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Donkeyville

Three-year-old Quinn Mathejczuk hugs Maya the donkey at the Six Pines Petting Farm's first-ever family day last Saturday.

TRIBUNE PHOTO BY BECCA MYSKIW

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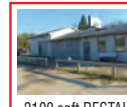
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Senior-specific life-lease project breaks ground

By Jennifer McFee

Housing options are set to expand in Stonewall now that a new life-lease project has broken ground.

On Monday, July 8, Ventura officially put shovels to the ground for The Renaissance, a 63-suite senior-specific apartment project that equates to a nearly \$20-million investment in Stonewall.

"We're at a construction start-up phase now. The site's been prepped and the \$100,000 permit has been issued by the town. It's a two-phase project and we're starting Phase 1, which is 33 units," said Ventura vice-president Tim Comack.

"The contractors, tradespeople and suppliers have all been hired through a tendering process. Our general contractor is our partner Westland Construction, which builds all of our apartment-style buildings and life-lease condominium rentals. The approach has been put in by Maple Leaf Construction and the site work is about to start Thursday."

A \$65,000 buy-in is required to secure a unit, which is then rented out on a year-by-year lease, Comack explains. Four different layouts are

available for the units, which range from 800 to 1,180 square feet.

"The \$65,000 that they loan us is fully refundable within three months of vacating their suite. We're giving people a rental rebate in the form of rent reduction equal to three per cent on the \$65,000. It's a stable investment and it reduces their rental costs \$162.50 per month," he said.

"We're giving you better than a bank account rate — and it's safe and secure because you've got a guaranteed loan agreement with us that we then refund it if you move out. They pay us rent and there is nothing else to pay for — no property taxes, no heat, no hydro, nothing."

Currently, limited units are available. With a \$1,000 fully refundable hold fee, interested parties can select their suite and place it on hold.

"Interest has been very strong. People have been signing up and placing holds on suites, which can be done now," Comack said.

"Phase 2 will be another 30 units, but anybody that's in Phase 1 has the first right to select a suite and move into Phase 2."

The prime location is already prov-



TRIBUNE PHOTO BY JO-ANNE PROCTER

Shovels broke ground for The Renaissance, Stonewall's newest senior-specific community, at 3rd Avenue South across from the Stonewall Health Centre last Monday. Pictured left to right: Hubert Verrier (supervisor, Westland Construction), Peter Bullivant (Stonewall councillor), Craig Hildebrandt (vice-president/project manager, Westland Construction), Tim Comack (vice-president, Ventura Developments Inc.), Dalice Clearwater (Remax), Al Shrupka (Remax) and Clive Hinds (mayor of Stonewall).

ing to be a draw, he noted.

"The reason that we chose the site is because it's directly across from the hospital and it looks south to that huge 15-acre forest that we saved,"

Comack said.

"We'll have garden plots on the site that people can lease for a nominal fee. So we'll have a gardening spot and we'll have some storage space as well."

The fully sprinklered building features two elevators and indoor heated parking.

Continued on page 5



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First-ever family day brings visitors to Six Pines Petting Farm

By Becca Myskiw

Six Pines Petting Farm had their first-ever family day last Saturday.

The local petting farm is open year-round and is celebrating 31 years of hosting educational school field trips.

They are also home to one of Canada's scariest haunted attractions in October.

Owner Judy Thevenot said families pop in and ask for tours often, but the farm isn't generally open to the public with the exception of October. They thought opening the farm to the public for a day was the perfect way to celebrate, and the family day brought in people from near and far.

Six Pines opened officially at 11 a.m. on Saturday, but Thevenot said she had people driving in before 10 a.m.

"As we're getting more established, we're wanting to do more things like this," she said.

The War Amps had a table at the event to spread their "play safe" message. They had people do simple tasks with one arm like hammering a nail, opening a bottle of water and sharpening a pencil. Six Pines Petting Farm gave a portion of the proceeds from family day ticket sales to The War Amps, their chosen charity for the event.

Six Pines supports various charities throughout the year and Thevenot said The War Amps seemed like the perfect one with the perfect message since the farm is a children's attraction.

Family Day had almost 15 different things for children and their parents to do. There was Llamaville with Lily, Boo and Apa, baby lambs and goats to pet, and Donkeyville with Maya and Tesco. There were farm pigs, hayrides, pony rides, feathered friends, the 22-year-old emu pair Bonnie and Clyde, the lionhead bunnies, the Xtreme Medic ambulance, The War Amps table, Purple Berry Orchard staff, alpaca fibre spinning and alpaca product purchasing.

Linda Day came out to show her hobby of making alpaca wool into mittens. She said she starts with the raw fleece and then she washes it, cards it and spins it into a two-ply yarn before knitting a pair of mittens.

"Because [the wool] is home spun, it doesn't have to be perfect," said Day. "I don't want it to look like it came out of a machine."

Purple Berry Orchard is a family-run saskatoon berry farm just off of the perimeter. They came out to family day to teach people about the nutritional value of saskatoons. They're very high in antioxidants, high in fibre and have a great nutritional value.



Claire was just one of many children to ride Bobby the pony.



TRIBUNE PHOTOS BY BECCA MYSKIW

Five-year-old Zachary, left, and three-year-old Atlas played with the buttons on the Xtreme Medic truck.



Linda Day spins wool straight from raw alpaca fibers.



Davy Zacharias was in charge of showing off Lily the llama.



Two-year-old Aurora grabbed fistfuls of hay to feed the goats.

Six Pines Haunted Attractions has introduced the "Guided Ghoulish Flashlight Haunted Experience" for the 2019 scare season. It's a haunted attraction for the children — they bring a flashlight and walk through the

haunts with eerie music and fog.

The theme for this year's haunt at the farm is Toxic Wasteland. It opens Oct. 3 and is for children aged 15 years and older.

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Family-run horse facility busier than ever

By Becca Myskiw

Helstrom Performance Horses are gearing up for a busy July.

Helstrom Performance Horses is a family-run boarding and training facility that has been running for 19 years. They have 12 shows coming up this month, including the Teulon Horse Show on July 27.

The Helstroms' facility is west of Winnipeg Beach and is run by Heidi Helstrom and her husband Garth Helstrom with help from their three children.

The business is on their farmland of nearly 100 acres and has room for over 30 horses to board. It consists of one barn, many paddocks for individual and group boards, and an indoor riding ring.

Garth Helstrom has been training horses since he was 16. He's an Equine Canada Western coach and judge and has been certified for over 30 years. Heidi Helstrom said his favourite part of the business is colt starting. Colt starting is essentially getting a young horse ready for riding and training.

"He (Garth) really enjoys what he does," said Heidi Helstrom. "I think he loves the challenge of it."

Heidi Helstrom said she'd always had an interest in horses, but she got involved when she met Garth. The couple moved to their farm by Winni-

peg Beach in 2000 with Helstrom Performance Horses in mind and turned their vision into reality.

At the facility, the Helstroms feed hay twice a day and give extra care to the horses that need it. Heidi Helstrom said the oldest horse they board right now is 28 and requires extra care and an individual paddock. Good quality hay is their No. 1 priority, but the recent hay shortage has made it difficult for the business.

Heidi Helstrom said the only hard part about what they do is dealing with the hay situation.

"I guess if you love it, there's not too many hard parts," she said.

Helstrom Performance Horses trains for Western Pleasure, a western riding style where the horse is judged on manners, relaxed, collected and slow speed of gait and responsiveness. They also work on trail patterns, colt starting and generally getting the horses into shape and training them to be respectful and responsive to the rider.

For the shows this month, Garth Helstrom will be showing a young horse and their daughter Vilena Helstrom will show their gelding. They'll be doing a halter class, which shows how the horse is put together. They will also be in a few Western



TRIBUNE PHOTO SUBMITTED

Left to right: Garth Helstrom holds Pierre, Cade Helstrom holds Paris, Vilena holds Pal, and Bryce and Heidi hold Coco on their family farm.

Pleasure classes, horsemanship and showmanship, which allow the rider to display riding and handling abilities; trail and reining class, which showcase how well trained the horse is; and a few English classes, which include jumping and speed events with barrels, poles and keyholes. Heidi Helstrom said they go to family-friendly shows so everyone can enjoy their time together at them.

Although they spend a lot of time

with their business, Heidi Helstrom said they realized family is more important when one of their children was diagnosed with cancer. He is in remission now, but she said finding a balance is important and the business is not the Helstroms' entire world.

Helstrom Performance Horses is already booking into next spring and offers lessons to people ages eight and up who have their own horse.

CIB looking for nominations for Yard of the Week

By Becca Myskiw

Judging for the Communities in Bloom (CIB) Yard of the Week has started for the 2019 summer season.

Yard of the Week is an annual contest in the Town of Stonewall. The Communities in Bloom committee receives weekly nominations for the nicest front yard in town from residents and the committee chooses the best kept yard.

Yard of the Week is based on curb appeal. CIB citizen representative Asta Johannesson said they look for the property to be pleasing to the eye and for it to draw the judges in. Each yard is judged on overall curb appeal, use of colour, health of trees, condition of grass and unique décor with a scale of one to five. Once each yard has been looked at, the judges total up the scores and decide the winner based on the highest score.

Johannesson said they've seen nominations go down in the past few years and they'd like to see the numbers rise to keep it going.

"Basically, you just have to go to the

library or the back of Home Hardware and write down an address," said Johannesson. "It's completely anonymous."

Nominations can only be made based on someone's front yard. CIB can't go into backyards to judge them, and as the whole contest is about curb appeal, Johannesson said it would defeat the purpose of Yard of the Week.

Ballot boxes are at the library and Home Hardware in Stonewall. Residents are only eligible to win if they haven't won in the past five years. After the winner is chosen each week, the remaining eligible ballots are returned to the box and have a chance to win again and again.

CIB member Tanya Daher said yards are always changing and there's always a chance to win so they encourage residents to keep maintaining their yards throughout the summer.

"It's not just based on flowers," she said. "It's based on the care of the whole yard."

Yard of the Week runs for eight weeks from July 7 to Aug. 31.



TRIBUNE PHOTO BY JO-ANNE PROCTER

The first CIB 2019 Yard of the Week was awarded to Bev and Randy Wynne. The couple has resided at 421-4th St. East for the past three years. Randy is responsible for the lawn care, while Bev has beautified the front walkway with a variety of planters and pieces of driftwood that her late father collected. The planters include petunias, verbena, salvia, gerber daisy, lobelia, coleus and some of her late mother's geraniums that she has been over wintering since 2002. To nominate a yard you feel worthy of the honour, stop by Home Hardware or the library in Stonewall.

Teulon's 100th anniversary celebration, one to remember

By Gabrielle Piché

Two and a half years of planning led to five days of festivities in Teulon.

Now, the long weekend celebrating the town's 100th anniversary has come to an end.

"I believe that most people had a good time," said Mike Ledarney, chair of Teulon's centennial festival committee.

He said that over the weekend, he got positive feedback from festival-goers — and he hadn't heard any negative comments.

"I think pretty much all worked very well, from the opening ceremonies right up to the closing ceremonies," Ledarney said.

His committee hoped to draw in at least 2,000 people throughout the festival, which ran from June 27 to July 1. Ledarney didn't have a specific number, but he guessed close to 2,000 people

attended, if not more.

The committee had 1,300 tickets to Saturday night's Doc Walker concert for sale. By the start of the concert, only 15 tickets hadn't been sold.

Current and former residents of Teulon attended the town's 100th anniversary party. Some people came to Teulon for the first time to check out the events.

Winnipeggers listening to radio stations like 103.1 Virgin Radio and QX104 FM heard advertisements promoting Teulon's centennial celebration. Ledarney said he knew of Winnipeggers who'd made the trip to Teulon over the weekend to see the town.

In the beginning, around 10 people made up Teulon's centennial festival committee. They met once every couple of months to start planning the town's events.

As event plans became more de-



TRIBUNE PHOTO BY LANA MEIER

Organizers of the Teulon Centennial committee sold 1300 tickets to the Doc Walker concert.

tailed, more residents got involved. They formed sub-committees to look after specific events, like the parade and the opening ceremonies.

The committees started to meet weekly as July long weekend drew nearer.

Local groups from Teulon also took on specific events over the weekend. Teulon Golf & Country Club hosted a golf tournament on June 28. Teulon

Continued on page 17

> LIFE-LEASE, FROM PG. 2

"More importantly, there's a common meeting and lounge area on the main floor that faces south towards the forest. There's a nice fireplace, fully equipped kitchen and washrooms. We'll also have TVs in there and fitness equipment," Comack said.

"It's a place where people can go and not be alone if they're widowed. They can meet up with friends or hold meetings or have extended family for celebrations."

The common room will open up onto an outdoor patio that will offer a scenic view of the forest.

"That forest has many trails within it and it's all connected to our Quarry Ridge Park subdivision, which boasts about 25 acres in total of park space and greenspace with about 10 acres of centralized green space and walking trails," Comack said.

"Because it's at the gateway, we've designed it with a high-quality luxury esthetic. The exterior is going to be beautiful with lots of landscaping. This is considered a premium option for downsizing. Compared to the Lions Manor, this is a more exclusive and premium place to hang your hat."

Adding to the excitement, the community-minded company plans to partner with senior-specific initiatives in town.

"Our company has a mandate that we give locally to charities that align with our core customers. So we will be setting up and establishing annual funding for senior-specific services and amenities in town, much like we have with Quarry Ridge Park. Quarry Ridge Park is a family-driven environment, so we partnered with YFC drop-in centre. We've spent tens of thousands of dollars to help them improve their equipment and facility to make it a place for kids in Stonewall to enjoy themselves," Comack said.

"Now we've made the commitment to begin to start helping and funding senior-specific initiatives. People can take comfort that we'll be adding to the breadth of services potentially at the hospital or in town."

Comack also praised the Town of Stonewall for launching its new SPRUCE (Stonewall Program for Rental Unit Construction and Expansion) program. The Renaissance received the first grant under the eco-

nomic development program that promotes the creation of residential rental units in Stonewall.

