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Tribune

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Like mother, like daughter



Seven-year-old Julia MacMaster-Leahy, stole the show Friday night at the 45th annual Winnipeg Folk Festival by exhibiting both her fiddling and step-dancing on stage next to her mom, Natalie MacMaster. It's been 20 years since the Cape Breton fiddler MacMaster played Folk Fest. Since then, she married famous fiddler Donnell Leahy and had seven children, the last of which was born just two months ago and made the trip to Winnipeg this past weekend.

TRIBUNE PHOTO BY LANA MEIER

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Teulon summer library programs kick off

By Caitlyn Gowriluk

If you stop by the South Interlake Regional Library in Teulon with your kids this summer, you'll find some new initiatives and some old favourites.

The library's summer reading program, which kicked off on July 1, will continue its twice-weekly kids' activities and will also offer family activities every Tuesday night from 6 to 8 p.m.

"We thought that it might be fun to get the whole family involved over the summer," said Teulon branch librarian June Makowski.

The library's family nights will include activities like trivia contests, arts and crafts activities and board games.

While the library was previously only open late on Thursday nights, there was so much interest in the extended hours that they decided in February to also extend the library's Tuesday hours, said Makowski.

"On Thursday nights, the library is so full that we had no room to do extra activities," said Makowski. "We started opening late on Tuesday nights so that we could do more things like this."

Makowski said the library staff tries to create activities that are fun but that will also keep kids reading over the summer.

"We've found, over the years, that people like to be entertained while they're educated," said Makowski. "If it's fun, then they'll remember it. So

that's what we tried to do was incorporate them learning something new and having a good time while they're doing it. And that will stay with them, and perhaps they'll want to do it again, or they'll teach their family how to do it."

The summer reading program is also designed to combat the "summer slide" — a phenomenon where children forget what they've learned in the previous school year over the summer — said Makowski.

"Studies have been done that [show] if kids read as little as 20 minutes a day over the summer that they will retain all of the education that they got in their former school year. And going into the next year is so much easier because they have kept up with that information," said Makowski. "It's as simple as reading. You get your spelling, your punctuation — all of that is reinforced just by reading a book."

While last year's summer reading program had 56 kids participating, there have already been 94 kids signed up for this summer, said Makowski.

"I'm looking forward to great things this year with that many kids signed up," said Makowski.

Children under six years old must attend the library's summer reading programs with a parent or guardian.

The following activities are planned for this year's summer programming:

Tuesday, July 17: Plaster art supervised kids program (1 to 3 p.m.), family totem pole crafting night (6



TRIBUNE PHOTO SUBMITTED

The South Interlake Regional Library in Teulon kicked off its summer programming for kids of all ages on July 1.

to 8 p.m.)

Wednesday, July 18: Plaster art supervised kids program (1 to 3 p.m.)

Tuesday, July 24: Video game scavenger hunt supervised kids program (1 to 3 p.m.), family trivia night (6 to 8 p.m.)

Wednesday, July 25: Coding activities supervised kids program (1 to 3 p.m.)

Tuesday, July 31: Outdoor games supervised kids program (1 to 3 p.m.), family sign making night (6 to 8 p.m.)

Wednesday, Aug. 1: Slime making supervised kids program (1 to 3 p.m.)

Tuesday, Aug. 7: Nature walk supervised kids program (1 to 3 p.m.), family board game night (6 to 8 p.m.)

Wednesday, Aug. 8: Field guides supervised kids program (1 to 3 p.m.)

Tuesday, Aug. 14: Book "tasting" supervised kids program (1 to 3 p.m.), family breakout puzzle game night (6 to 8 p.m.)

Wednesday, Aug. 15: Summer reading wrap up supervised kids program (1 to 3 p.m.)

Teulon hours: Tuesdays from 10 a.m. to 8 p.m., Wednesdays from 10 a.m. to 5:30 p.m., Thursdays from noon to 8 p.m., Fridays from 10 a.m. to 5 p.m., Saturdays from 10 a.m. to 1 p.m., Sundays and Mondays closed.

For program information, contact the library at 204-886-3648.

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Stonewall Odd Job Squad hosts annual hotdog sale

By Caitlyn Gowriluk

About 30 people showed up on Stonewall's Main Street last Wednesday to support the Manitoba Youth Job Centre's first hotdog sale fundraiser of the year.

"A lot of people in the community are involved," said youth engagement leader Neil Davis. "It's an opportunity to come out and enjoy the atmosphere, the sun and just to socialize."

The annual fundraiser also provides students on the centre's Odd Job Squad with an opportunity to practise skills that will help them find employment later — especially those who have also taken the centre's one-day first job certificate program — said Davis.

"The students get to handle money, and they're dealing with customer service," said Davis. "So we're seeing

the first job certificate program being played out. We're seeing some of the models that we cover: customer service, money management skills."

For students on the Odd Job Squad, it's a way to have fun while making money during the summer months, said Ellis Riley, who is in his second year on the Stonewall Odd Job Squad.

"When you're young, it's kind of hard to find job opportunities," said

Riley, 14.

"I've really enjoyed the Odd Job Squad," said Hunter McVey, 13, who is in his first year on the Odd Job Squad. "I'm pretty sure I'll do it next year."

This year's fundraiser sold about 60 hotdogs to people in the community, said Davis.



Six members of the Stonewall Youth Job Centre's Odd Job Squad and youth engagement leader Neil Davis, left, served hotdogs on Main Street in Stonewall on July 4 as one of their first events of the summer.



TRIBUNE PHOTOS BY CAITLYN GOWRILUK
Customers garnish their hotdogs at the Stonewall Odd Job Squad's hotdog sale on July 4.

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Fine dining on the farm

By Jo-Anne Procter

It was a culinary experience like no other: a nine-course dinner prepared from a combined West Coast and farmhouse menu compete with beverages for each course.

Last Friday, Watersong Farms owners Leslie and Rudy Reimer welcomed eight guests to join them and chef Jeff Rice for dinner at the second of four planned Chefs Table Series dinners. Diners are treated to a unique culinary experience by joining Rice while he prepares and talks about his philosophy on fine food preparation and innovative food production.

Rice hails from Tofino, B.C., and has 15 years experience in the restaurant industry.

Watersong Farms started out as a poultry operation west of Stonewall owned and operated by Leslie's parents, Chris and Helen Riddell. The Reimers purchased the farm in 2003.

In 2008, Watersong Farms expanded their poultry business to include trout and converted one of their buildings into a state-of-the-art simulated indoor river where they raise and harvest tens of thousands of steelhead trout. In 2015, they added a butcher shop and smokehouse, which allows them to process everything on the farm.

On July 6, following a tour of the indoor fish farm, guests enjoyed a gourmet dinner.

The nine-course meal started with fresh shucked oysters with a red wine and a cucumber mignonette followed with a charcuterie including homemade pickles, smoked trout, chicken garlic sausage, cream cheese and crostini.

For the third course, guests were treated to smoked steelhead chowder with new potatoes and fresh dill. Seared albacore tuna with sesame aioli, pickled jalapenos and sushi

rice were fourth on the menu with steamed galio mussels, and Italian sausage in tomato and a white wine cream sauce followed.

And the food continued, with pulled chicken tacos and cabbage slaw drizzled with chipotle mayo, scallions and lime. Farmer's sausage, stewed peppers, braised cabbage with mustard sauce on a potato pancake finished seventh on the menu while braised chicken topped with chive gremolata on white bean ragout and brown butter mushroom puree was the final entree. The finale was a warm apple rhubarb crumble served with vanilla bean ice cream.

The Reimers continue to bring chefs to their property to learn more about their business, which specializes in farm fresh fish and roasting chickens.

On July 14, the Reimers will host their second annual Chef and Farmer Dinner. Loaf and Honey chefs Dustin Peltier and Rachel Isaak along with Rice will prepare a meal for approximately 150 at an outdoor dining experience. Guests will have a chance to peruse a mini-farmers market showcasing local products used in the dinner preparation. There are still spots available for this Saturday's dinner. Tickets are \$95 per person and must be reserved.

For more information on the farm or upcoming events, contact info@watersongframs.com.

Fun Facts from Watersong Farms:

* A fingerling takes approximately six months to grow from egg to 25 grams.

* Every five to six months, Watersong Farms bring in 20,000 fingerlings.

* It takes 9-12 months for a fingerling to reach 1kg and approximately 13-18 months for it to reach 2kg.



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Watersong Farm's chef Jeff Rice, right, shows Explore Manitoba blogger Nisha Tulli the correct way to shuck oysters.

* The six-foot deep fish tank holds 260,000 gallons of water.

* Watersong Farms is home to 48,000 fish (three different sizes).

* Watersong Farms harvests approximately 4,500 pounds of fish a week (3,500-4,500).

* Primary processing of the fish is done on the farm.

* Mariner Neptune Winnipeg purchases trout weekly for distribution to stores and restaurants in Manitoba and Canada.



Kim and Glen Kristjanson enjoy a glass of wine that was paired with farmer's sausage, stewed peppers and braised cabbage.



Photos from left to right: smoked steelhead chowder; mussels with Italian sausage; pulled chicken tacos; and warm apple rhubarb crumble with vanilla bean ice cream.

North Warren Inn restaurant opens under new ownership

By Jeff Ward

Linda Pelletier is looking to breathe new life into a Highway 6 restaurant, serving good food and using her 25 years of restaurant experience to do it.

Pelletier signed the lease for the restaurant, now called For Forks Sakes, at the North Warren Inn on Highway 6. She is very excited to offer a new menu that will cater to those who want to drop in for a quick bite and get back to work.

Pelletier is using her 25 years of experience working in her parents' Tyndall-based diner, JuliKin's, as her foundation for success. Her main goal right now is to have a full dining room serving the communities of Warren and St. Laurent along with the highway traffic.

"I've created a small menu of things that people expect at a diner: burgers, fries, pizza and we have the best hangover breakfast on Highway 6."



TRIBUNE PHOTO BY JEFF WARD

Linda Pelletier is the face behind Highway 6's newest restaurant, For Forks Sakes. Taking residence in the North Warren Inn, Pelletier is offering quick meals of burgers, fries, pizza and the best hangover breakfast on Highway 6.

said Pelletier.

So far, the reception has been good as patrons taste the food and are greeted by Pelletier, who is already hard at work to put her own personal touch on the place. The interior of the diner is slowly being adorned with signs to reflect Pelletier's personality and the new fun atmosphere she wants to create. She also said she wants people to

bring their own pieces to decorate the wall as well so that new patrons have a more personal connection with the diner.

The restaurant is open six days a week, from 8 a.m. to 8 p.m. on Tuesday, Wednesday and Sunday and from 8 a.m. to 10 p.m. Thursday to Saturday. For Forks Sakes is closed every Monday.

Supporting summer literacy



TRIBUNE PHOTO SUBMITTED

South Interlake Regional Library Stonewall branch librarian Joan Ransom, centre, accepts a \$300 cheque from the Stonewall & District Lions Club members Don Kiselbach, left, and Mary Boyd on June 26. The funds will help the library purchase prizes and other goodies for their Summer Reading Program, which rewards children who keep track of the hours they read or are read to during the summer months.

