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TRIBUNE PHOTO BY GREG HYGAARD

Manitoba Motorcycle president and former Interlake School Division superintendent Ross Metcalfe (left) and Roadhouse owner Laurie Hunt took part in a ride celebrating 100-plus years of women motorcyclists in Manitoba on July 5. The group of 47 motorcycles made their way north from Winnipeg along the west side of the Red River, mimicking a route that may have been taken by Sadie Grimm in 1914. MMC Club members and a group of women riders from the CMMG (Coalition of Manitoba Motorcycle Groups) stopped at Hunt's Country Roadhouse and Museum near Petersfield for lunch and a self-guided tour of an amazing collection of antiques and memorabilia. After lunch, some of the group continued on to Winnipeg Beach, Teulon and then back to Winnipeg. See story page 4.

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Handmade quilt commemorates 35 years of Terry Fox Runs

By Natasha Tersigni

Stonewall resident Holly McAuley knows the struggle that one goes through when fighting cancer.

In 2009, she was diagnosed with a cancerous brain tumour and underwent nine months of intense medical treatment, including chemotherapy and radiation. Although she is now cancer-free, she has not forgotten the experience and thanks cutting-edge medical research for saving her life.

To support the Stonewall and District Terry Fox Run, McAuley has created a quilt from T-shirts from past Terry Fox Runs held in Stonewall and across Canada in the last 35 years.

The Terry Fox Run raises money for the Terry Fox Cancer Foundation, a non-profit organization that funds research into a variety of forms of cancer, including lung, breast, brain, prostate and ovarian.

"It is because of the Terry Fox Foundation that I am here. That is how I feel, so I had to do something to give back," said McAuley, who is a member of the Stonewall and District Terry Fox Run organization committee.

"It is the 35th anniversary of the Terry Fox Run, so I just thought our local Stonewall chapter could do something special. That's where the idea came from. We had a number of ladies just with our local group that collected T-shirts and some came as far away as the east and west coasts."

McAuley started the quilt in March and completed the project in five months with help from the committee members who collected the T-shirts for her. Among the dozens of shirts that make up the quilt, McAuley's favourite T-shirt is the one that has Fox's diary entry scripted on it from the first day of his Marathon of Hope:

"Saturday, April 12th, 1980 Day 1 - 12 ½ Miles Today is that day it all begins.

I had a good sleep last night. We got up at 7 a.m., I did 35 pushups and 60 situps. Then I had a shower. While I got things organized Doug [Allard] started taking things out to the van. It was a very cold, rainy day...I went to Foggy Bay to get some Atlantic Ocean H20. One of our bottles got drawn back to sea when we were chased back to land by an oversized wave...I touched the ocean before I left, up this old dirt road that was impossible to run on. Many people followed my run to City Hall..."

The run's organizing committee will be raffling the quilt off at this year's Terry Fox Run at Quarry Park on Sunday, Sept. 20.

Along with the five-kilometre run, walk or bike, additional activities are planned to commemorate the 35th anniversary of the Marathon of Hope that tragically ended on Sept. 1, 1980, after Fox's cancer returned.

Tickets for the quilt raffle will be available for purchase at Quarry Days, held Aug. 14 -16, at the Terry Fox Run or by calling Ray Steen at 204-467-2283.



TRIBUNE PHOTO BY NATASHA TERSIGNI

Holly McAuley holds up the quilt she made using dozens of Terry Fox T-shirts from local runs held across Canada. The quilt will be raffled off at Stonewall's Terry Fox Run on Sept. 20 at Quarry Park. This year's run marks the 35th anniversary of Terry Fox's Marathon of Hope across Canada.

some!"

Each morning, the camp will have a Mindcraft theme, and in the afternoons, it will be Brick City. The recreation commission has hired Bricks 4 Kids to lead youth in constructing critters, mobs, critters and tools from the popular Mindcraft game, and houses, roadways, parks and police stations to form a massive brick metropolis.

The weeklong camp is geared for kids aged five to 12 and costs \$135 for a half-day and \$220 for a full day. Only two spots are left in the morning sessions.

Rosser Woodlands will also be

bringing back a Mad Science Camp, where children can perform experiments and partake in physically active games. Youth can bolt and jolt for this year's energy theme from Aug. 4-7

"The hope is that the kids will take away a love for science and an understanding of how science is in our lives every day. We also hope they just have a great time," said Kimball.

Kids from ages six to 12 can partake in the weeklong camp, which costs \$150. Requests for more information or registration can be directed to Kelly Kimball at 204-461-4040 or rosserwoodlandsrec@mymts.net.



Excitement builds for LEGO camp

Rosser Woodlands Recreation has local children excited for a new summer activity

By Stefanie Lasuik

LEGO seems to the theme of the summer. With Polo Park's grand opening of the LEGO store on July 3 and Warner Bros setting the release dates for the next three LEGO movies several months prior, Rosser Woodlands recreation director Kelly Kimball decided to give kids the chance to build and play with the building bricks in their own community.

Rosser Woodlands' first ever LEGOthemed summer camp will run from July 20-24 in the quonset at the Warren Grain Elevator on Railway Ave., where "everything (will be) awe-

Town of Stonewall to revisit animal control bylaw

By Marney Blunt

The Town of Stonewall council had several animal breach hearings during their regular meeting on Wednesday, July 8.

There were a total of 11 animal breach hearings discussed during the meeting, all relating to dog licensing in the town. Dog licences must be purchased annually for the cost of \$10 and all dogs must have their shots. Dog owners, failing to do so, are subject to a \$100 fine.

Darrel Argan and Rick Brownlee were the only two dog owners who showed to state their case.

Argan, who owns two Chihuahuas puppies, had recently moved to town from living on acreage outside of Stonewall for many years. He said he got his dogs licensed and had their shots the first year but didn't realize that it was something you had to do every year.

Rick Brownlee also spoke to council about the flaws in the animal control bylaw and implementing such a steep fine for failing to remember to license his beagle.

Council will review the animal control bylaw in November.

"We'll go through it and try to make

it as logical and fair for everybody," said Mayor Lockie McLean.

Chief administrative officer Anne Burns noted that reminders were sent out in utility bills in January, ads were put in the newspaper, reminders were posted on Facebook and on the town's website and email blasts were sent out.

Town council voted to reduce all the animal breach fines from the maximum fee of \$100 to a minimum fee of \$25 (or a \$50 minimum for a \$200 maximum fine). McLean also assured that the town will be reviewing the animal control bylaw in the fall.

Also at the council meeting:

Council presented an award to Allyson Stewart for winning the 2015 Senior World Curling Championships in April.

Council briefly discussed the idea of purchasing a Stageline hydraulic mobile stage for Quarry Days, events held in Quarry Park or to possibly rent it out for the rest of the year. Quarry Days currently rents a stage from the City of Selkirk.



TRIBUNE PHOTO BY MARNEY BLUNT

Stonewall Council presented world champion curler Allyson Stewart with an award last week to recognize her accomplishments on winning the 2015 World Senior Curling Championship in Sochi, Russia, last April. Pictured left to right: Deputy Mayor Sandra Smith, Mayor Lockie McLean, World Curling Champ Allyson Stewart, Coun. Jeff Levesque and Coun. Clive Hinds. (Missing: Coun. Walter Badger)

Sunova Golf Classic raises \$26K for Manitoba Underdogs Rescue



Submitted

This year's Sunova Golf Classic helped raise \$26,000 for the Manitoba Underdogs Rescue.

According to Sunova, this is the largest donation the organization has ever received.

The donation will be used to purchase a rescue van, to be dubbed the "Sunova Canine Cruiser." The Cruiser will increase the rescue's ability to run spay and neuter programs in rural areas, rescue injured and or unwanted strays, and increase awareness of animal neglect issues throughout Manitoba.

The 2016 Sunova Golf Classic is scheduled for Friday, June 10 at the Selkirk Golf Course.

TRIBUNE PHOTO SUBMITTED

Sunova Credit Union held their annual golf classic recently, which helped raise \$26,000 for the Manitoba Underdogs Rescue. Pictured from left to right: Sunova's director of marketing Vanessa Foster, Manitoba Underdogs Rescue executive director Jessica Hansen, vice-chair of Sunova's board of directors Nicole Forsyth, Manitoba Underdogs Rescue foster co-ordinator Desiree Klippenstein and Sunova D.O.G ambassador Laurie Keith (centre), along with Gallagher, gathered at Sunova's work-in-progress location on St. Mary's Rd. in Winnipeg.



Commemorating the Winnipeg Beach ride of Sadie Grimm

Manitoba's oldest motorcycle club in Canada celebrates 100-plus years of women motorcyclists in Manitoba

By Stefanie Lasuik

Over a century ago when women were generally seen as less capable than men, one Manitoban woman challenged that assumption. Sadie Grimm's vehicle for change was her motorcycle, a basic motorized bicycle largely dissimilar to today's highhorsepower rides.

Grimm set out on her motorcycle on a Sunday morning in early September of 1914 to vie for a prize put up by the Manitoba Motorcycle Club (MMC). The Club would award a gold medal to the first motorcyclist to successfully complete the trek from Winnipeg to Winnipeg Beach.

Following the failed attempts of others, Grimm broke eight inches of gravel for her first 25 miles and took several headers. After Selkirk, Grimm reportedly followed the Canadian Pacific Railway line, which consisted of bogs and potholes. Four hours after embarking on her journey, Grimm walked into the Empress Hotel at Winnipeg Beach and registered as the first motorcyclist to complete the strenuous trek, proving a woman's ability in strength, balance, determination, toughness and sense of direction — traits MMC member Greg Hygaard confirmed would be required for such an undertaking.

Countless women riders have prac-

tised the sport of motorcycling since and countless have yet to. And while not all will complete the type of expedition Grimm did, each can experience the pleasure Grimm took in her sport.

"I don't think anyone could recommend a better doctor than nature. Plenty of fresh air and exercise are the greatest health-givers," Grimm said in an interview published in the *Winnipeg Tribune* on July 25, 1914.

"On the two-wheeler, one can take a spin into the country after working hours in the evening or early in the morning, and Sundays and holidays can be spent entirely out of doors."

Riders can also take pride in the lessons her motorcycle bestows.

"In the first place, the motorcycle is a great teacher for the girl — it teaches her to be more dependent on herself, to know that with a twist of the wrist she can control the powerful little machine that will carry her swiftly and safely wherever she wants to go," Grimm said in the same interview.

Grimm's story lives on through the same club that presented her the gold medal. The Manitoba Motorcycle Club, the oldest motorcycle club in Canada and fourth oldest in the world, commemorated Grimm's accomplishment on July 5 when 47 motorcycles traversed the path believed



TRIBUNE PHOTOS BY GREG HYGAARD

Forty-seven motorcyclists made their way north from Winnipeg along the west side of the Red River to Winnipeg Beach, mimicking a route that Sadie Grimm may have taken 100 years earlier.

to have been taken by Grimm over 100 years ago. MMC Club members and approximately 12 women riders from the Coalition of Manitoba Motorcycle Groups traced Grimm's path along the west side of the Red River, stopping at Hunt's Country Roadhouse and Museum for lunch and a selfguided tour of an amazing collection of antiques and memorabilia. Part of the group continued on to Winnipeg Beach and Teulon, then back to Winnipeg, further mimicking Miss Grimm's route of 1914.