"They put together a program that really helped to get this project off the ground, and they deserve a lot of praise for that. It wouldn't have happened without them," Comack said.

"This is a totally private investment. It's totalling up to about \$20 million in committed investments over the next five years, specifically for this site. The Quarry Ridge development, which has about 450 units, is bringing

the Town of Stonewall's tax base upwards."

During the ground-breaking event, Stonewall Mayor Clive Hinds commended Ventura for its hard work in the community.

"As far as things are going, they are stepping up to the plate and we're very, very pleased with that," Hinds said.

For more information about The Renaissance, contact Stony Mountain-based realtor Dalice Clearwater at 204-799-6286.

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USA wins FIFA Women's World Cup

By Evan Matthews

The Americans have won their second straight FIFA Women's World Cup.

It's the country's fourth tournament win in tournament history.

But the greatest win for this soccer team may be yet to come.

Some of the U.S.A.'s superstars have started taking political stances, and in a variety of ways.

In March, the women making up the 28-person roster decided to sue the U.S. Soccer Federation for gender discrimination.

Despite having won four titles, and two consecutively, the women are paid substantially less than the men.

To further the women's cause, the men's team has never had a finish higher than third place, which came all the way back in 1930.

The *New York Times* reported in June that the two sides would start a mediation process, which was to begin immediately following the completion of the FIFA Women's World Cup.

This championship might not bode well for the U.S. Soccer Federation's case.

But it certainly speaks to what a dominant and unflappable team this is. They simply won't take no for an

answer, and they won't quit.

Another example might be the team's captain, Megan Rapinoe.

In January, Rapinoe was asked if she would visit the White House if the U.S. Women's Team won the World Cup.

Minus one horrible word that starts with the letter "F," Rapinoe said, "I'm not going to the ... White House."

Rapinoe said her only regret was using an expletive.

She has been a critic of Trump since the get-go. She was one of many athletes internationally who joined Colin Kaepernick (of the NFL) in kneeling during the playing of the national anthem as peaceful protest. Kaepernick began kneeling in protest of police brutality against black Americans.

But the reason Rapinoe rejected a visit to the White House before even winning was because she strongly disagrees with many of Trump's attitudes, now policies, toward the LGBTQ2 community.

That's putting it lightly, as Rapinoe herself identifies with the LGBTQ2 community. She believes herself to be affected by policy, and she's taking it personally.

But she's not just taking it personally; she's taking a stand.

This woman has influence, a voice, and is telling Trump "no."

Frankly, she's an inspiration.

Trump told her, in a series of Tweets, to "finish the job" before she spoke.

Rapinoe didn't bite, but she doubled down on her assertion that she would not be visiting the White House, and then finished the job. She won the tournament, and she comes out on top in her public spat with the U.S. president too.

To summarize, this U.S. women's soccer team has: sued the U.S. Soccer Federation over gender wage gap; condemned the current U.S. administration for discriminatory policy; become world champions for the fourth time. This is something to be celebrated.

Who knew one of Trump's greatest enemies would come not from overseas but from within, and based solely on oppressive policy?

Megan Rapinoe and the 27 other women who make up the American roster are trailblazers.

They've taught us not only to work hard and execute but to stand up for what we believe and take action.

That's what champions do.

New tax relief will make life more affordable for Manitoba homeowners

By the Progressive Conservatives

Eliminating PST on home insurance reverses previous NDP government tax grab.

A re-elected Progressive Conservative government will bring even more PST tax relief to Manitoba homeowners by eliminating the Provincial Sales Tax (PST) on home insurance for households and renters.

"Our PC team is committed to making life more affordable for all Manitobans," said Manitoba Progressive Conservative leader Brian Pallister.

"The elimination of the PST on home insurance means more money in the pockets of people and more money on the kitchen table for families to spend."

The average household — both

homeowners and renters — will save approximately \$70 annually.

"With increasing federal and municipal taxes and rising interest rates, now more than ever Manitobans deserve a break. Eliminating the PST from home insurance will make life a bit more affordable for Manitoban

Continued on page 7

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TRIBUNE PHOTO BY JO-ANNE PROCTER

The bumblebee is an effective pollinator because of a pollination technique called "buzz pollination." Buzz pollination does not require the bumblebee to enter the flower in order to gather pollen, like other bees have to do. Instead, the heavy bumblebee clings to the bottom of the flower and vibrates its flight muscles, producing a "buzz" sound. This vibration causes pollen to fall out of the flower onto the bee. After scraping pollen off and mixing it with her spit, the female worker carries pollen on the underside of her fuzzy abdomen and on her rear legs. She also gathers nectar in these same trips. The bumblebee carries the pollen back to her hive to help raise the new generation of worker bumblebees. Bumblebees can harvest pollen from flowers 400 times faster than honey bees can.

> PST, FROM PG. 6

families when it comes to something that matters most, their homes," said Pallister.

The NDP started charging the PST on insurance products in 2012 before breaking their word to Manitobans in 2013, increasing the PST to eight per cent in a \$325-million tax grab. Wab Kinew's NDP voted against every tax reduction the PC government brought forward and Kinew refuses to say he won't raise the PST back up to eight per cent or higher to pay for his risky campaign promises.

The PC government is now giving \$325 million back to Manitobans each and every year with our July 1 PST reduction to seven per cent.

"The NDP broke their promise to Manitobans and raised the PST. We kept our promise and reduced the PST from eight per cent to seven per cent. Now we are going further to make life even more affordable by allowing Manitobans to keep more of their hard-earned money."

For more information, please contact Keith Stewart, CEO, Progressive Conservative Party of Manitoba at 204-594-4080.

"We are the only team that is committed to providing new tax relief to Manitobans, and today's announcement is just the start," said Pallister.

Woodlands community receives life-saving equipment

By Evan Matthews

The RM of Woodlands has purchased a couple of life-saving devices following the suggestion of its residents.

The municipality purchased two automated external defibrillators (AEDs), in part due to concerned citizen Doug Oliver and after a scary incident in the community this past spring, according to Reeve Lori Schellekens.

The community's new defibrillators are located in the RM's office right next to the front desk with the second being in Warren's multipurpose room, which is attached to the firehall.

"To be responsible community members means having these. We have to have equipment to help people in a situation when they need it," said Schellekens.

The RM is still looking at having access to even more AEDs, according to Schellekens, but she noted there are budget limitations.

While Schellekens is trained on the AEDs, she said it's a very straight for-

ward machine, and one can just follow the prompts in a situation where an AED is required.

Community residents are relieved knowing the municipality has dealt with the concern after the scary incident in the spring.

"The incident at (Mr. Fairlie's) funeral caused us to look at things a little closer," she said.

In March, David Fairlie's funeral happened at the Woodlands Community Hall, with over 400 people in attendance.

The man is in his 70s — and cannot be named for health security and confidentiality reasons — lives part-time in Balmoral and part-time in Teulon. He experienced heart complications from a pre-existing condition, according to witnesses.

The Woodlands Community Hall does not have an AED device on scene; however, the recreation centre on the adjacent property does have an AED, according to witnesses. Though the building is rarely open, at some point, someone got that door open

and retrieved the AED.

Volunteer fire fighters — who just happened to be on scene — pulled the man out of his car and had the man on the ground doing CPR until EMS arrived.

By the time EMS had loaded the man into the ambulance, he was breathing on his own and was transported to the Esso in Warren, where STARS picked him up.

If not for CPR compressions and the AED device, many witnesses say the outcome could have been death.

RM of Woodlands Reeve Lori Schellekens was on scene too.

"They were doing compressions for at least 15 minutes," said Schellekens at the time.

"It was beyond unfortunate. Mrs. Fairlie had just buried her husband, and immediately starts worrying about one of their close friends," she said.

An automated external defibrillator (AED) is a portable electronic device that automatically diagnoses the life-threatening cardiac arrhythmias,

according to the American Heart Association, and AEDs are able to treat arrhythmias through defibrillation, the application of electricity which stops the arrhythmia, allowing the heart to re-establish an effective rhythm.

Based on provincial legislation, AEDs must be installed in a location facilitating easy and rapid public access. It must be clearly visible, located in a common area and easily accessible to members of the public without assistance from staff at the facility.

The AED should be stored in a case that protects it from environmental damage, according to the legislation, with some cases being equipped with alarms to help prevent tampering and ensure the AED is only used in an emergency.

The Province of Manitoba provided 1,000 free devices when the legislation was first introduced in 2013; however, no direct funding pots or grant programs exist.

getfishing

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> Fish tales?

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

Fishing sometimes requires team work

Hi gang.

Last week, if you read my column, you may remember I ended by wishing you had a great Canada long weekend holiday. Shortly after I sent that column to my editors, I met a wonderful lady in the Interlake who celebrated every May long weekend with a fishing trip with her husband and friends. To our good fortune, our new angling sister Cindy Zink shared a unique experience she had a few years ago.

Cindy is the kind of gal you cannot help feeling at ease with. She spoke in a low, husky, melodious voice. Her ample, fit body was complemented by her long brown hair showing just a little grey and a healthy, pleasant face born of many years enjoying the outdoors. This is her story.

One warm, hazy day, she, her husband and another couple were boat fishing on the Lee River. Off to their starboard, maybe a half-dozen boat-lengths away sat a tall, thin angler with his buddy in a small aluminum boat much like theirs. They had been on the water for about a half-hour when Cindy got a strike. She hauled up and reeled in until she had a nice two-foot-long walleye by the side of their little boat. She bent over the side, unhooked it and put it on her stringer.

Just as she dropped the strung fish into the water, she saw a rippling wave moving toward her. She imme-

diately realized from past experiences that a fairly large fish was swimming just under the water headed her way. Rippling water peeled from the back of a huge jackfish as it jackknifed, preparing to dive.

Cindy shot a glance downward looking for her walleye but it was already under the boat. Looking up again, she had just enough time to see the jack, which in her mind had to be four feet long, disappear after the walleye.

Then came a rasping thud from under, causing the thin metal of the little boat to shutter. Everyone instinctively clutched the sides of the craft as a vicious fight between the two fish erupted under the bottom of the boat. The two couples could hear the slapping of tails, the slamming of fish bodies and the raking of Cindy's fish stringer grating against the boat's aluminum side.

Cindy, however, was not a girl to mess with. She grabbed her stringer and hauled up hard, springing her walleye into the air. She dropped her fish on the floor of the boat and then picked up an oar and began slapping the side of the boat to scare the jack. It worked. The top of its huge green head and long slinky body swayed from under the boat and then began swimming toward the neighbouring angler's craft. Silence fell over Cindy and her people as they watched the jack flip its tail above the surface as

it made for the angler's baited hooks. Soon the rod of the tall angler could be seen arcing sharply down to the water as the giant jack took his hook. The rod quivered and bent as he braced himself to fight the huge fish.

Across the distance between the two boats, Cindy's group could hear their neighbour's reel scream as he let the fish run. He could be seen sitting down and bracing his legs under the bench seat of the boat keeping tension in his line. He played the fish, letting it run when it wanted to and then reeling in when it rested. In time, he had it alongside his boat. With surprising strength, he bent over the side and grabbed the jack by the gills. Rolling backward into the boat, he wound up with the fish flopping on top of him. The tall man's buddy became so frightened when he saw the size of the fish, he jumped over the windshield onto the bow deck and refused to get into the boat until his friend threw the monster back overboard.

Not long ago, I was talking to a fellow angler, Brett Taplin, of Selkirk who caught a turtle. Fortunately, it slipped the hook but it got me thinking.

Here, in the summer, one can easily catch a turtle yet few know how to get the hook out, so here are a few tips. If you snag a turtle on its leg, get a short stick and put it in front of its mouth. It will clamp on it like a dog and then you can get the hook out. If a turtle



TRIBUNE PHOTO BY ARNIE WEIDL

Ricardo Perez with his catch of a nice bass taken from the Red River by Selkirk.

gets hooked in the mouth, hold it by the shell with its face away from you. Keep tension on your line so it doesn't pull its head in and then grab it by the neck, holding it out while a helper gets the hook out. If all else fails, take it to a vet.

While in Selkirk, I stopped at the waterfront and met Ricardo Perez, who was just landing this nice bass. Good job, Ric!

Well, that's it for this week, my friends. Bye for now.

Livestock producers temporarily allowed to cut hay and graze animals on Crown land

Submitted by Manitoba government
Manitoba Agriculture advises that,

due to dry conditions in parts of the province, livestock producers will

temporarily be allowed to cut hay and allow animals to graze on Crown land not normally designated for agricultural use.

Under certain circumstances, Crown land can be made available for agricultural use. The Agricultural Crown Lands Leasing program will administer the use of available land and provide necessary permits. Livestock must be removed when the naturally existing forage is exhausted or by Oct. 31. Baled hay must be removed by Nov. 15.

Producers with AgriInsurance contracts who intend to put their crop to alternate use are required to contact the Manitoba Agricultural Services Corporation office to arrange for a field appraisal prior to harvesting the crop. Crop producers should also consider making crop residue available to livestock producers.

For more information, contact the Agricultural Crown Lands Leasing program at 1-204-867-6550 or a local Agricultural Crown Lands representative.

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Bronson receives first-ever volunteer of the year award

By Gabrielle Piché

Stony Mountain's streets are much cleaner thanks to one man with a trash picker.

Ted Bronson has removed garbage from the town's roads for six years and was recognized recently.

Stony Mountain Community Association named Bronson as the recipient of Stony Mountain's first volunteer of the year award. Bronson was called on stage during the town's festivities on June 30 to accept the award.

Bronson received a \$50 gift card to Pizza Den, and his name was put on Stony Mountain's new plaque. The plaque will have the names of everyone who wins the town's volunteer of the year award. It will stay in the trophy case in Stony Mountain's community centre.

"It was really great to have the honour of getting the first award," Bronson said.

Two locals nominated Bronson. To nominate someone, residents needed to email Stony Mountain Community Association and describe why the candidate deserved to win.

