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Stonewall Teulon Tribune

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Kaitlynn Swanson of Stony Mountain dressed up in true Canadian fashion, celebrating Canada Day while taking part in the Stony Mountain Canada Day parade.
TRIBUNE PHOTO BY SANDI SWANSON

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Interlake riders take over Teulon show grounds



TRIBUNE PHOTOS BY STEFANIE LASUIK

Pictured from left, Alyssa-Lynn Procter, of woodlands guides Miss BNE Smooth Cash through the Intermediate English Pleasure class on her way to winning gold. Second from left, Katie Ostertag of Riverton takes Chancey for a spin while Cade Helmstrom of Winnipeg Beach takes the PeeWee Showmanship class with his horse Winken at Fame. Far right, Fraserwood's Jessica Greene gets her horse, Michael, to giddy up.

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By Stefanie Lasuik

Riders and their horses trotted their stuff on Saturday at the Teulon Show Grounds. The Interlake Riding Club saw over 50 riders compete in 43 classes throughout the day.

The annual show, now in Teulon for its third year, saw its smallest participation but spirited riders nonetheless. Families and individuals partook in classes such as showmanship, English and Western.

The show was one of seven, a part of the North Interlake Show Circuit (NISC), which aimed to provide families with a positive experience while

allowing beginner riders and horses to exhibit their horses in a productive and fun atmosphere. Teulon was NISC's third location of the year.

The high point awards for each division have yet to be released, but new to this year's show was a 4-H category for those members of the club. The winners will receive payouts from the show as well as the North American Equine Ranching Information Council.

The NISC now looks forward to hosting in Arborg on July 17 and 18. More information can be found by emailing agsociety.net.

Summer reading programs underway at local libraries

By Natasha Tersigni

As a way to encourage children to continue to read in the summer months even though school is out, the South Interlake Regional libraries, both Stonewall and Teulon branches, have launched their summer programming.

Sponsored by TD Bank, the summer reading club encourages children to read by getting them to track the time that they have read in 10-minute

blocks. After having a parent sign off on their log sheet, they can go to the library and turn in their log to earn reading bucks. The money then allows them to shop for small toys and trinkets at the libraries' store. Minutes will also count for children that are too young to read on their own but are read to, so everyone can partici-

Continued on page 5

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Smoke before the storm: Lake Manitoba squall flips catamaran

By Patricia Barrett

With little warning, apart from a few distant rumbles of thunder, a violent storm hit Laurentia Beach Saturday afternoon and tossed a catamaran and its sailor under the waves about a half mile (.8 kilometres) from shore.

Two cottagers had been out for a beachside stroll, but ran for cover when the rain came bucketing down. They said they saw a red-hulled catamaran with brightly coloured sails dashed down into the water.

"The wind was too strong," said Grant Link, one of the cottagers who witnessed the incident, "and he flipped." Link's family has owned a cottage at Laurentia Beach for about 44 years.

In a matter of seconds, the tempest from the southwest shrouded the lake, and the boat disappeared from sight. Concerned for the fate of the sailor, Link's friend called 911 while he got out his binoculars and trained them on the spot where the boat capsized.

After several minutes of intense wind and rain, and hail the size of almonds, the squall passed and visibility on the lake improved somewhat.

Link said he saw a motorboat carrying three passengers quite some distance south of the catamaran. It looked as though it was heading towards the downed boat.

By that time, the pilot could be seen in the water clinging to the catamaran.

Heavy smoke from forest fires in northwestern Manitoba and Saskatchewan hovered over the lake all weekend, making it virtually impossible for boaters to anticipate (by sight and smell) an approaching storm. Manitoba has imposed a fire ban, according to a July 3 update from Manitoba Conservation.

One of Link's neighbours said she didn't see the catamaran capsize, but she saw it lying in the water before the storm intensified.

"A wall of water came through," said the cottager, who preferred not to give her name, "and we lost sight of it." She

said when the rain let up, she and her husband saw people walking along a spit at the south end of the bay. They waded into the lake and walked in the direction of the capsized boat.

The motorboat beat them to it.

Tristan Rakowski, whose family has a cottage at Laurentia Beach, said he and his family left Twin Lakes Beach when they heard the first thunder-clap. Ten minutes later, they were whipped by rain, "bothered" by lightning and battling waves a metre and a half high. As they approached the south end of Laurentia, they saw the overturned catamaran and headed to the rescue.

"He was sitting on the pontoon, looking a little discouraged," said Rakowski, who is vice president of Rakowski Cartage & Wrecking, a Winnipeg-based company that demolishes buildings across the country and recycles the materials.

Rakowski said they asked the man whether he was hurt and offered to help him get the vessel upright. He tried to swing the mast into the wind.

From shore, Link said he could see the man standing on one pontoon, attempting to right the catamaran.

A few seconds before St. Laurent's volunteer firefighters and first aid responders arrived at the main public beach, which is cordoned off from the shoreline by geotubes (textile sleeves filled with sand) and massive sandbags used for flood control, the catamaran was buoyant.

It looked as though the man was unharmed, but St. Laurent's deputy fire chief wasn't taking any chances. He sent two volunteers into the lake.

"We don't have a boat to effect a rescue," said Roger Leclerc, "but we have the jurisdiction to commandeer one from a cottager."

The two volunteers stripped off protective gear and heavy boots and waded into the water. Laurentia Beach has long stretches of relatively shallow water close to shore. Although the flood of 2011, which devastated cottages in St. Laurent



TRIBUNE PHOTOS BY PATRICIA BARRETT

St. Laurent volunteer firefighters watched from the shore after a catamaran flipped a half mile out at Laurentia Beach last Saturday. The catamaran was buoyant and the sailor was rescued safely.

and Twin Lakes Beach, has raised the level of the lake and stolen beachfront, it's still possible to walk out about a kilometre and a half – with the water at neck level – before the lakebed takes a serious dip.

Leclerc said if the fire department had to grab a cottager's boat, it would reimburse the owner. "It's like renting a boat," he said.

And depending on how the situation unfolded, Leclerc said the fire department would call for backup from the Lunder RCMP detachment, which has a rescue boat.

In chest-deep water, the two firefighters waved the man ashore, but he apparently did not see them. He landed at the south end of Laurentia Beach, close to the spit.

"I went down, but I was okay," said the man, who was surrounded by several people. He was removing the jib, which looked as though it had suffered tearing. He did not wish to comment any further or provide his name.

Leclerc said the fire chief went to speak with him to assess his condition.

Within an hour of the storm, there



The beached catamaran after the storm July 4

was barely a ripple on the water. But it was hard to tell what the clouds were getting up to behind the smoke.

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Berry delicious – get 'em while the picking's good

By Natasha Tersigni

Thanks to hot weather mixed with rain showers, the strawberry patches at Boonstra Farms are ripe and ready for picking ahead of schedule.

Fields were open to the public on June 29, and on July 1, more than 2,000 people visited the berry patch to stock up on fresh locally grown strawberries.

"We are opened earlier than usual. We are not very often opened on Canada Day and never before Canada Day," said Boonstra Farms owner Murray Boonstra.

"The crops are looking unbelievable. The berries are beautiful."

Along with the 25 acres of strawberries and four acres of raspberries, new this year, the farm will also feature a Manitoba fresh vegetable stand where customers can purchase veggies straight from the garden.

"We are selling fresh B.C. cherries along with the Manitoba vegetables," added Boonstra.

"As soon as the vegetables come out from the garden, we will be selling them. We are expecting a fresh crop of potatoes soon."

Also new this year, the farm will have a chip truck so guests who get hungry can have snack before or after picking in the fields.



Andre takes a break from strawberry picking to enjoy a few fruits of his labour.

Boonstra added that the best way to find up-to-date information on the fields and picking hours is go to Boonstra Farms Facebook page or their Twitter feed @BoonstraFarms. Additional information can be found at www.boonstrafarms.com.



TRIBUNE PHOTOS BY NATASHA TERSIGNI
Seven-year-old Yuliana Lavryshyn spent part her Canada Day in Boonstra's strawberry patch with her family, stocking up on the sweet red goodness.

Confidence and inspiration gained, pounds shred

June Shredders call it a month with year-end banquet

By Stefanie Lasuik

As July dawns, the June Shredders have disbanded, but not for loss of healthy living. After a month of working out and eating right, members of the Stonewall exercise program plan to carry on with the habits learned in the month of June.

"It feels like something I can continue after the end of June," participant Trena Levesque said.

Levesque was one of two "best shredders," as named by the group. Shred participants voted for her and Malisa Newcombe for the title, and they were the most successful shredders.

"It's really inspiring. It keeps you on track and keeps you going," New-

combe said.

The June Shred is a self-guided program facilitated by certified fitness instructor Shelley Schaeffer, who teaches participants how to exercise and eat in order to maintain healthy lifestyles. The program aims at creating healthy habits by enabling Shredders to step into such practices for a month.

"This has meant a lot to me. This entire group means a lot to me. They helped get me through. They helped me push myself and feel good about myself," Levesque said.

June Shred members held a month-end dinner to celebrate their shared success. The total weight lost by the group totalled 432 pounds.



TRIBUNE PHOTO BY STEFANIE LASUIK
Shelley Schaeffer, Malisa Newcombe, Trena Levesque and Jocelyn Derksen were all smiles after a month of hard work paid off.

Former SCl graduate brings Disney characters to life

By Natasha Tersigni

Next year when tuning into the Disney Junior television series *Jake and the Neverland Pirates*, an animated series based on Peter Pan, viewers will see the work of former Stonewall resident coming to life.

Shelby Yachison is living in Vancouver and recently landed her dream job with Bardel Entertainment Inc., an animation studio in Vancouver. Her job is to turn characters from 2D drawings into 3D animated characters, bringing them to life. Yachison uses computer programs and design elements, such as adding light, depth and dimension to images, in order to make characters move and come alive on screen.

When Yachison graduated from Stonewall Collegiate Institute in 2012, she headed to B.C. where she was accepted into the animation program at The Art Institute of Vancouver. It was a dream come true for Yachison who always knew she wanted to work in the art industry.

"I grew up watching Disney movies all the time and I knew that I wanted to do something in art. I wasn't really sure what animation was and wasn't sure what careers I could have, but it was always a passion of mine to make something move and come alive," said Yachison, who added she enjoyed her time at the school.

"It was an accelerated program. It was supposed to be four years but

they condensed it into two years; it was a very fast-paced, high-stress environment."

At the school, Yachison, who was already a gifted artist, learned how to transfer her skills and work in a 3D environment. She also took classes in perspective drawing and life drawing classes of anatomy.

During her last year in the program, one of her teachers arranged an interview with Bardel Entertainment Inc. Bardel does work for many organizations including Fox Broadcasting Company, DreamWorks, Warner Bros., Nickelodeon, Disney, and Cartoon Network. Past Bardel projects include VeggieTales, Zeke's Pad, Silverwing and Edgar and Ellen.