President of the MMC and member for over 40 years, Ross Metcalfe had the idea for the commemorative ride after mentioning Sadie Grimm in an acceptance speech for the MMC at the Canadian Motorcycle Hall of Fame banquet last fall. "I talked about the Manitoba Motorcycle Club being way ahead in women's liberation rights because they gave a gold medal to a woman before they could even vote in Canada," said Metcalfe.

The club, founded in February of 1911, now boasts over 100 members who carry on the tradition of Grimm and other early motorcyclist greats, such as Joe Baribeau and "Wild Bill" Pelham. The latter two represent the MMC's rich history in competition and community events. The club also served to instruct the Canadian Army's motorcycle corps in the Second World War and maintains its tradition of public service and participation in community and charitable events, while claiming world-class and national calibre riders as its own.

Teeing it up with the family

By Stefanie Lasuik

Junior golfers stepped up to the tee last week as a part of national "Take a Kid to the Course" week.

With a paying adult, kids under the age of 16 golfed for free, strengthening both their golf skills and their relationship with their parents.

One of the purposes of the national initiative is to give families the opportunity to connect in an area that provides a break from the bustle of life while enjoying sport together. The youth also get the opportunity to learn or progress in the game.

South Interlake golf professional Steve Witiuk noted the social opportunities golf provides as kids get together for a day on the links.

James Chapman, the director of golf at Bel Acres Golf and Country Club, sees the benefits of junior golf in professional and athletic roles as well. Chapman explained that developing golf skills can help one later on in one's career, while the sport also strengthens athleticism. He further noted the long-term advantages of playing golf.

"Golf is a sport you can play for the rest of your life," he said.

The National Golf Course Owners Association Canada, the organization that created the weeklong event, said that the week is all about family, be it parents, aunts, uncles, grandparents or guardians golfing with their kids.

They note that some parents are purposefully aligning their holiday time with the week in order to be out with their kids on the course.

Bel Acres saw 52 kids hit the links as a part of the weeklong event, while approximately 20 visited South Interlake.

Next year's Take a Kid to the Course week has been set for July 4-10.



TRIBUNE PHOTO BY LANA MEIER Cale Woods makes the putt while a few of his friends look on at Bel Acres Golf Course during the national Take a Kid to the Course week.

Summer Bible school conquers Everest

By Stefanie Lasuik

Life is not a walk in the park. Everyone faces challenges, but everyone can overcome and persevere through the powers God holds for them.

From July 6-10, 143 students at New Life Church's vacation bible school climbed to new heights each day as they learned of God's powers to provide, comfort, heal, forgive and love us forever during the Everest-themed week. Camp director Marcy Harrison teamed up with Snow Leopard Climber, Cliff the Marmot, Mallory the Bird, Pike the Mountain Goat, and Yeddi the Bear and 40 to 50 hardworking volunteers to guide the children in their exploration of God's might.

Each day began with singing before children from grades 1 to 6 split into their four groups and embarked on the day's teaching. While each day focused on a different power of God, the four stations that encouraged learn-

ing in various ways remained constant. Bible exploration taught them passages from the Bible relevant with the day's power and saw new scene changes each day, from a river to earthquakes complete with loose debris in the form of paper bags. Imagination station engaged their minds in hands-on science projects and a five-minute video brought each day's lesson to life by relating personal stories. The children also played outdoor games in teams. Kindergarteners engaged in exploration, Bible adventure, games, snacks and CidVid Cinema activities.

The days ended with more singing and a grand science experiment that summed up each day's overarching message. Youth can now look forward to next year's camp, which will have the theme of CaveQuest.



TRIBUNE PHOTO SUBMITTED

Campers used bubbles rising from coloured water to show summer students that although scary things happen, although the water stays dyed, God provides comfort during New Life Church's vacation Bible school.

BAR MENU - DRILY 8PM-11PM & SUNDRY 1PM-6PM Onion Rings		
Chicken Finger Platter	13" Two Topping Pizza	Fries
Chili Cheese Dip	Cheeseburger	Mozza Sticks
Nacho's with Beef	Turkey Club Sandwich	Calamari
Quesadillas-Chicken or Beef	Sweet Potato Fries	Dozen Wings
ROCKWOOD Mot	t or Inn 390 Main St. Stonew	vall 467-2354

Let the judging begin



TRIBUNE PHOTO BY JO-ANNE PROCTER

Bruce Jasperson, the owner of Jasperson's Greenhouse, puts the finishing touches on Stonewall's Centennial Memorial Park in preparation of the national Communities In Bloom judging on Friday. This landscape project, brought forward by CIB committee member Jacquie Derewianchuk and her husband, Mark Shurek. Many other volunteers and groups such as the South Interlake Garden Club, have been part of a group effort of many to beautify and ready the town for judging. Stonewall will be competing nationally for the first time in the CIB competition after receiving a five bloom status provincially for several years. Jasperson has a passion for his hometown, and donating his time is just one way he feels he can give back to his community.







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Johnston at the helm of Interlake-Eastern RHA Board of Directors

Submitted

Oral Johnston has been appointed chair of the board of the Interlake-Eastern Regional Health Authority (RHA) following the conclusion of term for former board chair Diane Kelly.

Johnston has been a director since Interlake-Eastern's board was appointed in 2012. Prior to that, he was a regional health authority director for four years with former North Eastman Health Association.

"My interest in health stems from my work as community leader of my First Nation," Johnston said. "Early in my council years, I was given the responsibility of the health portfolio and so began my work in health." Johnston was first elected to office

in Black River First Nation in 2001. He served three consecutive two-year terms as a councillor with the health portfolio. He then worked as capital projects and housing manager for Black River First Nation from 2007-2009 and then as band manager from 2009-2014.

He was part of the Manitoba First Nations Health Technicians Network and was active at local, regional and national health tables. He was, by proxy, a member of the Chiefs Task Force on Health and served as a proxy member representing Manitoba on the Assembly of First Nations

Non-Insured Health Benefits Caucus Committee.

"I have gained much insight into health from many people and I'm grateful to all of those who have shared their knowledge and wisdom with me. I look forward to working with the directors and staff as we move towards or vision of connecting people and communities to excellent health services - today and tomorrow," Johnston said.

With one director position currently unfilled on the board, Johnston is joined by 13 other directors including Ruth Ann Furgula and Randeep

Continued on page 8

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





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ADMINISTRATION Tracy Farmer

Changing it up and slimming down

By Stefanie Lasuik

Last summer, Desiree Gillespie and her husband, Shawn, installed a vegetable garden at the front of their house to inspire their kids to live healthily. Now, the 37-year-old mother of three is walking and jogging and lifting and crunching the talk.

In January of 2015, Gillespie made a commitment to get fit. She began walking on a treadmill for half an hour each day and made conscious efforts to choose healthier food options.

"You're given decisions every day. You need to make the right choice," Gillespie said, explaining she retrained her mind in the way she thinks about food.

Although these choices may seem easier made by those who do not have kids, a full-time career and volunteer jobs, Gillespie has proven this is not necessarily so.

A mother of three boys, ages one, six and nine, Gillespie works 37.5 hours a week at Métis Child and Family Services Authority, acts as a commissioner on the Manitoba Police Commission and chair of the Stonewall and area local branch of the Interlake Métis Association and penned the published children's book *A Journey Through the Circle* of Life. With her children's commitment, and therefore her commitment, to baseball, swimming, and spring, early fall and winter hockey, Gillespie found herself in a position where she feared taking time away from her children to focus on her own goals of losing weight.

"I think with us moms, we carry around so much mommy-guilt when we do anything for ourselves," Gillespie said.

However, Gillespie's new healthy-living venture



TRIBUNE PHOTO BY STEFANIE LASUIK Stonewall resident Desiree Gillespie has dropped 44 pounds since January after 10 years of struggling with her weight. Gillespie has transformed her life and her body but says she still has a long way to go. has involved the whole family in a positive way. Her children copycat their mom in her weight routines and ride their bikes beside her when she runs. Her husband is becoming more active and Gillespie cooks the entire family wholesome meals, without detracting from her kids' desire to be boys. Gillespie's boys still engage in mini pizza fun nights, while Gillespie makes her own on a whole grain thin sandwich bun, which allows her to participate in the fun with compromising her weight loss journey.

Gillespie's knowledge on healthy eating has stemmed from her work with Shelley Schaeffer. Gillespie joined Schaeffer's fit club in April, continued with the June Shred, and is now enrolled in Schaeffer's summer session. Her inspiration for starting and staying with her wellness program was both herself and her kids.

"I wanted to be able to chase my kids and jump off the floor again and go and get them and race them to the stop sign, and I was losing that," Gillespie explained.

"I just want to feel good in my clothes. I want my children to be proud of me. I need to teach them to make the healthy decisions and the healthy lifestyle for when I'm not here."

Gillespie understands that taking time to exercise her own body benefits her whole family.

"I feel good and I have way more energy for the kids. I'm a better mom by taking care of myself," Gillespie said.

Gillespie hopes to inspire others in their journeys to leading healthier lives and is available for support or questions about her own journey at dmmgillespie@gmail.com.

Province stepping up resources for the small food sector

By Natasha Tersigni

After a report released in January by the Small Scale Food Manitoba working group assembled by Agriculture, Food and Rural Development Minister (MAFRD) Ron Kostyshyn, the province announced last month that they will be increasing the resources available for the province's small food sector. The yearlong study looked at a number of Manitoba's small-scale producers and processors including farm-to-gate producers, farmer's market vendors, urban agriculture producers and small-scale farming operations.

The report concluded with a number of recommendations for the province including producing a food business development guide; additional training opportunities for producers and processors; hosting an annual Direct Farm Marketing conference; developing a web-based food portal to bring together resources; and providing additional funding to promote local foods. One recommendation that the province has already implemented is creating two positions in MAFRD to support the small food sector.

MAFRD business specialist Jayne Kjaldgaard, who works out of the MAFRD Teulon GO Centre, has been working with Food and Ag Processing department of MAFRD for the past two years. With the recent provincial announcement, she has been re-assigned to work with the processors and assist them in accessing different MAFRD programs including funding opportunities, workshops and training, and providing extensive information on start-up and marketing of their businesses. Her colleague Jeff Kostuik has been assigned to work with the producers.

In the next few months, Kjaldgaard's focus will be on streamlining all the resources that are available for processors.

"There are some resources out there but things are scattered right now, so we want to put the resources together so it is a easy step-by-step guide of what you need to understand or know if you want to get

into food processing," said Kjaldgaard. She added that while the government is looking to provide additional resources and funding opportunities to small-scale processors, there are already many opportunities available including the Commercial Community Kitchens for Rent program and Growing Value – Commercialization financial assistance program.

The online Commercial Community Kitchens for Rent directory provides a list of inspected kitchens throughout the province that start-up entrepreneurs can rent and produce their products in so that they can then sell them in retail stores and other food industry venues.

"Growing Value – Commercialization is one program that is definitely for processors of all sizes and levels to be aware of," said Kjaldgaard.

"This is a funding program that will be lasting until March 31, 2018. It provides funding for equipment and marketing expenses for people that are looking at scaling up are or looking at distributing their product into food stores or in the food industry. It is a great program for people to access.

For more information on resources available for small-scale food producers and processors, contact Jayne Kjaldgaard at 204-461-2978.



Organizers gearing up for annual Children's Wish Ride

By Stefanie Lasuik

From Disney World expeditions to trips to Oahu to treehouse playstructures, the Woodlands Ride For a Child's Wish has been making dreams come true. Now in its 27th year, the ride has raised well over \$1 million for children diagnosed with life-threatening illnesses.