Sandy Masniuk was one of the people who nominated Bronson. She didn't know his name, but she'd seen him collecting garbage on the street.

"What stands out to me are his efforts to keep our town tidy," Masniuk wrote in her email. "It is inspiring."

Bronson and his wife moved to Stony Mountain seven years ago. Bronson began taking daily walks to get to know the area.

"I like to walk," Bronson said. "It's good exercise."

After a few months, Bronson started picking up litter along his regular routes. Then, he started bringing bags with him to put the trash in.

Five or six months later, Bronson bought a trash picker to carry with him. Now, the picker is a regular on Bronson's walks.

Bronson said people think of him as the garbage man.

"Once I got the honour, I told them they'd have to promote me to environmental maintenance engineer," he said.

People thanked Bronson for cleaning the streets even before he won the award.

"When I'm walking the routes, there's always someone that mentions they appreciate what I do."

Bronson said he's seen more residents picking up litter now. At the volunteer award ceremony, a young boy told Bronson he's started to pick up litter around Stony Mountain too.

Bronson volunteers around town in other ways.

He changes the flag at the cemetery across from his house in honour of the veterans who are buried there. Bronson had family members in the military. He said that by changing the flag annually, he's paying his respect.

Bronson also cares for Stony Mountain's community bulletin board. He paints it and takes down old flyers.

"It just makes the area a little nicer if the board is maintained properly," Bronson said.

His wife Mary has watched him volunteer around Stony Mountain for years. She said she's proud of



TRIBUNE PHOTO BY GABRIELLE PICHE

Stony Mountain Community Association vice-president Dalice Clearwater, left, presented Ted Bronson with the first annual volunteer of the year award.

him.

"What can I say? He does a good job going out there every day."

She said the volunteer work keeps her husband busy.

Interlake Community Foundation celebrating 25 years

By Becca Myskiw

The Interlake Community Foundation (ICF) is celebrating 25 years as a group this year.

ICF works to improve the communities of Rockwood, Rosser, Stonewall, Teulon and Woodlands by providing grants to local charities for projects that better the lives of their residents.

The group was established in 1994 after the Thomas Sill Foundation promised to match 50 per cent of up to \$200,000 raised by a group of volunteers who soon became ICF. Rockwood, Rosser, Teulon and Stonewall were the original communities served and Woodlands was added shortly after.

ICF has started a fundraising endowment campaign for their 25th anniversary and the goal is to raise \$250,000. Board chair Bob Beck said it's a big challenge, but he's excited about it.

"I'm optimistic we're going to hit [the goal]," said Beck.

Beck joined ICF two or three years after it was formed and has seen a lot of changes through the years. He said he doesn't have any moments

that stand out because the group has helped a lot of organizations with a lot of projects and each one has been worth it.

Inviting grant receivers to the awards night and hearing them talk about their projects has been Beck's favourite thing the group has done so far. He said it gets everyone caught up on the area.

"That in itself has been tremendous," said Beck. "It's fun to sit and listen."

Executive director Tracy Holod said the hardest job within ICF is writing letters to organizations who didn't receive a grant.

"It's terrible to write letters to say, 'Sorry we couldn't grant your request,'" said Holod. "It's so difficult not to give."

Holod said there are lots of reasons requests don't get granted, but the main one is there isn't enough money. She said the ultimate goal is to grant every qualifying request. The goal is a long way away, but it's what the group is working towards.

The group got \$120,000 in grant requests last year and was only able to



TRIBUNE PHOTO BY JO-ANNE PROCTER

The current Interlake Community Foundation board is gearing up for their 25th anniversary.

grant out \$19,000, which mostly comes from donations. She said the fundraising endowment campaign would give ICF an extra \$9,000 annually to grant back. They've already raised \$120,000.

ICF is having a celebratory dinner on Oct. 5 at the Quarry Park Heritage

Arts Centre. Holod said they only have 20 tickets left to sell and she's thrilled about the positive response. There will be speakers, jugglers and a locally catered meal. ICF uses local vendors whenever possible because they're about community.

Removing legal tender status from bank notes: What it means for you

Submitted

You may have heard the term “legal tender” in the news recently.

That’s because the Government of Canada has announced that as of Jan. 1, 2021, it will remove legal tender status from some bank notes, namely the \$1, \$2, \$25, \$500 and \$1,000 bills.

This step comes after legal changes following the 2018 federal budget gave the government power over the legal tender status of bank notes.

Wondering what this means for you? Short answer: this will not affect most Canadians.

What “legal tender” means

First, let’s define the term “legal tender.”

Bank notes issued by the Bank of Canada, along with the coins issued by the Royal Canadian Mint, are what is known as “legal tender.” It’s a technical term, meaning our government has deemed them to be the official money we use in our country.

In legal terms, it means “the money approved in a country for paying debts.”

By removing legal tender status from the \$1, \$2, \$25, \$500 and \$1,000 bills, the government is essentially saying that you shouldn’t use them in cash transactions or to pay debts.

But rest assured, this does not mean these bank notes will lose their value. The Bank of Canada will honour their face value even after legal tender status is removed.

Have some of these notes?

Here’s what to do

If you own any of these older bank notes, you have a few options.

You can redeem them. The simplest way to do this is by going to your financial institution, where they will exchange them for new bills or deposit the amount into your account.

You can also send them to the Bank of Canada, which will continue to honour these bank notes at their face value. For details on how to redeem your notes at the Bank of Canada, you can go to <https://www.bankofcanada.ca/banknotes/bank-note-redemption-service/>.

Finally, you can decide to simply keep your notes.

Check the value of your bills before you go to the bank

Some bank notes, such as the \$25 and \$500, may be worth significantly more than their face value. To find out if your bank notes have a different value to collectors, you can refer to a collector’s catalogue, or obtain an evaluation from two or three money dealers who cater to collectors.

Why remove legal tender status?

The bank notes targeted in this announcement haven’t been produced in decades. Some people might not recognize them anymore, which means they probably wouldn’t be accepted in transactions.

By removing legal tender status



TRIBUNE PHOTO SUBMITTED

Canadian Landscape (1954) bills are being removed from legal tender status.

from the \$1, \$2, \$25, \$500 and \$1,000, the government is helping ensure that the Canadian bank notes in circulation are current and easy to use.

The Bank of Canada, which issues Canada’s bank notes, supports this initiative. Keeping notes current means they work more effectively for everyone because they have better security features that make them hard to counterfeit.

With all this, you may wonder whether the government intends to remove legal tender status from any other bank notes. There are no plans to remove legal tender status from any other notes at this time. If it does happen in the future, Canadians will be informed with plenty of time.

To learn more about legal tender or Canada’s bank notes, visit our website: [bankofcanada.ca/banknotes](https://www.bankofcanada.ca/banknotes).

Balmoral Rec Centre seeks volunteers, board members

By Jennifer McFee

Calling all Balmoral residents!

Now is the perfect time to get more involved in your community.

The Balmoral Rec Centre board is seeking new board members as well as volunteers to put their skills to use.

Travis Williams plans to step down from the role of president, which he has held for about nine years. In addition, Marnie Van Hussen will be stepping down as treasurer, so there are plenty of opportunities to get involved.

“Balmoral Rec Centre is thriving and it’s in a very healthy position right now. It’s doing well. More and more people use our facilities and grounds each year,” Williams said.

“We do, however, need more help. Whether it’s in a volunteer or board member capacity, you can make a difference. Volunteering strengthens one’s sense of community and it’s lots

of fun. You get to interact with a lot of people within our small community as well. It always feels good giving back and you get a real sense of accomplishment.”

While board members can expect to attend monthly meetings, volunteers can dedicate as much or as little time as they would like.

“The commitment can really be tailored to what you’re willing and able to give in terms of time and skill set. Whether you are able to help as little or as much as possible, all of it will be appreciated,” Williams said.

“We need help with things like capital projects, ice convenor, advertising, a carnival co-ordinator, help with facility rentals and scheduling bar tenders. It is also very important to have good people be the point of contact for our partner clubs, which are Curl Balmoral, soccer, rec hockey and baseball. There are lots and lots of differ-

ent things to help with as a volunteer.”

Williams assures new board members and volunteers that they will be well supported by him and others. Williams intends to remain connected as past-president. Van Hussen will offer a training program and will be available to help the new treasurer adapt to the role.

“It’s time for some of our board members to shift gears in their commitment level, but we’re still committed,” Williams said.

“So we’re passing the torch, and we’re shifting gears at a very healthy time. Whoever’s going to be the next board members and volunteers will be supported by existing board members and volunteers. We’re not going anywhere. We care far too much about our community.”

New board members and volunteers can be rest assured that they’re joining forces with an organization that is

running smoothly.

“Financially, we’ve never been stronger. We have no mortgage and our income statement is the most positive it’s ever been. Dollars and cents are important, but the true measure of success is how many people are using the centre and grounds — and that number continues to go up,” Williams said.

“The Rec Centre is in a great position, but there’s still so much more that can be done. It’s a wonderful opportunity for new board members and new volunteers, as well as existing folks, to keep the Rec Centre healthy and take it to the next level.”

If you would like to learn more about how you can make a difference, drop by the next meeting at the Balmoral Rec Centre on July 15 at 7:30 p.m. For more information, you can also call Williams at 204-899-8277.

Stonewall council passes first reading for a reduced speed school zone

By Jennifer McFee

During the July 3 Stonewall council meeting, Staff Sgt. Kelly Glaspey provided a report for the quarter ending on June 30.

For 2018-19, the goals of the Stonewall area detachment focus on police visibility, road safety and crime reduction, including offender accountability.

When it comes to police visibility, foot patrols have been conducted in the morning in the Ecole RW Bobby Bend School zone as well as during the annual bike rodeo. Plans are underway to have a strong police presence during the upcoming Stonewall Quarry Days.

As well, RCMP members conduct occasional walk-throughs of licensed establishments, but there haven't been any significant issues in the past year.

During the past three months, members have also attended and participated in the Decoration Day ceremony and the Touch A Truck event.

With a focus on safer roadways, there were a total of 288 traffic tickets issued in Stonewall and surrounding areas. As well, four drivers were prosecuted for impaired driving infractions, which includes offences related to impaired operation, driving over .08 and refusal to provide a breath sample.

During the last quarter, RCMP have



Staff Sgt. Kelly Glaspey



Randy Guest



Anthony Cornwell of ISD

also conducted an average of two to three school zone patrols per week in vehicles and on foot.

In the category of crime reduction, RCMP members have been actively checking on people in the community with court-imposed conditions to govern their behaviour.

"This includes people on pre-charge release as well as those on probation after being convicted," the report states.

"Common conditions that are checked are curfews and abstention from intoxicants. This practice has proven beneficial in both reducing recidivism as well as convincing some to leave the community."

RCMP members are also active in

cultivating sources of intelligence in the community and have been successful in identifying suspects for a number of "nefarious activities" in the area.

In other news:

- Council hosted a public hearing about a conditional use request to install a free-standing electronic LED sign on the Stonewall Collegiate Institute property to replace the existing sign. The proposed sign would allow the school to display announcements for the school and the community.

Council approved the application with conditions.

- Location manager Randy

Guest spoke to council on behalf of Interdimensional Pictures about a proposed plan to locally shoot a low-budget feature film called *First Encounter*. He assured council that the filming would have a smaller footprint than some of the larger film projects that have been in town recently. He also expressed his affection for doing film work in Stonewall, which has a charming small-town feel. The goal is to minimize exterior disruption by doing mainly interior work.

- Council passed first reading of a bylaw for a reduced speed school zone.

- Council also passed first reading for a general reduced speed zone.

Beware of scammers pretending to be Manitoba Hydro employees

By Gabrielle Piché

Manitoba Hydro is warning customers to watch for scammers who separate people from their cash by pretending to work for the company.

Scammers contact Manitoba Hydro's customers via phone or email, or by coming to customers' houses. Most of the time, scammers call their targets.

A fake employee says they'll cut off their target's service if that person doesn't pay them in a short period of time. Normally, the scammer asks the customer to pay by prepaid card.

They might ask for customers to pay with a PayPal account, by wiring a cash payment via Western Union, or by giving a credit card number.

Scammers may use fake caller IDs and appear to call from Manitoba Hydro's number. Their callback numbers might have a recorded version of the company's greetings.

Manitoba Hydro calls customers who owe the company. They can threaten to stop providing services if the customer does not pay their bill.

However, Manitoba Hydro does not accept payment over the phone. Representatives won't ask customers to buy prepaid cards or wire money.

Some scammers offer Manitoba Hydro's customers devices or services that could save the consumer money or energy. Manitoba Hydro does not cold call its customers to sell products or services.

If you feel uncomfortable giving personal information over the phone, hang up and call the number on your monthly bill, Manitoba Hydro said on its website.

Interlake-Gimli MLA Derek Johnson shared a post from the utilities company about the scams.

"The reason for the repost is to make people aware prior to it becoming an epidemic problem," Johnson said.

He said he shared the post on Facebook after seeing it on Twitter. This way, more people online will know about the hoax.

"If they're on social media, they can be aware of it before something takes place and they lose money," Johnson said. He said so far, nobody from the Interlake has called him saying they

lost money to people pretending to be from Manitoba Hydro.

"People that are usually part of a scam feel embarrassed after and don't come forward," Johnson said.

People who are worried about their service being disconnected can call Manitoba Hydro's Credit and Recovery Services at 204-480-5901. Customers who want to check if their Manitoba Hydro bill or visit is real can call 204-480-5900 or 1-888-624-9376.

People wanting to learn more about utilities scams can visit www.utilities-united.org.

You have options.

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Black bear causes beehive frenzy in St. Laurent

By Evan Matthews

In a scene straight out of a child's Winnie the Pooh book, a black bear has destroyed a honey farmer's beehives for a free meal.

Joe Hallick, 84, said the damage occurred at his bee farm in St. Laurent along Governor Road and Chartrand Road, sometime around Friday June. 28.