Following the interview, Yachison landed the job with Bardel, and her first project with the studio was working on Disney's *Jake and the Neverland Pirates* show.

"My job is to make the characters move," said Yachison.

"It is a dream come true right out of school."

Yachison will remain working on the *Neverland Pirates* until October before switching to another project within Bardel. At this point, all she can say is that it is a television show and she is not allowed to release further details.

"I was drawn to animation because of the magic. Growing up, I watched movies. There is something magical about Disney and how they create this



TRIBUNE PHOTO SUBMITTED

Class of 2012 Stonewall Collegiate Institute grad Shelby Yachison is in the business of making on screen magic with her current job as an animator with Bardel Entertainment Inc in Vancouver. Yachison is currently working on a project for Disney, *Jake and the Neverland Pirates*.

for children. Even now, that magic has grown more for me and I want to create that for children and even adults," said Yachison.

"Eventually my hope is to work at the Disney studios in California."

> SUMMER READING, FROM PG. 2

pate.

"When they register, each child also gets a booklet that has different challenges. As they complete a challenge, they get a draw slip for one of the five grand prize book packages," said Teulon librarian June Makowski.

"There are all kinds of fun challenges, such as read to your pet or read in the bath tub."

Along with the summer reading club, Makowski is also running programs on Wednesdays. At 10:30 a.m. for July and August, there will be sto-

rytime, and then in the afternoons from 1 to 3 p.m., there will be activities including reading games and arts and crafts, all with a super hero theme.

On July 17 at 10:30 a.m., Ruff House will be bringing their trick dogs to the library to put on a show on for the children.

For more information on the summer reading club or about activities that the library is hosting, drop by the library during regular hours or visit www.sirlibrary.com.

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Bezan encourages families to apply for child-care benefits

Staff

An estimated 7,700 families with 14,400 children in Manitoba are eligible to receive money under the government's proposed enhanced Universal Child Care Benefit, but they still need to apply.

Selkirk-Interlake MP James Bezan is encouraging families to apply for the benefit. "We want to ensure that every family with children receives the enhanced Universal Child Care Benefit. If you've got kids under 18, you qualify," he said in a June 30 press release. "It doesn't matter how much you make or the type of



JAMES BEZAN

child care you choose. Apply now so you can receive the money that is owed to you."

The majority of families with children, approximately 3.8 million, are known and will automati-

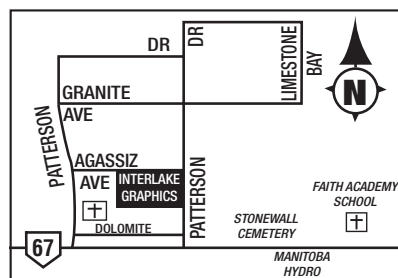
cally receive the enhanced UCCB or be contacted by the government to confirm their information. However, many eligible families are not currently captured by the government's UCCB system and may miss out on receiving money that is owed to them unless they apply. In 2015 alone, this represents potentially millions of dollars in unclaimed benefits.

Under the proposed enhancements to the UCCB, families would receive almost \$2,000 per year for each child under six and \$720 per year for each child aged six through 17.

The new benefit amounts would be retroactive to Jan. 1, 2015, and be reflected in monthly payments to families in July 2015. The proposed enhancements to the UCCB are expected to more than double the number of families that benefit from 1.6 million to more than four million.

If your family is not currently receiving the UCCB, has never received the UCCB, or has never applied for the Canada Child Tax Benefit and you still have children under 18 in your care, visit canada.ca/taxsavings for information on how to apply.

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



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Stonewall Teulon Tribune - Interlake Graphics
74 Patterson Drive, Stonewall Industrial Park Phone 467-5836 Fax 467-2679
Letters to the Editor: letters@stonewallteulontribune.ca
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The next chapter isn't so scary after all



Stefanie Lasuik

By Stefanie Lasuik

There is nothing to fear but fear itself. It may seem obvious, but Franklin Roosevelt said it best. When you enter a post-secondary classroom for the first time and seat yourself among unfamiliar faces, fear kicks into high gear. It is that all-too-familiar Grade 9 sensation of increased self-awareness, where it seems everything you do, say, and even the way you look will be judged and graded. Don't get me wrong, there will be some who will judge you, but they will not be in the majority. The difference between high school and university is that students are there to learn and they are there to learn at a cost. The hefty education fee acts as a deterrent to shift attention away from you as a social companion

and towards a conceptualization of fellow learners. This is not to say that making friends is not a part of the university experience but to point out the weakening of social hierarchy.

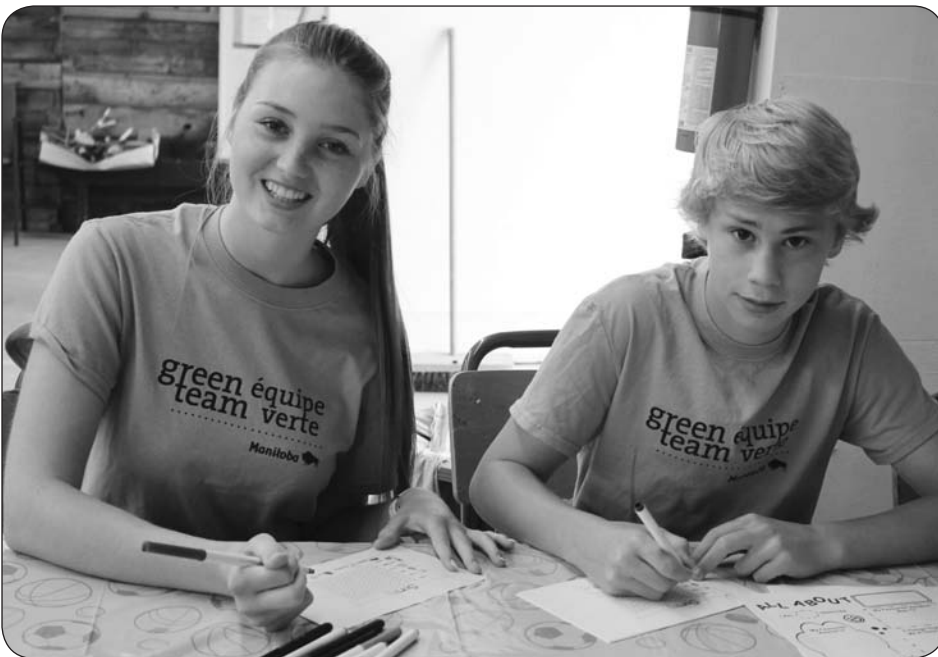
In terms of academics, do not be afraid to ask your professor questions. A simple email after class or on the weekend can be most beneficial and will not paint you as needy. If anything, this type of contact can help you stand out to your professor as one who is striving for excellence and may work in your favour in the long term. After all, we tend to be more sympathetic and helpful towards familiar others who we know are trying than those unfamiliar to us.

The final piece of advice I will offer is this: if you become discouraged

because you can't understand a reading or concept, it's not because you aren't smart. It's because you are not supposed to understand it — at first, anyways. Concepts that fall beyond our understanding are necessarily so because they challenge us to expand our minds to reach that level. So, no, you won't always understand at first, but due diligence will pay its worth if you keep yourself from becoming discouraged.

Stefanie Lasuik has completed her University of Winnipeg credits for the Joint Communications program. She is currently working on a summer internship with the Stonewall Teulon Tribune before entering Red River College to finish her Bachelor of Arts in Communication degree.

Warren youth drop-in centre open for the summer



TRIBUNE PHOTO BY STEFANIE LASUIK

Nicole Yanke (left) and Ryler Tonner have everything ready for the Warren Youth Drop-in, where Yanke will lead kids' activities daily throughout the summer.

By Stefanie Lasuik

The Rosser Woodlands Recreation Commission is giving youth between the ages of six and 12 the opportunity to get out and active this summer. From July 6 to Aug. 28, the Commission will welcome kids to a drop-in recreation program at the Warren Grain Elevator grounds.

Nicole Yanke, youth officer for the program, has physical and creative activities lined up to keep the children engaged for the summer months. From capture the flag to relays to soccer baseball, water balloon activi-

ties, and arts and crafts, the program promises youth a great experience.

"It's an opportunity for kids to be active and make new friends," Yanke said, noting that it is especially attractive during those days when children have nothing going on and grow bored.

There is a big activity every morning and afternoon for attendees, which differs each day. Yanke is hoping to host several movie afternoons, as well.

The drop-in runs from 8:30 a.m. to 4:30 p.m. from Mondays to Fridays, excluding holidays. The cost per day is

\$15, or \$8 for a half-day, and \$60 for a week. A week's worth for two siblings

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AGES 8-14

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Teulon Rockwood Arena receives improvements

By Natasha Tersigni

In September when local hockey players strap on their skates and take to the ice at the Teulon Rockwood Arena, they should notice a few improvements to the facility.

Thanks to a \$21,500 grant from the Manitoba Liquor and Lotteries Small Capital Sponsorship program, the arena and the Teulon Curling Club were able to complete this upgrade to their ice plant and connect the ice plant to the two buildings this season.

"The new ice plant allowed for the curling club, which celebrated its 90th season this year, to remain open and helped improve the ice quality at both the arena and curling club," said Teulon-Rockwood recreation director Chris Hornby.

"We have more capacity to work

with now, so we can make ice faster."

The cost of the upgrades to the ice plant and connecting the two buildings was \$60,000, which was funded also by the RM of Rockwood and the Town of Teulon, each contributing approximately \$20,000 to the project.

To complement the higher quality ice, the Teulon-Rockwood Recreation Commission purchased a used Zamboni for approximately \$40,000 to replace the arena's old ice cleaning machine that needed costly repairs.

Along with the ice plant upgrades, the arena seating area is undergoing a light fixture upgrade this summer. A Community Places Program grant, funded by the provincial government, is giving the arena \$14,000 that will pay for the new LED lights in the stands.



TRIBUNE PHOTO BY NATASHA TERSIGNI

Teulon-Rockwood recreation director Chris Hornby shows off the Zamboni that will be used in the upcoming season at the Teulon Rockwood Arena. The used Zamboni was purchased for \$40,000 and was funded by a Manitoba Community Services Council grant, the RM of Rockwood and Town of Teulon.

Stonewall resident completes teaching practicum overseas

By Stefanie Lasuik

The University of Winnipeg puts through countless education students each year, most of whom spend their practicum blocks in Manitoba or locations somewhat close to home. One Stonewall resident, motivated by the desire to experience a foreign education system, took her teaching talents overseas.

What greeted Casey Stafford at Aguinaldo International School in the Philippines was a 7 a.m. to 5 p.m. work day, little technology and small classrooms but an experience she deemed to be the best of her life.

"It was truly remarkable," Stafford said.

Stafford explained that her students listened carefully and seemed intrinsically motivated to learn. She enjoyed the family-oriented atmosphere, which welcomed her warmly to Manila.