This year's event is scheduled for Aug. 15, when horse riders and motorcyclists can set off on their courses in support of Children's Wish. The motorcyclists will follow a path of approximately 250 clicks beginning at the North Warren Inn, while the riders will travel on a separate 10- to 12mile path.

The day's events are not for riders alone, however.

"That's a misconception for a lot of people," said organizer Silver Peltier, explaining that children's activities are set to take place in the afternoon, around 3:30 p.m., followed by a delicious meal, a huge wish auction and a dance.

While the specifics of the children's entertainment have yet to be nailed down, Peltier, and her husband and fellow organizer, Gary, plan to have children's games, with a separate area roped off for the young ones to enjoy toys and a small bouncer.

At 5 p.m., all are welcome for a pig

roast and chicken dinner, complete with corn on the cob, baked potatoes, homemade dinner buns, beans and coleslaw.

Tickets for dinner are \$10 apiece, \$30 for a family of five, and \$5 for children from five to 12 years.

Following dinner will be the famous Wish brown bag auction, which will see 101 prizes go to lucky numbers. Peltier explained that the prizes are not always ride-related and usually feature such items as furniture, children's bicycles, a barbecue and a colt.

Those in attendance can then enjoy a dance until midnight to the music of the local country band, Crossroads.

In order for any of this to happen and to make children's wishes come true, the ride relies on the work of its volunteers.

"They mean everything. We wouldn't be able to do this without our volunteers. There's just no way," Peltier said.

The ride is always seeking volunteers for any number of various jobs, such as cleaning potatoes, selling dinner tickets, helping to prepare the yard and aiding in its cleanup afterward. The ride requires volunteers not only for the event but for the days preceding and following Aug. 15.

Peltier said that any amount of help given is appreciated.

"If you can only come for two hours,

that helps us a lot too."

New in 2015 is the ability to fundraise online. Instead of entering pledges by hand, those interested in pledging others can do so via the "Fundraise" option on rideforachildswish.ca.

To obtain a pledge sheet or to volunteer, participants can contact Silver or Gary at 204-383-5230. Donations can be made online at the aforementioned address or by contacting Silver or Gary. A minimum pledge of \$20 is required to partake in the ride.

More information can be found at rideforachildswish.ca.

This year's Ambassador Child

Ride for a Child's Wish in Woodlands will raise money to grant wishes for children like Meaghan who battle life-threatening illnesses. Meaghan is the Ambassador Child representing the South Interlake Sub-Chapter event. At 10 years of age, Meaghan lives with Membranoproliferative Glomerulonephritis (MPGN) Type 2, also known as"dense deposit disease." MPGH is a rare disease that affects the glomerular basement membrane in the kidney. Plasma replacement therapy prevents renal failure in the latter stages. The efficacy of different treatment types remains controversial, and there is no proven effective treatment for the majority of patients. Meaghan has a passion for baking

Meaghan is the Ambassador Child representing the South Interlake Sub-Chapter event.

and watching her role model and baker Rosanna on her YouTube channel, "Nerdy Nummies." Meaghan hopes to own her own bakery in the future. Meaghan also enjoys art, gymnastics, playing "Sims 3," listening to Selena Gomez and eating nachos. She has a Boston terrier named Stella, three cats named Scrappy, Alistair and Henry and a crested gecko named Perry.

Meaghan is proud of herself for no longer having to undergo plasmapheresis. Her wish is to set sail on a Disney Cruise.

Interior Health, the former Interlake RHA and Southern Regional Health Authority.

Interlake-Eastern RHA's Board of Directors has recently released its strategic plan for 2016-2021. It's posted at www.ierha.ca under "About us," "Publications & Reports."

The board's responsibility is to provide leadership, allocate resources and be accountable. In accordance with provisions of The Regional Health Authority Act, the Minister of Health appoints directors to each Regional Health Authority (RHA) Board. The appointments represent a broad cross section of interests, experience and expertise with a single common feature of strong commitment to restructuring the health system and improving health for Manitobans. Directors are selected from nominations elicited from a wide range of individuals and organizations interested in and involved with health services. Geographic representation is considered when making the appointments. For a nomination form and a complete listing of Interlake-Eastern RHA's directors and their biographies, visit www.ierha.ca and click on "About us" and "Board of Directors."

> RHA BOARD, FROM PG. 6

Sidhu-Saini, who have recently been appointed by the Minister of Health. Furgula was a trustee in Evergreen School Division since 1993 and has been recognized with honorary lifetime memberships in the Manitoba School Board Association and the Canadian School Board Association. She retired in 2014 from a 40-year career in human resources and finance as an assistant regional financial administrator for Manitoba Conservation.

Sidhu-Saini is a speech-language pathologist who also holds a degree in psychology. She is a fully registered member of the College of Audiology and Speech Language Pathologists of Manitoba. She has worked with Toronto Public Health, British Columbia



Report says Canadian kids failing in physical activity

By Stefanie Lasuik

Summer is finally here, and for Manitobans, that means temperatures are ripe to enjoy the great outdoors. The sunshine is not the only thing encouraging citizens to get outside, as the 2015 ParticipAC-TION Report Card released earlier this summer indicates, recommending that Canadian children spend more time outdoors in order to increase physical activity.

The report card finds that active play in nature, with the risks involved, is essential to healthy child development.

"Kids move more when they are outside, have some freedom to roam unsupervised and engage fully with their environments, which will set them up to be more resilient and less likely to develop chronic diseases in the long run," said Dr. Mark Tremblay, chief scientific officer, ParticipACTION Report Card, and director of HALO- CHEO in a press release.

It is precisely this ability to move that aims to improve the report card's sobering findings: that only nine per cent of youth aged five to 17 meet the guidelines for 60 minutes of moderate to vigorous daily activity. By playing outdoors, the report card said, kids move more, sit less and play longer.

The risks that may deter parents from allowing their children a lot of freedom outside are proven insignificant in comparison with the benefits of outdoor play.

"In outdoor play, risk doesn't mean courting danger but rather giving kids the freedom to assess



TRIBUNE PHOTO BY STEFANIE LASUIK Pictured left to right: Warren residents Asa France, 14, and Sheamus Gorman, 12, ride their bikes outside every day and get creative with it by constructing their own ramps and trying different bikes.

their surroundings and make decisions, allowing them to build confidence, develop skills, solve problems and learn limits," said Tremblay. The report card points out that the actual statistics of some perceived risks are smaller than one might believe. The odds of stranger abduction are one in 14 million, with this number decreasing when children are with friends. Most injury associated with outdoor play is minor. And Canadian children are eight times as likely to die as a passenger in a motor vehicle than from being hit by a vehicle when outside on a bike or on foot.

Greater risks seem to come from keeping one's child indoors, where kids are more likely to be exposed to cyber-predators and violence, unhealthy snacks, and common allergens and infectious diseases, which could lead to chronic conditions. The report contends that in the long term, the sedentary behaviours promoted by keeping kids indoors elevate the odds of developing chronic diseases, including heart disease, Type 2 diabetes, some forms of cancer and mental health problems.

The benefits flow in all areas of health, social competence and independence.

"In order to help ensure Canadian children get enough heart-pumping activity, we need to recognize that they are competent and capable to go out and explore on their own or with friends," says Elio Antunes, president and CEO, ParticipACTION. "This will also allow them to have more fun and learn how to manage and assess risks independently. Children move more, sit less and play longer in self-directed outdoor play, so the biggest risk is keeping our kids supervised indoors."

Quarry Days countdown

By Stefanie Lasuik

Canadian Country Music Awardnominee Jake Mathews will bring his talent to town on Aug. 14, playing on the main stage at the Veteran Memorial Sports Complex. (VMSC) in Stonewall. The singer-songwriter will kick off a weekend of festivities for the 31st annual Stonewall Quarry Days.

Local harmonies produced by The Violet Lillies will precede Mathews' performance.

"Their sound was so smooth," commented Tanya Swanson, one of the organizers. Swanson says she found herself lost in their music at a recent performance.

Friday night's concert will begin at 8 p.m. followed by a fireworks display starting at 10 p.m.

Main Street will be flooded with fun all weekend, as Wonder Shows Midway opens at 5 p.m. Friday night and noon on both Saturday and Sunday.

Interspersed with the midway attractions will be the sound of local talent as over 20 performers take the stage near the Legion. From country, to salsa to Celtic fiddling and upbeat rock, the music produced aims to attract all ears. The majority of acts are local or locally tied. "We've got an incredible amount of talent in the Stonewall area," said Shirley Campbell, another Quarry Days organizer.

The popular sound of Métis fiddling will be back, this year featuring Alex Lamoureux at 2:25 p.m. on Sunday. Stonewall's beloved band, Past the Perimeter, will close the Sunday's show at 4:15 p.m.

Stonewall's annual parade will march down 3rd Avenue South and 5th Street West on Saturday morning at 11 a.m. A Show 'N Shine Car and Truck display will also delight onlookers from 9 a.m. to 3 p.m. on Sunday outside the Stonewall Curling Rink. Car enthusiasts and admirers can browse over 200 vehicles by category and vote on their favourites.

For those interested in golf, a Million Dollar Hole-in-One Contest will be set up atVMSC, giving participants the chance to shoot for the ultimate payday. The contest will run from noon to 8 p.m. on Thursday and Saturday, and noon to 7 p.m. on Friday. Sunday's contest will run from noon until 4 p.m., when those who shot the 10 closest balls in the previous days will square off in the finals.

If any competitor aces their first shot



TRIBUNE PHOTO SUBMITTED

Local Stonewall ladies Morgan Ponton (left) and Ellen Stafford make up The Violet Lillies, one of the many great acts that will be performing at this year's 31st annual Stonewall Quarry Days.

in the finals, he or she will win \$1 million. A second-shot hole-in-one can score a car, and a third shot ace is good for prize money. Prizes will also be given out to the 10 top competitors each day and the Top 10 ladies and juniors of the weekend. Finally, furry friends can be seen and touched in Memorial Park on Saturday and Sunday afternoons at the petting zoo.

More information and a schedule can be found online at stonewallquarrydays.ca.

Camp Douglas closing permanently at the end of summer

By Natasha Tersigni

Unfortunately due to declining attendance, the YMCA has decided to close Camp Douglas at the end of this summer.

Staff at the camp, located west of Woodlands, will begin the process of permanently closing the camp starting Labour Day weekend.

Kent Paterson, president and chief executive officer for YMCA-YWCA Winnipeg, told the *Tribune* that this was a hard decision for the board of directors to come to but one that needs to happen.

"This is something we did with a lot of regret, but the reality is that when we acquired Camp Douglas, the model that we envisioned was a four-season model and we have just not seen the four-season traffic," said Paterson who added the YMCA-YWCA board is trying to decide what to do with camp.

The Y purchased Camp Douglas for \$1.74 million from the Salvation Army in January 2010 and began operations that March. The camp is on 40 acres of land and is able to accommodate 3,000 to 5,000 children a year and operate year-round. The camp property includes over-night cabins, a dining hall, fitness centre, outdoor swimming pool, mini-golf course, sport fields, mountain bike trails and a 40foot high rock-climbing wall.

A major investment was made when the Y first purchased the camp made to ensure it was accessible for disabled campers and that all 32 buildings were winterized. Renovations also included \$150,000 for improvements to the outdoor swimming pool, in-



TRIBUNE FILE PHOTO

After five years, the board of the YMCA-YWCA Winnipeg has made the decision to shut down operations at Camp Douglas in Woodlands due to declining attendance.

cluding adding two 80-foot-long waterslides.

