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VOLUME 6 EDITION 30

Stonewall Teulon Tribune

THURSDAY,
JULY 23, 2015

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Moving to the beat of the summer sun



TRIBUNE PHOTO BY JO-ANNE PROCTER

Teulon's Green Acres Arts Centre held their summer dance camp last week. The three- to seven-year-old group show off their moves on the outdoor stage last Friday to wrap up their week of lessons. Pictured from left, Christine Kim, Alivia Robertson, Ainsleigh Hutchinson, Jill Demianiw, Charlee Tronrud, Kara Powroznik and Vayha Willis. Missing Zachary Christensen.

By Stefanie Lasuik

A group of students danced their hearts out last week as a part of the Green Acres Arts Centre (GAAC) Summer Dance camp in Teulon. In total, 15 children aged three to 12 stepped into the recreational camp from July 13 to 17.

The camp, taught by Royal Dance Conservatory director Jill Demianiw, enabled the younger participants to learn jazz, hip hop and ballet while teaching the older kids lyrical, hip hop, Havana and jazz.

The group of three- to seven-year-olds also perfected their fine arts skills during a craft session and engaged in song and games.

The older students, aged eight to 12, learned acro tricks and choreographed their own dances, which they performed on July 17.

Demianiw explained that the goals of the camp are multifold. Not only does it provide the community and surrounding areas with a creative outlet for students of various ages, but it allows them to try a new art form, to continue fulfilling their passion, to make friends and to be physically active.

Demianiw now looks forward to the competitive dance camp set for July 27-31 at the G.A.A.C. and the centre's dance program to begin in the fall.

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A night out at the Stonewall library



With the lights turned off and regular operating hours over, dozens of children aged six to 10 years old took over South Interlake Regional Library Stonewall branch last Thursday. Under the watchful eyes of branch librarians, the children took part in a variety of fun activities including an obstacle course lit by glow sticks, arts and crafts, and stories read around a camp fire. The next Night at the Library will be held Aug. 13 from 8 to 11 p.m. To participate in the fun evening, register at the circulation desk at the Stonewall library. First picture from left is Ava; middle photo is Hayley, Jenna, Rena and Abigail; and far right photo is Rowyn.

TRIBUNE PHOTOS BY NATASHA TERSIGNI

Mushrooms a delicious treat, risky hobby

By Stefanie Lasuik

Foraging mushrooms can be an enjoyable hobby and a delight to one's cooking, but it can also be dangerous and even lethal.

A new report out of the Canadian Medical Association highlights this fact after a 52-year-old woman in Ontario underwent a liver transplant due to ingesting the wrong mushroom.

Craig Bailey, a nature interpreter at Oak Hammock Marsh, outlined the risks of foraging mushrooms. He explained that one's reaction to a particular mushroom depends on both the mushroom itself and on one's own physiology. There are, however, many toxic mushrooms in the area that the forager is wise to stay clear of.

Amanitas, destroying angels and false morels are all mushrooms that contain toxins, the most dangerous of which is the white and seemingly delicate destroying angel. False morels and amanitas bear strong resemblance to edible mushrooms, namely morels and other members of the amanitas genus and therefore pose great risk to foragers as well.

Bailey advises amateur foragers to always pick mushrooms with someone who holds experience in foraging instead of relying on a field guide, which,

although helpful, provides only a narrow scope for identification. The pictures in a guide are typically from a single angle, and mushrooms that grow in the wild can end up looking far different than a single picture snapped elsewhere.

Another foraging method lies in the tool of printing. If foragers can have the patience to dry mushrooms and make prints of them, they can identify them with far better accuracy, Bailey said. He stressed that patience and diligence are important traits for any forager.

As a mushroom forager himself, Bailey knows the benefits that come from the activity and says it can even provoke an adrenaline rush, in addition to creating great soups. However, he knows that inexperienced foragers can convince themselves quite



Craig Bailey with false morels.

easily that they've made a correct identification, and therefore it is always best to forage with an expert.