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TRIBUNE PHOTO BY LANA MEIER

Kinsmen Lake was the place to be this past weekend with scorching hot temperatures and high humidity. Heat warnings were issued across southern Manitoba as humidex values exceeded 40 degrees C. Temperatures climbed into the mid 30s with relative humidity values climbing even higher. Relative humidity is a way of expressing the amount of moisture in the air. The more moisture there is in the air, the more difficult it is for your body to cool down through sweating.

West Nile Virus detected in Manitoba mosquitoes

By Jeff Ward

The province's mosquito surveillance program has found its first *Culex tarsalis* mosquito sample infected with the West Nile Virus (WNV).

Now that the virus has been confirmed in the province, here are some of the best ways to protect yourself

from possible infection.

The first thing of note here is that not every mosquito is a *Culex tarsalis* species and not every one of them is infected with WNV. The Interlake region has seen *Culex tarsalis* mosquitoes in traps this year with their numbers being average for this time

of year.

Anyone can be exposed to an infected mosquito from June to September and the highest risk period is typically from mid-July until the end of August. The further north you go, the less risk

Continued on page 7

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Canada's new \$10 bill sheds light on history of historic human rights story

Submitted by The Bank of Canada

Canada's upcoming \$10 bank note, which depicts social justice defender Viola Desmond, tells a story of human rights.

The new note, which will be issued in late 2018, is the first in Canada to have a vertical design and features images and symbols that represent the country's ongoing pursuit of rights and freedoms.

At the heart of the note is portrait subject Viola Desmond, the first Canadian woman to be featured on a regularly circulating bank note. Desmond, a successful black businesswoman, was jailed, convicted and fined for defiantly refusing to leave a whites-only area of a movie theatre in 1946. Her court case is one of the first known legal challenges against racial segregation brought forth by a black woman in Canada. Desmond is also the first portrait subject to be nominated by Canadians, following an open call in 2016 to identify an iconic Canadian woman to appear on the next redesigned bank note. She was ultimately selected by Finance Minister Bill Morneau for her courageous stand for equality and justice.

Next to Desmond's portrait is an artistic rendering of a map of the historic North End of Halifax, the community where she lived and owned and operated her beauty school and salon. The community served as a source of invaluable support as Desmond challenged her criminal conviction.

The back of the upcoming bank note carries Desmond's story into the present with an image of the Canadian Museum for Human Rights — the first museum in the world solely dedicated to the evolution, celebra-



TRIBUNE SUBMITTED PHOTO

Canada's new \$10 bill featuring a portrait of Viola Desmond, the first Canadian woman to be featured on a regularly circulating bank note, will be released later this year.

tion and future of human rights. The museum, which opened in Winnipeg in 2014, houses a permanent exhibit dedicated to Viola Desmond's story.

The bank note also features the Museum's iconic ramps that appear to criss-cross each other, symbolizing the history of human rights in Canada and in the world — a history full of

setbacks and contradictions but characterized nonetheless by strength and hope.

Also appearing on the back of the note is an eagle feather to illustrate the ongoing journey toward recognizing rights and freedoms for Indigenous Peoples in Canada. For many First Nations peoples in Canada, the

eagle is believed to fly higher and see further than any other bird, and an eagle feather symbolizes ideals such as truth, power and freedom. The colour-shifting feather is one of several enhanced security features included on this new note.

As with the previous series of polymer bank notes, the new \$10 note features a large transparent window as a key security feature. The window showcases a metallic rendering of the vaulted dome ceiling of the Library of Parliament in Ottawa. Capped by arched windows that flood the room with natural light, the Library of Parliament is a stunning example of Gothic Revival architecture and acts as a storehouse of knowledge to help shape Canada's laws.

Also featured on the note is an excerpt from Section 15 of the Canadian Charter of Rights and Freedoms, a reminder of the laws that enshrine human rights in Canada: Every individual is equal before and under the law and has the right to the equal protection and equal benefit of the law without discrimination ...

Completing the new note's human rights and social justice theme is a laurel leaf pattern, an ancient symbol of justice, found in the bottom right corner on the back of the note. The laurel leaf appears in the grand entrance hall of the Supreme Court of Canada, the nation's final court of appeal.

Visit bankofcanada.ca to learn more about the design and security features of Canada's currency and follow the Bank on Twitter (@bankofcanada) for the latest news about Canadian bank notes.

> WEST NILE VIRUS, FROM PG. 6

there is, with southern Manitoba being the biggest hotspot for activity.

Symptoms of WNV can vary from person to person and some who are infected may not show any symptoms at all. The ones that you should be on the lookout for are severe headache, high fever, mental confusion, muscle weakness, coma and even paralysis. Those are the most severe WNV symptoms, and if you or someone you know develops any of these symptoms, you need to see your doctor as soon as possible.

Currently there is no vaccine, cure or treatment for WNV.

Protecting yourself is the best way to keep your risk of infection as low as possible and that can be done in a number of ways. Insect repellent is key when spending time outdoors.

Repellents with DEET (no more than 30 per cent strength), icaridin, oil of lemon eucalyptus and soybean oil are all effective repellents. Wearing light-coloured and loose-fitting clothing with long sleeves and pant legs while outdoors makes it harder for potential pests to find a bite zone.

Reducing your time outdoors when mosquitoes are most active during dusk and dawn is another way to stay out of the path of potential infected *Culex tarsalis* mosquitoes. Take the time to eliminate standing water in your yard after rain to make sure there are fewer breeding zones for mosquitoes. And even keeping your grass cut and weeds trimmed can help reduce the presence of mosquitoes.

Following these tips will help to reduce your risk of contracting WNV.



TRIBUNE PHOTO VIA GOOGLE

Culex tarsalis mosquitoes are identified by the white banding on their joints. These mosquitoes are the carriers of the West Nile Virus.

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Do-it-yourself minnow bait tips

Hi folks.
I am sure we can all remember a time when we were swept away by the excited joy of a young boy experiencing the success of something close to his heart. Such a lad's heartwarming story came to me through his dad, Dan McDermid, and my editor Lana Meier.

This wonderful eight-year-old caught his first fish and all he could think about was to be in the paper with it. Well, Liam McDermid, here is your wish come true. You're in the paper now and your biggest fans — your dad, myself, along with all our fishing community — applaud you on your wonderful catch.

Shall we tell everyone how you caught that fish, Liam? Sure, let's do that.

It seems you and dad went to Narcisse from home in Stonewall to see the snake dens and later stopped at Norris Lake for a picnic. You decided to do a little fishing off the dock and after a few casts, though your line got snagged. You worked your line every which way trying to free it and finally decided to give your rod a good tug.

Then, wow, surprise: up from the water popped your jackfish high into the air. You reeled in as fast as you could. You didn't want it to get away. You shouted to dad and everyone else close by, "Look, I caught a fish!"

Dad couldn't believe you had caught one so soon. He rushed over to you and helped you hold the fish while your picture was taken. Thank you so much for sending us your picture and story (with dad's help), Liam. We so enjoyed it.

Last week I got myself over to the Winnipeg River where anglers go to catch minnows for themselves. The waters were churning, causing the minnows to group in whirlpools where they could be netted. There I saw a very tall, thin fellow with light brown hair under an old cap. His face was weathered with blond stubble growth.

I walked up beside him as he bent over, his arms raised high, working a rope attached to his net and bringing up maybe two handfuls of minnows. He immediately dropped them into a tub with salt in it. He stirred the minnows into the salt and then put them into a large cooler full of ice.

"As soon as I get home, they go into the freezer," he stated. He raised himself up then, relaxed and smiling.

"Hi, I'm Arnie Weidl. I write the fishing column in the *Selkirk Record*, *Express* and *Stonewall Tribune*," I said to strike up a conversation.

"Yes," our towering friend replied, "I'm Lance Irwin from East Selkirk. I like your stories."

"Well, thank you," I replied. I asked

him why he went to all the trouble to catch his own minnows since it would be cheaper to buy them.

"I want minnow bait that holds up when I cast out, so I make my own. You get them from the water then salt and freeze them right away," he declared emphatically. "If you go to buy minnows and they look brownish instead of silver with a blue tinge, they weren't frozen fast enough or kept cold enough."

We chatted some more about good minnow bait, and as I left him, I shook his hand, perhaps for all of us. When a man gives you good tips about any aspect of fishing; you thank him.

Closer to the end of last week I went visiting anglers along the Red. Again, the heat was burdensome but I had the good fortune to come across a father and daughter who were true outdoors people. Dad was a big, husky guy with massive arms and legs, light brown hair and a full, kind face. His daughter, though tiny, had an agile strength of body and demeanour. Her high forehead, round cheeks, defined nose and ready wide smile was framed by her long fine brown hair.

"Can I get your names?" I asked.

"Yeah, I'm Shayne Smellie and that's dad, Jake. We're from Selkirk," she said in a high feminine yet forceful voice.

As we began getting to know each



TRIBUNE PHOTO SUBMITTED
Dan McDermid, left, with his son Liam holding his first catch at Norris Lake.

other, it became evident that Shayne was a gifted angler. She told of a time when she and dad went up to Paint Lake south of Thompson and as so many other times they went fishing when she was the only one that caught anything.

Then nosy me asked Shayne, "If you have a boyfriend, is he an outdoors person?"

"No," she said. "He's a city boy but I'm turning him into a country boy little by little."

We talked of finding deeper, colder water for early morning fishing. Then as I left them, I thought of the fishflies that were starting to show up. The fish gorge on them but that only lasts for a few days and then I'm sure fishing will get better.

Hang in there gang. Bye for now.

letter to the editor

Letters to the Editor:

letters@stonewallteulontribune.ca

Blood donor clinic needs volunteers

Dear Editor,
On behalf of Canadian Blood Services, I'd like to urge residents of Stonewall to join us at one of our blood donor clinics:

Tuesday July 17, 2018 Stonewall Legion Hall 459 Main Street 2:00 PM – 7:00 PM

While all blood types are needed, O-negative blood is in particular demand by hospitals because it is the only type compatible with all other blood types it is used in the most critical situations. When seconds count and somebody's life is on the line,

there's no time to check their blood type. In an emergency, all patients can receive O-negative blood.

Summer is traditionally a difficult time for us to collect blood. With people away or busy with other activities, there tend to be fewer blood donations during the summer. But cancer patients, accident victims, and people with blood disorders rely on blood transfusions every day. Since blood products have a limited shelf life, demand is constant. Blood donations now will ensure the national supply meets demand and supports patients' needs during the summer months.

One in two Canadians is eligible to give blood; however, last year only one in 60 eligible people actually do-

nated.

We need your help to fill 4595 appointments in Manitoba in the months of July and August. I hope that existing donors will carry on assisting their neighbours, and I encourage those in the area who have never donated to book their first appointment.

Canadian Blood Services' clinics operate 8 times per year in our community. Please make an appointment to give blood by downloading the GiveBlood app, or visiting blood.ca.

Somewhere, a patient and their family will be thankful!

Steve Raizen, Territory Manager

You have options.

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New multilingual app spreads history at Upper Fort Garry

By Caitlyn Gowriluk

A new mobile app will now allow visitors to Upper Fort Garry in Winnipeg to access information about the historical site in 11 languages.

The app, called CanNECT, was created by CanTalk, a translation and interpretation company founded in 1995 by Grosse Isle resident Maureen Mitchell.

"We always have been interested to ensure that people understand each other. It's as simple as that," said Mitchell. "Language, and the ability to speak it, is a very powerful communication tool. It can divide, and it can unite, but not everybody has the ability to speak more than one or two languages."