Hallick said he's currently waiting for a conservation officer to come relocate the bear; however, conservation instructed Hallick that they would not attend for 10 days, in the possibility of the bear leaving the area on its own accord.

"But the bear is still out there. It's active. ... He's here for a free lunch," said Hallick, adding he's come across tracks, fecal matter and damage to the frames of his beehives.

"I don't have a firearm, or any protection."

Hallick is a recreational bee farmer, meaning he doesn't sell his honey commercially.

The bees keep the retired railway worker active. He has 10 beehives, and he has to keep up with the maintenance, he said.

The bear has damaged three of his 10 hives, and Hallick said his hives are not insured. Whether or not he bothers to rebuild the hives, he said, remains to be seen.

"(Conservation) told me maybe I should consider putting up an electric fence," said Hallick, who is a member of the Manitoba Beekeepers Association.

"If the bear is hungry enough, he'll do whatever he has to for a meal."

Hallick said this exact scenario happened to him once before, roughly 10 years ago, and conservation trapped the bear in a cage and relocated it to a different part of the region.

Relocating the bear is, ideally, what Hallick would like to see happen since there are families living in the area.

"There have been many lots sold, and I think there are upwards of eight people living around there,"



TRIBUNE PHOTOS SUBMITTED

A black bear has been wreaking havoc for a local honey farmer in St. Laurent. The bear has destroyed three of 10 hives.

said Hallick.

"There is also a (school) bus route right along the road. ... I don't know how long that bear is going to be there."

Male black bears typically weigh an average of 135 kilograms and females weigh 70 kilograms, according to the Manitoba government. Though the species is referred to as black bears, the animal can come in a variety of colours including black, brown, blond and cinnamon.

Black bears are omnivores, eating just about anything, but plants make up the largest part of their diet, according to the government.

Black bears can live for 25 or 30 years, but most live less than 10 years in the wild. They are good swimmers and are fast on the ground. For short distances,

they can reach speeds of up to 55 kilometres per hour. Climbing trees is also easy for a black bear, according to the province.

The bears are not true hibernators in winter; according to the province, since they can be roused if disturbed. Sometimes if the weather is warm, they wake and leave the den for short periods.

In spite of thousands of encounters between people and bears, there have only been three black bear-inflicted deaths in Manitoba. All have been the result of stalking, offensive attacks, the document reads.

Manitoba Conservation could not be reached by press time for comment.

For more bear information, visit gov.manitoba.ca/blackbear or call 1-800-214-6497.

Myskiw returns to the Winnipeg Fringe Festival with Tell Me on a Sunday

Submitted

Looking for love in all the wrong places — Bryan Myskiw and Kenna Simpson star in *Tell Me on a Sunday*, a story that relates to every young adult who has been in love and started a career in a new city. Featuring Andrew Lloyd Webber's beloved songs "Tell Me On A Sunday" and "Take That Look Off Your Face," this 1979 classic has been reimagined for its 40th anniversary in 2019.

Following the success of the 2018 production of *Joseph and the Amazing Technicolor Dreamcoat*, Missed Cue Productions is thrilled to once again return to the Winnipeg Fringe Festival, this year bringing the Andrew Lloyd Webber and Don Black musical *Tell Me on a Sunday*, by all account a first for Manitoban audiences. Missed Cue Productions is also the only production group from the Interlake to be featured at this year's Fringe Festival.

Tell Me on a Sunday is directed by Christopher Weddell (Bard on the Beach) and vocals directed by Marla Fontaine. The cast features Bryan Myskiw and Kenna Simpson accompanied by musicians Dave Schmidt and Chelsey Schoeman.

Performances will take place at the Asper Centre for Theatre and Film (Venue #12 - U of W 400 Colony St. (enter from Balmoral Street). Performance times are July 18 (10:15 p.m.),

July 20 (5:15 p.m.), July 21 (8:45 p.m.), July 23 (1:45 p.m.), July 25 (7 p.m.), July 26 (1:45 p.m.), July 27 (10:15 p.m.). Admission is \$12.

The Andrew Lloyd Webber (*Phantom*, *Cats*, *Joseph and the Amazing Technicolor Dreamcoat*, *Jesus Christ Superstar*) and Don Black (*Sunset Boulevard*, *Starlight Express*) musical *Tell Me on a Sunday* first debuted on the West End in 1979, before being reworked and opening on Broadway as *Song and Dance* in 1984. These songs and productions have been performed by some of the biggest names of stage and screen including Bernadette Peters, Sarah Brightman, Michael Crawford, Betty Buckley and Marti Webb.

Bryan Myskiw is producer for Missed Cue Productions, a not-for-profit group out of Warren. For more information, visit bryanmyskiw.com or winnipegfringe.com

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Strawberry farm opens on schedule, plants make miracle recovery post-fire

By Gabrielle Piché

Boonstra Farms opened for business last Thursday despite having its strawberry fields ravaged by a fire in spring.

The strawberry patch was busy on July 4. People knelt among the plants, picking berries to take home. Families bought lunch and had picnics on site. It was a typical opening day for Boonstra Farms — one that the owners didn't think would happen only months earlier.

"We kept hoping and praying that the crop would turn out good," said Murray Boonstra, one of the owners of Boonstra Farms.

In April, a neighbour had started a small fire to clean his brush but the wind got up and the fire spread quickly to the Boonstra's strawberry fields.

The fields were covered in straw, which made the fire burn even faster. The entire crop burned, except for five or six rows of berries, and melted the drip irrigation system.

"Everything was burned black," Boonstra said.

He was worried the fire would reach his house because he lives beside the fields. However, firefighters put out the blaze before the flames could hit Boonstra's home.

The Boonstras waited for two weeks to see what their plants would do. Fortunately, the roots weren't damaged and the berries started to grow and blossomed.

"The plants had rallied, and it was pretty amaz-



Rita Lean picks strawberries during Boonstra Farms' opening day.

ing," said Lorrie Truijen, an employee at Boonstra Farms.

Truijen has worked at Boonstra Farms for 10 years, and she leads school group tours on site. She often tells kids faith plays a role in the farm.

"We've always found God to be very faithful and He came through again," Truijen said.

Many customers at Boonstra Farms on opening day didn't know there'd been a fire.

Luba Martchenko has been picking berries at the farm for 15 years. She couldn't tell that the strawberry plants had been burned, and she said she was happy with the berries she'd found.

"So far, so good," Martchenko said.

Many people have been eager for Boonstra



TRIBUNE PHOTOS BY GABRIELLE PICHE

Ethan, left, Cheryl, middle, and Rayna Gabriel pick strawberries together at Boonstra Farms on July 4.

Farms to open its fields.

Cheryl Gabriel said she'd been checking Facebook for an update on when the farm would open. She brought her two children, Rayna and Ethan Gabriel, to help her pick.

"It's fun, and we like to eat strawberries," Rayna said.

Boonstra Farms has been selling strawberries since 1990. It has 35 acres of strawberry plants. This year was the first time the Boonstra Farm had been hit with fire.



Berry pickers hop aboard the wagon for a ride out to the field.

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7:00pm - A Dog's Purpose

9:00pm - GREASE

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Something Beautiful	204-467-9620
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Quarry Ridge Pharmacy	204-467-7333
Stonewall Chiropractic Centre	204-467-5523

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MacKenzie Funeral Services	204-467-2525
MicroPilot	204-344-5558
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Financial Services

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Sunova	204-467-5574
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3 ways to get to know your new neighbourhood

Settling somewhere new can be challenging. Here are three ways to get better acquainted with your new neighbourhood.

1. The practical approach

Take time to locate the essentials like grocery stores, medical clinics, drugstores and garages.

You should also investigate your town's website. It likely contains information about municipal bylaws, garbage pick-up days and upcoming special events.



Many municipalities offer notification services for things like boil water advisories and roadwork updates. It's a good idea to sign up for these if possible.

Also, keep in mind that local newspapers, like the one you're reading right now, are full of useful information.

2. The recreational approach

A great way to get to know your neighbourhood is to look for places where you can pursue your hobbies.

Creative types can seek out arts and craft stores or classes offered by galleries and local artisans.

Voracious readers should find out where the nearest library is. Many of them offer activities like book clubs, which are a great way to meet people who share your passion.

If you're a fitness nut, make a list of gyms, local sports leagues and recreational groups.

3. The community approach

Get involved in your community

by joining your neighbourhood association, your home owner's association or a local organization or service club. If you're a parent with school-age kids, also consider volunteering at your children's school.

If you are a new business in town, make a call to join your local chamber of commerce to become part of the business community.

These are great ways to actively participate in making your new neighbourhood a better place to live and you'll meet many new people to boot.

In addition to the three approaches mentioned, be sure to talk to your new neighbours. One of the best ways to learn about what's in your area is by word of mouth.



Graduation

Congratulations to all of the graduates of Stonewall Collegiate on their big day!

The Stonewall Chamber was proud to present graduate Davis Gesell our annual Achievement Award.

Best of luck to you in your post-secondary years.



info@stonewallchamber.com

Stonewall Quarry Days

Are you ready for the excitement? The 35th annual Quarry Days is August 16-18 in Stonewall and we will welcome up to 10,000 visitors to our community! Thanks to an amazing group of local business sponsors, our vendors and our volunteers, this event is bigger and better than ever! We are proud to kick off the weekend at the VMSC on the Friday night with Past the Perimeter opening for our main act, Aaron Goodvin on the Sunova Free Main Stage followed by the Rockwood Quarry Producers fireworks display. Saturday morning is the parade where up to 40 businesses and organizations show off their hard work with lots of lively music, dancing and pipe bands to entertain you! This year the Maple Leaf Construction Free Main Stage will feature The Orchard opening up for Jason Greeley followed by more fireworks sponsored by your Prairie Ram Retailers - all at the VMSC parking lot. Meet back Sunday for our annual Show'n Shine car display sponsored by Doctor Decal and Stonewall Family Foods. Over 300 vehicles could be parked for the day for you to come see! Visit Memorial Park Saturday and Sunday for Red River Coop's Danica & Abby's Village that will be full of family entertainment. Wonder Shows midway, street vendors and local organizations will line Main Street all weekend. There will be sidewalk sales and music and beer gardens in the Legion parking lot. Be sure to come out and support this famous weekend festival on the 35th Anniversary!



Stonewall Manitoba Youth Job Centre

The job centre is open once again this summer. The MYJC is designed to meet the employment needs of students and youth, as well as the needs of employers who have vacant positions to fill, by offering a free referral service to those who wish to hire an eager, hard-working young person. The centre encourages students and youth over the age of 12 to register with the office. If you are seeking full or part time, need help with a resume or want to expand your job search or interview skills, drop by and they will be happy to work with you. There are still many events happening this summer to get involved in: Boonstra Strawberry pick July 19, First Job Certificate Program Free for ages 12-29 years during week of July 22 & more! For more information contact Melaina Harrison, the Youth Engagement Leader. She is located in the Town of Stonewall building on the 2nd floor. She can be reached at 204-461-1364.



Main St. window washing with Odd Job Squad.

Upcoming Events

Stonewall Quarry Days Weekend - August 16-18th in Stonewall stonewallquarrydays.ca
Festival of Lights Santa Claus Parade- December 6th Main St, Stonewall

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Local Authorities Boards & Community Services

Community Futures East Interlake	204-378-5106
Community Living Interlake	204-467-8419
Interlake School Division	204-467-5100
Rockwood Rural Municipality	204-467-2272
Royal Canadian Legion Branch #52	204-467-2261
Stonewall & District Lions Manor Inc.	204-467-8531
South Interlake Agricultural Society	204-467-5267
South Interlake Regional Library	204-467-5767
South Interlake Seniors Resource Council Inc.	204-467-2719
Town of Stonewall	204-467-7979

Automotive

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Doctor Decal	204-467-9405
Interlake Graphics/Stonewall Teulon Tribune	204-467-5836
Interlake Publishing	204-467-2421
Interlake Salvage & Recycling Inc.	204-467-9344
Jasperson's Greenhouse	204-467-2081
Rockwood Renovations & Carpentry	204-467-7366
Stonewall Glass 2012 Inc.	204-467-8929
Taplin Earthworks	204-467-5311
The Original Cabinet Shop	204-297-8013
Waring Landscape Supply	204-467-8906

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Owen McDonnell Farms	204-886-7451
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Health benefits of strawberries

Strawberries taste amazing, and they're also incredibly nutritious. Here are just a few of the health benefits packed into this delightful summer fruit:

Vitamin C

Did you know that strawberries contain more vitamin C than oranges? It's

true! One serving of strawberries (100 grams) contains approximately 60 milligrams of vitamin C — that's more than half of the recommended daily intake. This makes these bright red berries a snack of choice when it comes to stimulating your immune system and preventing illness.

Furthermore, your body needs vitamin C to produce collagen, a protein that maintains the elasticity and regenerative capability of tissues such as skin. This means that eating strawberries is one of the more pleasant ways to keep wrinkles at bay.

Antioxidants

Strawberries are rich in antioxidants such as flavonoids, which foster heart health. They're also a source of lutein, ellagic acid and zeaxanthin — compounds that slow cellular aging and contribute to preventing and fighting many illnesses, including certain cancers.

Fibre

A serving of strawberries contains approximately two grams of soluble and insoluble dietary fibre. Their tiny "seeds," called achenes, are an excellent source of insoluble fibre that helps prevent constipation.

In short, the benefits of eating strawberries are numerous, so go ahead and indulge to your heart's content!

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Saskatoon Crisp



SOURCE: ALBERTA MILK
Saskatoon berries are slightly sweetened with maple syrup and combined with the tang of lemon, topped with a crunchy topping of oats, brown sugar, and finished with crème fraiche or ice cream.

Ingredients

FILLING

24 oz (1 1/2 lb)

Fresh Saskatoon berries

1 tbsp Lemon juice

1/4 cup Maple syrup

2 tbsp flour

TOPPING

1 1/4 cup Flour

1/2 cup Rolled oats

1/2 cup Brown sugar

1 tsp Cinnamon

3/4 cup unsalted butter, cut in cubes

pinch Kosher salt

Directions

FILLING

Lightly grease a 2 liter baking pan and preheat oven to 350°F (180°C).