Stafford was positioned in a physical education class, the subject of her major, where she taught Grade 5 to 10 students. Stafford's co-operating teacher taught her a lot in her six weeks at the school, but Stafford said that the learning was mutual.

"I learned so much, but my co-operating teacher told me she learned so much as well, just because of how we teach here in Canada," Stafford said, noting that Manitoba takes a much more child-centred, interactive approach to education. Aguinaldo Interna-



TRIBUNE PHOTO BY CASEY STAFFORD

Casey Stafford recently returned from the Philippines, where she completed a six-week practicum block for her University of Winnipeg education degree.

tional School in the Philippines takes a content-oriented approach to education, incorporating many more tests and examinations into its teaching

style. Manitoba's philosophy places greater emphasis on individual child support by accommodating specific needs and possibilities.

The real highlight of Stafford's cross-cultural teaching experience came outside the classroom, when she teamed up with the Kids in Action organization to work with some of Manila's homeless children.

Recent estimates put Manila's homeless population in children alone at 1.2 million to 1.5 million. Mentoring these children struck a chord in Staf-

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Outdoor exercise equipment installed in Rockwood

By Stefanie Lasuik

By the end of the day on June 29, three Rockwood communities boasted colourful additions that will help keep residents active.

Balmoral School, Ducharme Park in Stony Mountain, and Archie Gray Park in Stonewall each saw the installation of "Steppin' Out" senior exercise equipment.

Local volunteers teamed up with workers to excavate each site before cementing in the equipment and finishing it with a fibar fill. Tai Chi wheels and balance steps were placed at each location to enable seniors, along with adults and children, to engage in exercise.

"Kids go on the playground. Why can't adults go out there and exercise?" said the chairperson of Age Friendly Stonewall, Joie Van Dongen.

Van Dongen said that the equipment provides parents and grandparents the opportunity to go to the park together with their children and grandchildren where everyone can engage in activity.

The idea for the project came on the heels of observations by Age Friendly committee members who have seen similar projects undertaken in Australia, where one can stumble upon senior exercise equipment on some of the country's walking paths. Age Friendly Stonewall and the RM of Rockwood applied for a grant from the Government of Canada's New Horizons for Seniors Program and received \$25,000, bringing their ideas to life. Now, exercise equipment is accessible for all across the three communities.

Fitness expert Shelley Schaeffer emphasized the significance of physical activity for seniors. She pointed to positive effects on musculoskeletal,



It took a team effort from community members, including MP James Bezan, to get Balmoral's new "Steppin' Out" exercise equipment in place last week.

cardiovascular, respiratory and endocrine systems, a decreased risk of premature mortality, coronary heart disease, hypertension and diabetes, and improved mood and ability to perform daily tasks.

Donations in kind and cash support from the RM of Rockwood, Stony Mountain Community Association, the Town of Stonewall, Interlake School Division #21, Balmoral School and volunteer community members also made the project possible.

Member of Parliament James Bezan was also present on the day, deeming the new exercise equipment "a critical piece of infrastructure" that he said will support seniors throughout the region.

"It gives them the opportunity to get out, stay healthy, and enjoy the great



TRIBUNE PHOTOS BY STEFANIE LASUIK

Stony Mountain residents Dwayne Fox (left) and Brad Emberly pitched in to get equipment ready at Ducharme Park in Stony Mountain.

outdoors at the same time," Bezan explained.

Both Von Dongen and Bezan were glad that the initiative was able to extend into three of Rockwood's com-

munities.

Age Friendly will now look to provide workshops for the use of the equipment.

> OVERSEAS, FROM PG. 8

ford's heart.

"They were the most kind, generous children that come from such a hard circumstance," Stafford explained.

Stafford worked with the youth every Saturday and then had the opportunity to take over 20 on a five-day retreat to Puerto Galera, Oriental Mindoro. Working with youth who were so underprivileged is an experience Stafford will never forget.

"Seeing their faces when they saw the beach for the first time, I just started to cry," she said, deeming the retreat the most incredible week of her life.

Stafford spent the days leading the four- to 11-year-olds in activities from theatre to dance to artwork while social workers taught them how to

protect themselves from child sexual abuse and child exploitation.

"It helped me become more aware and open toward the different experiences and challenges and different obstacles that kids go through. No matter whether they're from the streets of Manila or from here in

Manitoba, everyone has similarities," Stafford explained.

Now that the experience is over, Stafford brings home her memories and lessons well learned.

"As teachers, we have an obligation to try to connect to kids," Stafford said, explaining that school was about

more than academia in its attempts to build character and a sense of togetherness.

Stafford looks forward to spending her next two practicum blocks in the Interlake before graduating in the Spring of 2016 with a major in physical education and a minor in biology.

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ALL ARE WELCOME

Teulon goose plant misses 2015 hatching season

By Natasha Tersigni

When Bryan Pryde, a Toronto-based feather and down producer, purchased the Northern Goose processing plant in Teulon in 2012, he expected that the plant would be fully operational by 2014. Last summer, with delays in signing the industrial use permit with the Town of Teulon, processing at the plant was postponed with the hope that birds from local Hutterite colonies would begin hatching for plant production in March or April of 2015.

With the spring hatching season come and gone, no industrial use agreement signed and requirements still needing to be met for the South Interlake Planning District (SIPD), Pryde has doubts if any processing in the plant will be done this year.

"At this stage, to have a full operation on a kill this year would be impossible because it has just taken way too long," said Pryde.

"We are still in negotiations with the town on the industrial permit, which we still have not signed because the industrial permit has been dragging on and really has gone back and forth between the lawyer that works for Teulon and ourselves. It is really a



TRIBUNE FILE PHOTO

Delays in negotiations between the Town of Teulon and South Interlake Planning District has meant that the former Northern Goose Plant in Teulon will not be fully operational this year as previously planned.

time consuming, long, drawn out process. A lot of it is that we are waiting for them to check out things that have to do with bylaws within the Town of Teulon and SIPD."

Pryde is not giving up hope that the plant will open and says his company is continuing to work with Manitoba engineers to meet SIPD requirements, including special access for wheelchairs and fire codes.

"We feel very good at this point that we will progress, but will we at this point operate this season killing

geese at the full scale? No, we will not. It is impossible now considering that hatching is done. Could we consider killing on a small scale? Yes, that is possible, but there is still a lot of work to do and right now we can't make the decision," said Pryde, who added that the plant will do more than just killing and processing geese.

"We also have other plans with the plant. The plant is not just going to be a slaughter house. We also have feather and down processing equipment there and we will have an industrial

permit that will allow us to do those kinds of things as well, within the limits of the flow rate and discharge into the lagoon, which is the primary concern of the town."

Pryde told the *Tribune* that along with the SPID and the town he is also in talks with the Canadian Food Inspection Agency (CFIA) so once the industrial permit is signed, they can proceed with applying for registration to become a federal plant.

Stony Mountain residents petitioning for doctor

By Natasha Tersigni

It has been over 10 years since there has been a doctor practising in Stony Mountain, and residents want that to change. With already over 300 signatures, residents are hoping that their petition will show RM of Rockwood councillors that they are serious about the need for a doctor or nurse practitioner in their community.

With a current population of approximately 1,700, residents want to have a medical professional that can provide care without having to commute to Stonewall or Selkirk.

Stony Mountain pharmacist Isaac Hanna began collecting signatures a month ago and quickly realized the need for a medical professional in the community.

Hanna opened his pharmacy, Stony Mountain Pharmacy, in November 2014 and already has a steady customer base. Where Hanna is currently located, at 5 Main St., there is already a full medical clinic waiting to be staffed by a doctor or nurse practitioner.

"This clinic is fully equipped and ready for a doctor to work in. The health authority would not need to set anything up," said Hanna, who added that he has been very busy since he has opened and that there have been many inquiries as to if there is a doctor working in the clinic.

"I have found since I opened, many people have come in asking if there is a doctor. When I

first opened, I would get around 10 people a day."

Hanna initially tried to get a doctor in the clinic privately, but given the small population base and the fact that there hadn't been a practising doctor in many years the start-up practice is not appealing to many physicians.

"We tried to get a doctor before (for a private medical clinic) but he was worried that it would not be busy enough," said Hanna who added after trying to recruit doctors failed, he approached the Interlake-Eastern Regional Health Authority.

"We contacted the health region and they said that Stony Mountain does not need a doctor."

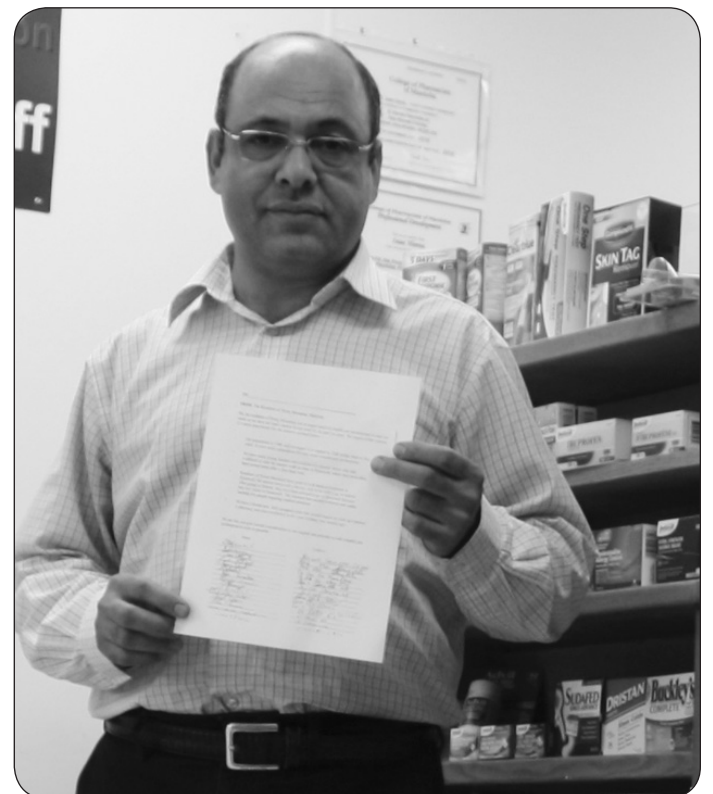
The petition has been presented to RM of Rockwood Coun. Mark Hidlebaugh, who said that he would be presenting it to council at their next meeting in July.

"I think this would be a great asset for Stony Mountain. It is a growing community and it is getting bigger and bigger.

"We just got a pharmacy, which was a long time coming, and that was a step in the right direction. I am positive that Rockwood council will really support this," said Hidlebaugh.

"I am absolutely going to support this initiative."

Signatures are still being collected for the petition at Stony Mountain Pharmacy located at 5 Main St. in Stony Mountain.



TRIBUNE PHOTO BY NATASHA TERSIGNI

Stony Mountain pharmacist Isaac Hanna has over 300 signatures on a petition lobbying for a doctor in Stony Mountain. The petition will be presented at an upcoming RM of Rockwood council meeting.