The CanNECT app includes high-resolution graphics, audio and video, and translations of interpretive content in English, French, Arabic, Cantonese, Cree, German, Japanese, Mandarin, Ojibway, Tagalog and

Ukrainian.

Mitchell said she first had the idea to develop the app while visiting a museum in Costa Rica.

"They had really wonderful artifacts, [but] there was very, very little written in English about what it was that I was trying to understand," said Mitchell. "I thought, 'Wouldn't it be good if we could be able to have all these artifacts in multiple languages?'"

While many museums and historic sites already have translation services available, they often require expensive hardware like headsets, said Mitchell. But CanTalk already had the interpreters — about 2,000 in total — and the expertise on how to provide real-time translations, which Mitchell said made it perfectly positioned to develop the new CanNECT app.

"We do it every day," said Mitchell. "And we do it within seconds."

While the new CanNECT app was specifically created to provide a better



TRIBUNE PHOTO SUBMITTED
CanTalk founder Maureen Mitchell holds a mobile device on the grounds of Upper Fort Garry, where the launch of the CanNECT app was announced.

learning experience for visitors at Upper Fort Garry, Mitchell said the app's mission also has wider implications.

"We are a diverse province," said Mitchell. "We have the ability to open

up ourselves to the world and say we're ready to receive anybody from anywhere and to share what we have to offer. It's good for relationship building, it's good for demonstrating that this is a province that's rich in history, and it's got so much that people can learn about it ... It allows people to truly access parts of our history and our culture and all which this province has to share."

The technology used for the CanNECT museum app could also be applied to other public places in need of translation services — like schools, workplaces, airports and parks — said Mitchell.

"We all put a lot into it, and we all think that this is something that people can utilize without it being overwhelming," said Mitchell. "We're very excited because it's truly ours."

The CanNECT app is available to download for free for iOS and Android users.

New rec director hired for St. Laurent

By Jeff Ward

St. Laurent council held a special meeting last Wednesday to quickly attend to RM business that couldn't wait until their next regular meeting.

Council has halved their regular meeting schedule for July and August and will only be meeting once a month instead of their usual bi-weekly schedule. During last week's special meeting, council hired Tammy Hiebert for a term position as recreation director for the St. Laurent and District Recreation Commission. CAO Hilda Zotter explained that former

director Wendy Scharf is on medical leave for an undetermined period of time. Hiebert will act as rec director until the end of August at which point council will review the situation again.

Other news in brief

- Council approved Lakeside Decorating to paint the exterior of the old fire hall for a cost of \$2,834.96 including taxes.

- Council gave CAO Hilda Zotter the green light to apply for the Province's Municipal Road Improvement Program, which is a 50/50 cost-sharing

program. The RM will seek funding for improvements to Chartrand Road South, which they define as a priority.

- Council approved the purchase of a minimum of 12 signs to mark bombardier crossing areas on provincial and municipal roads. Council hopes that these installations will make roads safer. Each sign costs \$22.55 and

up to a maximum of 20 signs can be purchased for a total possible cost of \$451 plus taxes. The placement of the signs will be determined by Coun. Frank Bruce, who is the chair of the Transportation Committee.

- Council approved the designation for the Oak Point Community Club's Country Music Jamboree as a signature community event, which took place Saturday, July 7.

The next regular meeting of council is July 18.

Teulon & District Chamber of Commerce

Visit these participating businesses Saturday, July 14 and have your name entered into the draw boxes!

- Rockwood Lumber
- Teulon Tractor & Motor
- Red River Co-op
- Kaljent Ag Services
- Super 7 Esso Services
- Fry-Days Restaurant
- TBS Store
- Bigway Foods
- One Insurance
- Teulon Motor Hotel
- Stacy's Blossom & Boutique

JULY 14, 2018

SHOP LOCAL PROMOTIONS

Prizes: Fry-Days Restaurant, I am Festival Day Pass, Teulon Rodeo Weekend Family Passes, and Pumpkinfest Family Passes!

DON'T MISS OUT on the Teulon Ride in Rally for Project New Hope Canada July 14 in Teulon

Thank you for shopping local and enjoy the day in Teulon. Last draw winners from June 2nd were Rose Kozak (Teulon) and Graham Moore (Inwood) Prices were from Fry-Days Restaurant, Teulon Tractor Pull Weekend and Canada Day Supper.

ATTENTION

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Interlake crêperie a hidden gem

By Melissa McIvor

There are few things this gal loves more than a warm, chewy crêpe and fresh, cheesy pizza, and Whytefold Emporium delivers on both.

Karen and Jan Coté are the minds behind the popular Dunnottar destination. The couple purchased the location at 190 Gimli Rd., back when it was still an old lumberyard in 2004 and converted the space into a greenhouse in 2005 to share Karen's love of flowers with the community.

"The trouble is that in the Interlake it rains all the time so there wasn't enough revenue coming in off of that," explained Jan, who also works in marketing at Syngenta Canada.

"The greenhouse has a very short season too," added Karen, who has a seasonal position at Kletke Seed Farm near Teulon. "Normally I try to close after the July long weekend. So then the idea was coming up with something else we could do."

The ideas have been flowing steadily ever since.

Around 2006, with help from Keystone Masonry and Integrity Foods,



The Butterscotch Pecan Crêpe from the menu at Whytefold Emporium.

they built a brick oven and started serving wood-fired pizza.

Five years ago, the Cotés constructed the current restaurant space that locals and other loyal patrons flock to from miles around.

Today, in addition to the greenhouse and creative wood-fired and oven-baked pizzas, Whytefold Emporium offers an eclectic mix of antiques, leather goods by Hides in Hand, imported sterling silver jewelry and live evening entertainment. Between the restaurant and the adjoining older

buildings, the Cotés employ up to 32 part-time staff members, many of whom are students.

The second floor of the restaurant will soon house a parlour where visitors can purchase fudge made in-house and ge-



TRIBUNE PHOTOS BY MELISSA MCIVOR

Whytefold Emporium owners Jan and Karen Coté.

lato from Nucci's on Corydon Avenue in Winnipeg.

But what they're best known for is their Brittany-style crêpes.

"My mom's parents come from Brittany," explained Jan, though they did not give him the crêpe recipe he uses today.

"We did lots of searching and lots of trial and error but I think sour cream is our secret ingredient," he revealed.

Jan also believes the preparation of their crêpes sets them apart from the

competition.

"There are different styles of crêpes. I know one lady said she is used to a very, very paper thin kind of crêpe that gets rolled up and baked in the oven and has a sauce. That's totally different from what we do," explained Jan.

Continued on page 21

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Missing man found deceased

Staff

On July 1, Stonewall RCMP received a report of a missing 25-year-old male from the RM of Rosser. Benjamin Sveinson was last seen by his family at his home in the RM of Rosser in the evening hours of June 30.

On July 5, the RCMP reported that Sveinson's vehicle had been located east of Kenora, Ont., and a few hours later reported that he had been located deceased.

No further information will be provided.

A warm and blissful weekend at 45th annual Folk Fest

Staff

One of the hottest weekends in recent Winnipeg Folk Fest history wrapped up Sunday night at Birds Hill Provincial Park to the sweet summer hits of Grammy award-winning singer-songwriter Sheryl Crow.

The 45th edition of the Winnipeg Folk Festival took place July 5 to 8 and saw a record-breaking total number of 73,000 attendees (up 1,000 compared to 2017) to become the best attended four-day festival in its history.

It was also a hot weekend on the festival's Main Stage as Elle King and John Butler Trio+ kicked things off with high energy on Thursday, indie-rockers Courtney Barnett and The Strumbellas commanded the stage on Friday, Folk Fest favourites Bahamas and A Tribe Called Red had the crowd up and dancing on Saturday night, and hit-makers Passenger and Sheryl Crow capped off the festival on Sunday.

Daytime workshops were also an excellent opportunity to see artists up on stage together and collaborate. Some of the highlights include the Nigan Inaabin (Looking Ahead) Indigenous workshop presented by APTN with nêhiyawak, Archie Roach and Leonard Sumner on Friday; the Old Songs, New Songs workshop on Saturday including Bahamas, Mapple Of,

Gabrielle Shonk, Whitney and Matt Holubowski; and If it Makes You Happy featuring Mandolin Orange, Kacy & Clayton, The Lonesome Ace Stringband and Darlingside on Sunday.

The Winnipeg Folk Festival also presented their new Indigenous Elder Sherry Copenace, who led the opening blessing on Thursday at Main Stage and welcomed Indigenous artists and guests at a public welcoming ceremony followed by a participatory Round Dance with Ray "Coco" Stevenson and Rhonda James on Saturday morning at Folk School.

On Thursday evening, Mayor Brian Bowman gave a Community Service Award to the Winnipeg Folk Festival as a way of recognizing all the outstanding work and achievements of the organization for the past 45 years.

The Glass Banjo Award of the Winnipeg Folk Fest, honouring special folks who have made extraordinary contributions to the festival, was awarded on Saturday night on Main Stage to Ojibway-Métis Elder Mae Louise Campbell. She was among the first Indigenous artists in the Hand-Made Village and has greeted artists and audiences alike with the annual welcoming ceremony and opening blessing for many years.

The 46th edition of the Winnipeg Folk Fest will be held July 11-14, 2019.



TRIBUNE PHOTOS BY LANA MEIER AND MOLLIE MEIER

Above, The Strumbellas headlined Friday night at the 45th annual Winnipeg Folk Fest. Left middle photo, Cape Breton fiddle player Natalie MacMaster and her daughter Julia also performed Friday. Bottom right, local duo Two Crows for Comfort entertained throughout the weekend.





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Pizza Den Restaurant & Lounge	204-467-2236
Redstar Chinese Cuisine	204-467-8221
Rockwood Motor Inn	204-467-2354
Summit Cafe	204-344-0205

Health & Wellness

Back 2 Health Chiropractic	
Health & Wellness Centre	204-467-2222
Erika's Zumba Fitness Club	204-294-8620
Quarry Physiotherapy	204-467-9101
Quarry Ridge Pharmacy	204-467-7333
Stonewall Chiropractic Centre	204-467-5523

Entertainment

Stony Mountain Ski Area	204-344-5977
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Professionals

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H & R Block	204-467-2877
Invview Insurance	204-467-8927
MacKenzie Funeral Services	204-467-2525
MicroPilot	204-344-5558
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Re/Max Town & Country	204-467-8000
Stonewall Vet Clinic	204-467-2481
Verico OneLink Mortgage	204-479-6064

Financial Services

CIBC	204-467-5551
RBC Royal Bank	204-467-5544
Sunova	204-467-5574

Stonewall Chamber Night at the Winnipeg Goldeyes game

Some lucky chamber members and friends took in a Goldeyes game on June 20th to watch the Goldeyes play against the Kansas City T-Bones.

We had a fan-tastic night of great food, friends, family and fun on a perfect sunny evening. Huge thanks to the team at the Goldeyes for arranging for us to come out and enjoy a great evening!



Graduation

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

The Stonewall Chamber was proud to present graduate and valedictorian Kylie Wright our annual Achievement Award.

Thank you to Principal Jason Cassils for presenting the award to Kylie on our behalf.