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WCI Class of '70 celebrates 45 years



TRIBUNE PHOTOS SUBMITTED

Classmates of 1970, teachers and spouses gathered July 18-19 to reminisce about their years together at Warren Collegiate Institute. On Saturday, the South Interlake Golf & Country Club was the scene of a Texas Scramble golf tournament, followed by a buffet supper and Trivia Contest for all attendees, who came from as far away as Victoria, B.C. On Sunday, the fun continued with a catered lunch and plenty of visiting at the home of Marilyn and Bob Stewart in Stonewall. Plans are underway for the 50th anniversary celebration in 2020. Above, the WCI Class of '70.

Rock solid summer camp fun for everyone

By Stefanie Lasuik

July 13 to 17 was a fun-filled week for the children taking part in Quarry Park's day camp for kids. Approximately 20 children aged five to 11 came together to explore nature, to have fun in the sun and to compete in various sporting activities.

The kids had a ball hunting for fossils in Quarry Park, squaring off in a mini-Olympics and making waves at Kinsmen Lake.

For the camp's grand finale, counsellor Alex Ransom led the kids in science projects, constructing small rockets and concocting slime.

For Ransom, the goal of the camp was for attendees to have fun, which the kids did in an environment of multi-themed activity and togetherness.

The next Quarry Park day camp will take place from Aug. 10 to 14, when the themes will be fossils, Hollywood, camping and fun in the sun. The camp will be geared towards five- to 12-year-olds and costs \$75 for the week. Single-day registrations are also available for \$25, and interested campers can contact the Quarry Park Heritage Arts Centre at 204-467-7980 for more information or to register.



TRIBUNE PHOTO BY STEFANIE LASUIK
A slime experiment had everyone bubbling on the final day of Quarry Park's day camp for kids.




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The children are taking over the jungle

By Natasha Tersigni

After 13 years of owning and operating Stonewall's hot spot for birthday parties and laser tag fun, Bernice Letkeman and husband, Don, decided it was time for a change and to sell their business, Laser Jungle. To find new owners, they did not have to look far.

Two of their children, Taylor and Colton, who have been involved in the business since its inception in 2002, decided to purchase Laser Jungle from their parents and keep the business in the family.

"It still will be a family run business. Colton and Taylor have purchased it as of July 1. They plan on keeping all the really good traditions that we have going on in the business that we created but also have a lot of new spins on different things," said Bernice.

Both Taylor and Colton have an interest in business and have worked at Laser Jungle since they were in Grade 9, including Taylor managing the business this past year.

This fall, Taylor will be going into her second year of business administration at Red River College where she will continue to learn more of the technical aspects of running a business such as book keeping and human resources. Colton will be starting a joint business program with Red River College and University of Manitoba with plans to become an accountant.

While some might see their age as a hindrance to run a business, in this line of work, they say it is an asset. "It is not about age; it is about experience," said Colton, who has worked at Laser Jungle for the past four years while going to high school.



TRIBUNE PHOTO BY NATASHA TERSIGNI
Brother and sister team Colton (pictured left) and Taylor Letkeman have purchased Laser Jungle in Stonewall from their parents and have been the official co-owners since July 1.

He added he enjoys working with the kids and is excited for the opportunity for his first business, a job he knows well.

The duo doesn't plan on making any drastic changes to the business, which boasts an 18-minute laser tag game that is the longest regular play laser

tag game in Canada. Laser Jungle also specializes in private birthday parties and team functions, something that no other laser tag establishment offers in Manitoba.

"For private parties, we make it so that guests play with their own invited players. No public is let in. We have found, over the years, the parties are a tradition for families," said Colton, who added that the facility accommodates 25 players at one time.

One addition to the business the new co-owners have added is bringing in pet ferrets.