Woodlands medical clinic opening postponed

By Natasha Tersigni

Residents in the RM of Woodlands will have to wait a few more months before nurse practitioner Tammy Hagyard-Wiebe begins seeing patients in their community due to unexpected renovation upgrades needed at the medical clinic.

Hagyard-Wiebe was expected to start working out of the Woodlands Physiotherapy clinic in April, but Interlake-Eastern Regional Health Authority (RHA) required upgrades to be completed at the Woodlands Physiotherapy clinic before patients could be seen, delaying the start date.

"We are working with the RM of Woodlands to address heating and ventilation, improve accessibility and do some cosmetic upgrades like painting and flooring," Interlake-Eastern RHA

spokesperson Lauralou Cicierski wrote in an email to the *Tribune*.

"We anticipate being operational by the fall of this year."

The renovations will cost approximately \$40,000 to \$50,000 and will be cost-shared between the RM of Woodlands and the Interlake-Eastern RHA.

While renovations continue, residents who want to begin seeing Hagyard-Wiebe can do so by visiting her at her practice in St. Laurent. When the clinic is approved and officially opened, Hagyard-Wiebe will be spending one day a week in Woodlands and the rest of her time in St. Laurent.

As a nurse practitioner, Hagyard-Wiebe provides many services similar to ones a physician provides, including performing complete physicals;

"WE ANTICIPATE BEING OPERATIONAL BY THE FALL OF THIS YEAR."



TRIBUNE PHOTO BY NATASHA TERSIGNI

Renovations to the Woodlands Physiotherapy clinic have delayed the start date of nurse practitioner Tammy Hagyard-Wiebe from seeing patients in Woodlands.

diagnosing and treating acute or chronic illnesses or injuries; prescribing medications; ordering and managing the results of screening and diagnostic tests; performing minor surgical procedures; making referrals

to other health-care professionals, such as specialists; and performing medical tests, such as pap tests.

To book an appointment with Tammy Hagyard-Wiebe in her St. Laurent clinic, call 204-646-2504.

Volunteers hoping to fill food bank with donation drive

By Austin Grabish

Organizers of an upcoming food drive need help filling an expected summer lull in donations to the local food banks.

The Church of Jesus Christ of Latter-day Saints will have their 10th annual Latter-day Saints Summer Food Drive next week.

West St. Paul resident Tyler Anderson is leading this year's food drive, which is also happening in other communities such as Winnipeg and Stonewall.

Anderson said summer is a time where many forget about food banks.

"We're just trying to get food out to the needy in a slow time for the food banks," he said.

Starting next Monday, volunteers will be canvassing neighbourhoods in Selkirk, St. Andrews, West St. Paul, and Stonewall with flyers.

An estimated 3,000 door hangers will be placed in Selkirk and Stonewall alone.

About 80 volunteers will then col-

lect non-perishable food donations on Saturday, July 18 from 9 a.m. to 12 p.m.

Volunteers with last year's food drive managed to raise about 2,000 pounds of food and this year they want to top that.

"We want to beat that," Anderson said.

Peak of the Market will be matching donations during this year's drive pound for pound so people are being encouraged to give what they can.

Anyone wanting to drop off a donation in-person can do so at the Church of Jesus Christ of Latter-day Saints at 1174 River Rd.

The Church also said they are always looking for volunteers to drop off fly-

ers and do pickups.

Volunteers do not need to be affiliated with the church to help out.

If anyone is interested in helping with the Stonewall drive, they can contact the Crellin's at 204-467-9936.

"WE'RE JUST TRYING TO GET FOOD OUT TO THE NEEDY IN A SLOW TIME FOR THE FOOD BANKS."



TRIBUNE PHOTO BY AUSTIN GRABISH

West St. Paul resident Tyler Anderson is leading a food drive for the local food bank with the help of his wife Kristina and children Michael, Rebecca, James and Scott.

National and municipal birthdays commemorated

By Stefanie Lasuik

The Rural Municipality of Woodlands commemorated its own 135 birthday and Canada's 148th with a two-day celebration.

On Tuesday evening, Broke 'N Busted rocked out Warren Arena to kick off the celebrations. Wednesday morning saw residents filling up on pancakes before they lined Woodlands' streets to view a parade that featured local government representatives, old tractor displays, decked-out Canada-coloured bikes, a museum exhibit and a 1953 Ford pickup.

"A great sense of pride ran through myself," said Reeve Trevor King on watching the parade.

Children, and adults too, enjoyed relay games, slides and a bouncy castle assembled at Woodlands Hall. A horseshoe tournament had locals vying for bragging rights and a dunk tank featuring community leaders brought out residents' throwing arms. Families could learn to geocache and local artists exhibited their talents. The Woodlands grounds were filled with live music when Broke 'N Busted and Country Pride took the stage in the afternoon and evening. During a break in the action, Ralph Eichler congratulated the municipality on its long history of success.

"You guys should all be very proud of what you've accomplished. It's because of your hard work and your determination to make this community what it is," Eichler told the crowd assembled at Woodlands.

After the speeches, three quilts made by residents of the Oak Park Estates were raffled off, raising \$1,114 for maintenance and up-keep at the Woodlands Pioneer Museum.

The day concluded with a celebratory firework display.



TRIBUNE PHOTOS BY STEFANIE LASUIK

The RM of Woodlands shared its 135th birthday with our nation's annual celebration July 1. To honour the municipality's birthday, residents celebrated with a pancake breakfast, Main Street parade, live bands, dunk tank, horseshoe tournament, a steak dinner and ended with fireworks.

Vandalism in Stonewall



TRIBUNE PHOTO SUBMITTED

Stonewall RCMP are looking for the community's help in solving an arson crime. Two garbage cans have been lit on fire this past month and the vandals are on the wanted list. A police report has been filed and anyone with information is encouraged to call the RCMP at 204-467-5015.

CIB Yard of the Week



TRIBUNE PHOTO BY JO-ANNE PROCTER

The first Stonewall Communities In Bloom Yard of the Week honours were awarded to Riley Patterson and Celine Doll at 184 - 2nd St. West last week. The couple have been at the address for three years and have manicured the yard to their liking. The many mature trees make for a lot of shade, allowing them to plant different varieties of hostas and impatiens in the front raised beds and colourful begonias and roses along the front of the house. The Yard of the Week runs July through August, and to nominate a yard in Stonewall that you feel deserves recognition, be sure to fill out a ballot at Home Hardware.

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Celebrating Canada's birthday in style



TRIBUNE PHOTOS BY NATASHA TERSIGNI
To honour Canada's 148th birthday on July 1, communities across the south Interlake hosted a variety of family events so residents and guests could celebrate our great nation.

In Teulon, the day's events were held at the Green Acres Park. Along with live entertainment, featuring Country Pride Band, McConnell Irish Dancers and Old Time Country Music, there were a variety of children-friendly activities such as the Six Pines Pets on Wheels petting zoo, Teulon Lions train, inflatable obstacle course and face painting. A turkey dinner, sponsored by Charisons Turkey Hatchery and prepared by Teulon and Senior Resource and Teulon ALUR Fellowship Circle volunteers, was held at the Teulon-Rockwood Centennial Hall. Capping off the day was a fireworks display held back at Green Acres Park.



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Celebrating Canada's birthday in style



TRIBUNE PHOTOS BY NATASHA TERSIGNI

To honour Canada's 148th birthday on July 1 a two-day event was hosted by the Stony Mountain Community Association (SMCA). On June 30 a family fun evening with events including pony rides, kids game and a community tug-o-war competition was held at the outdoor rink capped off with a fireworks display. The next day the community came out for the annual Canada Day parade with over 20 parade entries. Following the parade the community water gun fight commenced.

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Celebrating Canada's birthday on the beach

By Stefanie Lasuik

Stonewall celebrated the nation's birthday right with activities for youth and adults that called on residents' skill, smarts and ability to make a splash.

Quarry Park, celebrating both Canada Day and the park's 30th anniversary, hosted a trivia contest, crafts and face painting, a scavenger hunt, a sandcastle-building contest, and a big splash competition before providing attendees with cake and refreshments during the countdown to the massive firework display.

Tim Conrad's team showed off their knowledge of Canada to win the trivia contest, while over 50 children lined up down Kinsmen's dock in anticipation of making the biggest splash. Approximately 30 sandcastles lined Kinsmen's beach, each with their own take on the theme of Canada Day. Alex and Kaitlyn Luke, Maija Higgins, and Carter Ingarfield took home one winning prize with their castle, "Dragon." Emerson Tesser and Clayton Thompson grabbed another winning prize with "Cambera," and Tristan Macdonald built an awe-inspiring sandterpiece called "Sun God Temple."



TRIBUNE PHOTOS BY STEFANIE LASUIK

Approximately 30 sandcastles, each with their own Canada Day theme, covered the sand beaches at Kinsmen Lake to celebrate the nation's 148th birthday.

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Your Community Newspapers

Local artists host Art in the Garden Show

By Natasha Tersigni

Two Teulon artists used the background of Mother Nature to showcase a variety of their artwork at their second annual Art in the Garden show held last Friday and Saturday. Verna Poole and Sue Fisher showcased their extensive artwork that includes raku pottery, paintings, glass and clay art, and bleach and fibre art, which was displayed throughout Poole's home garden.

Fisher has been an artist for over 40 years and has extensive experience working with clay and creating a variety of pieces including raku, a type of Japanese pottery that is hand thrown and finished with bright coloured glazes.

Most recently, Fisher has expanded her artistic endeavours to include painting with bleach on different types of fibres.

"I spilled bleach on myself and I liked the colour, so then I started experimenting," said Fisher, who added she now creates mostly leaves, flowers and animals with her bleach paintings.

Poole has been creating art for four years. She started with raku with Fisher and then moved onto acrylic paintings.

"I started raku with Sue about four years ago. I had done pottery before, but work and life interfered with it and it got put on the back burner. Now I do sculpting and different kinds of work with raku," said Poole.

The pair added that the art show is a great venue to display their artwork and meet potential customers.

They will have their art on display and for purchase at two upcoming shows, so mark your calendar.

The first will be the South of the

Lakes Tour Sept. 19 and 20 and the second will be the following weekend at the at the 55-Plus Centre in Stonewall Sept. 26 from 11 a.m. to 5 p.m.

TRIBUNE PHOTOS SUBMITTED
Artists Verna Poole and Sue Fisher used Mother Nature as a background to showcase their raku and clay art, glass art, bleach and fibre art along with paintings at their second annual Art in the Garden show last weekend.



A BERRY SWEET DAY

Washing and Storing Summer Berries: 5 Tips We Learned the Hard Way

By nature, summer berries are small, soft, and delicate, so cleaning and storing them is much more of a challenge than, say, a hearty melon or stone fruits. And there seem to be quite a few misconceptions about the best way to wash them. (Some folks say you shouldn't wash them at all, actually.) After many summers of doing it wrong, here's what we've learned:

1. Timing is everything: Only rinse berries right before you use them. Water increases the likelihood they'll start to mold.