In a medium size mixing bowl, combine Saskatoon berries, lemon juice, flour and maple syrup.

Add mixture to greased baking pan.

TOPPING

In a medium size mixing bowl or food processor, combine flour, rolled oats, brown sugar, cinnamon, and kosher salt. Mix together. One cube at a time, mix in the butter until it resembles small peas.

Add the topping to the Saskatoon berry filling.

Bake for 60 minutes, or until golden brown.

Serve with crème fraiche or your favourite ice cream.

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Annual Strawberry Social remains a fan favourite

By Becca Myskiw

The South Interlake Fifty-Five Plus hosted their annual Strawberry Social on July 3.

The Strawberry Social is a social outing for people of all ages that raises money for the program activities. Fifty-Five Plus executive director Cheryl Cathers said it's not a major fundraiser, but it is a social outing that community members look forward to each year and has been going strong for over 20 years.

"Annual events are something people look forward to," said Cathers. "It's a fun afternoon to get everyone out and supporting the centre."

The social was at the Odd Fellows Hall and brought in over 100 people to chat, listen to live music and eat angel food cake served with strawberries and whipped cream. When the event first started, the dessert of choice was strawberry shortcake, but Cathers said they've "modernized" it in the last 10 years.

The event is volunteer-based right from picking the strawberries to hosting and serving the cake. Cathers said the program tries to bring in different bands for to play at their events. Papa John's Blues serenaded the crowd at the social playing music they grew up listening to in the '60s and '70s.

The Fifty-Five Plus centre is always putting on different events for people with different interests. Cathers said not everyone likes to dance and listen to live music, so they're always doing things that will appeal to different people.

"But let's face it," she said. "Everyone likes strawberries."

Social interaction is necessary for one's health, and Cathers is proud the Strawberry Social can be one of the events where older adults can experience that. Part of the program's mandate is to provide social interaction, and the event is a great way for all ages to have that.



TRIBUNE PHOTO BY BECCA MYSIW

The Foxy Roxys enjoyed angel food cake with fresh strawberries and whipped cream along with coffee and tea at the South Interlake Fifty-Five Plus Strawberry Social on July 3. The Foxy Roxys' favourite colours are red and purple and they are part of the Red Hat ladies society. Members of the group wear a purple hat instead of a red one when it's their birth month.

> TEULON 100TH, FROM PG. 5

& Area Lions Club hosted a pancake breakfast on June 29 while ALUR hosted one on June 30.

Teulon and District Chamber of Commerce booked country group Doc Walker to headline Saturday night in Teulon's arena. Green Acres Art Centre shared their "Walk in Time" display all weekend.

Teulon's schools, museum and churches opened their doors to the public. The town's branch of The Interlake Metis Association Inc. had several booths teaching people about Métis culture.

"It was truly a community effort," Ledarney said.

He said he's proud of the community for pulling together to make the weekend possible.

Claudette Griffin, a resident of Teulon, was impressed with the weekend. "All the volunteers — it's unbelievable what they've accomplished here," Griffin said. "Everything has been so well-organized."

Griffin was happy with how the weather turned out — hot and sunny for the majority of the weekend.

Teulon's centennial festival committee will have a meeting to debrief the long weekend's events. They're unsure whether they'll put on anything else this year.



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Teulon Farmers Market open for business

By Gabrielle Piché

Brownies, baby blankets and body scrubs — all were found at Teulon's first farmers market of the season last Friday.

Teulon Farmers Market runs from 2 to 6 p.m. in the parking lot next to Red River Co-op on Highway 7. Vendors from around the Interlake set up shop to sell their goods.

Last Friday, Willow and Pryia Louis displayed their homemade saskatoon muffins and chocolate chip cookies. Willow, 7, and Pryia, 6, had never sold baking at a farmers' market before. They said they hoped people would buy everything.

"We're going on a family trip," said Nancy Louis, the girls' mother.

Willow and Pryia were earning spending money for their trip to Alberta. They'd picked saskatoon berries last Thursday night and spent the hours before the farmers market baking their goods.

Jason Howardson bought muffins from the girls before he went off to golf.

"I always like supporting farmers markets," Howardson said. "I'm from Lunder, born and raised, so I always try to help the community, especially little kids."

People come from all over the Interlake to sell goods at the farmers market. In the past, vendors have come from Teulon, Stonewall, Arborg and Petersfield, among other places.

Usually, Teulon Farmers Market has five to 10 vendors. The market's motto is "Make it, bake it or grow it." That



Teulon Farmers Market runs every Friday from 2 to 6 p.m.

means vendors must sell something they've made themselves — they can't sell garage sale or retail items.

Jennifer Irving-Chandler brought her business, From Farmhouse to Yours, to Teulon Farmers Market for the first time on July 5. She began selling her homemade skin care products and baking at a café before switching to farmers markets.

"It's been pretty good," Irving-Chandler said.

Green Acres Art Centre runs Teulon Farmers Market. This is the centre's second year of operating the market and deciding which vendors can sell their goods.

Vendors can apply to the market any time throughout the summer. However, they must be approved by a committee at Green Acres Art Centre before they can set up shop. The approval process takes anywhere from two days to a week.

Teulon Farmers Market is open every Friday during the summer. It will hold its final market of the season on Friday, Aug. 30.



TRIBUNE PHOTOS BY GABRIELLE PICHE
Linda Barkman talks with a customer at her booth in Teulon Farmers Market.



Pryia Louis, left, and her sister Willow sit by their homemade baked goods. They hope to sell their baking to gain spending money for a future family vacation.



Jennifer Irving-Chandler sits at her booth as customers peruse her baking.

Pajama story time at Stonewall library



Approximately 15 children and their parents gathered at the South Interlake Regional Library in Stonewall last Thursday for Summer PJ Story time. The evening had a Dr. Seuss theme and library program facilitator Kelsey Dingwall started the evening with five facts about the famous author. Dr. Seuss' real name is Theodore, his first book was *And To Think That I Saw It On Mulberry Street*. Seuss would be 115 if he were still alive today. He wrote 44 books in his career and the famous book *Green Eggs and Ham* had only 50 different words. Dingwall then read *One Fish, Two Fish, Red Fish, Blue Fish*. The children ate fish gummies and then did a fish-painting craft. The next Summer PJ Storytime will be Aug. 8 at 6:30 p.m.

TRIBUNE PHOTOS BY BECCA MYSKIW



TRIBUNE PHOTO BY DON BARYLIUK
An enhanced entrance sign is now welcoming people to town on Highway 236. The previous sign had been destroyed in a windstorm during the fall of 2017. The quote to repair it was \$9,575, and the costs were covered by an insurance claim. The majority of the funds went towards the sign itself, with only a small amount of money allotted for the decorative touches around the sign. Not everyone was satisfied with the end result, but there was no money in last year's budget to make changes. On Wednesday, July 3, the sign was enhanced with real Stony Mountain stone at an additional cost of about \$10,000, which was paid for by the town.

Washing windows



TRIBUNE PHOTO BY JO-ANNE PROCTER
Last Friday Steph Milner, left, and Tyson Delaurier spent the afternoon washing windows on Main Street in Stonewall and in the Industrial Park. The duo are part of the Odd Job Squad with the Manitoba Youth Job Centre, which is run through Manitoba Education and Training. The program is to help youth ages 12 to 16 make money and gain work experience. If you need any odd jobs done in and around Stonewall, Stony Mountain, Argyle, Rosser, Warren and Woodlands, you can contact Melaina Harrison at 204-461-1364, stonewallmyjc@gov.mb.ca or drop by her office at 293 Main St. in Stonewall.

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Wings:
2 tablespoons baking powder
1 teaspoon salt
1 teaspoon paprika
1/4 teaspoon black pepper
4 1/2 pounds chicken wings, drums and flats separated, tips removed
Chipotle Barbecue Sauce:
1 cup barbecue sauce
3 tablespoons Tabasco Chipotle Sauce
2 tablespoons lime juice
Nashville-Style Sauce:
6 tablespoons Tabasco Sauce
8 tablespoons butter, softened
1 tablespoon light brown sugar
1 teaspoon paprika
1/2 teaspoon garlic powder

1/2 teaspoon salt
Heat oven to 425 F.
In bowl, combine baking powder, salt, paprika and black pepper. Shake over both sides of wings.
Place seasoned wings on rack over foil-lined sheet pan.
Bake 20 minutes, turn wings over and continue cooking additional 20 minutes in convection oven or 30 minutes in conventional oven. Cooked wings should reach at least 180 F internal temperature with crispy texture.
To make Chipotle Barbecue Sauce: In bowl, mix barbecue sauce, Tabasco Chipotle Sauce and lime juice.
Alternatively, to make Nashville-Style Wing Sauce: In bowl, mix Tabasco Sauce, butter, brown sugar, paprika, garlic powder and salt. Set aside.
Remove wings from oven. Toss wings with preferred sauce and serve.



Fish and Sweet Potato Soup

Serves 4
6 ounces white fish fillet, skinned
1/2 onion, chopped
1 sweet potato, about 6 ounces, peeled and diced
1 small carrot, about 2 ounces, chopped
1 teaspoon chopped fresh oregano or 1/2 teaspoon dried
1/2 teaspoon cinnamon
5 1/2 cups fish stock
5 tablespoons light cream
Chopped fresh parsley, to garnish

Remove any bones from the fish and put it in a pot. Add the onion, sweet potato, carrot, oregano, cinnamon, and half of the stock. Bring to a boil, then simmer for 20 minutes or until the potatoes are cooked.
Leave to cool, then pour into a food processor, and blend until smooth.
Return the soup to the pot, stir in the remaining fish stock, and gently bring to a boil. Reduce the heat.
Stir the cream into the soup, then gently heat it through without boiling. If the soup boils, the cream will curdle.
Serve hot, garnished with the chopped parsley.



Marital Problems, Divorce Tough on Children

It is always sad when a marriage ends. Even when it is ultimately for the best, it is still difficult for all involved. I am often asked about the effects on children, when parents divorce. Every situation is different, so it is impossible to generalize. What we can say with certainty is when parents remain positive and supportive of one another, children fare better than when there is on-going conflict.

No matter what has happened in the marriage, children love their parents. It is extremely stressful for them to hear one parent criticizing or blaming the other. It puts a heavy burden on their hearts to be told the marital split is entirely the fault of one parent, or worse, that one parent has left the marriage because he/she no longer 'loves us.'

Sometimes a hurting parent will

use the children to try to get the spouse to return. Again, this puts an impossible burden on the children. It can be hard to hide our heartbreak from the children.

It is natural to convey our sadness, but they need to know we will be okay. To share too many adult feelings with children makes them a confidante and/or a caregiver. Neither role is appropriate for a child, regardless of age.

This does not mean parents have to 'fake' positive feelings for an ex-partner. Sometimes the truth is that partners cannot even talk to one another. If so, the 'Bambi rule' applies: if you can't say something nice, don't say anything at all.

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



Spicy Cheese Balls

Makes 35 to 40 bite-size balls
1 8-ounce package cream cheese, at room temperature
1 cup grated sharp cheddar cheese
1 teaspoon minced garlic
1 tablespoon chopped fresh parsley
1 teaspoon cayenne pepper
1 teaspoon freshly ground black pepper

1/2 teaspoon kosher salt
1 cup finely chopped walnuts
1. Put the cream cheese, cheddar, garlic, parsley, cayenne, black pepper, and salt in a food processor. Process for 5 to 10 seconds, until well blended. Scrape the mixture into a bowl, cover, and refrigerate for 1 hour.
2. Spread the chopped walnuts on a plate. Shape the cheese mixture into 35 to 40 small cheese balls, each about the size of a large marble. Roll each cheese ball in the walnuts, coating the outside (you may press a little to ensure sticking).
3. Serve the cheese balls on a large platter. You can put a toothpick in each ball, but you could also surround them with crackers and let guests use their hands. It all depends on what kind of party you're having.

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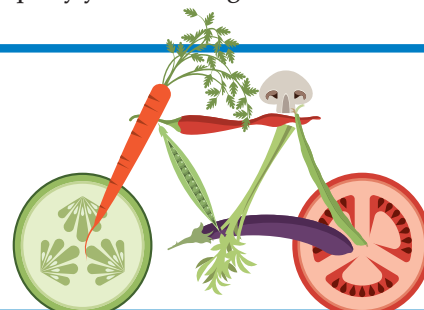
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Gimli Film Festival releases the 2019 program July 24-28

Submitted

The Gimli Film Festival announced its 2019 lineup of over 120 diverse and acclaimed films at the GFF Media Conference at Nonsuch Brewing Co. on June 26.

This year, the Gimli Film Festival is celebrating 19 years of showcasing critical, engaging and entertaining cinema. The films are presented through a variety of distinct film series and special events; The Future is Female*, Indigenous, Icelandic, Northern Lights, Manitoba, and Social Justice along with nine short film programs.

GFF is proud to screen 69 women-initiated projects in this year's program. GFF works to reflect gender parity in its programming.

The festival will kick off on Wednesday, July 24, and it all begins with the documentary *For Sama*, an incredible and intimate story of war and family told from the perspective of a woman living through the Syrian war. The documentary picked up awards at Cannes, Hot Docs and SXSW.

Next is the Canadian premiere of *Jawline* — winner of the Special Jury Prize at Sundance 2019. This intimate documentary follows a down-and-out teenager in rural Tennessee as he struggles to escape his hometown by becoming a social media celebrity in the post-millennial digital world of "live broadcast."

A special focus of the 2019 Festival is "Cinema Outside the Box," a special showcase of cinematic performances, video installations and virtual reality experiences that seek to reimagine film and video outside of the traditional theatre setting. As part, GFF is presenting a special Saturday Night Event featuring live projections and music from Mexico City, the United Kingdom, Saskatoon and Winnipeg.