While the Y held their own summer programming for children and youth across Manitoba, the majority of visitors they had over the five years were from school groups.

The organization plans to continue operations at their other camp, Camp Stephens in Kenora, which is only open during the summer.

The board is currently looking at ways to recover some costs from Camp Douglas.

"We did invest a considerable amount of money into the camp both when we acquired the camp, improving it and then running it. We would like to find a way to get a return on that investment. The return does not necessarily need to be a financial one, but so we could have a positive impact," said Paterson.

"We are still looking at ways to make use of the property that is consistent with our mission and objectives."

Trunks a' travelling make a stop in Woodlands

Interlake Unlocked exhibit to travel in the Interlake for one more year

By Stefanie Lasuik

A unique idea in the form of travelling trunks has circulated the Interlake for the past 14 months sharing the region's history.

Now in Woodlands at the Pioneer Museum until the end of July, the Interake Unlocked Travelling Trunks tell 10 popular stories from communities across the Interlake.

From the Taylor Family Meadow Lea disaster to Canada's first woman bus driver, Mabel Donald, the trunks inspire wonder and amazement over the occurrences Interlake communities have celebrated and mourned together.

Other stories include the Purvis boat tradition, Al Pakulak's pioneering of the Oak Hammock Marsh, Trausti Vigfusson's dream that built a fence, Eriksdale's history in creamery, the Ashern Bank robbery, Stonewall Quarry's stories in stone, John Taylor's promotion of Icelandic settlement in Manitoba, and the indelible mark Dr. Hunter left on the town of Teulon.

The Interlake Tourism Association



Ralph R. Eichler, MLA for Lakeside Constituency Office 319 Main St. Box 1845 Stonewall, Manitoba ROC 2Z0

HOURS: Tues & Thurs 10 am - 2 pm Tel: (204) 467-9482 Website: www.ralpheichler.ca TOLL FREE: 1-800-282-8069 ext 0541 has also created a passport for visitors. Those who visit any of the 10 museums, whether or not the trunks are currently at that location, will receive an entry into a draw. Each visit to a separate mu-



TRIBUNE PHOTO BY STEFANIE LASUIK

The travelling trunks feature different artifacts to accompany each story from around the Interlake and will be in the Woodlands Pioneer Museum until the end of July.

seum generates an additional ballot into the draws taking place at the end of 2015 and the end of 2016.

After touring the Interlake for one more year, the trunks will be shipped outside of the communities, as they have drawn interest from museums such as the Manitoba Museum. The Woodlands Pioneer Museum hours are noon to 5 p.m., Thursday to Monday. Admission is \$2 for adults, \$1 for kids 5-12 and free for 5 and under. For more information call the Interlake Tourism Association at 204-322-5378 or visit the Unlocked page at interlaketourism.com.

Animal health technician plans to let the dogs loose

By Patricia Barrett

A local woman has a solution to the dilemma facing many dog owners who go off to work and have to leave their pets alone.

Mary Jane Heaps is currently in the process of building a doggy daycare on her property just east of Stonewall on Hwy. 67.

"Dogs are like a part of the family," said the 47-year-old animal health technician." People stress about who will look after them."

Her future four-legged clients are in for a full day of structured fun and stimulation at what will soon be the K9 Day Camp and Resort. They will play games, acquire new skills and learn to socialize with other dogs. They'll even have requisite nap time — just like children.

"I'll be doing different training games to keep their minds and bodies active," said Heaps, who was raised on a farm and has always had dogs. She said her two boxers enjoy competing in agility events, where they run, jump and weave their way through an obstacle course composed of tunnels, poles and see-saws. Heaps' daycare dogs will have play structures such as ramps, stairs and tunnels to explore, and plenty of ball games to get their blood pumping. They'll also be able to cool down in a splash pool and participate in special events such as bobbing for wieners.

Some canine daycares double as obedience schools, but Heaps said the focus of her facility is fun, exercise and stimulation. When necessary, though, she'll teach dogs to obey basic commands and ensure they learn good manners so that they can get along with playmates and humans.

"Caring for dogs is second nature to me," said Heaps, who has had 13 years' experience in the animal health profession. She said she doesn't like the thought of dogs being barricaded in a room all day or that lie around being couch potatoes. And the need for mental stimulation is just as important for dogs as it is for humans.

"Dogs are like children," said Dr. Amanda Brown, a veterinarian at the Stonewall Veterinary Clinic. "Some can amuse themselves and some need constant attention."

The dogs that don't do so well when left alone for several hours on a daily basis can pee in the house or destroy items. Having another dog for company is no guarantee they'll be able to cope on their own. They can get into fights with housemates or completely ignore each other, Brown said.

And then there's the barking.

They are "calling to find their family," said Brown, who graduated in 2007 from the Western College of Veterinary Medicine at the University of Saskatch-



John and Mary Jane Heaps stand in front of what will soon be the K9 Day Camp and Resort.

ewan."That can annoy neighbours."

Boredom and excess energy are two common reasons for canine behavioural problems, according to the website of the American Society for the Prevention of Cruelty to Animals. It lists a number issues that can arise, such as aggression, eating inappropriate materials and compulsive behaviours such as pacing, tail chasing, excessive licking and toy fixation.

Not all dogs left alone will develop disturbances, said Brown. "Some are laid back and will sleep."

Despite the ability of some dogs to tolerate solitude, the idea of doggy daycare appeals to many pet owners.

"They love it that their dog is in a safe and controlled environment," said Brown. "Someone who respects animals and has a good understanding of dog behaviour and dog health can run a successful operation," she added.

The RM of Rockwood has approved Heaps' facility, which will be 2,800 square feet and will include a separate play area for smaller dogs. In-floor heating will keep dogs comfortable in winter. Kennels will flank one side of the building, housing dogs whose owners need to go away on business or vacation. In summer, dogs can play outside in a large fenced enclosure.

Ample play space — or square footage per dog —

is something Brown said is quite important.

"Dogs need to get away from their playmates periodically," she said. "You don't want them cooped up like chickens in a cage."

Dog health is another important consideration for daycares, said Brown. Because there will be a lot of dog-to-dog interaction, daycare operators need to ensure their charges have been protected against heartworm and have had shots for distemper, rabies and kennel cough.

That's something that concerns Heaps, too. Health screening will be part of her interview process.

"It's like when kids go to school," said Heaps, who is also certified in animal first aid. "They can develop different strains of kennel cough."

She'll also try to determine whether a dog is suited for daycare. "Some dogs might find it stressful and won't want to play," she said.

Come autumn, Heaps and her husband will be throwing open their doors to the dogs, accepting about 10 at the outset. If demand for the service increases, she said she'll consider hiring staff.

Heaps said daycare is not only good for dogs but can also help pet owners who often don't have enough time after work to fully attend to their dogs. By putting a pet in daycare, they can come home from work dog-tired and have the satisfaction of knowing their dog feels the same way.

RHA searching for recruiter to help address doc shortage

By Austin Grabish

The Interlake-Eastern Regional Health Authority is searching for a physician recruiter to help assist the region with its ongoing search for doctors.

The region is currently short at least 23 doctors, and several emergency rooms in the Interlake have or are currently being run on nurse-managed care due to the physician shortage.

The new recruitment officer, once hired, will be responsible for scouting physicians and building relationships with medical students who may want to set up shop in the Interlake after they graduate.

"We've known that we need extra

manpower in engaging with physicians," said Dr. Myron Thiessen, the RHA's chief medical officer and vicepresident of primary health care.

Thiessen said keeping in touch and networking with medical students while showing them the prospects of working in the Interlake will be a large part of the job. "Just maintaining ongoing connections with those individuals whom we have contacted in the past," he said.

Thiessen said the RHA is currently short a total of 23 doctors, but Conservative health critic Myrna Driedger said the RHA in reality is short a total

Quanto's law offers protection for service dogs

By Natasha Tersingi

Anyone who kills or injures a police service animal will face stiffer penalties under new legislation named after an Edmonton police dog that was killed on the job two years ago.

In response to the fatal stabbing of Edmonton police dog Quanto by a suspect in 2013, the federal government recently passed a law that makes it a criminal offence to kill a police dog or other services animals.

Bill C-35, named Quanto's Law after the fallen service dog, was passed in the House of Commons on June 15 and imposes a minimum sentence of six months and a maximum sentence of five years behind bars for anyone who would willfully and without lawful excuse kills, maims, wounds, poisons or injures a law enforcement animal, Canadian Forces animal or a service animal while it is assisting a person with a disability.

The new law is a step in the right direction for giving service dogs the credit and protection they deserve while employing their specialized duties. Warren Collegiate grad Const. TJ Spruyt knows the important role that service dogs play in the Winnipeg Police Service (WPS).

Spruyt, who has been on the force since 2004, is currently undergoing training to become a K9 handler. At the end of August, Spruyt and his crime-fighting partner, Xandra, will hit the streets together and become a one man, one canine member team.

Citing his love of dogs and working with them while he was a member of the WPS Tactical Support Unit, Spruyt decided to make the switch to the K9 unit. "Dogs have always been an interest of mine. Within the tactical support team, we worked quite a bit with the dogs. That is what piqued my interest and I started with the Quarry program, where you can come out and help with the handlers and see if this is something that is for you and something that you enjoy. My interest grew, so here I am," said Spruyt.

The 16-week program that Spruyt and Xandra are currently taking part in is the basic handler's course. The training goes through the basic tasks that Xandra will need to perform once she and Spruyt graduate, including tracking, article searches, person searches and gun searches. Further down the road, the pair will complete other training such as drug search training.

While all dogs on the WPS are trained for general drug searches and other high-level tasks, there are specialized dogs assigned for a certain role including narcotic detector dogs, explosive detector dogs and tactical dogs.

Once training is complete, Spruyt and Xandra will become a general patrol team.

"We will work citywide and we will respond to all different kinds of calls: robberies, shootings, break and enters," said Spruyt.

"Any in-progress calls, K9 units respond to. Anything that is ready to go right now. Someone is breaking into your house, someone is robbing a bank, someone is running from a crime scene, that is where we come and our tracking comes in. We track the bad guy that just did the crime and we try to find them," added Const.





TRIBUNE PHOTO BY NATASHA TERSIGNI

TJ Spruyt and his canine partner, two year-old Xandra, a Belgian Malinois, will hit the streets at the end of August as a team for the Winnipeg Police Service's K-9 unit. Quanto's Law now offers protection since a new law passed last month now makes it a criminal offence to kill a service animal including police dogs, military dogs and a service animal aiding a person with disabilities.

Jeff Katcher, who is a K-9 unit trainer and currently working with Spruyt and Xandra.

The protection of service animals is important because these animals are trained to perform duties and tasks that would be impossible for a human to do, said Katcher.

"For example, if someone runs from a building and we are searching for the person that did the crime, what a dog can do in a short period of time would take 10 cops in a long period of time," said Katcher

"Their smell and sense are so enhanced and it is so much easier for dogs."

Xandra is a Belgian Malinois, a breed that is known for their tracking skill and work ethic, and was produced by the WPS in-house breeding program that has been active for many years.

"The cost of buying dogs nowadays is so expensive. It is between \$12,000 to \$15,000 just to buy a police dog and then the training that goes into it on top of that, so we breed our own dogs," said Katcher "We raise the dogs, we have a whelping room in the kennels. All the handlers raise the dogs. Eight-week-old pups enter the Quarry program. This is made up of cops that are interested in the K-9 unit and they will raise our pups."