2. Don't soak: Place them in a colander and rinse water over them instead of fully submerging them.

3. Give them a quick chill: You know how sun-ripened, warm berries have that delightful soft messiness to them? Well, that is what makes them taste just like summer, but it's also what makes them incredibly delicate and difficult to wash. So a good tip is to refrigerate them for an hour or so when you bring them home from the market. They're easier to rinse when they've had a chance to firm up just a bit.

4. Storage is key: After washing berries, let them rest in a colander in the refrigerator and another vessel that has some air circulation. This will help them dry out more considerably than if just placed in a bowl.



5. Avoid the crisper: Many people believe that berries will go bad more quickly if kept in the crisper because the air has a higher humidity and doesn't circulate as much as throughout the rest of the refrigerator.

Files from www.thekitchn.com



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Interlake barrel racer to compete in Arborg Fair & Rodeo

By Marney Blunt

When Teri Dewald started horseback riding lessons in Teulon at age six, she never thought she would grow up to become a competitive barrel racer.

"I got into it after watching the Calgary Stampede as a kid," reminisced the 24-year-old barrel racer, who hails from the Komarno area and now lives in Stonewall.

"I didn't think at all that I would go into barrel racing or rodeo. At the time, I was just riding for pleasure," she said.

At 17, Dewald's interest in barrel racing peaked and eventually the perfect barrel racing horse came along.

"When I was about 17 or 18, I was board-

ing my other horse out in Winnipeg Beach, and I was starting to think that maybe I wanted to get into barrel racing, but the horse that I had at the time was going to be a few years yet," said Dewald.

"At the boarding stable, they had a horse that they mentioned would be great for barrels. She has lots of speed, and then she ended up coming for sale, so I decided to buy her and then from there, we started working on the barrels and started barrel racing."

Now Dewald rides Lucky, her 14-year-old purebred quarter horse, practically every day and has been

racing in the Heartland Rodeo Association's barrel racing circuit and jackpot races as well.

"I love the adrenaline," said Dewald. "And also just all the other barrel racers help each other out and it's just fun. Everybody is there to cheer each other on."

Dewald does approximately seven rodeos a year, travelling to Portage la Prairie, Minnedosa, Richer, Eriksdale, Souris, Arborg and Teulon. Dewald says her goal is to qualify for the Heartland Finals in Carman at the beginning of September.

"If you win up to sixth place, you get points, and at the end of the year, the Top 10 points go into finals," explained Dewald.

Later this month, Dewald and Lucky will be competing at one of her favourite races: the Arborg Fair & Rodeo. This will be the third time Dewald has competed in barrel racing at the Arborg Fair & Rodeo.

"I love the new grounds. It's great and there's just so much going on there," said Dewald.

The Arborg Fair & Rodeo is so much more than just barrel racing, Dewald says. This year, the fair and rodeo, which is hosted by the Arborg Agricultural Society, will feature a rodeo, horse show, parade, quilt show, live music, craft vendors and much more.

"I LOVE THE ADRENALINE."



TRIBUNE PHOTO COURTESY OF COUNTRY MONKEY PHOTOGRAPHY
Teri Dewald and her horse Lucky will be speeding around the barrels at the Arborg agricultural grounds during the Arborg Fair & Rodeo, July 17-19.

"The Arborg Fair is just a great family event. Last year was the first year I went since the new grounds, and I had a blast the whole weekend," added Dewald.

The Arborg Fair & Rodeo is sched-

uled for July 17-19 this year at the Arborg agricultural grounds. For more information on the Arborg Fair & Rodeo, visit agsociety.net.

worship with us

> FAITH

As I write, fires are burning out of control in northern Saskatchewan and Manitoba. Smoke is filling the air, adding to the haze so often present this time of year. It sometimes makes me imagine that I live on Mars, with the sun tinged red by the smoky haze. I hear that in some places, people with asthma are wearing masks to help them breathe easier. It's kind of amazing how fires from seemingly so far away could affect us. It reminds me of a silver mine I once lived near, whose pollutants could be detected as far away as Sweden.

Whether it's forest fires from the North or mining smelter pollutants in Sweden, "messes" have a way of

spreading. It's kind of like entropy — there's an aspect of irreversibility to it all, as it flows out into the big, wide world. There's also a kind of finality to it all — we can't send smoke or pollution back, can we? The expression is, "You can't unscramble an egg."

Have you ever thought how the "smoke" from your bad attitudes and actions negatively impact others? I'm not talking about some abstract, intellectual concept here; I'm talking about how you just snapped at the lady behind the till because you're undisciplined and mean-spirited, and can't stop lashing out at others. You see, just like all those forest fires,

the "smoke" from what's burning inside of us can blow into others' lives, causing them some serious grief.

A good biblical example of the far reaching consequences of sinful actions is "Achan's Sin" (recorded in Joshua 7, if you want to read it). Achan kept some forbidden loot for himself, and because he so selfishly dared to defy God's very own demands, the Israelites lost a battle they should have won, and Achan and his whole family died. So, how do we deal with our sins that affect us and so many around us?

The Bible tells us that our sins can be taken away and our slate wiped clean and the smoke cleared!



Check out 1 John 1:9: "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." It turns out that God can indeed unscramble an egg. Go figure.

So don't let yourself and others around you suffer one more moment — ask God to extinguish the fires of sin in your life!

Pastor Jeff Andrews
www.alivefamilychurch.ca

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Stonewall's Andrade hoping to make the MLS

Kyle Andrade's soccer talent has him one step away from playing in the Major League

By Stefanie Lasuik

Kyle Andrade is a Stonewall resident, but by the amount of time he's spent there, you wouldn't really know it. After stints in Mexico, Chile and now Thunder Bay, the former professional-level soccer player is biding his time with the Chill of the Premier Development League, waiting for his shot at the big leagues.

Andrade first left home at the age of 13 when he moved to Sevilla, Spain, on his own for two years before coming home to finish school. He then travelled with the Canada Summer Games team at 17, not long before he left to play in a professional league in Mexico. Andrade came to the Thunder Bay Chill two years later, where he played a single season prior to his time playing at a professional level in Chile.

Andrade was attracted back to Thunder Bay by its proximity to his family and the increased likelihood of being scouted by upper division North American teams. The midfield-

er hasn't found life as an amateur soccer player all too challenging, thanks in large part to his club.

"This program really excels," Andrade said, ranking the club among the top five in the Premier Development League (PDL).

The Chill pays for his accommodations and meals, and as Andrade says, he stays at nice hotels on the road. It's the life, but not quite "the life."

Andrade, like any serious soccer player, aspires to play Division One soccer in the Major League Soccer (MLS). With prior professional

soccer experience and teammates being scooped up for higher divisions, Andrade is waiting his turn. For this, he requires more than talent.

"It definitely takes lots of patience because you just have to wait for your moment," Andrade explained.

"Sometimes it's hard to stay positive, but if the mentality is there, it shows in your play."

Andrade's positivity shows in the emotion he holds towards former

"THIS PROGRAM REALLY EXCELS."



TRIBUNE PHOTO BY JAMES MIRABELLI

Stonewall's Kyle Andrade scores for his team, the Thunder Bay Chill, in their victory over the St. Louis Lions in the Premier Development League.

teammates who are now MLS members.

"I personally feel very happy for those teammates who have gone and played other places," he said, estimating that eight Chill members were

picked up in 2013. Andrade said that this number is indicative of the level of talent Thunder Bay brings in.

As for now, Andrade smiles and plays with confidence as he waits to become one of the number.

South Interlake Phillies prepared for U16 provincials

By Brian Bowman

The South Interlake Phillies have a main goal for the 2015 U16 Minor Provincial Softball Championships, which will begin this Friday at Quarry Park in Stonewall.

They expect to be playing when games really matter on Sunday.

"If they play smart ball and they play good ball, which they are capable of, there's no reason why we shouldn't be playing in the finals or the playoffs on Sunday," said Phillies' coach Denis Woods.

South Interlake will be placed in Pool "B" along with the Winnipeg Lightning, Westman Magic and Man-

itoba Angels.

The Phillies will begin action on Friday at 7 p.m. against Westman and then will play the Angels on Saturday (noon) and the Lightning (4 p.m.).

Pool "A" will consist of the Smitty's Terminators, Manitoba Thunder, Central Energy and the Eastman Wildcats.

The top two teams in each pool advance to the playoff portion of the provincials, which begin Sunday morning at 10 a.m.. The bronze-medal game is set for 1 p.m., followed by the gold-medal contest at 3 p.m.

The Phillies, Angels, Lightning, Smitty's, Thunder and Energy have already decided to compete at the

Canadian Championships in Calgary from Aug. 5-9.

South Interlake, meanwhile, is fresh off a disappointing showing in Lakeville, Minn., last weekend, finishing with a 1-4 record.

"At that calibre of ball, you can't make a bad decision," Woods said. "And you can't make any errors or it will come back to haunt you, which it did. Hopefully, this was a learning experience."

South Interlake played poorly on Saturday, said Woods, but played much better on Sunday.

"It was a trying weekend," said Woods. "It was very (surprising)

knowing the ability that these girls have. It was very surprising and a little disheartening — they kind of packed up the tent and went home (early)."

South Interlake's lone win at the U.S. tournament was a 4-3 comeback victory over Central on Sunday. The Phillies trailed 3-2 heading into their final at bat in the time-restricted game.

Despite travelling all the way down to Lakeville, which is a southern suburb of the Twin Cities, South Interlake was placed in a pool with all Manitoba teams. The Phillies played just one U.S. team, according to Woods, during the tournament.

Kwasnitza ends stellar career at Illinois College

By Brian Bowman

When Courtney Kwasnitza first went east to study and play softball for Illinois College, the Lady Blues really didn't know what to expect from their new Canadian teammate.

But four years later, Illinois College could not have been more pleased with Kwasnitza and the immense talent she brought to the ball diamond.

"I think what makes Courtney a great player is one, her all around athleticism," said Lady Blues' head coach Meghan Roman. "She's an absolute stud behind the plate and I would take Courtney Kwasnitza as my catcher over anybody. She's quick, has a great arm, and is athletic back there."

Roman also had high praise for Kwasnitza's offensive game.

"She's a threat, she can lay down a bunt or hit a home run and everything in between," Roman said. "But what really rounds Courtney out is the mental side of her game. She was a very calm and collected teammate. She keeps everyone level headed and she knows the game well."

"Those two things combined are what really make Courtney such a dangerous player."

Roman said it is always a great feeling watching players mature over their four years at Illinois College. She said Kwasnitza is one of the two best players she has coached in her five seasons at Illinois College.



"Courtney came in as a freshman, and even as a freshman, she was one of, if not the best player on the team," recalled the Lady Blues' head coach. "But she was very quiet and more reserved, so it was really fun to watch her gain confidence over the four years and the leadership she took over as a senior."