Accessible Customer Service Standard Training

The Accessibility for Manitoba Act (AMA) Standard of customer service is now law in Manitoba. Along with other requirements, this law require that by November 1, 2018, if your business or non-profit has at least one employee, you must meet the Customer Service Standard. Part of the standard is to train staff on accessible customer service. Community Futures East Interlake has certified trainers to provide this accessible customer service training. If you are interested in looking into this further please contact them at 204-378-5106 or tdziadek@eastinterlake.com For more information about the Act go to: <http://accessibilitymb.ca/law.html>

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-hot dog sales, car washes, First Jobs Certificate program, and the 2nd annual Stonewall 5K Family Run/Walk on Sat, July 28th starting at 7:30am. For more information contact Neil Davis, the Youth Centre Leader. He is located in the Town of Stonewall building on the 2nd floor. He can be reached at 204-461-1364.

Stonewall Quarry Days

Are you ready for the excitement? The 34th annual Quarry Days is August 17-19 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, The Hunter Brothers on the Sunova Free Entertainment 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!

The Maple Leaf Construction Free Weekend Entertainment Stage will feature some amazing talents to take in and the popular Show 'n Shine, sponsored by Stonewall Family Foods and Doctor Decal will be back on Sunday. Come to the south end of Main Street and browse through over 300 shiny and bright cars and trucks.

A new attraction this year at Memorial Park, sponsored by Red River Coop will prove to be fun for all ages. Local Ruff House Rowdies & Smart Dogs Entertainment is a fun, interactive dog show with tricks, an obstacle course and a pat 'n chat. Come out and meet these rescues turned superstars!!

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 his famous weekend festival!



Upcoming Events

Next regular meeting - Friday July 27th 8am at McLeod House Tearoom & Gift Shop. Please RSVP to info@stonewallchamber.com

Stonewall Quarry Days Weekend - August 17-19th in Stonewall stonewallquarrydays.ca

Election Forum- October (date tbd)- at Odd Fellows Hall- will include candidates for Town of Stonewall and RM of Rockwood

Festival of Lights Santa Claus Parade- December 7th Main St, Stonewall

Retail/Merchandise

Firewood Manitoba	204-453-7788
Hallmark	204-467-8113
Manitoba Liquor Control Commission	204-467-9571
Quarry Furnishings	204-467-7283
Quarry Pets	204-467-5924
Ritz Interiors	204-467-2903
Stonewall Family Foods	204-467-5553
Stonewall Florist	204-467-2470
Stonewall Home Hardware	204-467-5589
Stonewall Marketplace	204-467-8469
Stonewall Pharmacy	204-467-8385
the grande Bazaar	204-467-7030
Ye Olde Sugar Rush	204-467-9138

Local Authorities Boards & Community Services

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Community Living Interlake	204-467-8419
Interlake School Division 21	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

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Rhubarb- Raspberry Crunch

Recipe By: VSCOLE
"Rhubarb summer refresher. A yummy blend of rhubarb and raspberries surrounded by a brown sugar and oats crust. Serve warm with vanilla ice cream or pour on some half and half."

- Ingredients
- 1 cup white sugar
 - 1 tablespoon instant tapioca
 - 1 tablespoon cornstarch
 - 1/8 teaspoon salt
 - 4 cups rhubarb, cut into 1/2 inch pieces
 - 1 cup raspberries
 - 1/2 cup brown sugar
 - 1/2 cup all-purpose flour
 - 1/2 cup quick cooking oats
 - 1/2 cup butter, chilled

Directions
Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking pan.

In a large bowl, combine sugar, tapioca, cornstarch and salt. Place rhubarb and raspberries into bowl making sure to completely coat them with dry ingredients. Pour into baking pan.

In a medium bowl, mix together brown sugar, flour and oats. Cut in butter until mixture resembles pea-sized crumbs. Spread on top of fruit mixture.

Bake in preheated oven for 45 minutes, or until rhubarb is tender.

Printed From Allrecipes.com 7/9/2018

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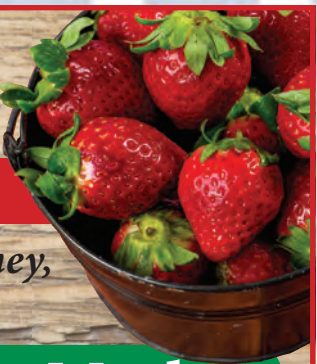
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Saskatoon Crisp

Ingredients

FILLING

- 24 oz (1 1/2 lb) (750 g) Fresh Saskatoon berries
- 1 tbsp (15 ml) Lemon juice
- 1/4 cup (60 ml) Maple syrup
- 2 tbsp (30 ml) flour

TOPPING

- 1 1/4 cup (310 ml) Flour
- 1/2 cup (125 ml) Rolled oats
- 1/2 cup (125 ml) Brown sugar
- 1 tsp (2 ml) Cinnamon
- 3/4 cup (175 ml) 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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ClB Yard of the Week



TRIBUNE PHOTO BY JO-ANNE PROCTER

The first 2018 Yard of the Week, sponsored by Stonewall's Communities in Bloom and Home Hardware was awarded to Sue and Joe Lambert who have resided at 10 Tony's Trail for the past 22 years. Joe will only take credit for his immaculate lawn care, while Sue is responsible for beautifying the yard. The front yard is filled with perennials including false sunflower, peonies, silvermound, lambs ear, ferns, delphinium and a ninebark shrub. For a splash of colour Sue planted petunias and marigolds. To nominate a yard you feel worthy of the honour, stop by Home Hardware in Stonewall and cast your vote.

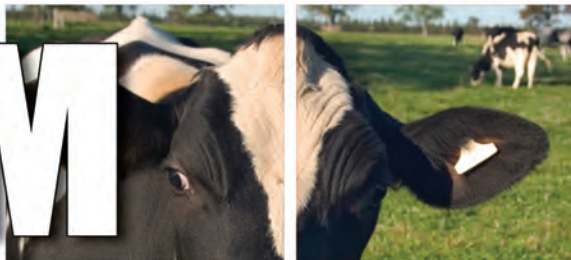
Funds for cancer research



TRIBUNE PHOTO SUBMITTED

Eight-year-old Brody Hein had an iced tea stand last Friday and Saturday in Teulon and raised \$145 for childhood cancer research. Hein held the ice tea sale in honour of his cousin Kylie Zirk, 15, who was diagnosed with acute lymphoblastic leukemia on Sept. 27, 2017.

Your FARM



Mandatory testing lifted for cattle and bison producers

By Caitlyn Gowriluk

A requirement that breeding bison and cattle from Manitoba be tested for bovine tuberculosis before being exported to the U.S. was lifted by the United States Department of Agriculture (USDA) on July 1.

The development is welcome news for many farmers in Manitoba, said bison producer Len Epp, who has a farm in the RM of Rockwood.

"It just became a real nightmare for some of those producers," said Epp. "To have this [requirement] gone has been a huge, huge benefit."

Since the testing requirement was

lifted, many U.S.-based companies now feel safer importing bison and cattle from Manitoba, said Epp.

"They're way more willing to import animals from us now," said Epp. "It's opened up a lot of options for producers."

While the last case of bovine tuberculosis in Manitoba was in 2008, many producers — especially near the Riding Mountain National Park area, where the disease had been detected in livestock and wildlife — were still required to take biosecurity measures to prevent the spread of the disease, including using livestock guard dogs



TRIBUNE PHOTOS BY CAITLYN GOWRILUK
Bison producer Len Epp stands on his bison farm in the RM of Rockwood on July 4.



Epp has over 500 bison on his farm in the RM of Rockwood.

and barrier fencing to protect feed supplies, said a July 3 news release from Manitoba Beef Producers.

Herds in Manitoba were also subject to surveillance testing (a process that takes several days to complete and can be stressful for the animals, putting them at risk for injury or death), said Epp, whose herds were last tested for the disease close to 10 years ago.

"[The animals] just can't handle the stress level," said Epp. "They'd come through the system, walk out and we'd find them dead. We found three dead in a pen about an hour later when we went to move them. And it was all be-

cause of stress."

The testing process can also be dangerous for handlers, said Epp.

"Bison are not overly excited about being handled too many times," said Epp. "It can get pretty dangerous, or just taxing, because you're putting stress on the animals. And especially when you're handling the big bulls, they can get pretty upset pretty fast. And the rodeo can start pretty quick."

While the USDA testing requirement has been lifted, some American states continue to have state-level bovine tuberculosis testing requirements, said the news release.

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Plum Ridge farm still growing near Teulon

By Caitlyn Gowriluk

Just a few years after leaving his home in Florida, Easton Sellers has started a new life a little over 3,000 kilometres north on Plum Ridge farm, an organic farm just northeast of Teulon.

While Sellers was staying at a Buddhist monastery in upstate New York a few years ago, he met a man from Brandon who was interested in horticulture and market gardening. From there, the two became good friends. After a few visits, Sellers eventually moved up to Manitoba, where he met and stayed with Barb Rieder and her family on their home-stead.

"It was really awesome, and I realized that I really didn't want to leave," said Sellers. "I wanted to continue learning all these amazing things on the farm, but I had to build a career somehow so I could actually stay up here and make a life of my own."

In 2017, Betty Kehler and Bob Pizey's 40-acre fruit farm came up for sale, and Rieder bought Plum Ridge in the hopes that Sellers would eventually take it over.

Sellers applied for a two-year agriculture diploma program at the University of Manitoba, and started last year. He also continued working on Plum Ridge farm as a volunteer.

"This year, I'm basically running the farm with everything I learned last year," said Sellers. "I didn't grow up on a farm here or anything, so I'm actually really trying to learn a heck of a lot in school."

Sellers also plans to use Plum Ridge farm as his final project in his second year of the diploma program to get some feedback on how he's been running things.

"That's your final project: to present the farm to a room of people, experts from different professions," said Sellers. "And they question you on this and that, different areas of your farm. It gets you to look at certain things that might be problematic. If it's your actual farm, then you can go ahead and apply all that information you get right there, and try to fix things."

Because Plum Ridge is an organic farm, Sellers said there are a few creative strategies he's been using to maintain his crops, like using geese as organic weed control.

"You raise them from goslings, and you imprint on them, and they get to know you and they follow you around and they know your voice," said Sellers. "So you lead them into the strawberries when they're young on a warm day in the spring, and they



Sellers raised goslings to provide organic weed control on the farm.



TRIBUNE PHOTOS SUBMITTED

Plum Ridge farm, northeast of Teulon, has 40 acres of strawberries, raspberries, plums, apples and more.

learn that strawberry leaves are really bitter, and they don't like them. And so they pick everything else. They eat all the weeds in between, helping you clean up your fields."

While this strategy only works for certain crops — like strawberries, cotton and asparagus — it has been working well at Plum Ridge, said Sellers.

"It's kind of unusual," said Sellers. "But it really cuts down your work. And so if you learn how to manage those properly, it's a really interesting way to control weeds organically."

While Plum Ridge is still relatively small — it sees about 1,000 customers every year, between people



Easton Sellers, left, poses with his girlfriend Olivia Carey, his mom Lisa Sellers and sister Trevi Sellers.

buying and picking their own produce on the farm — Sellers said he hopes to continue growing it and encouraging people to come pick their own organic produce.

"It's a fun experience. It's fun to teach people, teach families, about what I do," said Sellers. "People just love being out here. It's just a little world of its own."