Since being matched in the Quarry program together, Spruyt and Xandra are partners both on duty and off.

"She comes home with me; she is basically part of the family. She comes everywhere with us, and once we start working, she will ride in the back of the cruiser car and ride all night with me," said Spruyt

While WPS dogs are insured for \$50,000 and no injury or fatality of a WPS dog has ever happened, Katcher said the new law benefits police officers, their canine partners and service animals.

"It is a great thing that is going to be happening. It is unfortunately a result of a very sad incident that happened in Edmonton with a police service dog out there, but it is certainly a long time coming for that law."

CIB Yard of the Week



TRIBUNE PHOTO BY NATASHA TERSIGNI

The second Stonewall Communities In Bloom Yard of the Week honours were awarded to Rick and Margaret Skutnik's at 529-3rd Ave. South. Under Margaret's direction, Rick, pictured above, is responsible for planting and the maintenance of their yard. The couple moved to the address in 1994 and Rick completes many hours of work each spring and summer to get the yard to where it is now. Going for a natural look versus manicured, many of the shrubs on the outside of the yard are used for privacy and add to the natural landscape. Rick has incorporated many elements into the yard, including an old tire left by the previous owners. Along with the flowers, shrubs and vines, which neatly compliment the perimeter of the yard, there is a small raspberry bush with this season's fruit ready for picking.

The Yard of the Week runs during July and August. If you would like to nominate a Stonewall yard that you feel deserves recognition, fill out a ballot at Stonewall's Home Hardware.

> DOCTOR SHORTAGE, FROM PG. 13

of 29 physicians.

She said that number is based off information the Manitoba Progressive Conservatives obtained in May through a freedom-of-information request.

Thiessen said 23 doctors are needed to prevent the RHA from having emergency rooms run on nursemanaged care but admitted as many as 40 are needed for the region to reach its "ideal state" of health care.

The ideal state would mean no waits for patients needing their blood pressure taken or a visit to their family doctor for a prescription for example, he said.

"We recognize that this is definitely not where we want to be for the residents of the region,"Thiessen said.

Driedger said the RHA is second to the southwest region of the province for having the worst shortage of doctors.

She said over the last two years,

CSA INTERNATIONAL

there has been a dramatic spike in the region's shortage.

"The situation got pretty critical pretty fast," she said.

Last year, the RHA enlisted the help of a Winnipeg headhunter to help fill vacancies.

The result was one doctor from the United Kingdom being hired, and talks with a second are in the works, Thiessen said.

Driedger said 29 doctors are better than the 30 the region was short in January, but other than that, not much has changed.

"In my view, that's still a pretty critical shortage of doctors," she said. Driedger accused the province of ignoring the region's doctor shortage and said it's out of control.

"We have never heard of a concrete plan that has come from the minister of health," she said.

The province maintains it is hiring doctors.





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Manitoba Farm Women's Conference

2015: From the Ground Up Nov. 15- 17 Day's Inn, Winkler

The Manitoba Farm Women's Conference mission statement is to provide a farm women's conference to educate, encourage and empower one another, our communities, our families and our industries.

2015 Prepared Press Release First time in Winkler for Manitoba Farm Women's Conference

For the first time in its 29-year history, the Manitoba Farm Women's Conference (MFWC) is coming to Winkler, Manitoba on Nov. 15 to 17 at the Day's Inn.

What makes the MFWC so successful year after year is its perfect mix of education, networking and fun, says conference co-chair Cindy Klassen.

"The conference is a place where farm and rural women from across Manitoba meet annually to learn, laugh and make new friends," she says. "This year, we are really encouraging attendees to bring along someone who has never been to a MFWC before — a friend, colleague or family member. Any first-time attendees will be entered in a draw to win a special prize."

This year's conference theme is From the Ground Up, and as 2015 is the International Year of Soils, it seems an appropriate theme because we all know that healthy people need healthy food, and that begins with healthy soil and a healthy environment. MFWC will explore and celebrate the role of farm and rural women as influencers ensuring the sustainability and health of their families, farms and communities.

This year's keynote speaker is Carol Ann Fried, who with playfulness, professionalism, practicality and ease will deliver some Friedom Training and Coaching about how to balance work and life, and will wrap up the conference by helping everyone discover their Joy Spot for a happier work environment.

RBC is once again partnering with MFWC to bring RBC Olympian and Canadian Olympic curler Jill Officer to be the guest luncheon speaker on Monday, Nov. 16. An incredible role model for women and men alike, Jill will share her story about what has led to her success and how it fits into everyday life.

"From our work supporting the agriculture industry for over 135 years, RBC recognizes the crucial role that women play in agriculture. More often than not, women are the backbone of farm operations, farming communities and the farming economy," said James Fehr, RBC vice-president, commercial financial services."That's why we're delighted to support and contribute to the value that the Manitoba Farm Women's Conference brings to women in agriculture."

Manitoba Co-operator editor Laura Rance will open the conference and speak about her recent experiences in Africa, where she explored the linkages between agriculture and development. There will be the usual highly informative select-a-sessions where attendees can learn about everything from holistic nutrition to belly dancing, and following Monday's banquet,



TRIBUNE PHOTO BY JOAN AIREY

The 29th annual Manitoba Farm Women's Conference, which will take place in Winkler from Nov. 15 to 17, will feature world-class speakers, educational sessions and networking opportunities, as well as plenty of "Ag Pride" and fun.

we'll"Get Down and Dirty" with some line dancing fun. Tip — come Sunday evening for the pre-conference meet and greet and you'll learn how to do line dance!

The exciting program continues Tuesday morning with Marina James, CEO of Winnipeg Development Inc., who will share the results from SHEday 2015, when 600 women came together to join a conversation about overcoming challenges, seizing opportunities and breaking down barriers.

A panel of successful women agricultural leaders will talk about their road to success and you'll learn how agronomist Marla Reikman turned her love of soils into a side line busi-

State

ness making Clay/Loam jewelry.

It's going to be a jam-packed three days that we know Manitoba's farm and rural women will not want to miss. For more details, visit our website at http://manitobafarmwomensconference.ca/ which is being continually updated with conference news, or email us at mbfarmwomensconf@gmail.com, like us on Facebook and follow us on Twitter at @ mbfarmwomen.

About Manitoba Farm Women's Conference

The Manitoba Farm Women's Conference is now in its 29th year, and a volunteer committee of farm and rural women from across Manitoba organizes the event annually. In previous years, the conference rotated around three venues: Brandon, Portage la Prairie and Winnipeg. It is being held in Winkler for the first time in 2015.

For more information, please contact one of the following: Cindy Klassen, 2015 MFWC co-chair at garcin@sdnet.

ca; Angela Lovell, 2015 MFWC spon-

sorship chair/publicity vice-chair at angelalovell10@gmail.com; or Catherine Jordan, 2015 MFWC co-chair at dcjordan@hotmail.ca.

New ag products showcased at annual Field Day



Lakeland Group's newly released Easy Feeder 70 Bushel allows farmers to fill fence line-feeders without the use of a bobcat.

By Natasha Tersigni

Local farm and ranch equipment manufacturer Lakeland Group hosted their annual Field Day last Thursday and Friday at their Stonewall plant.

The two-day event was a chance for the company to show their appreciation to both current and future customers, along with showcasing their products including new arrivals.

This year, Lakeland Group had two new products to show customers: their Lakeland Easy Feeder 70 Bushel and the new-to-the-market Push and Drive-Over gates.

"Our new gates are really a unique product and it saves a lot of the older generation farmers from



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Josh Mackinnon demonstrates how easy it is to open Lakeland Group's Push and Drive-Over gates. The gate was just one of many products that the Stonewall farm equipment manufacture had on display for customers during their Field Day event held last Thursday and Friday.

having to jump out of their tractors to open and close gates. The gate works so all you need to do is push against it by driving over it with your pick-up truck or tractor. It is a new feature and a lot of people really like it," explained Lakeland Group product specialist Ross Deayton.

Lakeland's newly released easy feeders were also on display. The feeder is mounted on adjustable skids that fit inside any standard pickup box and is designed for bunk or pasture feeding of rolled grain or pellets.

"A lot of cattle farmers have fence line-feeders, and with this bushel, they can just drive next to the feeder and the bushel just augers out directly into

it. This eliminates the need for farmers to get a bobcat to fill the troughs up," said Deayton.

Lakeland Group has been operating in Stonewall since 2003 and carries a wide range of farm equipment products from livestock handling equipment to animal health and land management solutions.

They manufacture specialty products including qcatch headgates, squeeze chutes, livestock tubs and alleys, livestock weighing systems, wire mesh fencing, and sheep and goat equipment.

For more information on Lakeland Group or any of the products they carry, go to www.lakelandgroup.net.





Nine ways to improve your golf game

Warmer weather sends scores of golfers to their favorite courses each and every day. Golf is a challenging pastime, but a few pointers can help golfers hone their short games, long games and everything in between.

· Choose the right clubs. There is more to selecting clubs than pulling any old iron out of your golf bag and whacking away. Wind, hazards and obstructions in landing areas should influence your decision of which club to use. Novice golfers may want to rely on their caddies to make club recommendations, and as they become more shot you take, and then look at the results to make their own choices.

· Anchor your feet. Anchor your foot behind the ball to drive the ball further. Right-handed players will keep the right foot anchored, and lefties will do the opposite. Do not lift your foot prematurely; otherwise, you can lose power and distance.

any hobby, identifying those areas that need the most work can help you become a better golfer. Keep track of each

confident in their abilities they can start to see which areas of your game need the most work.

> · Fix your alignment. Align your shots by assessing the target from behind the ball. Then set the clubface behind the golf ball and align it with the target before you enter your stance.

• Use your torso for power. The torso is essential to a solid swing. Practice rotat-· Identify your weaknesses. As with ing from your core to control your backswing and then maintain the same spine angle and posture on the downswing.

> · Use the wind. Not every golf game will be played in perfect weather. A good player knows how to make adjustments

for the wind depending on the shot. Use the wind to your advantage when you can, and adjust your swing when hitting into the wind.

· Become a better chipper. Many players put so much emphasis on their backswings and putt shots that they fail to devote any practice to chips. All shots are important for golfers trying to shed strokes off of their scores.

· Keep fit. Maintaining or improving your physical strength and overall health can help your golf game. Exercise and eat right, and you will have more endurance on the links.



Uncapped wells raise concerns at Rockwood council

By Natasha Tersigni

Local residents are concerned that wells on property owned by the quarries are not being capped and could be a threat for contamination.

Roger Woloshyn, spokesperson representing Rockwood residents Ray and Cathy Laaly, appeared as a delegation at the regular council meeting on July 8 to address issues concerning wells in the RM's quarry developments.

While Woloshyn stated there is no current groundwater contamination, his clients are worried for the future and they want the RM to take proper precautions to prevent future potential contaminations. Currently there are no records of wells that are located within the quarry developments being capped. Woloshyn was asking the RM to investigate the current status of wells in the quarry developments and find out if they have been properly capped.

Woloshyn has done research with many governing bodies, including Manitoba's Department of Mineral Resources, Manitoba's Department of Water Stewardship and East Interlake Conservation District, to find out who is responsible for finding, testing and capping the wells.

"It seems that by investigating all of these sources and all of these people that might be interested in the contamination, the RM of Rockwood wins by default. That is, you seem to be responsible for any potential contamination, for sealing wells and for keeping track of any contamination that might occur in the water," said Woloshyn.