Kwasnitza really enjoyed her time in Jacksonville, Ill., located about a four-hour drive south of Chicago.

"Overall, I had a really good experience being a student-athlete," said Kwasnitza and former Stonewall Collegiate Ram and South Interlake Phillies' catcher. "I think it worked out well because I was able to have a good softball career and I was able to do really well in school."

"I think it worked out pretty well in the end."

Illinois College ended its 2015 softball season with a home double-header sweep of Midwest Conference South Division rival Knox College (Illinois) back in April.

Kwasnitza and six teammates were honoured as part of Illinois College's senior day festivities, which marked the final home game of their softball careers. Kwasnitza was one of four seniors who spent her entire four-year career with the Lady Blues.

The experience of being a Canadian playing for an American college was a real good one.

"Everything is just over the top, the facilities are really nice and it's kind of a big deal to be a student-athlete. It was a good feeling being on campus and everyone knowing you're an athlete. That was kind of cool for me, I guess, throughout the four years."

Kwasnitza recommended that young South Interlake Phillies' players follow any dreams they may have of being a student-athlete in the U.S.

"It's a really good experience to get out there and see what else is out there — not only in softball, but in life," she explained. "I know I was on the fence when I was in Grade 12 and I didn't really know if I wanted to leave

home. I was kind of nervous about it. But looking back, I'm really glad I did it — I had a great four years. I would say give it a shot, and if you don't like it, you can always come home."

Kwasnitza started all 33 games for the Lady Blues (14-19) in her senior season, finishing with a .348 batting average. Her 39 hits included eight doubles, three triples, and two home runs.

She led the Lady Blues in runs scored, total bases, and stolen bases while being tied for the team lead in doubles, triples, and homers. She was also second in hits and batting average while being a steady defensive presence as the Lady Blues' catcher.

Kwasnitza, currently playing with the Smitty's Senior women's fast-pitch team, ended her stellar collegiate career as Illinois College's all-time leader in at-bats (450) and tied for the all-time lead in stolen bases (43).

For the third time in four years, Courtney was named to the Midwest Conference All-Star team. She was also named Academic All-Midwest Conference for the fourth consecutive year.

Kwasnitza earned a Bachelor of Science degree, graduating Summa Cum Laude (3.86 GPA on a 4.0 scale) with a Biology major and Psychology minor. She was named to the Dean's List (minimum GPA of 3.5) for all eight semesters at Illinois College.

She has been accepted into the University of Winnipeg's after-degree program in the Faculty of Education, Senior Years stream, for this September.

"She's the real deal in terms of being a student-athlete," Roman stressed. "She really did both sides of the student-athlete thing and we're really proud of her and proud that she's an IC alum."

"Courtney is definitely one of the best players that will probably ever go through Illinois College, to be honest. She's a special player and we were lucky to have her."



Courtney Kwasnitza

"I wish I could have her back for another four years."

Courtney Kwasnitza's career highlights at Illinois College:

- * First all-time in career at-bats (450)
- * Second all-time in career hits (164)
- * Tied for seventh all-time in doubles (21)
- * Tied for second all-time in triples (13)
- * Tied for fifth all-time in home runs (7)
- * Second all-time in runs scored (109)
- * Tied for first all-time in stolen bases (43)
- * Second all-time in total bases (232)
- * Fifth all-time in slugging percentage (.516)

Stonewall United FC extends unbeaten streak

By Brian Bowman

It's been a long time since Stonewall United FC lost a soccer game.

In fact, it's been nearly a month.

The local senior men's soccer club extended their unbeaten streak to three games after playing to a 1-1 draw with Rangers FC last Friday in

Stonewall.

Victor Andrade scored for Stonewall while Matthew Brunel-Douglas replied for Rangers FC.

With the tie, Stonewall is now 5-3-1 and in third place with 16 points in the Manitoba Major Soccer League's 5th Division heading into this week's

schedule of games.

Stonewall played Fusion FC Wednesday evening but no score was available at press time. The local squad will then host the Hanover Sting next Thursday. Game time is 7:30 p.m.

Meanwhile, Stonewall Impact FC was in fourth place in the 3rd Division

standings with a 5-2 record and 20 points. Forza -WSP (6-0) and Galacticos FC (6-1) were tied for first place with 18 points, two points ahead of the Rovers FC (5-1-1).

Stonewall Impact FC is back in action tonight when it hosts the King's Park Rangers. Game time is 7:30 p.m.

Stonewall Blue Jays on three-game losing skid

By Brian Bowman

The Stonewall Blue Jays opened their Winnipeg Senior Baseball League season with nine straight victories.

Now, the Blue Jays have a streak of another kind. A losing one.

The now suddenly slumping Blue Jays have lost three games in a row after the Kildonan Mudcats swept a doubleheader — winning 9-2 and 6-0 — last Thursday at Fines Field.

“Teams are getting better and guys are getting added to rosters to make teams better,” said Blue Jays’ player/coach Adam Kirk. “So, if you don’t play your best baseball then, yeah, you are going to get

beat.”

On June 28, Stonewall lost its first game of the season after getting edged 3-2 by the St. James A’s. Scott Harris pitched well but took the loss.

“We kind of beat ourselves,” Kirk said. “We definitely could have won that game but it’s just little errors, little mistakes that are costing us runs.”

That loss came just three days after Stonewall defeated the Elmwood Giants 3-1.

Josh Drews, making his first start on the mound in about four years, earned the complete-game victory. The Blue Jays’ offence was led by Kyle Heroux, who launched Stonewall’s first home run of the season to left centerfield at Koskie Field.

The Blue Jays’ offence has dried up a bit in recent games as Stonewall has scored just seven runs in their past four contests.

“Clutch two-out hitting really helps momentum and really keeps teams going,” Kirk explained. “In the first nine games, we were getting a lot of that. Clutch hitting and two-out hits but we’re not getting those right now.

“We’re also facing better pitching, too.”

Stonewall, now in third place in the six-team league, played at the St. Boniface Legionaires this past Tuesday but no score was available at press time. The Blue Jays will then host the Springfield Sr. Braves tonight. Game time is 7:30 p.m.

Mosquitoes flying high



TRIBUNE PHOTO BY LISA SLATCHER

The Stonewall Blue Jays were undefeated in round-robin play during the Mervin Farmer Memorial Regional Championships held in Balmoral this past weekend. Stonewall’s winning continued, beating Balmoral 9-7 in the final. Stonewall will be representing the Interlake at the ‘AA’ Mosquito Provincials in Morden from July 17-19.

The Balmoral Orioles meanwhile will be playing in the ‘A’ provincials in Brandon from July 10 to 12.


Blue Jays back row, left to right: coaches Gordie Leduchowski, Shawn Slatcher, Gord Ladyka; middle row: Tristan Shore, Max McIvor, Mitchell Bourque, Joe Ladyka, Easton Henry, Reid Baryluk, Nikki Morton manger; front row: Aaron Sangster, Rylan Slatcher, Brody Kopys, Kael Brown, Matthew Morton and Marcus Morton.

Regional champions



TRIBUNE PHOTO BY LANA MEIER

The Stonewall Blue Jays were undefeated at the Mervin Farmer Memorial Regional Championships over the weekend. Stonewall defeated Lundar, Warren and Arborg in the round robin and then beat Arborg 15-2 in the final. Stonewall will now travel to Hamiota from July 17-19 to compete in the Baseball Manitoba PeeWee ‘AA’ provincials. Pictured back row, coaches Ian Proven, Ryan Fines, Bill Olson, Gary Fenske; middle row Liam Proven, Cody McMillan, Chris Fines, Colton Unger, Thomas Waldner, Hunter Olson, Davis Fenske, Cale Woods; front row, Rhett Woods, Kian Bell, Matthieu Meier and Jake Unger.



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

<p>Thursday, July 9</p> <p>Stonewall Blue Jays vs Springfield Sr. Braves 7:30 pm Fines Field</p>	<p>Monday, July 13</p> <p>Stonewall Blue Jays vs Kildonan Mudcats 7:30 pm Koskie Field</p>	<p>Thursday, July 21</p> <p>Stonewall Blue Jays vs St. James As 7:30 pm Optimist Park</p>
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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Midget 'AA' Blue Jays advance to provincials

By Brian Bowman

The Interlake Blue Jays are headed to the Midget "AA" baseball provincials.

Interlake punched its ticket to the provincials, which will take place in Neepawa from July 17-19, after defeating Teulon 2-1 in a best-of-three regional series last week.

"Teulon gave us all that we could handle, that's for sure," said Blue Jays' co-coach Adam Kirk.

Kirk said the Blue Jays did not play well in Game 1 of the series and were shut down by Teulon's left-handed pitcher, who they had not seen all season.

"The boys learned a valuable lesson, I think, and that's they need to show up to play," Kirk stressed. "I think in the first game, they thought it was going to be a bit of an easy ride because they had played in a league and played all of these games and Teulon really hadn't.

"But (Teulon) gave us everything

that we could handle and we had to battle. They definitely gave us a run for our money."

It's hard to predict who will be the team to beat at this year's provincials because Interlake has had little exposure to teams from outside of Winnipeg. In the Winnipeg South Minor Baseball Association regular season, Interlake finished in first place with a 12-3 record, according to the league website.

The Blue Jays will be in Pool "A" at the provincials along with Midwest, Brandon, and a Winnipeg No. 2 team.

Interlake will have to play well right from the opening pitch to advance to the playoff portion of the tournament. Twelve teams will make up the provincials this season.

"If we play the way (we should), hit, play defence and pitch well, which is the recipe for winning any tournament, I have no doubt that we can definitely make the playoffs, if not win the whole thing," Kirk predicted.



TRIBUNE PHOTO BY HOLLY KLIMPKE

The Interlake Blue Jays are headed to the Midget 'AA' baseball provincials in Neepawa July 17-19. Pictured back row, from left: Kent Klimpke (coach), Josh Stolar (coach), Emerson Klimpke, Martin Knutson, Brett Goertzen, Koby Carriere, Quin Arsenault, Ethan Garrett, Bailey Proctor, Adam Kirk (coach); front: Jason Peltz, Courtney Procter, Brendan Labossiere and Aaron Tabin. Missing from photo are Tanner Good and Brock Bytheway.

Local teams heading to provincial championships



The Stonewall Blue Jays made it look easy last weekend at the Mervin Farmer Memorial Regional Championships, defeating Warren 11-1 in the final. Stonewall finished the round robin undefeated before punching their ticket to travel to Mitchell July 17-19 to compete in the Baseball Manitoba Bantam 'AA' provincials. Pictured back row, left to right: Rick Holod (coach), Seth McMahon, Kaitlyn Holod, Austin Holod, Ryan Brown, Andrew Everitt, Logan Buors, Larry Furkalo (assistant coach); front row, Braden Renner, Zach Dowsett, Scott Yeo, Logan Furkalo and Max Morton.