Colton, who has raised ferrets since he was 12, decided to bring two of the family's pets, Sugar Pie and Honey Bunch, to work. For the past two months, they have been living at Laser Jungle and have turned out to be a great attraction for the kids.

"They're great for the children because they pretty much have rubber-like spines so they can't get hurt and they love being picked up and held," said Taylor.

For birthday parties, the birthday girl or boy gets the honour of holding their choice of ferret while their party guests pet them.

"It makes the birthday person feel so special. Kids and animals go so well together and it has been well received so this will now be their permanent home. They have been a really cute addition to this place," said Bernice.

To launch the new face of Laser Jungle, Taylor and Colton will hold a Grand Re-Opening event on Thursday, Aug. 6 with a laser tag game costing \$1.99 and \$3 games for the following three Thursdays in August. Laser Jungle is located at 331 First St. East in Stonewall. For more information, visit laserjungle.com.

With myths like these, who needs enemies?

By Stefanie Lasuik

The sun is out, and for many Manitobans that means working on a sweet tan that will prompt compliments from friends. It is, however, true that the rate of skin cancer continues to rise and according to the Canadian Skin Cancer Foundation, this number sits at one in six for those born in the 1990s.

Although skin cancer is the most common cancer, it is also the most

preventable. Unfortunately, several myths exist surrounding the use of sunscreen that work to dissuade people from using it or using it properly.

A commonly held belief is that having a base tan, or having previously built up one's tan, will protect one in future sun exposure. Dr. Davinder Singh of the Interlake-Eastern Regional Health Authority (RHA) chalks this one up under the myth category.

"A base tan reducing the risk of any of the negative health consequences of UV

exposure is a myth," Singh said.

Instead, Singh explained that the way to protect oneself from harmful UV rays is with sunglasses, a hat, covering clothing and a sunscreen at a minimum SPF of 15. He recommends a minimum SPF of 30 for those who work outdoors or who will be spending the day outside.

Another misconception is the 20-minute duration between the application and protection of sunscreen. Singh confirmed that sunscreen begins to work from the moment it touches one's skin. The 20 minutes is

the time it typically takes for total absorption and the complete protection printed on the sunscreen's label.

The sunscreen's label should also be checked for the types of UV radiation it protects against. Singh advised consumers to ensure the product has both UVA and UVB protection, which is often referred to as "broad spectrum."

Even days when the sky is hidden in cloud cover can provoke strong UV index readings.

"The UV index is kind of independent of whether there's cloud or there's not cloud," explained Singh, noting that an index of over three is a cue to lather on the recommended 30 millilitres of sunscreen and to keep applying every two hours or as needed.

Sunscreen works by absorbing UV radiation and converting it to heat and by scattering the light to prevent the UV rays from damaging the skin. This summer, sunscreen can work to keep Manitobans sun safe and healthy if it is not forgotten or overlooked as untimely or unnecessary.

Laser Jungle Mark your calendar... **\$1.99** Laser Tag Games

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Municipal board rules risk assessment not a requirement

By Natasha Tersigni

Despite some residents' disapproval, the Municipal Board of Manitoba has ruled that the fuel tanks in Warren's industrial park do not need to be moved and an additional risk assessment is not required for developers to be able to build in the industrial park.

It has been a hot topic for the RM of Woodlands ever since council passed a resolution to allow bulk storage tanks in Warren's industrial park. Some RM of Woodlands residents — including Bill Fleury, who was a councillor for the RM from 2002 to 2010 and ran for reeve against Trevor King in 2014 — felt that the bulk storage tanks were placed in the wrong location and are too close to the town.

"Failure to follow proper procedure and bylaws of the municipality has put us in serious liability. Locating the bulk fuel tanks in the industrial park was a huge mistake. If our development plan bylaw and proper procedures had been followed, then the tank sight would have been placed

elsewhere," Fleury told the *Tribune* during the municipal election campaign last fall.