RM residents Doug Pickell and Allan Webb took it upon themselves to investigate where wells are located on



Rockwood residents would like to see open wells, seen above, on quarry property capped to avoid future contamination.

property that is owned by quarry operators. The pair determined where a well might currently be located based on available records from Manitoba Water Stewardship, the RM of Rockwood Land Ownership Map 2015 and their personal knowledge regarding yard sites and landowners in the relevant areas, such as yards that existed before quarrying began.

"We have identified 12 quarried through wells and six abandoned wells on quarry property. There is no record of any of these wells being capped and indeed most of these are recorded as existing. In addition, we believe there are approximately 80 wells that are in the designated quarrying area," said Woloshyn.

Reeve Jim Campbell told the delegation that the RM will look into this issue and forward the information onto the proper authorities.



TRIBUNE PHOTOS BY NATASHA TERSINGI

Roger Woloshyn, spokesperson representing Rockwood residents Ray and Cathy Laaly, appeared as a delegation at the regular council meeting on July 8 to address issues concerning uncapped wells in the RM's guarry developments.

"This concern has been brought up before. (To our question) have the wells been capped, the answer that we get is yes. We don't inspect wells so we will get the proper authorities

so we will get the part to ensure that in fact that has been done. The authorities have been here and we never argued the fact but you have brought (information) forward that is contrary to that, so we will look into that," said Campbell.

"We will forward this off to the proper authorities."



Teulon concert going to the dogs

Staff

It is promised to be a doggone good evening of fantastic music during the Homegrown concert being held on July 25 at Teulon-Rockwood Centennial Centre. In support of pet rescue services, including Jenn's Furry Friends, four bands will take the stage: BooShakka, The Rock Show, Campfire Crashers and Double Shot.

Campfire Crashers is a three-member rock band from Winnipeg. The trio is a mainstay on the city's pub and club circuit and they recently performed at Shaw Park as part of the entertainment before Winnipeg Goldeyes games.

The musical duo of Double Shot will perform cover songs from a variety of genres including rock, indie, soul and pop.

The concert runs from 7:30 p.m. to 1 a.m. Tickets are \$10 and available at the door. At the event, concert organizers will be accepting donations of canned and bagged dog food.



Woodticks ride to 14U 'C' provincial title

By Brian Bowman

The Woodlands Woodticks were ranked No. 8 heading into last weekend's eight-team UI4 "C" Provincial Fastpitch Championships.

But the Woodticks proved that those rankings were completely worthless as they shocked the field by winning the provincial championship at the John Blumberg Complex.

Woodlands defeated Dakota 17-10 in the final game on Sunday. Beth Ladyka hit a walk-off grand slam in the top of the final inning to give her team a seven-run lead. The game was then over because each team can score only a maximum of six runs per inning.

"It was pretty nerve-wracking but we pulled it off," said Woodticks' head coach Brandi Beauchamp Sunday afternoon.

Woodlands finished its pool play with a 2-1 record but almost did not advance to the playoff portion of the provincials. In pool play, the Woodticks edged the Southdale Lakers 12-11 and then defeated the Heritage Victoria Hawks 15-12.

Woodlands closed out its pool play by losing 16-2 to Garden City.

"As soon as that game ended, they knew they hadn't played their game," Beauchamp said.

With that loss, the Woodticks needed some help- and they received it when Heritage defeated Southdale by a single run in the final game of pool play.

"We wouldn't have made the playoffs," Beauchamp explained. "There



TRIBUNE PHOTO BY KELLY FRIESEN

Woodlands Woodticks back row, left to right: Brandi Beauchamp (coach), Hailey Friesen, Atavia Ginter, Katherine McCowan, Sydney Buors, Mattea Jones, Kayliegh Furtado, Emily Fehr, Alexie McKay, Hannah Friesen, Brenda Beauchamp (coach); front row: Hope Hiebert, Kira Hatcher, and Beth Ladyka.

would have been a three-way tie and we would have lost by points."

Woodlands' team consisted of just three 14-year-old players and the rest were either 11 or 12 years old. Beauchamp said the Woodticks improved significantly over the course of the season.

"A lot of these girls aren't old enough

to play in this league," Beauchamp noted."But these girls were very dedicated. When we had practice, they showed up and they always wanted to improve."

Woodlands' roster included players from as far as the St. Laurent/Oak Point area, Warren, Grosse Isle, Stonewall and, of course, Woodlands.

"At this age, none of them are shy," Beauchamp explained. "They all gelled quickly and you need that gelling to have a good team. They were always cheering each other and if one got down, they picked her up.

"They knew it was a team sport ... and they definitely played like a team this weekend."

Thunder hosting kickoff party, jamboree

By Brian Bowman

The Interlake Thunder will be hosting a Kickoff Party and Jamboree Weekend this Friday through Sunday.

On Friday, the local amateur football organization will be hosting the Kickoff Party at the Teulon Golf & Country Club. The evening will feature guest speaker Dean Lytle, a former Winnipeg Blue Bomber and

Cleveland Browns' fullback, food at 7 p.m. and fun games.

There will also be presentations made by an athletic therapist and nutritionist, covering topics on how to keep young athletes healthy, hydrated and injury free.

There will also be a silent auction and Thunder apparel onsite.

The doors for the Kickoff Party open at 6 p.m. and the event begins

Adult tickets cost \$25, which includes a 6 oz. sirloin steak, baked potato with butter and sour cream, coleslaw, and either a beer or shot of liquor. Children tickets cost \$15 and include a meal of chicken tenders (three), fries, and a can of pop.

On Saturday and Sunday, from 10 a.m. to 12:30 p.m. both days, the Thunder will host a jamboree. Day

1 will take place at the Selkirk Rec Complex while Day 2 will be held at Stonewall Collegiate.

Thunder and guest coaches will be teaching skills and putting the players through a variety of drills.

Meanwhile, the Thunder Midget team will begin its training camp next Wednesday. Interlake will then have a pre-season scrimmage with Sunrise on Thursday, July 30.

Spontsaecreation

Schneider excelling in athletics

By Brian Bowman

For most high school students, summer is a time for rest and relaxation.

But, in the case of Amber Schneider, she has been extremely busy on the athletic field since school let out last month.

The 15 year old Stonewall native led her Smitty's Terminators to the gold medal at the U16 "A" Provincial Championships last Sunday at Quarry Park. Smitty's claimed the gold with a lopsided 11-0 win

over the Winnipeg Lightning. "I won (the provincials) last year, too," Schneider

said Monday morning. "But it was really exciting. It was nice to (win in Stonewall) because it was close to home."

For the widely-talented Schneider, it was yet another outstanding athletic accomplishment.

Schneider didn't pitch in that final game but she certainly saw plenty of action on the mound Sunday. She pitched nine innings in a 1-0 extra-innings loss to the Lightning and then tossed seven more frames in a 7-4 triumph over the Thunder.

With that win, Smitty's advanced to the gold-medal game. "I really wanted to give it my all for my team," Schneider said. "Once I was out there with the adrenaline I didn't feel my tiredness."

Schneider said the heat didn't affect her on the mound. She noted that she recently returned from playing at a Colorado Sparkler 2015 tournament. Smitty's finished with a 4-3 overall record playing against U.S. competition.

"We got used to the heat there and it got us ready for the provincials," Schneider said. "It was a hot

weekend (and) a great experience. There were 253 teams from Hawaii, California, Texas and all over the U.S.

"All of the best players in North America were there."

Schneider stood out amongst that elite talent by being named to the tournament all-star game. She pitched a pair of innings against some outstanding hitters in that all-star matchup.

"The hitting was strong," she noted, adding she really likes throwing the changeup and has a wide array of pitches. "The batters would step pretty much on the plate to hit the outside corner. It was hard to find weaknesses on them. They practice so much and were strong at everything."

Besides playing with Smitty's, Schneider is also on the Team Manitoba U18 squad and has played several exhibition games with that team. She has no problem competing against older players.

"It really betters your game," Schneider said. Manitoba will be heading west in a few weeks to compete at the Western Canada Summer Games in Wood Buffalo, Alta., from Aug. 7 to 16. Before that, however, her Smitty's team will be competing at the nationals in Calgary from Aug. 5 to 9.

One would think that Schneider would have her sights set solely on those two major fastpitch tournaments. But this week she will be concentrating on running at the Western Canada Challenge meet at the University of Manitoba in Winnipeg.

Schneider won a silver medal at the MHSAA provincials, finishing second in the junior varsity girls' 400-metre race.



TRIBUNE PHOTO BY LANA MEIER Amber Schneider will be representing Manitoba with her Smitty's fastpitch team at the nationals in Calgary. Her Team Manitoba U18 squad will also be competing at the Western Canada Summer Games.

Hoydalo leads after first round of junior men's championship

By Brian Bowman

Selkirk's Wesley Hoydalo was the first-round leader at the Accurate Dorwin's Men's Junior Golf Championship at the Transcona Golf Club in Winnipeg.

Hoydalo fired a sizzling 3-under 68 Monday for a four-stroke lead over Shilo's Austin Dobrescu and Elmhurst's Ryan McMillan. The final three rounds of the 72-hole event were played Tuesday through Thursday but no results were available at press time.

Marco Trstenjak, who golfs out of Larters at St. Andrews Golf Club, was

in a five-way logjam for fourth after shooting a first-round 73.

Other players with local connections featured South Interlake's Nathan Wright (79) and Elmhurst's Brady Bandura (87).

The first two rounds of the junior men's championship were played at Transcona while the final 36 holes moved over to Elmhurst.

The women's junior championship, meanwhile, began Tuesday and wraps up today. Selkirk's McKyla Poponick and Winnipeg Beach's Lexie Kopp are two of 14 players in the women's field.

Tillett strong in Manitoba loss

By Brian Bowman

Interlake Thunder Midget player Mike Tillett had a strong game for the Team Manitoba U16 team at the Canada Cup on Monday at the Cégep Saint-Jean-sur-Richelieu's Alphonse-Desjardins Stadium in Quebec.

Playing nose tackle against Alberta, Tillett, who attends Teulon Collegiate, finished the game with 1.5 tackles, a sack, and 1.5 tackles for loss.

Alberta defeated Manitoba 39-8,

advancing to the semifinals today. Alberta will play the winner between Ontario and Quebec-White.

"Obviously, (the game's result) was a disappointment," said Manitoba head coach Dan Washuk on the Canada Cup website. "We've been in this position too many times in the past, finishing in that fifth spot.

"We came across a very strong fourth-seeded team (and) it's been a few years in a row of coming across that first game against a very talented football team."

Field named in honour of Phillies' founders

Larry and Phyllis Klimpke honoured at provincial championships

By Stefanie Lasuik

For 20 years, the Klimpke name has evoked memories of accomplishment, friendship and an unrivalled passion for the game of fastball. Now, it adorns No.5 field at the Quarry Park ball diamonds.

On July 10, an official ceremony to recognize the dedication of Larry and Phyllis Klimpke to the Phillies organization was held prior to the first game of the U16 "A" Provincial Fastpitch Championships, unveiling the new Klimpke Field plaque on the left field scoreboard. A second plaque will hang in the ballpark's shelter.

Larry and Phyllis Klimpke organized the first South Interlake Phillies team in 1995 when they assembled bantam players from Teulon to Elie to compete in a fastball super league. Since then, the couple has spent countless hours hitting ground balls, teaching formations, and travelling in and out of the province for weekend tournaments. The Klimpkes established a legacy that quickly popularized in the Interlake.