TRIBUNE PHOTOS BY LANA MEIER

The Warren Wildcats finished in second place to earn a spot in the Baseball Manitoba Bantam 'A' provincials in Boissevain July 10-12. Pictured back row, left to right: Wayne Streeter (coach), John Porteous, Jayden Allary, Trey King, Corey Procter, Ryan Peltz, Reid Weatherburn, Ron Weatherburn (coach); front row Riley Blowers, Bryce Allary, Connor Oleschak, Laura Kilbrei, Nick Streeter and Owen Tataryn.

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> MEAL IDEAS

THE Marketplace

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Apple Soy Chai Latte



Ingredients
 1 individually wrapped chai tea bag
 1/2 cup hot water
 1 cup light vanilla soy milk
 1/2 cup apple cider
 2 tablespoons honey
 1 teaspoon ground cinnamon
 1 cinnamon stick, optional garnish

Preparation
 In coffee mug, add tea bag and hot water. Steep for 5 to 10 minutes until water turns dark amber. Remove tea bag. Set aside. In small saucepan heat soy milk, apple cider, honey and cinnamon over medium heat, stirring frequently, until frothy (about 10 minutes). Add steeped chai to sauce pan and mix. Serve in a large mug. Garnish with cinnamon stick, if desired.
 Makes two 8-ounce servings

Apple Cinnamon Jelly

Ingredients
 3 cups apple juice
 5 cups sugar
 2 tablespoons lemon juice
 2 teaspoons ground cinnamon
 1 package (1.75 ounces) fruit pectin
 3/4 cup water

Preparation
 Wash and dry 1- or 2-cup glass jars or decorative containers to accommodate 5 to 6 cups liquid. Set aside.



Ingredients
 5 cups peeled apple slices
 1/2 cup firmly packed light brown sugar, divided
 1 tablespoon lemon juice
 1 tablespoon tapioca
 1/4 teaspoon ground cinnamon
 1 1/2 cups Post Original Shredded Wheat Spoon Size Cereal, finely crushed
 1/4 cup (1/2 stick) margarine, melted

Combine all ingredients except pectin in large bowl. Stir several minutes until sugar dissolves.
 Combine pectin with water in small saucepan. Stir over medium heat until mixture comes to boil; boil 1 minute. Stir pectin mixture into apple juice mixture, stirring until thoroughly blended.
 Ladle mixture into prepared containers and cover. Let sit at room temperature 24 hours until set. Store in refrigerator up to 3 months or freezer up to 1 year.
 Makes about 6 cups

Apple Crisp

Preparation
 Preheat oven to 350°F.
 Mix apples, 1/4 cup sugar, lemon juice, tapioca and cinnamon in large bowl. Let stand 10 minutes.
 To make topping, stir crushed cereal, remaining 1/4 cup sugar and margarine in medium bowl until well blended.
 Spread apple mixture in ungreased 1 1/2-quart baking dish. Sprinkle evenly with cereal topping.
 Bake for 45 minutes or until topping is browned and apples are tender when pierced with fork.
 Total Time: 65 minutes
 Makes 6 servings

Post Foods, LLC
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Building Purpose into your Fitness Time!



Begin by proving to yourself that you are committed to and determined to get fit. You will probably want to rid your mind and attitude of all those nasty and pesky excuses which are clamouring about inside your head and are up to no good! This may take a while depending upon how stubbornly your excuses are clinging to you. Just keep taking steps in your life towards a healthier you and your ongoing efforts are bound to be rewarded!

Support and encouragement from others can be beneficial (whether or not they choose to exercise along with you) but ultimately your progress will be dependant upon you and upon how diligent you are in following through with your fitness plans.

Whatever assortment of physical activities you choose to do, you might find it helpful to pick a particular time of day in which to do them. Having a routine to follow tends to lead to success. Maybe first thing in the morning (ie. before your day begins with other members of your household), at lunchtime (even 20 minutes of walking or working out at a nearby gym) or in the evening (either at home

or at one of the great aerobics, boot camp, Yoga or Pilates classes offered throughout the Interlake over the summer). The weekend can be a great time to schedule a session or two as well as being an excellent way to reenergize yourself or to wind down from your week. You will want to incorporate each of the following into your weekly fitness schedule: cardio (such as aerobics, tennis, Beach volleyball, or baseball), flexibility (such as Yoga or dance), and toning and/or muscle building exercises.

In "The Skinny on Fat" section towards the front of "The Hollywood Vegetarian Cookbook" by Francia Ruppen, it is stated that "a conscientiously applied workout regimen will increase your metabolism so that you burn fat faster." It is also stated that "something as simple as a twenty minute walk three times a week can up your metabolic rate." Before embarking upon any new exercise program though it is always a good idea to check in with your qualified health practitioner.

Getting fit is an endeavor which feels at times like it takes all the time and energy you can muster but it is a challenge well worth the undertaking!

Irene Shaw

Sautéed Cinnamon Apples and Bananas

Quick and easy this fruity goodness is warm and full of cinnamon flavour. Perfect to enjoy with some yogurt or on it's own. You could sprinkle on some low fat granola for added crunch if you like.

Ingredients
 2 large apples, cored and sliced
 60 mL (1/4 cup) pure apple cider or unsweetened apple juice
 2 bananas
 10 mL (2 tsp) soft non hydrogenated margarine
 7 mL (1 1/2 tsp) ground cinnamon
 175 mL (3/4 cup) plain, low-fat yogurt (optional)

Directions
 In large nonstick skillet, bring apples and apple cider to simmer over medium high heat; cook for 3 minutes. Stir gently; cover

and remove from heat and let stand for 5 minutes.

Meanwhile, cut bananas into 8 pieces each. In small bowl, stir together margarine and cinnamon.

Uncover apples and return to medium high heat. Stir in margarine mixture and bananas until margarine is melted and combined. Cook for 1 minute to warm banana through.
 Serve with yogurt, if desired.

Preparation time: 5 minutes
 Cook time: 10 minutes
 Yield: 1 L (4 cups)
 Makes 8 servings

Recipes developed by Emily Richards, PH Ec. ©The Heart and Stroke Foundation 2011
 www.heartandstroke.mb.ca



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HOUSE FOR RENT

Stonewall- 2 bedrm bungalow, 1000 sq. ft., basement, large yard, deck, great location - available Sept. 1; Stonewall- 3 bedrm, 1 1/2 storey, 1.5 baths, main floor bedrm, bath & laundry rm, porch, deck, available Aug 1st or sooner. \$1200 per month. No pets or smoking. Susan at ReMax Town & Country 204-467-8000.

HOUSE FOR RENT

Beautiful 860 sq. ft. house for rent in Stonewall. 2 bedrooms, 1 bathroom, with garage, extra 240 sq. ft. sunroom, and pretty yard. Fully remodelled, new stainless appliances. Close to all amenities. No smoking, no pets. Available August 1st. \$1400/month + utilities. Call 204-230-6181.

HOUSE FOR SALE

NEW SHOW HOME - Now available for viewing 14 Prairie Gate South, Balmoral. For appt call: Henry Vroom 204-295-2866 or visit, www.houseforsale-balmoral.com

Stonewall - 329 1st St. West. 1/2 duplex, 1065 sq. ft., 2 bdrm, 14x22 attached garage, 7 years old, includes 5 appliances, central vac, water softener & more. View ad details on Kijiji. \$260,000. Call 204-467-5307.

New homes for sale in Souris, Rapid City, Forrest, Grand Valley and outskirts of Brandon. Call or text 1-204-723-0083.



PRODUCT RECALL



Kidde Canada in conjunction with Health Canada has announced a voluntary recall to replace certain Kidde black plastic valve disposable fire extinguishers.

ABC and BC-rated fire extinguishers manufactured between July 23, 2013 and October 15, 2014 could be affected.

If you believe you may have one of these fire extinguishers please contact Kidde Canada at 1-844-833-6394 (8am - 5pm) Mon-Fri or visit www.kiddecanada.com and click "Safety Notice."

take a break > GAMES

SUDOKU

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

Level: Intermediate

Fun By The Numbers

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

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

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

Sudoku Answer

E	K	A	B	I	V	I	A	E	A
L	C	E	P	D	I	V	E	N	N
T	V	B	S	E	B	V	E	L	V
A	V	T	E	N	O	W	S	E	C
T	E	T	O	V	S	Y	D	O	O
S	C	I	T	N	O	T	E	D	I
U	I	I	S	O	V	W	E	E	T
D	O	O	M	A	T	O	B	D	E
W	R	E	B	S	E	P	W	S	I
G	E	D	W	S	E	T	V	R	E
N	I	B	V	S	D	E	N	E	D
I	R	V	T	S	E	R	O	C	W
T	A	C	V	N	W	T	N	V	C
O	E	S	W	O	V	W	S	W	I

Crossword Answer



CLUES ACROSS

- Islamic prayer leaders
- Waterproof raincoat
- Millisecond
- Popular pie nut
- A field of mowed grass
- RCO organic group
- Pomace brandy
- The innermost parts
- Gull suborder
- Became more intense
- Sound absorption unit
- Rattling breaths
- Indicates doctor
- For instance
- A doctrine or system
- Foot (Latin)
- Dirt shoulder
- Horn sound
- Mumbai film industry
- Disturbance
- Zedong or Tse-tung
- Cibin River city
- Kate's sister Pippa
- Twitches
- Formal close (music)
- A baglike structure
- Lease
- Typographical space
- Pa's partner
- King mackerels
- Ceremonial staffs
- About money
- Spoiled child
- Infants
- Semitic fertility god
- ___ Frank's diary
- Reimbursed
- English pennies
- 365 days
- G. Gershwin's brother
- Stopping device

CLUES DOWN

- Inches per minute (abbr.)
- Medieval honey drink
- Land area unit
- One who carries #55 across
- Tin
- Adult female horses
- Overwhelmed with wonder
- Brain and spinal cord (abbr.)
- Inept
- One who replaces a striker
- Any habitation at a high altitude
- Hold fast to
- Sad from being alone
- Slang for famous person
- Soft infant food
- Small mergansers
- Big Blue
- Appear to be
- Greek verse intended to be sung
- Next to
- Flying Pegasus corp.
- Records walking steps
- Broad back muscle
- Teased apart
- Cut into small cubes
- Icelandic poems
- American time
- City of Angels
- Nostrils
- Narrow canvas bed
- Force into a bay
- Sept. 1914 battle
- Sergeant fish
- Cavalry-sword
- Town of Jesus' 1st miracle
- Picasso's mistress Dora
- Frog genus
- Talk tiresomely
- Characters in one inch of tape
- Side sheltered from the wind
- Lead



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My name is Jenna Derksen, I'm 16 yrs old. I'm looking for a full-time babysitting job this summer. I have a lot of experience looking after kids of all ages. If interested, call/text me at 1-204-461-3302.