When the RM of Woodlands went to pass their new zoning bylaws in the summer of 2014, something that is done every few years as a review, Fleury objected to the bylaw, saying it needed to be amended so that a risk assessment must be done before anyone builds in the industrial park.

The objection was sent to the Municipal Board of Manitoba, a quasi-judicial tribunal charged with the duty of reviewing legislation appeals and imposing duties and responsibilities with regards to provincial legislation, and a hearing was held on May 26.

A month later, on June 25, the municipal board sent out their decision that a risk assessment is not required.

The municipal board decided that the "council may impose such setbacks and requirements as it deems necessary and may require a risk assessment from the developer as part of its consideration."



TRIBUNE PHOTO BY NATASHA TERSIGNI

It has been decided by the Municipal Board of Manitoba that the RM of Woodlands council may impose that a risk assessment has to be done before building near the industrial bulk fuel tanks located in the Warren industrial park. Residents in the RM appealed a previous decision and wanted the risk assessment requirement to be written into the RM's zoning bylaws.

With the official decision made, the RM of Woodlands council passed the third reading of the zoning bylaws at their council meeting on July 14.

"(The board ruling) is favourable for the municipality as long as we do

our due diligence when considering setbacks to any development around there. We have done our due diligence in the past and will continue to in the future," said RM of Woodlands Reeve Trevor King.

Dutch Elm disease programs put on hold due to lack of funding

By Natasha Tersigni

The Town of Teulon has decided that this year they will not be running a Dutch Elm Disease Management Program and they are not alone.

With considerable reduction in provincial funding, many municipalities are scaling back or not conducting any Dutch elm disease programs this year because the costs are just too high. Programs to combat Dutch elm including basal spraying and injection of public elm trees, tree pruning and tree removal.

Starting in 2015, the Manitoba Conservation and Water Stewardship has advised that the reimbursement for removing a tree with Dutch elm will only be \$180.32 per tree. The average cost of removing diseased elm trees is \$700 to \$1,000 per tree.

"The town will not do much this year because we are supposed to be taking

care of most of the (cost)," said Teulon Coun. Jim Dola.

"We are just going to let it slide for this year."

"A lot of municipalities have opted not to do programs as well," added Teulon Mayor Bert Campbell.

The lack of funding from the provincial government to support Dutch elm programs is an issue that Association of Manitoba Municipalities (AMM) has been lobbying for. They want the province to maintain the removal of the diseased elm trees to remain as a provincial responsibility under the Community Cost Sharing Agreements or provide funding of the Dutch Elm Disease Management Program to allow for the removal of the diseased elm trees by the communities at 100 per cent cost recovery.

"There are some municipalities in the Interlake that are having a real

problem with Dutch elm disease," said AMM Interlake director Trevor King.

"Running Dutch elm programs are just too big of an expensive for municipalities, so I am sure some of them are electing not to do a program."

Dutch elm disease affects elm trees of any age and is caused by a fungus

that is spread by the elm bark beetle. In order to protect trees, preventative measures, including basal spraying and injection, are done on trees that are infected with the disease. Given the size of elms, removal of an infected tree is done as a last resort and is conducted by a certified arborist.

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EDITORIAL > VIEWPOINTS > LETTERS



RCMP warning public of phone scams

By Natasha Tersigni

Over the past week, the Stonewall RCMP detachment has received dozens of calls from concerned citizens. They are reporting that they have been receiving telephone calls from individuals purporting to be from the Canada Revenue Agency (CRA). The caller typically tells the citizen that taxes are owed to the CRA. They go on to say that if the taxes are not paid immediately, that the CRA will issue a warrant of arrest for them. Often the caller also asks for the person's Social Insurance Number (SIN) to confirm their file. If the citizen asks for a manager a second caller will be on the phone. CRA is warning that this is a scam and that they do not make phone calls to taxpayers for information.