Former player Kathleen Lowe spoke of her fascination with the Phillies team before she had even earned a spot.

"At 14, my goal in life was simple: I had to earn a spot on that Phillies team,"

Lowe said, noting her desire to walk the halls of her high school in maroon colours and decorated her walls with newspaper clippings on the Phillies progress.

For Lowe and fellow Phillies, the Klimpkes developed more than a fastball team. They created a family where players learned valuable life skills.

"Larry and Phyllis helped shaped many of us here today into the fine, outstanding ladies we've become," Lowe said.

The Phillies tradition has grown and continues today, allowing girls under 18 to thrive on and off the field and to create memories that last a lifetime.



TRIBUNE PHOTO BY STEFANIE LASUIK Phyllis and Larry Klimpke started the team that evolved into the extensive and competitive Phillies' program of today.

Lowdon ties for 10th

By Brian Bowman

Stonewall's Cameron Lowdon finished in a tie for 10th place, along with Niakwa's Ken Warwick, at the Men's Mid-Amateur Championship last week at the St. Boniface Golf Club in Winnipeg.

Lowdon, who golfs out of Elmhurst, had rounds of 80, 74, and 78 to finish at 16-over 232.

That was 13 strokes behind this year's winner, Jay Doyle of Niakwa. Doyle finished at three-over 219 after carding identical rounds of 73.

Doyle won by two strokes over Pine Ridge's Mike Tibbs.

Selkirk's Ben Bandura, who golfs out of Elmhurst, placed sixth overall after finishing with an eight-over 224. Bandura fired rounds of 75, 76, and 73.

Stonewall's John Kooning, who golfs out of Elmhurst, carded rounds of 93, 90 and 89 to finish at 272. That placed him 69th.

The Manitoba provincial team members that will compete at the 2015 Canadian Men's Mid-Amateur Championship from August 25-28 at the Abercrombie Golf Club in New Glasgow, N.S., are Doyle, Tibbs and Johnson.

Meanwhile, at the Women's Amateur Championship, also played at St. Boniface, Glendale's Camryn Roadley finished with a threestroke victory over Southwood's Rhonda Orr.

Roadley fired rounds of 82, 81 and 78 to finish at 19-over 241.

Selkirk's McKyla Poponick placed 12th overall with a 263 total. She was better every day at the tournament, carding rounds of 93, 89 and 81.

Phillies place fourth at U16 fastpitch provincials

By Brian Bowman

The South Interlake Phillies achieved their goal of making the playoffs at the U16 "A" Provincial Fastpitch Championships last weekend at Quarry Park.

But their appearance in the playoffs was a brief one. South Interlake made an early exit from the provincials Sunday morning after a 4-2 loss to the Manitoba Thunder. With that loss, the Phillies finished fourth.

"Our ultimate goal was to make the playoffs and we achieved that," said Phillies' coach Denis Woods. "But we kind of let our pitcher down in the first game of the playoffs. The girls fought hard ... but we ended up losing the game."

South Interlake played well in a 3-1 win over Brandon's Westman Magic on Friday evening to begin their provincial play. Kyra Shewchuk was very good on the mound for the win.

"All of our pitching did well on the weekend," Woods noted. "I've always raved about our pitching, it's never been an issue with us. It's only a matter if the team can support them and get a few runs for them - that's the main issue."

On Saturday, South Interlake defeated the Manitoba Angels 3-1 before losing 9-2 to the Winnipeg Lightning. With that loss, the Phillies placed second in Pool"B," setting up the first-round playoff matchup with the Thunder.

South Interlake will now resume league play in preparation for the 2015 U16 Canadian Fastpitch Championships in Calgary from Aug. 5-9.

"We're definitely going to have to play better

physically and mentally (at the nationals)," Woods stressed. "We can't afford any errors. If you afford one, then your bats better be working for you. We're definitely stepping up to better calibre of ball than we have played all summer."

Smitty's, which won this year's provincial title with an 11-0 win over the Winnipeg Lightning, should be Manitoba's best shot at winning a medal at nationals. But the Phillies want to see how they compare against Canada's elite U16 teams.

"We're hoping to do well," Woods said. "This is a new experience for these girls. They have gone to westerns and done well at westerns. We feel that these girls deserve a shot at seeing how they compare to the rest of the country.

"That's why we chose to go to the national level."



Orioles competitive at Mosquito 'A' provincials

By Brian Bowman

The Balmoral Orioles were very competitive at the 2015 Mosquito "A" Provincial Championships in Brandon last weekend.

Despite winning just one of four games, Balmoral played plenty of good baseball.

"They played alright," said Orioles' coach Dave Myers. "All of the games were close. The kids played really hard. The pitching was good and the hitting was good but the competition was pretty good."

Balmoral opened the provincials with a solid 14-9 victory over Rock Lake on Friday afternoon. The Orioles scored early in this one to grab a 14-5 lead but Rock Lake scored four runs near the end of the game.

Balmoral then lost a wild 19-16 decision to Portage la Prairie. Both teams combined to hit the ball very well, said Myers.

On Saturday morning, the Orioles lost 13-5 to Mitchell (in a game that was much closer than the score indicated) and then 12-7 to the Brandon Grizzlies later in the afternoon. Balmoral led Brandon 7-3 in the top of the sixth inning before the Grizzlies' offence got hot.

"The kids played really well," Myers said. "Mitchell was a very strong team."

Myers said he was very proud of his players' effort at the provincials. Balmoral earned a spot in the "A" provincials after losing to Stonewall in the finals of the regional tournament.

"They were super," Myers said of his players."They played their hearts out – it was really good."

Myers said Balmoral improved significantly over the course of the season. The Orioles lost just two games in the Highway 6 and 7 League.

"It was like night and day," Myers said of his team's improvement. "There were kids that weren't hitting the ball at the start of the year and then they were hitting the ball at the end of the year like they were playing (baseball) all of their life. It was really good — they really improved."



TRIBUNE PHOTO BY BRENDA MARTINUSSEN

Back row (left to right): Liam Pauls, Caleb Fearn, Dylan Holod, Alex Evans, Dave Meyers (coach), Connor Smith, Dexter Sigurdson, Jack Trippier; middle row: Alex Martinussen, Anthony Bauml, James Fearn, Nathan Willey; front row: Hayden Faragher and Bryce Meyers.

Blue Jays heading to Brandon this weekend

By Brian Bowman

The Stonewall Blue Jays are hoping a change of scenery can change their fortunes in the win column.

Stonewall, which has lost three of its past four Winnipeg Senior Baseball League games, will be looking to snap their losing slump at the 2015 Senior "AA" All-Stars provincials in Brandon.

The tournament begins this Friday and continues through Sunday.

The Blue Jays will be competing in Pool "A" at the provincials along with Border West, Brandon, and St. Boniface.

Stonewall will play St. Boniface Friday (6:30 p.m.) and then will battle Brandon (12:30 p.m.) and Border West (6 p.m.) on Saturday. Playoff games begin Sunday at 10 a.m., followed by the championship game at 1 p.m.

After starting their WSBL season

with a 9-0 record, Stonewall has now lost three games in just 11 days to the Kildonan Mudcats. The Mudcats' latest win was a 5-4 decision Monday at Koskie Field in Winnipeg.

Kildonan scored the game-winning run in the bottom of the seventh inning. The Mudcats opened the game's scoring with two runs in the first inning and then both clubs put a pair on the board in the second. Stonewall scored two more runs in the fourth inning to tie the score at 4-4. Kildonan outhit Stonewall 13-7.

The Blue Jays are now in third place in the league standings with a 10-4 record, 2.5 games back of the first-place Mudcats (14-3).

Stonewall's next WSBL action is Tuesday against the St. James A's at Optimist Park in Winnipeg. First pitch is 7:30 p.m.





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Tractors & Equip

Vers. 160 Bi-Direct Frt 3 PH FEL * M.F. 1500 4 Wheel Drive Dual Hyd. * Case 440 Dsl 540 PTO Hyd * Ferguson TE 20 3PH FEL * JD 6' Trailer Rotary Mower * McKee 3PH 6' Snowblower * 3PH 3 Wheel Swath Turner * H.M. Bale Shredder * Farmhand F228 FEL *

Misc

Steel Trusses & Uprights For 40' x 150' Building * Wet Kit * Hyd. Post Digger * PTO Shaft * Hyd. Hose * Pumps* Cylinder * FEL Buckes & Forks * Tires * Load Tarps * Truck Tool Box * Fifth Wheel Hitch * Saw Mandrel Blades * Wood Heater * 1200 Gal Poly Tank * Milkline Vacuum Pump * Welding Material * Telephone Poles * Fence Posts * OH Door Hardware * Metal Shelving * Tools

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FARM AUCTION FOR BOX T RANCH LTD Nancy and the late Hugh Crockatt SATURDAY, AUGUST 15, 2015 10 AM **STONEWALL. MANITOBA**

Directions: From Stonewall. Manitoba on #67 HWY, west 1.5 miles to lane marker #4067E on south side. Watch for signs. Contact: Nancy Jo at 204-476-0419

TRACTORS: *2008 Case IH Maxxum 110, w/L740 FEL, 3PH, 3023 hrs, good rubber, premium unit *JD 2370. 3PH. 2870 hrs *JD 4240, w/ 148 FEL, power shift, duals, 9239 hrs *IH TD6 Crawler, w/ blade *JD L100, riding mower, 5spd, 42" deck, 17 HP B&S motor AUTOS: *2009 Chevy Silverado, 2500HD, 4x4, auto, 6.0 L Vortec V8, gas, long box, ext cab, 145,000 KM, excellent rubber *2005 Ford F250, 6L Powerstroke DSL, 4x4, auto, needs engine work *1989 Caprice Classic car

RECREATION: *2011 Polaris Ranger 6x6, 800 EFI, Sage Green, 342 original hrs, purchased new EQUIPMENT: *JD 503, . 3PH mower *2007 triaxle flat deck trailer, 30' beavertail w/ ramps, purchased new *round bale trailer, 35', 17 round bale capacity *Case IH. 562 round baler, good cond *Hesston 1160 haybine *Vicon 9 wheel hay rake *2) NH 9' trailing mowers *JD 10' tandem disc *Westfield 8"x51'. PTO. grain auger *Front end loader blade w/ brackets *snow bucket *Blue Hills, 24', livestock trailer *bale processor *IH antique plow * Hi Qual squeeze chute SHOP

& MISC: *welder *hand tools *tools *battery charger *meat bandsaw *shelving vice *power tools *2) piles of round bales *metal culvert HOUSEHOLD: *glassware *fridge & stove *furniture *housewares

Auctioneer's note: Join us for this auction of excellent farm and cattle-related equipment. Mostly large pieces of equipment to sell so please attend on time. See you there!