GFF will present a number of annual and new awards at Saturday night's GFF Awards Reception. The Alda Award will be presented to famed Canadian actress with Winnipeg roots Wendy Crewson. This award recognizes the outstanding achievements of a filmmaker or actor from circumpolar nations. Manitoba Film & Music's CEO and film commissioner Carole Vivier will receive the Jack Clements Livin' the Dream" Lifetime Achievement Award for her outstanding contributions to the local film industry.

New this year, APTN will present the Indigenous Spirit Award to the most deserving Indigenous filmmaker. The Directors Guild of Canada will be presenting the Best Manitoba Director Award for the second year.

GFF audience members will vote for the Best of Fest Audience Choice Award, presented by Outlet Collection Winnipeg. And GFF will present the Grand Jury Prize as the top prize of the festival.

The full festival schedule is at gimli-film.com. Visit the Gimli Film Festival website for festival news, schedules, ticket sales and how to make the most of your festival experience.

RBC Sunset Screenings:

The RBC Sunset Screenings take place each night at 10 p.m. on the Gimli Beach with the scenic open water as a backdrop. This year, GFF introduced thematic programming and this year's theme is Summer School — classic high school coming of age stories from the '80s to '00s.

Wednesday, July 24– *Clueless* (Amy Heckerling)

A rich high school student tries to boost a new pupil's popularity but reckons without affairs of the heart getting in the way.

Thursday, July 25– *Rushmore* (Wes Anderson)

The extracurricular king of Rushmore Preparatory School is put on academic probation.

Friday, July 26 – *Mean Girls* (Mark Waters)

Cady Heron is a hit with The Plastics, the A-list girl clique at her new school, until she makes the mistake of falling for Aaron Samuels, the ex-boyfriend of alpha Plastic Regina George.

Saturday, July 27 – *School of Rock* (Richard Linklater)

After being kicked out of his rock band, Dewey Finn becomes a substitute teacher of an uptight elementary private school, only to try and turn them into a rock band.

Sunday, July 28 – *The Breakfast Club* (John Hughes)

Five high school students meet in Saturday detention and discover how they have a lot more in common than they thought.

2019 Special Events:

The Future is Female* Mentorship Program – Friday, July 26

RBC Beach Boardwalk – Friday, July 26 and Saturday, July 27 from 7:30 to 9:30 p.m.

\$10,000 RBC Emerging Filmmaker Pitch Competition – Saturday, July 27

Winnipeg Film Group 48 Hour Film Competition – Saturday, July 27

Manitoba Short Films in Competi-



TRIBUNE PHOTO BY LAINA BROWN PHOTOGRAPHY

Gimli Film Fest sunset screenings take place each night at 10 p.m. on the Gimli Beach.

tion: Audience Choice presented by MFM – Saturday, July 27

Filmmakers Meet & Greet – Saturday, July 27

Awards Reception – Saturday, July 27

Cinema Outside of the Box – Saturday, July 27

Best of Fest – Sunday, July 28 – sponsored by Outlet Collection Winnipeg

Passes are on sale now. Super Pass for \$110 gives you access to all films plus special events; Film Pass for \$80 gives access to films only; Film Com-

munity Pass for \$90 to purchase a Film Community Pass you must be a practising filmmaker and possess a membership to a local film organization; Individual Film Tickets for \$10.

GFF Box Office: Guarantee your seat. On June 29, our GFF Box Office is fuelled by Red River Co-op and individual film tickets will go on sale through the GFF Box Office and online. Pass holders will be able to order tickets to secure their seats.

73 1st Ave. – Lakeview Resort, located in Tara's Corner, entrance on 1st Avenue.

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Solemn and silly in the Gimli Film Festival line-up

By Patricia Barrett

The 2019 Gimli Film Festival has an impressive lineup of feature films, short films and documentaries from across the globe, including an Icelandic film series. The *Express* has randomly selected four films to highlight.

Capernaum. (Lebanon)

A 12-year-old boy in Beirut sues his parents for bringing him into the world and failing to take care of him.

Zain and his sister live in poverty with their drug-smuggling parents. When they hand over his 11-year-old sister to become the child bride of their landlord's son, he flees home.

Zain meets a kindly Ethiopian cleaner who lets him stay with her in exchange for minding her two-year-old son, Yonas. She's later picked up by the police for not having emigration papers, and Zain has to fend for himself and Yonas on the streets of Beirut.

To call attention to child poverty, a local television station funds Zain's lawsuit against his parents.

Capernaum premiered in Cannes in 2018 and won the jury prize. After seeing children on the streets on a daily basis with no one to protect them, Lebanese director Nadine Labaki decided to raise the question of societal complicity in the mistreatment of children and a need for collective responsibility.

Diamantino.

(Portugal/France/Brazil)

Diamantino pokes fun at the world of soccer and its larger-than-life star players with their lavish lifestyles, eccentricities and dissipations.

Portuguese footballer Diamantino

Matamouros is known only by his first name — like a real-life Maradona or a writhing and rolling Neymar — and is a national icon in his country.

A healthy ego (his bed sheets have his own face emblazoned on them) compensates for Diamantino's general lack of intelligence. Possessing a child-like simplicity, he's easily hoodwinked by people (yes, even family) out to make a buck or further a cause.

Missing a shot that would have advanced Portugal to the World Cup final, Diamantino is catapulted into disgrace. He turns to humanitarian causes and adopts a teenage boy from the African country of Mozambique. The boy turns out to be a girl and is actually a secret service agent hired to investigate Diamantino's alleged involvement in a money-laundering scheme.

While this plays out, Portuguese nationalists adopt Diamantino as their figurehead in a bid to take the country out of the European Union, and his rapacious twin sisters volunteer him for a cloning program that aims to produce top strikers. But the experiment goes badly wrong.

Firecrackers (Canada)

What rural teen hasn't hatched a plot to escape his/her oppressive small town for the bright lights of the big city?

Directed by Jazmin Mozaffari with an all-female filmmaking crew, *Firecrackers* follows the lives of two teen-aged girls determined to leave their small-minded rural Ontario town with its crumbling infrastructure, lack of services and dim future. Their bid to escape, however, comes with seri-



EXPRESS FILE PHOTO

Gimli Film Festival crew.

ous consequences.

Lou lives with her mom and her mom's ex-junkie boyfriend in a decrepit trailer, and Chantal's ex-boyfriend has a stalker mentality, set on preventing her escape after Lou's idea to move to New York City becomes known around town.

The girls save up money they've earned from cleaning toilets in a motel to fund their escape, but a sexual assault thwarts their plan and they enact revenge.

Mozaffari's debut film depicts the plight of females trapped in a patriarchal society, where men commit contemptible acts in order to keep them under control.

The Hottest August. (United States)

Brett Story is a Canadian filmmaker living in the United States. Her documentary — which gets its title from a record-setting heat wave in New York City — is a sociological investigation

into the everyday lives of New Yorkers in five boroughs.

A doom-and-gloom snapshot of America's collective future, the documentary introduces us to people from different walks of life, including Hurricane Sandy survivors, fishers, shop owners, climate change deniers and an economist.

They share their angst about the weather, immigrants, rising rents, homelessness, decaying infrastructure and mass shootings.

Without a coherent narrative to tie it all together, the documentary has not found favour with some critics. But its meandering focus perhaps make a salient point about our lives and how we live day-to-day with uncertainty about what the future has in store given current societal trends.

The Gimli Film Festival runs July 24-29. Visit gimlifilm.com for a complete listing of films and events.

RBC Challenge open for local youth to make a change

By Becca Myskiw

The Royal Bank of Canada (RBC) is offering grants to youth-led projects and the Interlake Community Foundation (ICF) is encouraging local youth to apply.

The RBC Future Launch Community Challenge is based on one question — what is your boldest idea to respond to an urgent local need? The challenge gives local youth the power to lead projects revolving around health, food security, education, the environment, reconciliation and any other priorities they might see within their community.

RBC describes youth as people aged 15 to 29. Youth groups who choose to participate have to essentially partner up with a local non-profit organization and work on a project together

with them to qualify for the grant.

ICF is one of the community foundations participating and they have an extra \$15,000 to grant based on the challenge. Executive director Tracy Holod said they haven't received any applications yet, and the challenge has been open for almost two months.

"This is for initiatives that wouldn't get funded otherwise," said Holod. "Generating some interest in this would be amazing."

There is an application guide at www.communityfoundations.ca. Ineligible applications revolve around infrastructure or capital projects, purchases over \$2,000, recurring events or programs, advertising or promotional campaigns, travel-related events, events that include ticket

sales, awards or prizes and projects that have already received funding from RBC or the RBC Foundation for the same activity.

Eligible applications can include equipment rentals, food, transportation and other costs similar, purchase of necessary materials under \$2,000, reasonable salaries and HR costs associated with the project.

Holod said ICF wants to grant no more than three projects to ensure each group gets at least \$5,000. ICF hopes the challenge can help them reach new organizations they haven't been able to fund in the past.

"If we are able to get an extra \$15,000 for our communities, we're all over it," she said.

Eligible applications are evaluated

by ICF. They'll look at youth involvement in all aspects of the initiative, make sure the project responds to a specific need in the local community, ensure it is inclusive of diverse community members, has collaboration between community members, is an experiment with new ideas and has the potential to leave a legacy and lasting impact beyond the grant from the challenge.

The challenge is open until Sept. 18 and applications can be sent to info@interlakefoundation.ca or youth can contact ICF. Those who have been chosen to receive a grant will be notified by November 2019 and must spend the grant money and implement their project by August 2020.

New tricks: more fireworks and music for 35th anniversary

Stonewall Quarry Days August 16-18

By Gabrielle Piché

Stonewall's popular Quarry Days is coming back for its 35th anniversary this August.

Quarry Days will run from Friday, Aug. 16 to Sunday, Aug. 18. The town's Main Street will shut down to accommodate the festival.

This year, entertainers will perform on Friday and Saturday night. On Friday, local country band Past the Perimeter will open for Canadian Country Music Association Songwriter of the Year

Aaron Goodvin on the Free Main Stage in the VMSC parking lot at 8 p.m. Past the Perimeter will then entertain into the wee hours at the Legion Beer Gardens.

For the first time in many years, Quarry Days organizers are bringing back Saturday night entertainment on the Free Main Stage in the VMSC parking lot at 8 p.m. Alberta duo The Orchard, well known for crafting brilliantly accessible, lyrically driven songs best described as a cosmic blend of rock, country and pop, will open for headliner Jason Greeley. Greeley is a singer/songwriter from a small community off the Eastern shore of Newfoundland who is best known as a contestant on the second season of Canadian Idol where he finished top four out of 9,000 hopefuls. He released his solo album, *Live... Love... Sing...* in 2005 and in late 2009 released his self-titled follow-up album. Greeley is currently working on a new album to be released this summer.

mer.

Traditionally, Stonewall's sky lights up with fireworks on the Friday night following the Main Stage concert at the VMSC; however, for the festival's 35th anniversary this year, people will be treated to fireworks on Friday and Saturday night.

New this year, organizers of Danica and Abby's Village will set up events in Memorial Park, across from R.W. Bobby Bend School on Saturday and Sunday from noon until 6 p.m. each day. The Village is a charity in memory of two young girls, Danica deLaroque and Abby Margetts, who both died tragically in separate accidents.

Entertainment and activities will be geared towards families. Saturday and Sunday will kick off with a family fun fitness hour by Backcountry Fitness, followed by Music with Madison, visits and photos with A Living Fairytale's Elsa and Spiderman and reptile visitors. Entertainment will continue with children's folk musicians Audayo Brothers. The Teakle Family Circus will feature performances while a certified Hoop Love coach will provide a family hula hoop workshop. There will also be stations for rock painting, bracelet making, face painting, crafts and more. Bring a chair or a blanket to sit in the park and listen to the amazing entertainment. There is no charge for the events at The Village, however donations will be gratefully accepted.

Danica and Abby's Village continues to raise monies to reach their goal



TRIBUNE PHOTO SUBMITTED
Singer/songwriter Jason Greeley will headline the Free Stage Saturday night at Quarry Days.

of \$20,000 in hopes to manufacture more rainbow benches to continue to spread their love to our residents and visitors within our communities while honouring two very special little girls.

The annual Quarry Days parade runs through Stonewall at 11 a.m. on Saturday starting at 3rd Avenue South and Main Street, continues west to 5th Street West and north to the corner of 1st Avenue North ending at Rosewood Lodge. Come out to watch approximately 40 floats drive by the thousands of onlookers along the route.

People with cars, trucks and motorcycles to display can bring their vehicle out on Sunday to the festival's annual Show 'N' Shine. There will be

upwards of 300 vehicles at the VMSC parking lot.

Wonder Shows midway will be back for the weekend, as will Quarry Days' legion beer gardens and over 50 vendors will line Main Street.

Festivalgoers can grab pancakes for breakfast at the Stonewall Legion hall on Saturday and Sunday morning beginning at 8 a.m. and running until noon. And for those that look forward to the fresh roasted corn on the cob, mini donuts, lemonade, perogies, donairs, candy apples and cotton candy, Main Street will be open for business.

Our local restaurants and retail businesses will welcome you in if you are looking for a place to browse, sit down or enjoy the air conditioning.

The South Interlake Regional Library will also have their annual book sale throughout the weekend.

In the past, over 12,000 people have come to Quarry Days throughout a single weekend.

"Quarry Days is almost like a reunion for a lot of people," said Tanya Swanson, co-chair of Stonewall Quarry Days.

Swanson said many people that have moved away from Stonewall come back during the festival to reconnect with family and friends. Quarry Days is also a way to introduce Stonewall to people who don't live in town.

"We live in a fantastic little community and it's growing," Swanson said.

"It gives people an opportunity to experience Stonewall in a fun environment."

To learn more about Quarry Days, visit www.stonewallquarrydays.ca.

Rosser residents discuss sidewalk extensions with council

By Jennifer McFee

- The RM of Rosser's 2018 audited financial statement is available for inspection at the municipal office during business hours.

