in memory of his father, to Jessica Holod.



Principal Paul Magnan presented Jessica Holod (left) and Jade Ledochowski with the TCI Principal's Award. This new award recognizes students for their initiatives and projects that contributed to student life at TCI.



Left, TCI librarian Brenda Bawdon presented Mikhaela Murray with the Lifetouch Citizenship Scholarship for her citizenship efforts and has achieved success in academics.

Teulon Collegiate Institute Bursaries and Scholarships 2015

Award Name	Recipient		
Governor General's Bronze Medal	Troy Eskilson	Sunova Scholarship	Troy Eskilson
Interlake General Proficiency Award	Jessica Holod	TCI Culture and School Service Awards	Jessica Holod, Sawyer Lambourne, Jade Ledochowski, Tianna Philippot
I.S.D. Excellence Awards		Jessica Holod, Sawyer Lambourne, Jade Ledochowski, Tianna Philippot	Sawyer Lambourne
Raelene Engelberg, Troy Eskilson, Emily Green, Jessica Holod, Jade Ledochowski, Brooklyn Strick		Janet Kuchma Leadership Award	Tianna Philippot
Certificat de mérite pour le français de base		TCI Principal's award	Jessica Holod
Christina Fleury, Emily Green, Jessica Holod, Jade Ledochowski, Mikhaela Murray, Tianna Philippot		Royal Canadian Legion Branch #52 Award	Jade Ledochowski
Reps Leadership Award	Jessica Holod	I.A.N.T.E. Bursary	Jessica Holod
TCI Student Coach Award	Jessica Holod	James Family Scholarship	Sawyer Lambourne
	Jessica Holod	Rev. Dr. Barry Rasmussen Memorial Scholarship	Jessica Holod
	Jessica Holod	Bryan Lefley Scholarship	Emily Green
	Sawyer Lambourne		Jessica Holod
	Sawyer Lambourne	Town of Teulon	Jade Ledochowski
	Jade Ledochowski	Rockwood Festival of the Arts Scholarship	Emily Green
	Meghan Osbak	Lifetouch Scholarship	Mikhaela Murray
	Christina Fleury	Terry Fox Humanitarian Award	Mikhaela Murray
	Jade Ledochowski	Global Citizenship Award for Students	Tianna Philippot
	Tianna Philippot	Red River Co-op Scholarship	Tianna Philippot
	Raelene Engelberg	Board of Governors Admissions Scholarship	Sawyer Lambourne
	Raelene Engelberg	Board of Governors Relocation Scholarship	Jessica Holod
	Brooklyn Strick	Management Student Leaders Scholarship	Jessica Holod
	Emily Trombo	Robert M. Cook Scholarship in Fine Arts	Jessica Holod
	Troy Eskilson	Lake Region State College Honor Scholarship	Jade Ledochowski
	Jade Ledochowski	Lake Region State College Sport Scholarship	Jade Ledochowski
	Britni Trombo	R.M. of Armstrong Scholarship	Raelene Engelberg
	Jessica Holod	Partners in Education Scholarship	Britni Trombo
	Jade Ledochowski		Emily Trombo
	Sawyer Lambourne		Troy Eskilson
	Nicole Wiebe	MTS Futures First Scholarship	
	Jessica Holod		

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