Plum Ridge is currently open for u-pick strawberries and saskatoons. They also sell pre-picked pails and are open Monday, Wednesday and Saturday from 8 a.m. until 8 p.m. For more information, visit their website at plumridgefarm.ca or call or text Easton at 204-206-4017 for custom orders and seasonal availability of fruits and veggies.

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Thai Chicken Satay with Light Cucumber Salad

Prep time: 25 minutes, plus marinating

Cook time: 5 minutes

Servings: 4 (about 4 skewers per serving)

Cucumber Salad:

- 1/3 cup Nakano Roasted Garlic Rice Vinegar
- 2 tablespoons sugar
- 1/2 teaspoon toasted sesame oil
- 1/4 teaspoon red pepper flakes
- 1/2 teaspoon salt
- 1/2 thinly sliced English cucumber

- 1 thinly sliced carrot
- 1 thinly sliced scallion
- 1/4 cup chopped peanuts, for garnish

Chicken Satay:

- 15 bamboo skewers
- 2 tablespoons soy sauce
- 1 tablespoon peanut oil
- 1 teaspoon toasted sesame oil
- 2 tablespoons Nakano Organic Original Seasoned Rice Vinegar

Organic Original Seasoned Rice Vinegar

- 1 teaspoon minced fresh ginger
- 1/2 teaspoon ground coriander
- 2 teaspoons ground turmeric
- 1 pound thinly sliced chicken breast
- fresh cilantro, for garnish

Peanut Sauce:

- 1/4 cup scallions, chopped
- 2 tablespoons chopped cilantro
- 1 teaspoon minced jalapeno

- 1 teaspoon minced garlic
- 1/2 teaspoon minced ginger
- 3/4 cup smooth peanut butter
- 1 tablespoon toasted sesame oil
- 3 tablespoons Nakano Roasted Garlic Rice Vinegar

- 2 teaspoons lime juice
- 3/4 cup coconut milk
- 2 tablespoons hoisin sauce
- 2 tablespoons honey
- chopped peanuts, for garnish

To make Cucumber Salad: In large bowl, combine roasted garlic rice vinegar, sugar, toasted sesame oil, red pepper flakes and salt. Add cucumbers, carrots and scallions. Cover bowl and marinate 15 minutes. Garnish with chopped peanuts.

To make Chicken Satay: In dish, soak bamboo skewers. In large bowl, combine soy sauce, peanut oil, toasted sesame oil, seasoned rice vinegar, ginger, coriander, turmeric and thinly sliced chicken breast. Cover bowl and marinate 2 hours.

To make Peanut Sauce: In food processor, process scallions, cilantro, jalapeno, garlic, ginger, peanut butter, toasted sesame oil, roasted garlic rice vinegar, lime juice, coconut milk, hoisin sauce and honey until smooth. Garnish with chopped peanuts.

After 2 hours of marinating, skewer chicken. Heat grill or grill pan to medium heat and cook 2 minutes on each side. Garnish with cilantro and serve with Peanut Sauce and Cucumber Salad.

Korean Beef Bulgogi and Kimchi over Sticky Rice

Prep time: 15 minutes, plus marinating

Cook time: 15 minutes

Servings: 6 (about 1 cup per serving)

- 3 tablespoons light soy sauce
- 2 tablespoons dark brown sugar
- 2 tablespoons Nakano Natural Rice Vinegar

- 1 tablespoon toasted sesame oil
- 2 minced cloves garlic
- 1/4 cup grated red apple
- 1 teaspoon minced fresh ginger
- black pepper
- 16 ounces thinly sliced rib-eye steak
- 1 tablespoon canola oil
- 3 cups sticky rice
- 3 tablespoons Nakano Original Seasoned Rice Vinegar

- 1/2 cup kimchi, prepared
- 1 tablespoon toasted sesame seeds
- 1 scallion, sliced
- 1 red jalapeno, sliced
- 1/4 cup carrots, julienned

In large bowl, combine light soy sauce, dark brown sugar, natural rice vinegar, toasted sesame oil, garlic, apple, ginger and black pepper. Add in steak slices and cover bowl. Marinate 1 hour.

After marinating, in large nonstick skillet over medium-high heat, heat canola oil. Add steak slices and sear, reserving marinade. Once browned, add marinade and cook 1 minute, or until slightly thickened.

Cook sticky rice according to package instructions and sprinkle on seasoned rice vinegar. Serve beef bulgogi over sticky rice and garnish with kimchi, sesame seeds, scallions, red jalapeno and carrots.



Controlling Addictive Behaviour Takes the right Attitude

the couch thinking of how badly he misses his smokes. Getting fit is incompatible with smoking, consequently if the focus remains on fitness, the smoking behavior will be eliminated.

The same process is involved in weight loss. If the focus is simply on not eating desired foods, it is more difficult than if there is an incompatible positive goal. If a decision is made to put only healthy foods into your body, to maximize nutritional content, with an eye to increasing longevity, the focus is different. Quitting smoking requires a commitment to clean lungs. Being slimmer requires a commitment to a different way of thinking about food. Forever. Anyone can lose weight by reducing intake for a period of time. Becoming, and remaining slimmer, requires a permanent change in focus.

It may involve increasing the level of physical activity, drinking more water, developing new interests that distract from the focus on food. The bottom line is that if we want something to change in our lives, WE have to change. We have to see ourselves as a different person; a different person than the one who overeats, a different person from the one who inhales toxic smoke. If we can hold a vision of "the new me," we have a good chance of moving in that direction. If we cannot form that image, cannot see ourselves slimmer or smoke free, nothing that we try will produce lasting change. So instead of trying to lose, or trying to quit, form a positive image of what you want to create. Then go for it.

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.

I often am approached by clients who have done everything possible to lose weight and keep it off, without lasting success. Others want to quit smoking. There is no question about their desire to be different; to overcome their addictive behaviors. The problem is, that it is very difficult to focus on NOT doing something. If someone tells you not to think about elephants, it is virtually impossible to remove the image of an elephant from your mind.

If you decide that you will not eat certain foods, or that you will not light up, it seems that it is hard to think of anything else. In order to effect real change, it is necessary to focus on wanting something that is incompatible with the addictive behavior. Then you have to want it MORE than the high, or the comfort that the addictive behavior provides. The smoker who decides he wants a high level of health and fitness, is on the right path. If he decides to work to reverse the damage from smoking, he may aim to improve his level of cardiovascular fitness. This might involve working out at the gym or taking up running.

As he begins to feel better, he sees results in his exercise routine. This feels good, so he may be motivated to increase his level fitness even more. His original goal was damage control, but in the process, he becomes an athlete. He has long since forgotten about smoking. Contrast this with the couch potato who smokes a pack a night in front of the television. He decides to quit smoking and sits on



Chinese Shrimp Potstickers

Prep time: 25 minutes

Cook time: 10 minutes

Servings: 6 (4 potstickers per serving)

- 24 wonton wrappers
 - 8 ounces large raw shrimp, peeled, deveined and chopped
 - 3 tablespoons minced scallions
 - 4 canned water chestnuts, minced (approximately 1/8 cup)
 - 1 tablespoon oyster sauce
 - 3 tablespoons Nakano Original Seasoned Rice Vinegar, divided
 - 2 tablespoons peanut oil
 - 2 tablespoons water, plus additional for wonton wrappers
 - pinch of salt
 - pinch of pepper
 - 2 tablespoons soy sauce
 - 2 teaspoons toasted sesame oil
- To make potstickers: Set aside wonton wrappers. In large bowl, combine

shrimp, scallions, water chestnuts, oyster sauce, 1 tablespoon seasoned rice vinegar, peanut oil, water, salt and pepper. Fill one wonton wrapper with 1 teaspoon filling.

Lightly wet edges of wonton wrapper with water, fold into triangle and pinch edges closed. Repeat with remaining wonton wrappers and filling.

In large skillet over medium-high heat, heat peanut oil. Place potstickers in skillet and cook until golden on bottoms. Once browned, add 2 tablespoons water to skillet, cover and cook 4 minutes until steamed. Remove lid and cook until water has evaporated.

To make dipping sauce: In medium bowl, combine soy sauce, remaining seasoned rice vinegar and sesame oil.

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GrowForce partners with Peguis to grow cannabis in Selkirk

By Lindsey Enns

Peguis First Nation has given a Canada-based cannabis company the green light to build a production and distribution facility on a piece of their land in Selkirk.

GrowForce Holdings Inc. and Peguis First Nation announced their joint venture to establish a partnership in a cross-Canada expansion during National Indigenous People's Day last Thursday.

The partnership will continue to evaluate opportunities in the cultivation, distribution and retail sale of cannabis products, according to a release.

"This is a fitting announcement reflective of the spirit of reconciliation inherent in National Indigenous Peoples Day and demonstrates the intent of the leadership of Peguis to capitalize on economic opportunities in the cannabis space," Peguis First Nations Chief Glenn Hudson stated in a release last week. "The joint venture is the culmination of seven months of intense effort by a dedicated team from the Chief Peguis Investment Corporation acting on the directives of Chief and Council with the support of the Peguis First Nation membership.

"This initiative will result in local investment, significant job creation and long-term economic development for our people and to the Selkirk area."

Hudson added before selecting GrowForce, they explored a number of potential joint venture partnerships but GrowForce "clearly has the most industry experience and the clearest vision for developing a nationwide seed to sale cannabis strategy that includes First Nations and Indigenous Peoples."

Officials say this partnership will lead to "local investment, significant job creation and long-term economic development" for the First Nation and the Selkirk area. GrowForce says they are expecting to hire 75 to 150 people in the Selkirk region.

"I think this working together, having this partnership in our city, is a true sign of truth and reconciliation," Selkirk Mayor Larry Johannson said, adding he predicts Selkirk will be home to multiple cannabis storefronts in the future. "We deter the black market by having this here. This is a huge revenue source for the city, huge employment opportunity for the city, great partnership with Peguis. We just are really looking forward to it."

Although details surrounding the exact location of the facility is still being determined, the project is expected to include a \$33-million in-



TRIBUNE PHOTO SUBMITTED

GrowForce CEO Rishi Gautam, left, Peguis First Nation Chief Glenn Hudson, middle, and Bridging Finance CEO David Sharpe celebrate the signing of a new cannabis joint venture during National Indigenous People's Day last Thursday. The new venture is exploring cannabis cultivation and retail opportunities on Peguis-owned land in Selkirk.

vestment for a building that will be at least 50,000 square feet. Construction is expected to begin in early 2019.

Last Thursday's official signing followed the passage of the federal government's legislation to legalize and regulate recreational marijuana. Prime Minister Justin Trudeau says marijuana will be legal in Canada as of Oct. 17.

GrowForce currently owns a majority interest in flagship cannabis facilities operated through Health Canada's Access to Cannabis for Medical Purposes Regulations, with the exclusive rights to MJardin's cannabis management services and intellectual property portfolio for use in Canada and other federally legal markets worldwide.

GrowForce also has significant project financing from Bridging Finance Inc., which is led by David Sharpe, CEO and a member of the Mohawks of the Bay of Quinte (Tyendinaga) First Nation.

"We backed GrowForce financially because of their dynamic business plan and executive experience, but we also saw the company genuinely wanted to make a positive impact in Indigenous communities across the country," Sharpe stated in a release last week. "GrowForce has an experienced operating team through MJardin and an in-house training program that is second to none in the cannabis industry. Put that together with strong partners and an eager Indigenous

tribulation of cannabis."