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Are you suffering

from joint or arthritic



AUCTION SALE KUCHENSKI FARMS Saturday July 18 @ 10:00 am St Andrews, MB Jct Hwy #8 & 67 South 1 Mile on Hwy # 8, then East 100 yards on Lockport Rd # 749 Contact: Andrew (204) 632-0812 or Harold (204) 942-5451 **Trucks & Tractors** 89 Chev 366 gas 3 ton w/ 16' Grain B&H 24.000 km, Sft * 42 Chev 2 ton w/ B&H Solid - Runs * Case 2470 4WD, 1000 PTO Dual hyd 5800 hrs ; Case 2470 w/ Blown Engine 4370 hrs * Cockshutt 1650 gas HL Shuttle 3PH Dual Hyd PTO w/ FEL 2241 hrs * 41 A.C.B * Case VA Row Crop 2PH * **Grain Equin** 2) MF 750 Combine 1) 1980 - 1070 hrs ; 1) 1977

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Low Hours * MF 775 21" Swather * Case 1H 725 25' P Type Swather * Case 32' Chisel Plow ext to 40' * Case 24' Chisel Plow * Int 45, 19' Cult * JD 1800 16' Discer Seeder * Cockshutt 246 14' Deep Tiller * Case 7B Plow * Inland 80' Sprayer * Brandt 8" 50' PTO Auger *

Haying Equip

Inland 3PH 84" Snowblower * NH 68 Super Square Baler w/ Wisc Engine * NH 9' Sickle Mower * NH 55 Side Del Rake * Wood Splitter * Misc

1980 Yamaha SS 440 Snowmobile * Along w Yard Items * Farm Misc * Tools * Antiques

Grader * Oliver Breaking Plow * JD 10' Disc * Cockshutt 3B Plow * Peter Wright Anvil * Forge * Old Tools * Partial Listing *

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NOTICE TO

CREDITORS

OF: the Estate of Ida

Elizabeth Oliver, late

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of Lake Francis, in

Manitoba, deceased.

All claims against the

above estate, duly

verifi ed by Statutory

Declaration, must be

filed with the under-

signed at their of-

fices, P.O. Box 1400,

Stonewall, MB R0C

2Z0 on or before the

24th day of August,

DATED at Stonewall,

Manitoba this 9th day

Solicitor for the Ex-

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of July, 2015.

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

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2140 JD tractor with 148 loader, bucket and gravel fork; Laurie chain mover; rubber tire wagon with deck and seats that fits sleigh; two horse collars, 26" and 28"; a set of heavy harness and lines; 15" stock saddle. Phone 204-886-2665.







RED RIVER COLLEGE

INTERLAKE CAMPUS

Employment opportunity (Interlake and Peguis-Fisher River Campuses):

Instructor. Child and Youth Care

Part-time term: Aug. 24, 2015 - June 30, 2016 | Competition #: 2015-068 | Closes: July 24, 2015

Duties:

Reporting to the Manager of the Interlake and Peguis-Fisher River Campuses, responsibilities include: classroom instruction and management, curriculum development, supervision of students on practicum, and related administrative responsibilities as required. The incumbent is also expected to participate in campus meetings as required and assist in activities such as student orientation and student support documentation.

Qualifications:

- Required: Undergraduate degree in Child and Youth Care, Social Work, Human Ecology-Family and Social Science, Recreation Studies or Psychology; an equivalent
- combination of education and relevant experience may be considered Extensive experience working with
- vulnerable, at risk children and youth
- Experience supervising or mentoring employees and practicum students
- Experience working in a residential treatment setting
- Demonstrated knowledge and understanding of current issues facing at risk youth (i.e., addictions, sexual exploitation, mental health, FASD)
- Demonstrated knowledge regarding the specific role of Child and Youth Care practitioners in the support of Aboriginal children, youth and families

- Effective interpersonal, oral and written communication skills
- Effective presentation and organizational skills
- Effective leadership skills
- Ability to work independently
- Values diversity, equity and inclusion
- Commitment to lifelong learning

Assets:

- Experience instructing adults, preferably in post-secondary, human service, or social service settings
- Related master's degree
- Certificate in Adult Education

Conditions of Employment:

- May be required to work evenings
- Must be willing to travel
- · Must be legally entitled to work in Canada Satisfactory Criminal Records, Child Abuse Registry, Vulnerable Sector Checks

Salary Range: \$56,588 to \$84,050 per annum*

*The successful candidate with a Masters or PhD in a related field will receive an Educational Supplement of \$2,725 or \$5,450 per annum respectively pro-rated on an hourly basis.

Applicants are to clearly identify the competition number, preferred campus location and how they satisfy the listed qualifications in their written submissions.

We seek diversity in our workplace. Aboriginal persons, women, visible minorities and individuals with disabilities are encouraged to apply.

Apply to: Red River College C410-2055 Notre Dame Ave. Winnipeg, MB R3H 0J9 204.694.0750 Fax: Email: humanresources@rrc.ca

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When you are mapping out your daily and weekly schedules, it is important to incorporate the areas of exercise and nutrition into your planning. You will want to include

activities which target your cardiovascular health, develop your physical flexibility, and which tone and strengthen your muscles. Begin your program (in consultation with your qualified health professional) by scheduling (for example) three days on which you do Cardio, two days on which you do strength training, and one day on which you deepen your body's ability to stretch and bend. This article will concentrate on Cardio and nutrition suggestions with an aim of helping you to boost your overall fitness level.

You might want to start with shorter physical activity sessions of thirty minutes a day then increase the length of your sessions as your time permits.

If you look at your schedule and cringe, scratch out that sliver of T.V. watching or computer time you were looking forward to later in the day. Put someone else in charge (even if that means hiring a babysitter) and announce (to the amazement of your household) that you and Churchill will be out on a lengthy walking tour of the neighbourhood. (The family Beagle spends significantly more time whining to be let out than he actually spends outdoors). You and Churchill can start up your own personal exercise club! You can do this provided your sessions together develop into a regular and habitual series of outdoor excursions and provided that you lay off all those unhealthy treats you have both grown accustomed to gobbling up! With your new Cardio regimen, you and Churchill will step out of your flabby and sedentary existence and into a more exuberant, energetic, sleek and stylish way of life!

Another great way of getting in your Cardio is to take a weekend or a day trip with a friend, a group of friends, or with your family and to take bicycles, Hiking boots, or a canoe along with you. If you don't own a bicycle or a canoe, arrange going to a location at which you can rent this type of equipment. Pack healthy snacks and meals to get more bite and benefits from your exercise (i.e. ditch the iunk food frenzy).

One more bit of advice from personal experience: if you are going camping, leave the cat at home!

Irene Shaw



BIRTHDAY



Happy 65th Birthday July 15, 2015 Janet Hagen -Love Jim and Jessie

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Happy 50th Birthday Kevin July 16, 2015 -With love from, your family



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Happy 50th Anniversary Ed and Adeline Helwer 1965 - July 17 - 2015 -Lots of love from, Wendy and Mike, Bonnie, Marc, Nic and Alex, and Kris



They walk beside us every day Unseen, unheard but always near Still loved, still missed and very dear, For death leaves a heartache. No one can heal. And love leaves a memory No one can steal.

-So greatly loved and sadly missed by sons Tucker & Harlan, brother Lance and family, and parents Russ and Margaret.





OBITUARY

Announcements

Call 467-5836 or Email igraphic@mts.net

OBITUARY **Kimberley Lynn Moore**



With heavy hearts, we announce the sudden passing of our Kim due to heart failure on Friday, July 3rd, 2015.

She was the beloved daughter of Alice and the late Bob Moore. She is survived by her Mom, Alice Persoage, very special aunt Irene and her uncle Eddy Persoage. Cousins Kelley, Lesley and Michael and their families. Aunt Pat, Uncles Ken and Randy Moore and their families. She was predeceased by her grandparents, Alex and Frances Persoage and Jim and Eileen Moore, Aunt Lois Persoage and friend Billy Clarke.

At the time of her passing she was employed at Aviva Canada Inc. as a Commercial Lines Auto Underwriter.

She received her education from the Teulon Schools and the University of Winnipeg. Kim loved animals, especially cats, they made her sneeze, but she always said it was worth all the sneez-

ing just to hug a cat and to hear it purr.

She loved books, movies, travel, Christmas, Hawaii, turkey dinners and perogies, but most of all she loved her friends.

We shall miss her exuberant laughter, her child-like glee at Christmas and someone who was always there to listen to venting.

IN THE ARMS OF THE ANGELS, MAY YOU FIND PERFECT PEACE.

Cremation has taken place. A memorial service will be held at the Rockwood Centennial Centre in Teulon on Thursday July 16th at 2:00 p.m.

If so desired, donations may be made to the Teulon Museum Box 44 Teulon, Manitoba R0C 3B0 or the Winnipeg Humane Society, 45 Hurst Way Winnipeg, MB. R3T 0R3

OBITUARY



Fill 20 lb

ST [199

Peter Breul Suddenly, on July 9, 2015 Peter Breul passed away in Stony Mountain.

Peter was born on August 17, 1945 in Germany.

Peter is survived by his wife Betty; son Corey (Claire); daughter Lisa (Geoff); and four grandchildren Riley, Justin, Tyler and Danica; as well as numerous, nieces, nephews, relatives and friends. His grandchildren were his greatest joy in life, and he cherished

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



(Jean) Eileen Munro

Peacefully on July 4, 2015, at Stonewall Hospital, Eileen Munro, passed away at the age of 92 years.

Left to cherish her memory are her son Cam, daughter-in-law Betty, son, Brett and daughter-in-law, Carrie. She will be missed by her grandchildren Ashley (Ben), Kaleigh (Mark), Katie and Emily and her three great-grandchildren, Natileigh, Liam and Carver. She will also be missed by special nephew Wayne (Lynn) and niece Myrna (Brian) and grand-nephew Bryan (Anita) and their son Cody and daughter, Danika.

Eileen was predeceased by her husband of 52 years, Arnold, in 1998 and her twin sister, Marjorie, in 2013, as well as brothers-inlaw, Erm Stewart, Jack Munro, sisters-in-law Mariorie Hamilton, Ethel Smith, Jessie Baldwin, Gladys Kipp and grand-nephew, Jeffery Stewart.

facKenzie 🖉

Mom and her twin sister Mari were born on September 29, 1922 and grew up in Argyle, Manitoba. They were married in a double ceremony on September 21, 1946. Mom and Dad lived in Argyle before moving to Warren in 1958, where she lived in the family home on Hanlan Street until moving to Stonewood Place in Stonewall, Manitoba in 2012.

Family was the most important thing to Mom. She loved her children, grandchildren and greatgrandchildren and looked forward to visits and telephone conversations.

Mom loved music. It was quite common to see her dancing around the kitchen while listening to "fiddle music" on the "Portage Station" on Saturday nights. She also spent many hours of enjoyment watching Wayne and his band play and was always delighted to be included to watch their performances.

Mom's other great love was to keep genealogy records. She knew family tree history for so many and kept hand written journals, which, after taking a typing course in 1971, graduated to typewritten records of family and friends' history. She often could recite information without having to refer to these records as her memory was very sharp even in her 92nd year.

We would like to thank Dr. Pinniger, nurses and staff at the Stonewall Hospital for their care and compassion in Mom's final days. To the Homecare Professionals at Stonewood Place, thank you for taking such good care of Mom. Thank-you Janis for the special care you gave Mom - she looked forward to your visits. To Marlene - thank you for being Mom's friend and driver. She loved the time she spent with you.

"As long as hearts remember, as long as hearts still care, we never part with those we love, they are with use everywhere."

"Live each day to the fullest, not to sweat the small stuff - to enjoy music and small pleasures because some day one of those beautiful sunsets will be our own.

A Memorial service was held on Monday, July 13, 2015 at 2:00 p.m. at MacKenzie Funeral Home, Stonewall, MB.

MACKENZIE FUNERAL HOME STONEWALL



The Stonewall Teulon Tribune Thursday, July 16, 2015