- At the June 25 meeting, CentrePort planner Kari Schulz and Bob Sigfusson spoke to council about a minor subdivision application.

- Representatives of the Interlake Community Foundation provided council with an annual report.

- Jessica Beachell, Dawn Klassen and Letisha Sherry met with council about a requested sidewalk extension in the Village of Rosser.

- Richard Vendramelli of the City of Winnipeg provided information about haul routes for a biosolids land application. Starting this month, the city's waste and water department

plans to operate a biosolids field storage and land application program in the RM of Rosser. Council approved the resolution with conditions.

- Council passed first reading to establish water and sewer rates with the CentrePort Utility.

- Council passed second and third reading of its indemnity bylaw. Coun. Anglea Emms was opposed.

- Council approved an additional \$800 be paid to Grosse Isle resident Kevin Hagan. On May 18, 2019, council approved a payment to Hagen of \$3,200 to assist in the replacement of his deck. Coun. Kelvin Stewart withdrew from discussions due to a perceived conflict of interest related to employment.

- At the June 11 meeting, 2019 charitable donations and grants

were approved for the Association of Community Living Interlake Branch (\$250), Canadian Red Cross (\$200), Interlake Community Foundation (\$5,000), Manitoba 4-H Foundation (\$250), Manitoba Crime Stoppers (\$205.80), Prairie Oak Regional Arts Council (\$200), Vintage Locomotive Prairie Dog Central (\$2,500), Stonewall Christmas Cheer Board (\$200), Kids Help Phone (\$250), Rockwood Ag Society (\$3,000), Ralph Eichler Golf Tournament (\$125), Ron King Fiddle Contest (\$200), Stonewall Odd Fellows golf donation (\$100) and KidSport (\$100).

- The RM also approved a \$500 recreation and cultural grant for the Stony Mountain Community Association 2019 Canada Day celebrations.

- Council defeated a resolution

to support the Westman Opportunities Leadership Groups Soybean Processing Facility at the requested participation of \$1 per capita for a total of \$1,372.

- Council passed third reading of a bylaw to open and name a municipal road.

- The RM will enter into an agreement with Larissa Derlago regarding service as a casual utility operator.

- The RM will enter into an agreement with Carissa Kyle-Ottenson, regarding service as a Rosser Cemeteries Team Member.

- Council approved work for gas service for Meadow Lane Colony.

- Council approved a culvert crossing on to Davis Way, with costs to be borne by the applicant.

Sigfusson estate infuses \$480,000 into Lundar community

By Jennifer McFee

In late June, Lundar received some love through nearly \$500,000 in bequests from the estate of a community-minded couple.

At the 11th annual Lundar Lobsterfest fundraising dinner on June 30, Wade and Warren Sigfusson made multiple presentations on behalf of their late parents, David and Patricia Sigfusson. The successful event, organized by Grant and Michele Sigfusson, raised funds for the Grettir arena.

Through their estate, David and Patricia contributed \$250,000 towards the capital costs of the Grettir arena, as well as another \$100,000 through the Coldwell Community Foundation for arena maintenance.

In addition, they donated another \$100,000 to the Coldwell Community Foundation for various local projects through an endowment fund. Adding to their estate allotments, they also gave \$20,000 to the local museum and \$10,000 to the library.

"They lived in Lundar all their lives," Warren said. "That was just their nature to give back to the community."

David, his father Siggi and his brother Brian started JS Sigfusson and Sons in 1963. The company worked through the Interlake and earned a reputation for quality work at a fair price.

He and his wife Pat raised their sons Wade and Warren in Lundar. The boys, in partnership with their cousins, established Sigfusson Northern in 1993. This was a return to constructing winter roads to remote northern communities, similar to their grandfather and great-uncles of the Sigfusson Transportation era.

In addition to running a successful business, David made his mark in the community by coaching his sons'



Warren Sigfusson, on behalf of his mom and dad Patricia and David Sigfusson, announced funding to a number of organizations.

sports teams.

Pat also contributed greatly to the community as a nurse at the Eriksdale hospital and later at the personal care home in Lundar. She volunteered with the Lundar Ladies' Aid, Grettir, Ladies Curling Club and the library board. With boundless energy, she also found time for baseball, golfing, curling, photography, gardening, reading and extensive travelling.

As well, she coached her sons in skating and hockey in their younger years as one of the first female coaches at that time.

David and Pat both cherished time with their grandchildren and enjoyed hosting large get-togethers for family and friends.

Family friend Joy Guttormson recalls the couple with fondness, espe-



TRIBUNE PHOTOS BY LANA MEIER

Left to right: Brian Thomas, Wade Sigfusson, Warren Sigfusson and Grant Sigfusson.



Bjorn Jonasson enjoyed his first Lobsterfest in Lundar.



Michele Sigfusson, Holly Foster and Kristi McLeod were selling raffle tickets.

cially the memorable times she spent with Pat over the decades.

"Pat was my best woman friend. She gave of her time and she didn't hesitate. She was a contributing member of the community," she said.

"She was a very dependable and

lovely person. If you're lucky enough to have one friend like that in a lifetime, it's a jewel."

David died in 2016, followed by Pat in 2017. Their memory — and their lasting legacy — lives on.

Footsteps along the karate path

Submitted by Robert Price Lewis

Interlake Bujinkai Karate Club recently held their bi-annual grading, with students put to the test demonstrating their training of the spring semester.

In addition to performing fundamental techniques (Kihon) and form (Kata), students were required to face each other in one-point fighting (Ippon-Kumite) and "spar with Sensei" (Jiyu-Kumite) — not the most relaxing element of the grading as Chief Instructor Sensei Robert Price-Lewis is a 5th Dan Black Belt, Coach for Ka-

rate Manitoba, and former provincial and national medalist.

"It's one thing to show up to training. It's another to stand in front of your instructor and demonstrate your skills. I'm impressed with the confidence shown by my students" he said.

The club operates out of Ecole R.W. Bobby Bend School gym and had the honour of having Shihan Rick Williamson observe the grading.

"Shihan Rick is a good friend who is not only a 7th Dan Black belt in Ju-Jitsu but also has many years experi-

ence training in Judo and Taekwondo. It's great cultivating a martial arts community right here in Stonewall. There's a lot of experienced martial artists right here on our doorstep."

Now that summer is here training has moved opposite R.W. Bobby Bend to Memorial Park, for the second annual "Karate in the Park" series of training. These sessions are held every Tuesday evening throughout July and August and are open to all. They offer an introduction to striking and self-defence, with cardio and conditioning drills included.

"I started 'Karate in the Park' last year as we don't have gym availability during the summer break. In addition to keeping students fresh before the fall semester it helps showcase the club to others. It's also great to be able to train under the Stonewall sun."

For more information on the club or Karate in the Park, contact Sensei Robert Price-Lewis at 204-404-7682 or email interlakebujinkai@gmail.com or visit their Facebook page: @bujinkaikarate.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Provincial champs

By Brian Bowman

The Warren Wildcats are the 2019 Minor Provincial champions in the U12-B Girls' Recreation Division.

Warren won the title last Sunday after defeating the Pimicikamak Angels 8-5 in the gold-medal game in Winnipeg.

"The whole team came together and they were exhausted because that was their seventh game," said Warren coach Crystal Bergthorson. "They were so excited, the screaming, the cheers, the hugging, and their high-fives."

Bergthorson said her club played strong defensively and offensively in the final game.

"It was a full team effort on defence and offence," she said. "We had hitters hitting that hadn't hit yet that were clearing bases for us. All around, it was working for us."

Warren also beat Peguis 10-8 and the Cross Lake Mets 9-8 in the playoffs.

"Those were tough (games) but they

stayed focused," Bergthorson said. "They were hungry — they wanted to win and did very well."

In round-robin games, Warren defeated the South Winnipeg Warriors 12-6, Pimicikamak 9-8, and the Springfield Heat 18-12 but lost 14-7 to the Assiniboia West Wildcats.

Warren's season began back in May and all the girls improved significantly over the course of the season.

"They absolutely improved with their whole knowledge of the game," Bergthorson said. "For lots of them, it was their first year in U12 and it's a big jump from U10 to U12, learning the rules and stuff like that. They all grabbed it really good and my second-year U12s were excellent mentors and they were all very strong athletes for their second year."

"We're just so proud of them," she continued. "They worked so hard through their season and they pulled it all together (last) weekend. They deserved the win, for sure."



TRIBUNE PHOTO SUBMITTED

The Warren U12 girls' softball team won the 2019 Minor Provincial champions in the U12-B Girls' Recreation Division last weekend. Pictured back row, left to right: Jenna Herman, Rob Herman (coach), Jaelin Taylor, Thalissa Lavallee-Thang, Craig Petrie (coach), Gabby Noren, Sadie Walsh, Crystal Bergthorson (coach). Middle row: Isla Petrie, Cheyanne Fleury, Leia Theroux, Isabel Laing, Alexis Petrie. Front row: Kassie Siwak and Natalie Bergthorson.

Orioles winless at 18U 'AAA' Rural Baseball Provincial Qualifier

Staff

The Interlake Orioles failed to advance from a U18 "AAA" Rural Baseball Qualifier for the provincials last weekend in Hamiota.

Interlake finished with an 0-5 record at the six-team tournament.

"We were hoping to (get a couple of wins), obviously, but we just didn't play with any consistency," said Orioles' head coach Eric Swanson. "We played well against the two teams that finished first and second but really didn't show up for the rest of the

games.

"It was disappointing, definitely."

Interlake started play Friday with a 9-6 loss to South Central and then the Orioles were beaten 11-4 by Carillon.

If the Orioles could have beaten South Central in their first game, it might have been a different story on the weekend.

"(South Central) was one of the best teams there and we kind of got started on a fairly good foot," Swanson said. "We were playing a pretty competitive game but we just couldn't do it

consistently enough throughout the weekend. It was tough."

On Saturday, Interlake was downed 15-7 by Oildome and then shut out 10-0 by Midwest.

Sunday saw the Orioles defeated 8-5 by Pembina Hills. Interlake played well in its final game of the tournament.

"I think that says something about the group," Swanson said. "It would have been easy for them not to have shown up and use the excuse that we're already out."

"But they came out, and I would say, they played their best game. That was nice to end on a somewhat positive note."

In league play, Interlake was downed 3-1 by the Elmwood Giants at Koskie Field on July 1.

The Orioles finished their regular season with a 3-15 record.

Interlake will wrap up its season this weekend when they compete in the 2019 Elmwood Giants Shootout Invitational Tournament.

Stonewall shuts out North Winnipeg

Staff

The United picked up a huge victory over North Winnipeg United last Thursday in Stonewall.

Stonewall knocked off North Winnipeg 2-0 in Manitoba Major Soccer League 5th Division

action.

Scott Yeo and Kevin Holloway scored for the United.

With the win, Stonewall (3-4-2) vaulted into a tie for sixth place with Sinjar FC, each with 11 points.

The Interlake Impact lead the

10-team division with a 6-1-2 record and 22 points, one point ahead of second-place SC Riot (5-3-2).

Stonewall is back in action this Sunday when they play SC Riot in Winkler. Game time is 4 p.m.



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Interlake Blue Jays hosted MJBL all-star game

By Lana Meier

The very best talent in the Manitoba Junior Baseball League was on display in Stonewall last Saturday.

Team City defeated Team Rural 11-6.

The teams representing the city included the St. Boniface Legionaires, Elmwood Giants and the St. James A's. Representing Team Rural were players from the Altona Bisons, Interlake Blue Jays, Pembina Valley Orioles and the Carillon Sultans.

Each team was represented by five players. The Blue Jays' contingent of all stars included Emerson Klimpke, Baily Proctor, Derek Petrasko and Ben Anderson. Brennan Cheasley was absent from the lineup.

The Blue Jays' Ben Anderson won the home-run derby after hitting two balls over the fence in the qualifying round. Anderson faced off against St. James' Jordan Peck, who hit one over the fence. However, neither Anderson or Peck could hit the ball over the fence in the final round, so it was decided after several rounds that Anderson would be presented the winning bat.

The ceremonial first pitch was thrown by Lunder's Blaine Fortin to Stonewall's Adam Kirk.

Fortin played his minor baseball in the Interlake. In 1994, he won the MJBL batting title and was named both the Baseball Manitoba and Baseball Canada Player of the Year.

Fortin played in many Western Canadian and Canadian championships and even represented Canada at the World Junior Baseball Championships in 1994.

He was drafted by the Toronto Blue Jays in 1995, playing three years in their minor league system.

Fortin was the president of Interlake



The Blue Jays' Ben Anderson won the All Star Home Run Derby after hitting two balls over the fence.

Minor Baseball for nine years until 2018.

Kirk played his minor baseball in the Interlake. After high school, he spent two seasons at Malaspina College in Nanaimo, B.C., and in 2004 he spent one season in the Western Major Baseball League in Moose Jaw, Sask. He returned home and started coaching the Interlake Blue Jays in the MJBL in 2005.

The Interlake junior program ceased operations in 2011 but Kirk worked very hard in 2016 to get the Interlake Blue Jays back in the MJBL.

The Jays played their first game in six years with Kirk at the helm in the spring of 2017. Kirk continues to coach the team.



TRIBUNE PHOTOS BY LANA MEIER

The Blue Jays' contingent of all stars included, left to right, Baily Proctor, Derek Petrasko, Emerson Klimpke and Ben Anderson. Missing was Brennan Cheasley.



Adam Kirk and Blaine Fortin leave the field following the ceremonial first pitch at the Manitoba Junior Baseball League All Star game on Saturday.



Fortin threw the opening pitch to Kirk.

Interlake drops pair of games to Pembina Valley on Sunday

Staff

The Interlake Blue Jays gave the Pembina Valley Orioles a real good battle in a doubleheader on Sunday.

But it still wasn't enough to earn a victory.

Pembina Valley swept the twinbill, winning by scores of 5-4 and 5-1 in Manitoba Junior Baseball League action.