GrowForce's portfolio currently spans Manitoba, Ontario and Nova Scotia. The company is currently renovating a 120,000-square-foot facility in Winnipeg's St. Boniface area that will be used as their flagship cannabis cultivation facility.

"We continue to move swiftly to strategically build our capacity in Canada," said GrowForce chairman and CEO Rishi Gautam. "Partnering with First Nations and Indigenous peoples is a great fit for our company and overall vision. Our operating partner and executives bring the experience of more than nine consecutive years in legal cannabis and 100,000 kilograms of finished product, with innovative software and training through MJardin University. GrowForce has the substantive ability to invest in new operations while hiring and training local staff.

"The partnership with Peguis First Nation helps to achieve our goal of building Canada's leading cannabis company with our Indigenous partners."

For more information about GrowForce, growforce.ca.

workforce, and you have a great combination for both production and dis-

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New B&B offers beautiful retreat on Lake Winnipeg

By Melissa McIvor

With summer now here and many Manitobans looking to lounge lakeside, one couple has opened the doors of what is sure to be a destination hotspot on Lake Winnipeg.

Aaron's on the Lake newly renovated bed and breakfast located at 311 Gimli Road in the community of Dunnottar, just five kilometres south of Winnipeg Beach off Highway 9 held a grand opening on June 9.

The business is owned and run by husband and wife duo Randy and Eleanore McMahon, who purchased the lakeside property in 2015 and named it after their middle son.

"We used to have a little cottage a few blocks away that was 440 square feet. We always planned that we wanted to do a bed and breakfast so we were sort of thinking of building on that property," said Eleanore.

"Long story short, we ended up buying this property in September 2015 because it went up for sale and somebody said, 'You need to check that out that's a really cool property.' So we came to look at it and it was better than we could have expected because it has all these out buildings that we could turn into guest cottages. This way they have their privacy and we have our privacy."

The property was originally built in the 1920s by local brewer Patrick Shea, owner of Shea's Brewery.

"They eventually sold out to Labatt's but they built it as a summer retreat. Shea was actually really into the Clydesdale horses. They used to get their horses from Scotland and Ireland and put them in competitions and they'd win a lot of awards. The horses used to actually pull their beer wagons around," explained Eleanore.

"Eventually the owners of Anheuser-Busch actually caught wind of the fact that they were winning all of these awards so they ended up approaching Shea and bought all their Clydesdale horses. So now all the Clydesdales that you see in the Anheuser-Busch commercials are offspring of those horses. I'm sure they never had the horses out here [at the summer house] but it's just a bit of history."

Despite the success of their business, the personal lives of Shea and his wife Margaret Burns were plagued by loss.

"They had five children three of them died in infancy," Eleanore said. "Another died at the age of 13 and then the last one passed away when he was 33 and he died just a few months after his father in 1933."

"There was a guy called John T. Boyd who actually somehow took over the property," she continued. "We don't

know if he bought it but he started as an office clerk at Shea's Brewery and he worked his way all his way up, and when [Patrick] and his son passed away, Margaret asked him to run the brewery. So somehow he managed to get this property along with it."

Remnants of the former tenants can still be seen around the lakeside property. The Shea's Irish heritage is on display in the shamrock designs cut into the exterior window shutters of the main house. A sign hangs in the kitchen that once helped staff identify ringing chamber bells and Boyd's name is legible on both sides of the screen by the fireplace.

Today, the main building serves as Randy and Eleanore's personal residence and a communal breakfast space for their guests. Visitors can choose from three self-contained guest suites, each with gleaming hardwood floors, comfortable queen-sized beds, gas or electric fireplaces, stately pieces of antique furniture, and stylishly modern, private bathrooms.

The aptly named Gardenview guesthouse sits behind the main house. The former maid quarters and laundry room is accessed through a private screened-in porch, complete with shabby-chic wicker furniture and a pleasing light colour palette.

Lakeview and Pierview rooms are located inside the lakeside bunkhouse, where the dark wood-panelled suites are separated by a communal kitchenette. Guests are welcome to use the screened-in gazebo that shares the bunkhouse deck, which offers a quiet spot to watch the waves.

Randy and Eleanore both grew up in Teulon and found work as civil servants. Eleanore enjoyed a 30-year career in the provincial court system and Randy worked with Manitoba Hydro for 33 years.

With help, Randy spent the majority of the last two years renovating the property to prepare it for their grand opening.

"We totally redid all of the landscaping," said Eleanore. "The outside buildings had to be all winterized so they were all lifted. We also moved the bunkhouse two feet. It's been pretty extensive stuff."

"We brought everything up to today's standard and today's code," added Randy. "We salvaged some of the siding from the building and put it back inside and painted it. I tried to reclaim and reuse a lot of stuff."

"Everything is recycled or upcycled," Eleanore continued. "We're trying to be very environmentally focused as much as we can."

The couple also grows their own pro-



TRIBUNE PHOTO BY MELISSA MCIVOR

Aaron's on the Lake Bed & Breakfast owners Randy and Eleanore McMahon in front of the newly restored bunkhouse.

duce to use in meals for their guests.

"I've got 19 different tomato varieties that I've planted," Eleanore said. "We're hoping for lots of herbs and things like that. We hope that in time as much of the breakfast will be from the garden as possible."

Guests with food allergies will also find that the McMahons are very accommodating hosts.

"Our very first guest was vegan-gluten free!" Eleanore said with a laugh. "They are the ones who have come back twice and she's posted pictures and has just been so excited about the food. I like to cook but I also like to learn new things so it was really great for me to learn what I can cook. Vegan gluten-free is a lot easier than you would think. We made chickpea sausages for her and gluten-free carrot muffins. It was fun to explore."

Aaron's on the Lake is also only a short distance away from many activities for any season. Bikes and tennis rackets are available to borrow on-site with a tennis court only a few minutes away.

A natural rock staircase has also been added to the shoreline to allow guests easy access to the lake.

"There are beautiful places to walk around here," said Eleanore. "There's a walk that you can take all the way along the point and then as you turn along it there's this great big beach.

It's a beautiful area that people just aren't familiar with."

The B&B is open-year round to offer its guests a cozy winter retreat and opportunities to cross-country ski and ice-fish.

"We are really hoping people will appreciate the value of a quick getaway in the winter," Eleanore continued. "This past winter we just loved it out here. Winter is so beautiful and you just don't appreciate it as much in the city."

Aaron's on the Lake will also host Rest. Restore. Renew., a wellness retreat offered by Marla Barr, Eleanore's niece and owner of Bliss Body Wellness. From Aug. 24 to 27, participants will stay at the B&B and enjoy three days of wellness group discussion, yoga, meditation, cooking classes and breath work.

Two spots remain at \$650 per person for a double occupancy room or \$825 per person based on a single occupancy room. The deadline to register is Aug. 1.

Rooms at Aaron's on the Lake are available for \$120 per night (plus taxes) or \$700 per week (plus taxes), based on double occupancy. To book your lakeside escape, and for more information on the upcoming wellness retreat, visit www.aaronsonthelake.ca, email aaronsonthelake@gmail.com or call 204-223-1690.

Great Trail in Victoria Beach 'connects our communities together'

By Justin Luschinski

The Great Trail, a Canada-wide multi-use recreational trail, has opened up a new pathway in Victoria Beach.

A ribbon-cutting event helped open this new section of the trail last Saturday. This portion of the trail will allow local residents and visitors to explore local landmarks and experience the beauty of the region.

Morgan Isaac, the events co-ordinator for Saffie's General Store in Albert Beach, said this trail is a big win for the area.

"It's a huge deal for us. It connects our communities together. People can

come from across Canada and experience the beautiful landmarks," Isaac said. "It's just a nice community here. It's like a small town, but everyone here is really friendly, and we hope you stop by."

Isaac said the Victoria and Albert beach area is very unique, and visitors will enjoy their time here. She hopes people check out the sand cliffs, as well as the unique biomass of the area, where it changes from beach to forest almost within a few metres.

Isaac said they're also looking to promote a healthy lifestyle.

"We live in such a beautiful area. It's a waste to not get out and enjoy it.

There are so many cool paths to check out," Isaac said.

The ribbon-cutting event also held miniature passports for purchase, which detailed landmarks in the area, came with a little notepad and provided a detailed map of the trail.

The Great Trail — also known as the Trans Canada Trail — celebrated its 25th anniversary in 2017 with its 24,000 kilometres of multi-use recreational trail now almost completely connected.

The Great Trail began in 1992 as part of Canada's 125th anniversary celebrations as a project that would better bridge the country together.

The Red River North Trail Association (RRNTA) was formed to develop a section of The Great Trail within Manitoba. They manage a trail that stretches from the north from Winnipeg to Birds Hill Provincial Park, along the Floodway to cross the locks and dam at Lockport and north along River Road to Lower Fort Garry. It continues east through Selkirk to Tyndall and Beausejour before turning north through the Mars Sandhills, Gull Lake, Beconia, Grand Beach, Lester Beach and up to Traverse Bay. It then heads southeast through Power-view-Pine Falls to the Great Falls Dam before heading south.

> HIDDEN GEM, FROM PG. 10

"We are very traditional. We are not using Teflon; we use cast iron grills that we imported from France and that they use over there. So we thought that was pretty traditional. And all that's on there as a coating is olive oil."

The resulting crêpe is spongy and perfectly moist with an even texture throughout. The butterscotch pecan dessert crepe was out-of-this-world delicious with just the right amount of sweetness.

"The crêpe batter is being made fresh all the time," Jan continued. "When [our staff] are cooking as fast as they do, they need to have it very consistent so we found a recipe that holds together well."

The menu at Whytefold Emporium includes a selection of sweet and savoury crêpes with a variety of fillings. Savoury selections include fresh garden vegetables, home-grown herbs, cheese, locally made sausage, and sweet and smoky marinated BBQ chicken. Sweet creations use ingredients like jam, Nutella and fresh, often local, fruit.

"Lemon is very traditional," said Jan. "It's just lemon and a little bit of sugar. But some of the creations we've come up with, like the Apple Jack, are actually ones the staff have created themselves. We look at the menu in the springtime and we revisit it. We've got some that we've had on there forever, especially on the savoury menu."

The menu's showstopper is the Decadent Crêpe, which features bananas, fresh berries and other exotic fruits, ice cream, whipped cream, maple syrup, and chocolate sauce. Your choice of liqueur can also be added for an additional \$4.

Gluten-free crêpes are not currently

on the menu though oven-baked, seven-inch gluten-free pizzas are available. They also have a selection of gluten-free salad dressings. Breakfast and burgers are also on the menu and visitors are welcome to bring their own gluten-free bread or to enjoy filler-free burgers wrapped in lettuce.

As of Father's Day weekend, Whytefold Emporium will also offer their barbecue menu for the season. After 5 p.m., visitors can enjoy rib meals and half chicken dinners made over a Trager wood pellet grill using mesquite and hickory.

"When it's smoking it draws people in from the highway," Jan remarked. Unseasoned roasted chickens can be requested ahead of time to accommodate gluten allergies.

Just as Whytefold Emporium has continued to grow over the years, so too has its loyal fanbase.