HELP WANTED

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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Seeking to hire Dairy Farm Worker - High Green Farms Ltd. is now seeking to hire two Dairy Farm Workers to work on our farm located at SW24-15-4W (Box 33) in Lake Francis, MB. The job duties include milking cows, cleaning barns, feeding and caring for calves and cows, operating and maintaining farm machinery and equipment. This is a permanent, full time position, 60 hours per week including weekend, day and evening as required. The salary will range from \$13 to \$16 hourly depending on experience. On farm staff accommodation is provided. To apply please contact us by phone at 204-383-5259 or by email at dolson@highspeedcrow.ca or by mail to High Green Farms Ltd., SW24-15-4W, Box 33, Lake Francis, MB., R0C 1T0.

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Email: danbsully@sasktel.net for more information

First Nations Jobs Online



HELP WANTED

Part time cook req'd. Must be available to work evenings & weekends. Drop off resume to Chicken Chef, Stonewall, 314 Main St.

GPRC, Fairview Campus requires a Heavy Equipment Technician Instructor to commence August 15, 2015. Caterpillar experience will be an asset. Visit our website at: <https://www.gprc.ab.ca/careers>.

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NOTICE OF TENDER

The Manitoba Water Services Board

Sealed tenders, marked as follows will be received by the undersigned at The Manitoba Water Services Board, Imperial Square, 2010 Currie Blvd., Box 22080, Brandon, Manitoba, R7A 6Y9, no later than 11:00 a.m., prevailing Brandon time on:

Friday, July 17th, 2015

for the following works:

The supply and installation of approximately 1.0 km of 500mm diameter, 7.5 km of 400mm and 10.5 km of 250mm water supply pipeline including highway and railway undercrossings, valves, flushout assemblies, air release valves and related works located in the RM of Rockwood and RM of Rosser.

MARKED

M.W.S.B. No. 1231

Stony Mountain Institute Water Pipeline

Tenders will be publicly opened and read at the location, time and date specified above.

Each tender must be accompanied by a fully executed BID BOND on the form provided and in favor of the Minister of Finance for the amount shown on the Tender. Under NO CIRCUMSTANCES will a certified cheque be accepted in lieu of a Bid Bond.

Tender documents may be obtained by provincially registered companies on or after Monday, July 6th, 2015 at 2010 Currie Blvd., Brandon, MB. Contact us at (204) 726-6076 to request the documents in PDF digital or hard copy format.

The lowest or any tender may not necessarily be accepted.

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Sterling North - Stonewall Campus

invites applicants for an Educational Assistant.

Applicants with experience and/or training working with students in grades 3 - 12 preferred. The successful candidate will provide a Criminal Records and Child Abuse Registry check. Please submit a resume along with references to: stonewall.admin@sterlinged.org



RM of St. Laurent

JOB OPPORTUNITY

Municipal Emergency Coordinator

The Rural Municipality of St. Laurent is seeking a Municipal Emergency Coordinator to provide emergency management services.

The Emergency Coordinator will be responsible for:

- Preparation, maintenance and testing of the Emergency Plan;
- Coordinating the response to emergencies in the municipality;
- Attracting, managing, training and motivating volunteers;

The job will require a time commitment of 15 hours per week. During emergencies the Emergency Coordinator must be available for full workdays, including overtime, for as long as may be required.

The Emergency Coordinator will hold a contract position reporting to Council. There will be an initial probationary period following the successful completion of which a three year contract may be offered.

The successful applicant must have good knowledge of the Manitoba community emergency preparedness program. He or she must have a demonstrated ability to manage volunteers; to provide training to volunteers, staff and members of council; to maintain the Emergency Plan; and to coordinate emergency response within the municipality. Training in emergency response management is an asset. A basic level of ability with Microsoft office is essential. A valid driver's licence and access to a vehicle is essential.

Resumes, references, and salary expectations addressed to the undersigned will be received by mail, fax, e-mail or in person until July 17, 2015.

We thank all applicants for their interest in this position, however, only those selected for an interview will be contacted.

Billie Jean Oliver (CMMA)
Chief Administrative Officer
Rural Municipality of St. Laurent
Box 220
St. Laurent, MB R0C 2S0
Ph: 204-646-2259
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HAY FOR SALE

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

ANNOUNCEMENTS

CARD OF THANKS

We would like to thank our friends and relatives for the outpouring of support through cards, flowers, phone calls and charitable donations in the recent death of our Mother, Bernice McIvor. We would also like to thank her caregivers over the years who have provided care with compassion and dignity. To Dr. Kerr Graham, thank you for taking Mom on as a patient and providing care and understanding to both Mom's family and to her. We would also like to thank Reverend Leonard Oracheski and pianist Diane James for the beautiful service. To the ladies at the Stonewall Legion, thank you for the delicious lunch. To MacKenzie Funeral Home, in particular Roshelle, thank you for your support and direction. We would also like to acknowledge the Alzheimer Society of Manitoba for all their guidance throughout this long journey.

-Bob and Adair, Judy and Bill, Rick and Pat

ANNOUNCEMENTS

CARD OF THANKS

I would like to thank the Interlake School Division, the Interlake Teachers' Association, the Balmoral community, the Balmoral School staff and students, and my family and friends for their generous gifts, cards and heartfelt wishes upon my retirement. What an amazing send off! It was greatly appreciated.

-Brenda Margetts

ANNOUNCEMENTS

BIRTH ANNOUNCEMENT



Michelle Rothwell and Paul MacDonald are thrilled to announce the arrival of Jack Gordon on May 31, 2015. Jack weighed 7 lbs. 9 oz. and was 21.5 inches long. Proud grandparents are Ted and Dianna Rothwell of Stonewall and Kevin and Darlene MacDonald of North Bay, Ontario.

ANNOUNCEMENTS

GRADUATION



Congratulations
Chanele Louise Meier
on receiving your
French Immersion Grade 12 diploma
from College Sturgeon Heights

May you achieve all that you were born to do...

May you use the gifts you have been given to be the best person you can be. May your life be a shining example to others and a source of pride to those who love you. May you be blessed with peace, happiness, prosperity and success as you celebrate your graduation and in all the days to come.

-With love from Mom and Dad,
Mollie, Branden, Annaliese, Matthieu
and all your family

McSherry Auction Service Ltd

AUCTION SALE KUCHENSKI FARMS

Saturday July 18 @ 10:00 am

St Andrews, MB
Jct Hwy #8 & 67
South 1 Mile on Hwy #8, then
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MAIN ITEMS SHEDDED
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Andrew (204) 632-0812
Harold (204) 942-5451

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SATURDAY, JULY 11 • 10 AM

Directions: From Hwy 44 and Hwy 12 (1 mile East of Tyndall): 7 miles North (11 km) and 3/8 mile East OR from Hwy 59 7 and 3/8 mile East on Road 80 N OR From Ladywood (Hwy 12 N): 5 and 5/8 miles West on Rd 80 N



Case IH 4490 tractor, 1983, 4x4, with factory 3 pth, 4 remote hyd, PTO, 3267 one owner hours. Case IH 5600 Chisel Plow, 31 ft with nice 3 row mulchers. 1986 Newholland TR 86 Combine sn526489 3208 Cat eng. 2968 eng. hr. 2142 th. hr. 1976 International 1600 Loadstar Grain Truck, 157,287 miles and much more full line of machinery some farm Hardware, please be on time. Owner (204) 268-3416.

See billklassen.com for listing and photos.

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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

FARM EQUIPMENT AUCTION 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

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ANNOUNCEMENTS

ANNIVERSARY



Happy 50th Anniversary
Bill and Ileen Anderson
July 10th, 1965 – July 10th, 2015

-With love,
Brent and Michelle,
Kathryn and John,
David and Heather
and families

ANNOUNCEMENTS

IN MEMORIAM

Lowe
In loving memory of our parents
Robert Evans
July 13, 1923 – February 9, 1987
and
Olive Edna
July 10, 1928 – July 5, 2011

Even though we can't see you,
We know you're always there;
Watching over all of us,
With your tender loving care.
You always took good care of us,
And gave us undying love;
And we know your love is strong enough,
To feel from Heaven above.

-Lovingly remembered by daughters
Pat, Georgina, Lorna, Roberta
and families

OBITUARY

Michael (Mick) Stanley Edward Boreham

We are saddened to learn the passing of Michael Boreham, on June 29, 2015, he was born on December 8, 1947 in Braintree Essex, England.

Left to cherish his memory are two sisters Valerie (Ian) Coyle of Great Waltham, Chelmsford, Essex, England, Elizabeth (Steve) Franklin of Braintree Essex, England; niece Clair Raven; nephews Neil Coyle (Rachel), Gavin Coyle (Kay Meager), James Raven (Alison) all of England. Stepson Aaron Magian (Crystal); sister-in-law Brenda St. Goddard (Cas) and Kristi Peters (Leroy); mother-in-law Chris Meyers; niece Sarah Leibrecht (Chad) and Lexi Peters; nephew Lars Peters. Lisa (wife) of 14 years; best friend Dale Swan, Kathy and Doug Taylor; Fiona; too many other friends and relatives to mention.

Predeceased by his parents Wilfred and Dorothy Boreham;



brother-in-law Don St. Goddard.

Michael was employed by Industrial Rubber Supply for the past 22 years.

Memorial service will be held on Tuesday, July 14 at 1:00 p.m. at MacKenzie Funeral Chapel, Stonewall.

Honorary pallbearers will be Dale Swan, Lorne Hilton, Harvey Slobodzian, Mike Beback, Gary Dodd, Kathy and Doug Taylor, John Tabenaur and Fiona.

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



ANNOUNCEMENTS

ANNIVERSARY



Happy 25th Anniversary
Tracy and Darryl!

-Love from your family

ANNOUNCEMENTS

IN MEMORIAM

LYLE RICHARD STASIUK

Missing you on your Birthday July 11th.
Wishing you were still with us,
miss you so much

-Love forever,
Gail and all the Family



OBITUARY

Hugh Crockatt

May 31, 1931 – July 6, 2015

Peacefully in the early hours of July 6, 2015, Hugh passed away at the Stonewall Hospital.

He was predeceased by son Tom; father Tom; mother Mary and brothers Bill, Dave, Jim and John.

He is survived by wife Nancy; daughter Nancy Jo (Joe), Cody (Lauren), and Caleb Moller. Grandsons, Jay Crockatt, Kyle (Kyla) Landyn Crockatt, and daughter in-law Linda Crockatt. Hugh is also survived by sister Anne Ostop.

Hugh was born in southwestern Manitoba and his family moved to the Argyle area when he was young. Hugh farmed with his family beside North Shoal Lake until the flood forced their moving.

He will be sadly missed by family and friends.

Memorial service will take place Saturday, July 11, 2015 at 2:00 p.m. at MacKenzie Funeral Home, Stonewall, MB. Interment will take place at Warren Cemetery.

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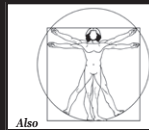
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