Last Friday, Interlake was defeated 8-2 by the Elmwood Giants at Koskie Field in Winnipeg.

No box scores from either of the games was posted on the league website at press time.

With the losses last weekend, Interlake is now 5-17 and remains in last place in the seven-team league. The Blues Jays are 13 games back of the first-place Giants (17-3).

Interlake is scheduled to host the Carillon Sultans in a doubleheader on Wednesday. First pitch for Game 1 is slated for 7:30 p.m.

Stonewall Blue Jays' game rained out

Staff

Mother Nature would not cooperate with the Stonewall Blue Jays on Monday evening.

Stonewall's road game with the Boni-Vital Brewers was cancelled due to rain.

On July 3, the Blue Jays were edged 8-7 in an extra inning by the St. Boniface Legionaires.

After a scoreless first inning, Stonewall took a 4-1 lead after two and then went up 7-1 heading into the bottom of the fourth.

But St. Boniface battled back to score three runs in the fourth, one in the sixth, and two more in the seventh to tie the score at 7-7 before the walkoff win in the eighth.

The game between St. Boniface and Stonewall scheduled for last Friday was postponed.

The Blue Jays will play the Elmwood Giants on Thursday at Koskie Field. Stonewall will then host the North Winnipeg Pirates on Monday. First pitch for both games is 7:30 p.m.

Stonewall 2-2 at 15U 'A' baseball provincials

By Brian Bowman

The Stonewall Blue Jays wrapped up play at the 15U "A" baseball provincials with a pair of wins last weekend in Brandon.

But it wasn't enough to make the playoffs.

Stonewall finished third in its four-team pool with a 2-2 record. The top two teams in each of the two pools advanced to the playoffs.

"We had a tough start and lost our first game," said Blue Jays' head coach Todd Faragher. "It was one of those games where nothing was going right. We couldn't get a bounce or make a play if our life depended on it but then the best game of the weekend was our second game on Friday against Strathclair, which was the team that ended up winning the tournament."

Stonewall started play with a 10-0 loss to Beausejour Friday morning. Stonewall was then edged 8-7 by Strathclair in walk-off style later that day.

That tight loss to Strathclair was detrimental to Stonewall's playoff hopes. Strathclair advanced to the playoffs with a 3-1 mark.

"We had a really good game but unfortunately they walked us off," Faragher recalled. "That was the best game our team has played all year so that kind of got us back on some posi-

tive stuff."

On Saturday, Stonewall whipped Winkler 10-0 after five innings and pounded the host Brandon team 16-7. Those two wins were impressive as the Blue Jays could have easily have folded up the tent.

"They had a slow start but they finished strong to make it a couple of respectable games after the slow start," Faragher said. "They hit the ball well the last two games and pitched well and had a couple of double plays. (We) were really happy with the way they finished the tournament."

Strathclair won the provincial title after doubling Rock Lake 8-4 on Sunday afternoon.

Stonewall had strong pitching all weekend, said Faragher, while adding a pair of players that they picked up for provincials really helped the club out.

He also noted that this was a good season for the Blue Jays.

"We only lost a few games and we had a really good season," he said. "The coaches are happy. The players all developed a bit and had a good time and made some friends. They had a lot of good games so it was definitely a positive season looking back on it."

In 13U "A" provincial action in Hamiota, Warren began action Friday



TRIBUNE PHOTO BY LANA MEIER

The Stonewall Blue Jays represented the Interlake at the 2019 15U 'A' provincial championships last weekend in Brandon. Pictured back row, left to right, Todd Faragher (head coach), Curtis Taylor, Mitchell Bourque, Reid Baryliuk, Dylan Barnych, and Gord Ledochowski (assistant coach). Front row, Marcus Morton, Matthew Morton, Brody Kopys, Rylan Slatcher, Hayden Faragher and Nick Stamler.

morning with a 10-0 loss to the Winkler Brewers and then was beaten 11-4 by Steinbach later in the day.

On Saturday, Warren was downed 16-6 by Brandon.

With the 0-3 record in pool play, Warren did not advance to the provincials.

La Broquerie won the provincial title

with a 15-3 win over Brandon on Sunday.

The 11U "A" provincials in Niverville saw Warren finish 0-3 after losses to Morden (13-3), Kleeferd (17-5) and Brandon (10-9).

Niverville won the provincial championship after a 10-8 win over Kleeferd.

Man-Sask border battle



TRIBUNE PHOTO BY KIM DELAROCHE

Interlake Thunder players, from left to right, Cordell Sumner, James Crate, and Brady deLaroque were members of Team Manitoba against Team Saskatchewan in the Man-Sask Challenge Cup held last Saturday in Melville. Saskatchewan won the game 22-0.

Mattson invited to NHL Prospects Showcase



TRIBUNE PHOTO SUBMITTED

Leif Mattson has been selected by the Carolina Hurricanes to be part of their roster for the upcoming 2019 NHL Prospects Showcase in Nashville this September. Mattson, a Stonewall product, played last season in the Western Hockey League with the Kelowna Rockets, scoring 22 goals while producing 63 points.

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OBITUARY

Mary Helen Jensen

On Saturday, June 29, 2019, Mary Helen Jensen aged 79 years of Teulon, MB. passed away at the Stonewall Hospital. Cremation has taken place and no service will be held.

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OBITUARY

**William Densimore Lennox
December 28, 1922 – July 2, 2019**

William Denimore Lennox passed away at 96 ½ years of age at Grace Hospital. Bill leaves to mourn his passing his children Sydney (late Carl) Chihonik, William (Marilyn) Lennox, and Alison (Rod) Olfert as well as six grandchildren and four great-grandchildren. He is survived by his sisters Sheila and Barbara.

Dad lost his beloved Mable in 2010 after 59 years of marriage.

Bill was also predeceased by his parents Bert and Florence Lennox, sisters Valerie and Margaret, as well as son-in-law Carl Chihonik.

Dad served his country in WWII. When he came home he began farming in the Vivian area for a number of years. Dad was a bear for work, and loved all the details of running a farm, taking care of cattle, and being outdoors for long hours.

Dad met and married the love of his life, Mable Beck Prouten, in 1951. They lived in Selkirk for a number of years, then in 1963, made Stony Mountain home for the next 50 years.

Dad was an avid outdoorsman and athlete. He won world records in swimming during his years in the army. As well, he was a waterski champion and ran the Selkirk waterski club for years. Bill was a downhill skier and taught Nancy Greene ski racing to many kids in the Stony area. Dad helped to build the pool in Stony Mountain at Pike's Peak and was a fundraiser and volunteer throughout the years it was in use.

Dad was not just an outdoor enthusiast, he embraced all aspects of it. He had a knowledge and passion for gardening. When he and mom bought the house in Stony, it was pretty bare looking. He added on to the house and turned the yard into an oasis, orchard, and eden. Dad grew his own vegetables, grafted fruit trees, and made his own compost, long before it was trendy to do organic. He was ahead of his time. He had a thirst for knowledge that kept him reading until last year when his sight became too poor to see his beloved books.

Dad was able to be in his own home until just past his 90th birthday, when mild dementia made it unsafe for him to be alone. He then moved to Deer Lodge.

He commented on nearly every visit how much he appreciated the kind and loving staff, and the great meals. Coming from a foodie like Dad, that was high praise.

Dad spent his last week in Grace Hospital where he received the best of care. His passing was quiet, calm and gentle.

Dad lived large his entire life. He was the life of the party and the best storyteller you would ever meet. He could turn any story into an epic adventure, some of which could actually be believed. He had a vibrancy that was apparent and his zest and energy for living shone through in all he did. He will be missed more than words can say. Goodbye beloved dad, grampa and great-grampa.

Your memory will live forever Engraved within our hearts

ANNOUNCEMENT

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

There is a link death
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Mother and daughter, their hearts as one,
A link that can never be broken,
My mind still talks to you,
And my hearts still looks for you,
But my soul knows you're at peace.
Love you.

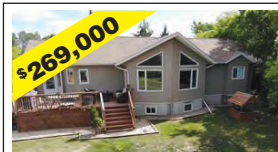
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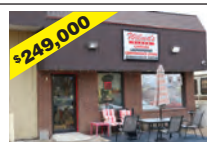
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OBITUARY



Ellen Monro (nee Vincent)
February 23, 1941 – July 2, 2019

Ellen passed away peacefully, with her daughter by her side at the Stonewall Hospital on July 2, 2019, at the age of 78.

She will be lovingly remembered by her son Ken and wife Sharon; daughter Heather and husband Duane Mann, grandchildren Julia and Kurtis Mann and brother Bill Vincent.

She was predeceased by her husband George in November 2001, parents Stuart and Gertie, brothers Stanley, Kenny, Sidney, Charlie, Jimmy and Donnie.

Ellen was born and raised in Stony Mountain, the youngest of eight. Growing up with seven older brothers sure made Ellen strong and feisty. She retired from the Invoice Processing Department at Eaton's in February 1991 and began volunteering at Oak Hammock Marsh where she made many special friends and memories.

Cremation has taken place and as per Ellen's wishes, there will be no service. If friends so desire, donations may be made to Oak Hammock Marsh Interpretive Centre or to the Manitoba Lung Association.

We would like to thank the staff at Stonewall Hospital for their care and compassion, as well as the many Homecare attendants for their assistance.

How do I know my youth is all spent?

My get-up-and-go has got up and went!

But, in spite of it all, I'm able to grin

And think of the places my getup has been!

Mom, know that you will be missed each and every day, but we will carry the love we have for you in our hearts, and cherish the many memories we have created together.

kl
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OBITUARY



Pearl Dziedzic
December 20, 1934 – July 2, 2019

It is with deep sadness that we announce the passing of our beloved mother, grandmother and great-grandmother/baba, Pearl Dziedzic (nee Zwarych) on July 2, 2019, after a brief battle with cancer.

Mom will be greatly missed by son Randy (Liz), daughter Cindy (Don); grandchildren RJ (Cindy), Roy (Kaley), Derek, Cameron; great-grandchildren Gage, Levi, Nathan, Hailey, Kylie and Alex.

Our Mom was predeceased by our Dad Kasper (2009); her parents Stephen and Justyna Zwarych; her siblings Mike, Anne, Mary, Pauline, Peter and Stanley.

Born and raised in Teulon, she grew up helping her parents on the farm, attending Teulon school and caring for her many animals. Mom always had a passion for all animals. Especially loving horses, dogs, cats and goats. On June 4, 1955, Mom married our Dad and moved to the farm at Sandridge, then later to the present farm at Inwood, raising her two children, working alongside Dad on the farm, growing a huge garden, and working other jobs away from the farm. We will always remember the amazing dinners Mom prepared for all the special holidays. Making sure everyone had more than enough to eat and sending you home with leftovers. For many years, mom was also part of the Polson Hall Committee, working at all events for the Church and Hall, or anything needed in the community.

A funeral service will be held on Saturday, July 13, 11:00 a.m., at the Komarno Hall in Komarno. Interment to follow in St. Mary's Cemetery, Polson.

In lieu of flowers, donations may be made to St. Mary's Cemetery (c/o Theresa Capuska, Komarno MB R0C 1R0) or to CancerCare Manitoba.

On behalf of Mom, we would like to thank Dr. Ade, the nurses and staff at the Johnson Memorial Hospital in Gimli for their care during Mom's time there. A special thank you to Donna for your sincere compassion and kindness. A heartfelt thanks to all the family and friends who visited and called Mom during her stay. As well as a special thanks to Diane; for your many visits, support and help with Mom.

kl
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OBITUARY



Ronald Mathew Olsen
June 29, 1949 – July 7, 2019

We are sad to announce the sudden passing of Ron at his home in Inwood.

He was born and raised in Teulon where he attended school, was a proud Boy Scout, and enjoyed sports. After graduating from Red River College Ron worked for the Bank of Montreal in several Manitoba towns, but lived and worked most of his life in the Teulon area.

In his early adult years Ron spent many hours refereeing hockey, umpiring ladies' softball, golfing and curling. In recent years he enjoyed his "music corner" listening to his collection of old time country and rock n' roll. Watching westerns, old movies, and sports on T.V. was a favorite pastime; especially the Bombers and CFL, curling, golf, and the Jets. He was a voracious reader; mostly history and biographies.

Ron is survived by his mother, Ev Olsen; sisters Karen Nedotiafko, and Darlene (Rod) Waldbauer, and nephews Jamie (Jen), and Cameron (Brooke) and families. He was predeceased by his father, Harry Olsen, and his brother-in-law, Darryl Nedotiafko.

Ron is also survived by his wife, Brenda Olsen of Teulon, and stepchildren, Chris of Teulon, and Cindy (Steve), granddaughters Dominique and Abby, all of Calgary.

The family is respecting his wish of a private interment. R.O. loved to reminisce, please take a moment to share a story.

kl
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OBITUARY



Ricky Charles Good
September 18, 1960 - June 28, 2019

It is with great sadness that we announce the sudden passing of Rick Good on Friday, June 28, 2019. Rick leaves to mourn his loving partner Tannis Thomson, her children Randi and Blain, grandson Keenan, Grandma Bonnie (Place), and special friend of the family, Arlene Falk, along with many friends and family. Rick was predeceased by his father Lionel, mother Eleanor, brother Gerald and nephew Kyle Novak.

Tannis would like to give a heartfelt thanks for all the flowers, cards, food and personal visits. A very special "thank you" goes out to Ken Loehmer from Ken Loehmer Funeral Services for his assistance and kindness during this very difficult time, as well as to the staff at the Stonewall hospital, the EMS and Dr. Macek for their compassionate care.

There will be a "Come & Go" Celebration of Rick's life on Saturday, July 20, 2019 from 4 p.m. to 7 p.m. at Tannis' home (50 Oak Park Drive).

In lieu of flowers, donations may be made to The Southwest District Palliative Care, Box 1282, Stonewall MB R0C 2Z0.

"There are no goodbyes for us. Wherever you are, you will always be in my heart." Mahatma Gandhi

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