"We have several customers that are here multiple times a week and are very loyal and have been for years," said Karen. "And we have people who used to live in the area that have moved away and still come back at least once a year just to see us and have some food. Then we have people who have heard about us through friends and they've come up from Winnipeg for the day. And even the odd time you'll get somebody from as close as Winnipeg Beach say, 'I didn't even know you were here!'"

"It's funny because we get discovered just about every day in the summer," added Jan.

"We've had people from France that say our crêpes are just as good as the French ones," Karen continued. "Denmark, Germany, Africa; you get lots of tourists in the Interlake in the summer. It's always interesting."

Whytefold Emporium's seasonal hours vary from spring to fall and can be found on their website at www.wwemporium.com or by calling 204-389-4567. Upcoming entertainment

schedules are also posted on their website. When planning your visit, note that wood-fired pizzas are only available after 4 p.m.

worship *with us*

> FAITH

Can a tree prove the existence of God? (Please don't leave!)

Imagine a Ford Mustang. Sweet ride. What if I said it was the result of evolution? That billions of years ago there was a primordial ooze made of rubber, glass, nuts and bolts. Over millions of years they formed skateboards and bikes and, eventually, through natural selection, cars and vans were born. You'd think I was crazy. Why? Because cars are complex, functional and beautiful. They have a purpose. They help humanity. Henry Ford would be hopping mad if you attributed his design and hard work to random mutation.

Let's look at a tree. Way better design than any car. Can cars be grown from a seed? Try planting a Smart Car or MG Mini. Can cars make more cars? Do cars blossom or make themselves more beautiful? Do cars grow with your family? Adjust to the season? Pull fuel from the soil and the sun? When a car hits a tree, the tree wins. Every time. In fact, when tornadoes flatten everything humans have made, the trees are left standing.

Think about trees. We need oxygen. Trees create it. We need fruit. Trees grow it. We need houses. Trees give wood. We need heat. Trees burn bright. We need beauty. Trees blossom. We need the wind broken. Trees do that. We need top soil for farming. Trees help. In fact, this article is printed on trees. Think about it. Trees wouldn't help us if they were adapted to survive. It's almost as if they were designed to help humanity.

And that's the root of the issue. Trees are far too complex and help way to much to have just happened. They were designed. With a purpose. And so were you. It's the only reasonable conclusion. The Bible says that you were made "by Jesus and for Jesus." And if an unreached tribe found a Ford Mustang, they'd need the manufacturer to get the most out of it. Or at least a car manual. And that's why we need God. And that's why there's a Bible. And that's why it matters.

Email callpaul@gmail.com to ask questions and share what you think. Have an awesome day.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Hofer drafted by St. Louis in NHL entry draft

By Brian Bowman

Swift Current Broncos' goaltender Joel Hofer, whose family originates from the Keystone Hutterite Colony outside of Warren, was selected in the fourth round, 107th overall by the St. Louis Blues at the 2018 NHL Draft in Dallas.

It was quite the day for the young, standout netminder.

"It was pretty cool, actually," said Hofer Monday evening. "I was at home watching (the draft) with my family. I left the room and my parents saw it on TV and then I got the phone call. It was pretty cool."

Hofer had a productive rookie season for Swift Current. The 18-year-old goaltender posted an impressive 8-3-1-1 record, a 2.61 goals-against average, and a .914 save percentage with one shutout.

He also made two relief appearances in the WHL playoffs.

"For someone who didn't play as much, I had to make the most out of my opportunities and I couldn't have done this without my teammates," Hofer said. "I had a pretty skilled group of players in front of me and they made my job pretty easy."

Hofer was the top-ranked Western Hockey League goaltender by NHL Central Scouting and won a league

title this season with the Broncos.

Winning a league title, getting to be a part of the Memorial Cup, and then getting drafted in the NHL was quite the year for Hofer.

"It's pretty crazy when I look back and think about all of the things that happened," he said. "Some players don't even get to do half of that stuff. I'm just pretty grateful for the opportunity."

Hofer made the Broncos' roster after participating with the club in training camp.

The 6-foot-3 and 157-pounder, who grew up in Headingley, was named the Broncos' Rookie of the Year during their annual awards ceremony at the end of the regular season.

He played his Midget hockey out west in Kelowna with the Pursuit of Excellence program. Hofer really enjoyed his time spent with that elite program.

"It was amazing," he said. "We got to work out every day and go on the ice every day. We worked on school and they really (prepare) you for junior hockey. They developed me on the ice as well as off it. I couldn't thank them enough."

The Blues, meanwhile, feel they selected a player with plenty of upside at a difficult position to evaluate.



TRIBUNE PHOTO BY DAVID ZAMMIT

Joel Hofer was selected in the fourth round, 107th overall by the St. Louis Blues at the 2018 NHL Draft in Dallas.

"Goaltenders are tough to draft and when they're drafted, they don't play as much," said the Blues' director of amateur scouting Bill Armstrong on the team's website. "We were able to catch this goaltender. Our goaltender scout was in there, our area scout was in there, and we interviewed the kid. We saw him practice and did everything we could."

St. Louis scouts really liked what

they saw in Hofer.

"Our area scout Jesse Wallin was adamant about taking him and so was our goaltender coach," Armstrong said. "We stepped up and got him. He's a big kid, he's raw and has a lot of things he needs to work on, but he has a good foundation for a goaltender. "He has size, quickness, athletic ability, and good sense. But it's going to take some time as it does with most goaltenders."

21U Women's Invitational Baseball Tournament requesting sponsorship

By Brian Bowman

In a little less than a month, Stonewall will be hosting the 21U Women's Invitational Baseball Tournament.

So, host co-chair of the sponsorship committee for the tournament, Roger Langlais, has been busy trying to round up sponsorship for the elite tournament that will take place Aug. 9-12 at Quarry Park.

Teams competing will include Nova Scotia, Quebec, Ontario, Saskatchewan and Manitoba.

There will be a high-calibre of baseball played throughout the four-day tournament.

"Baseball Canada has been quite happy with the venue at Fines Field, and I think for us in Manitoba, it could

be a stepping stone to host more national events," said Langlais while in Montreal last week.

Langlais said Stonewall's town council approved its Grand Slam sponsorship - a \$5,000 cash contribution - and the use of the facilities.

Langlais noted Sunova Credit Union is a Home Run sponsor - which is at the \$2,500 level.

As of last week, the tournament co-chair was also in talks with other organizations about sponsorship.

"We're talking to a number of businesses right now in the Stonewall, Selkirk, Winnipeg markets," he said. "(Sponsorship) is huge. We're hosting a national-level competition so there are a bunch of requirements and we

want to do a good job for Manitoba and Stonewall and the teams and athletes from across Canada."

Tournament games will be played in Stonewall while athletes will be staying at the Canalta Hotel in Selkirk.

This is the second consecutive year that Stonewall has hosted this prestigious tournament.

"It's our second time in the rodeo," Langlais said. "The first time is learning and we felt we did a good job (last year). We had lots of feedback from all of the teams from across Canada, so there are areas that you want to maintain and then there are some areas you want to strengthen."

Tournament organizers are hoping for great turnouts by spectators to

watch the games.

"We definitely want to get more fans out to the park and we're definitely trying to market that across Manitoba to other girls who play the sport," Langlais said.

"Right now, we have about 1,500 girls playing in Manitoba so we want to have those younger girls spectate these higher-level girls and women to try to aspire to that higher level."

Any businesses or individuals that would like to help sponsor the tournament can contact Roger Langlais via email at rlanglais@mymts.net or by phone at 204-268-5249.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Bandura first-round leader at junior men's golf championship

Staff

Selkirk's Brady Bandura was the first-round leader at the GM Junior Men's Golf Championship at the Breezy Bend Country Club in Headingley.

Bandura, who golfs out of Elmhurst, fired an impressive 1-under 71 on Monday.

That was one stroke better than Pine Ridge's Josh Shuster and Rossmere's Lachlan Allerton.

Elmhurst's Ryan McMillan, Niakwa's Sylvain Ruest and Breezy Bend's

Braxton Kuntz were next after carding 73s.

Selkirk's Wesley Hoydalo was tied for seventh after a 2-over 74 while Petersfield's Easton Donohoe was in a three-way tie for 13th after a five-over 77.

West St. Paul's Adam Ingram was in a six-way tie for 16th after a 79 while West St. Paul's Brent Ingram was in a four-way logjam at 24th after an 81.

Round two was played at Breezy Bend on Tuesday while the next two rounds are set for Wednesday and

Thursday at the St. Charles Country Club in Winnipeg.

Meanwhile, the junior women's golf championship began Tuesday at Breezy Bend.

Selkirk's Mikyla Albert and West St. Paul's Dayna Dubnicoff were part of the 10-player field.

No scores were available prior to Tuesday's press deadline.

Interlake on three-game losing skid

Staff

July hasn't been a good month so far for the Interlake Blue Jays.

Interlake lost its third consecutive Manitoba Junior Baseball League game to begin this month after dropping a 12-0 decision to the St. James A's on Monday evening on Stonewall.

Last Friday, the Blue Jays took it on the chin with a 13-3 road loss to the St. Boniface Legionaires.

On July 4, the Blue Jays were edged 1-0 by the Carillon Sultans.

With the three-game losing skid, Interlake is now 10-11 on the season and tied for fourth place in the eight-team league with the Pembina Valley Orioles.

Both teams are 8.5 games back of first-place St. James heading into this week's slate of games.

Interlake will host St. James on Friday at Fines Field. First pitch is 7 p.m.

Pembina Valley will then visit Stonewall for a doubleheader on Sunday.

Game times are 5 p.m. and 7:30 p.m.

All-Star Blue Jays



TRIBUNE PHOTO SUBMITTED

Five players represented the Interlake Blue Jays at the recent Manitoba Junior Baseball League All-Star game, leading Team Rural to a 13-12 win over Team City.

Pictured are Brennan Cheasley, Emerson Klimpke, Ben Anderson, Baily Proctor and Ryan Moroz. Missing from the photo is Derek Petrasko.

Giants slay Blue Jays in WSBL action

By Brian Bowman

It was a tough night at the ballpark for the Stonewall Blue Jays last week.

Stonewall was defeated 9-3 in five innings by the Elmwood Giants in Winnipeg Senior Baseball League action July 3.

"Our pitching wasn't there and our hitting wasn't there," said the Blue Jays' Josh Stolar. "We weren't really doing a lot of things right out of the gate and they sort of took advantage of that."

Elmwood scored a run in the top of the first inning, added three in the second, and then put up five more runs in the third.

The Blue Jays replied with a run in the second inning and then two in the fifth.

The top of the Giants' lineup did some damage against the Blue Jays. Leadoff hitter Shayne Turk had three hits, scored twice and added three RBI while Scott Dyck, hitting out of the cleanup spot, belted out three hits and had an RBI.

Elmwood outhit Stonewall 12-4.

"They were hitting the ball pretty good," Stolar admitted. "Elmwood's a good hitting team and they were putting the ball in play."

The Blue Jays were scheduled to play the St. Boniface Legionaires last

Thursday but the game was postponed to another date.

Stonewall was back in action this past Tuesday when it hosted Elmwood but no score was available at press time. The Blue Jays will then play the Boni-Vital Brewers on Thursday (7 p.m.) at Whittier Park in Winnipeg.

The Blue Jays are playing in the "A" Division of the WSBL this season along with Elmwood, St. James, and St. Boniface. The Kildonan Mudcats did not field a team this season.

"This season, the 'A' side has four teams so we're playing the same teams a bunch of times," Stolar explained. "A lot of the (Kildonan) guys

are now playing on other teams so the talent (level) is still there."

There will be plenty of talented ball players in Stonewall when Quarry Park hosts the Senior AA All Star Provincials from July 20 to 22.

The provincials will have a new format this year, with six teams playing in a double-elimination tournament.

In past years with eight teams, the provincials had two pools of four teams playing a round robin.

"It's going to be some of the best ball in Manitoba that you'll see," Stolar said. "We're very excited for that."

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HELP WANTED

Wanted: Cleaner, maintenance person, office/on-call person. Location: 40 Eveline Street, Selkirk, MB. D-7 Property Management is looking for people to fill three positions in Selkirk, MB. A person to clean an apartment building on a daily basis (approx. 4 hrs. per day). The cleaning would include vacuuming the common area hallways, cleaning the glass and stainless steel in the windows and elevators, cleaning laundry rooms, stairwells, etc. The building includes one - six floor building and one - four floor building, a total of 95 suites. Cleaning of empty suites is paid on a "per job" basis. \$15 per hour. We also require a maintenance person, able to do regular and emergency maintenance repairs. The successful applicant must have knowledge of plumbing, painting, plastering, minor electrical, etc. and must have own tools and transportation. Salary dependent on qualifications. Also needed is an office person able to coordinate repair requests from tenants, collect rent, deliver notices, answer phones, check e-mails, post "for rent" ads, show suites to potential renters, etc. Office position is required four hours per day, Monday to Friday. This position also requires that you carry the emergency cell phone when not in the building. \$15 per hour for office time and a stipend for being the emergency on-call person. Please contact D-7 Property Management at 204-989-4210, 204-989-4211 or e-mail to jean@d7management.com

HELP WANTED

Hog Barn Technician - we are currently accepting resumes for the position of Hog Barn Technician. The barn is located north of Stonewall, MB. Previous experience working with hogs is required. Please send a current resume to: Trevor Stanhope, Standard Nutrition, Email: tstanhope@standardnutrition.com Phone: 204-750-3359.

Farm Equipment operator with experience & references. Offering work starting August 1st to freeze up. Must have valid drivers license and grade 12. University education in Agriculture definitely an asset. Workers compensation offered. Long erratic hours inevitable. \$16 per hour to start. Please email lfdieseltrucks@gmail.com

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

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Part time/full time restaurant waitress at Rockwood Motor Inn, Stonewall. Includes some early morning shifts. Experience necessary. Call Sheri at 204-467-2354.

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NOTICE OF REGISTRATION OF PROSPECTIVE CANDIDATE FOR GENERAL MUNICIPAL ELECTION Town of Teulon

Please be advised that a general municipal election will be held on October 24, 2018.

Prospective municipal election candidates must register with the Senior Election Official (SEO) during the registration period before they may begin to accept contributions, incur expenses, fundraise or borrow money for their campaign.

NOTICE IS HEREBY GIVEN that I will be receiving candidate registrations:

For the office of head of council: Between May 1 and September 18, 2018.

For the office of councillor: Between June 30 and September 18, 2018

at the Town of Teulon office, 44 4th Ave S.E., Teulon, Manitoba during the regular hours of business.

To obtain a registration form contact the SEO at the telephone number listed below.

Robert Potter
Senior Election Official (S.E.O.)
Phone: (204) 461-1664 or (204) 886-2314
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Dated at Teulon, MB on April 19, 2018

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ANNOUNCEMENT

IN MEMORIAM

Lowe
In Loving Memory of
Dad and Mom
Robert Evans Lowe
July 13, 1923 – February 9, 1987
and
Olive Edna Lowe
July 10, 1928 – July 5, 2011

Death changes everything!
Time changes nothing....
We still miss the sound of your voices,
The wisdom of your advice,
The stories of your life
And just being in your presence.
So, no, time changes nothing.
We miss you as much today
As we did the day you died.
We just miss you.

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

ANNOUNCEMENT

BRIDAL SHOWER

Bridal Shower
In honour of
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On July 29 at 1 p.m.
At Woodlands Community Hall
Rona gift card or registered at
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Everyone Welcome!

ANNOUNCEMENT

CARDS OF THANKS

The family of Eleanor Eichler-Grauff would like to thank everyone for their well wishes, calls and cards in her recent passing. Thank-you for your offers of support.

-Sincerely,
The Eichler family

ANNOUNCEMENT

CARDS OF THANKS

Wasn't that a party! Thank you to our wonderful children and grands for organizing an amazing party for our 50th Anniversary. It was truly heartwarming to have a visit with everyone. We are truly blessed with all the friends and family that has supported us on our 50 year journey. The congratulations and well wishes are appreciated.

-Charlie and Lynda
DeLaroque

ANNOUNCEMENT

CARDS OF THANKS

A big thank you to everyone who contributed to our fundraiser social at the Woodlands Community Hall on June 23, 2018 including all those that came to help us celebrate and participate in the various draws, those who bought tickets and couldn't come, those who bought supporter tickets, those who donated prizes, food, and monetary amounts and special thanks to all our hall board members for all the time and effort they put in to make it a very enjoyable and successful event. Through the generous donations and funds raised at our social, we are now able to replace our roof shingles.

-Woodlands Community Hall Board

ANNOUNCEMENT

IN MEMORIAM



Brian Larson
September 22, 1959 – July 12, 2017

We have struggled with the pain of you not being here with us this past year. We have so many wonderful memories of you that help us to smile or laugh thru our tears. The missing you will never go away. You are forever in our hearts!

-Always remembered by
Barb and family

ANNOUNCEMENT

IN MEMORIAM



Irene Hamaberg
June 20, 2016
Bob Hamaberg
June 28, 1992

Time goes on without you.
Your memories are with us.
We miss you both every day.

-Always remembered by
Barb Larson and family

MEMORIAL SERVICE

Henrietta Irene Middleton

A memorial mass will be held at Christ the King Church, 315 2nd Street East, Stonewall, Manitoba on Saturday July 14, 2018 at 11:00 a.m. Interment in the Stonewall cemetery.

If you wish to attend, please RSVP to zmiddleton00@gmail.com or call 204-467-8428.



*Your memory will live forever
Engraved within our hearts*

OBITUARY

Frank van Kemenade
October 29, 1922 – July 8, 2018

It is with great sadness that we announce the passing of Frank van Kemenade, beloved husband, father, grandfather, and great-grandfather. Frank passed away peacefully on July 8, 2018, aged 95, at Rosewood Lodge Personal Care Home in Stonewall.

Frank was born to Peter and Maria van Kemenade on a small farm near Eindhoven, The Netherlands, in October 1922, the third of six children. As a child growing up in Europe between the wars Frank kept rabbits, pigeons, and sheep and his love of farming was born. As a teenager he became involved with a local Young Farmers Club and attended agricultural college. All that remained was to buy a farm but in those difficult years that was a virtual impossibility because of the lack of land available in Holland at that time. In the late 1940s Frank met his future wife Christine and



together they began a long and fruitful life together that would last more than 60 years. Together they planned a new life away from post-war Europe where they could realize Frank's dream of farming. In March of 1954 that dream was fulfilled when they emigrated to Canada, arriving with two small children and another on the way.

Life in Canada was hard to begin with. Frank began work on a mink farm in Stony Mountain and it took two years before he was able to afford a shared purchase of 60 acres of land near Stonewall with another immigrant family. It took years of toil, working construction jobs alongside the farm work, keeping minks, chickens, and later dairy cattle, but eventually the family, now with five children, were able to move up and in 1967 purchased a larger dairy farm near Grosse Isle. All of the hard work paid off and the farm was a success. In 1982, after selling the farm to son Bernie, Frank and Christine were able to retire and so began the final chapter of their lives. They became snow birds and spent contented winters in Arizona alongside many old and new friends. Back in Canada they saw their own kids become parents and rejoiced in their new role as Opa and Oma. They loved to visit with the good friends they made in Canada and started to return to Holland to visit family and friends there.

During his entire life, Frank was actively involved in the Catholic Church, supporting his fellow parishioners and local community and helping others whenever he could.

Trustworthy, loyal, honest, hardworking, family orientated, these terms describe Frank. The world is a poorer place without him. May God rest his soul.

Frank was predeceased by his loving wife Christine in March 2014. He leaves to mourn his passing, sons Peter (Pam), Bernie (Sharon), Willy (Cathie), Leon (Gracie), and daughter Marilyn (Randy). Also left to mourn their Opa are grandchildren Kim and Kelly, Rhys, Lane, and Burke, Saskia and Christian, Jennifer, and great-grandchildren Jake, Madden, Beck, and Hayden.

The family would like to thank all the staff at Rosewood Lodge Personal Care Home and the Stonewall Health Care Center as well as the Home Care staff at Lions Manor for the care given to Frank in the final months.

A private family mass and interment will take place at a later date.

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OBITUARY

Emily Diane MacMillan
(nee Proctor)

December 19, 1949 – July 2, 2018

We are sad to say that Diane has left us after a very long and very hard fought battle with cancer. She was the toughest person we knew. She never gave up and kept fighting right up until the end.

She was predeceased by her father, father-in-law, nephew and brother-in-law.

Remembering her always will be her husband Gerald, of 42 years. Her daughter Michelle, son-in-law Eric, her two granddaughters Yuli and Lina and her son Scott. Along with her mother, mother-in-law, four brothers, one sister and many in-laws, nieces and nephews.

If you knew Diane, you knew she was a strong person with a strong will. She believed you needed to work hard in life but do what you enjoyed. Voice your opinion, and don't let anyone tell you that you can't do something. She will be very much missed by family and friends, but never forgotten.

As per her wishes, cremation has taken place and no service will be held.

We would like to thank CancerCare Manitoba, Palliative care in the Selkirk and Stonewall Hospitals, and all the doctors and nurses that helped in her fight with this terrible disease.


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OBITUARY

Alice-Marie Maude Bowman
May 18, 1936 – July 5, 2018

It is with deep sadness the family announces the peaceful passing of Alice on July 5, 2018 at the Selkirk Regional General Hospital.

Alice is survived by her husband and best friend Dale Bowman. Children Sharon (Rex)Hatcher, Marvin (Linda) Thievin, Cindy Petrowski, Lori-Ann Buors, Jason Bowman. Grandchildren Nicole Buors, Kyle (Vanessa) Buors, Crystal (Nathan) Eckman, Richard Thievin, Angela (Tyson) Schoenberger, Tony Joseph Petrowski. Great grandchildren Mackenzie, Armand, Sophie, Trace, Hayden, Sawyer, Aurora and Damain.

Alice was born, raised and farmed in Woodlands all her life. She loved gardening and enjoyed spending time with her grandchildren and great grandchildren. Mom was known to many as



Aunty Alice or Nan. Her door was always open and coffee was always on. She will be dearly missed.

As per Alice's wishes cremation has taken place and a private interment will be held at a later date.

In lieu of flowers please send donations to St. Oswalds Cemetary c/o CHAS Box 64 Argyle, MB R0C 0B0.

The family would like to extend their gratitude to the staff at the Selkirk Regional General Hospital for the care, kindness and compassion Mom received.


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