Four residents of Teulon has reported

this scam to the Teulon and District Senior Resource Council and the coordinator Barb Mankewich is taking steps to ensure residents keep their money and personal information safe.

"The main piece of information these callers are looking for is your SIN. They threaten you with criminal action and they tell you that you have done something fraudulent on your taxes and it is a criminal act and that you owe this much money and if you don't pay by the end of the day they are taking you to court," said Mankewich who added that the callers didn't know the person's mailing address they only know their physical address.

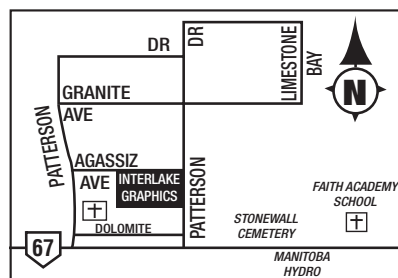
"We are advising people that Revenue Canada does not make phone calls."

A second phone scam that was re-

ported to the resource council last week was that a person pretending to be from Manitoba Hydro called a Teulon resident and told them that if they did not pay their outstanding bill their power would be cut-off by the end of the day. For this the caller is asking for credit card numbers. Again, Mankewich is warning residents that Manitoba Hydro does not make phone calls and that if you receive a call to not give out any information and to hang up. For more information about Fraud Scams involving the CRA, visit the Canada Revenue Web page at www.cra-arc.gc.ca/ntcs/bwr-eng.html.

Should you receive any of these calls, please report the incident to the Canadian Anti-Fraud Centre either at their website or by calling 1-888-495-8501.

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Retired guns give retrievers a run in Balmoral

By Patricia Barrett

There's no saying how the dogs felt about birds straight from the freezer rather than the sky or what they thought of the "fake" reports echoing across the test field. One thing was certain, though: they were eager to retrieve.

Fifty-five dogs and their handlers braved high temperatures Monday to compete in the 2015 Canadian National Amateur Retriever Championship Stake hosted by the Manitoba Gun Dog Association club near Balmoral.

Although the retrieving instinct is something that's bred in the bone of gun dogs, it does require some nurturing, according to one seasoned dog handler.

"When they're eight weeks old, we throw socks to build up their excitement to retrieve," said Charlie Ross, who has been competing since he was 15. "Then we walk into shallow water with them, and they do their puppy splash."

Ross and his eight-year-old Labrador retriever, Pink, were among competitors from across Canada and the U.S. vying for the championship title.

"Qualifying for this is a privilege," said the 32-year-old dog handler, who spends his summers at the family home in Balmoral.

The six-day competition got underway early in the morning with a test called the "land triple with a retired gun." In total there are 10 tests, or in competition parlance, series. Each series measures a dog's overall discipline, control and wits. Triple refers to the number of birds and gun stations positioned in a field. Retired gun refers to the white-smocked shooters who fire one shot then duck for cover after they throw a bird up in the air.

The test challenges a dog's memory of where each bird has landed. From the handler's station situated about 175 yards away, the dog is allowed to watch the three birds plummet to the ground. Then he/she is sent into the field to collect them one by one.

Gun dog competitions are designed to simulate what happens during duck or pheasant hunting. If you weren't wise to the game, you'd think both the birds and the ammunition were live. But Canadian law prohibits competitors from shooting live birds. They come from the association's freezer instead and are thawed for competition.

Ross said the usual strategy is to send a dog after the last bird to fall because the dog "focuses on the spot where the shot is heard." He started

hunting ducks with Labradors when he was a boy. As a member of the gun dog club, he gets to practise on the grounds. That doesn't necessarily give him an advantage in the field, though.

"That can help you and hurt you," said Ross, who qualifies for the Nationals every year with Pink. "If you practise something here, and they [the officials] do something there, the dog might think, 'Oh, I'm used to going to this tree,' but the bird's not there."

If the dog forgets where a bird has dropped and quests blindly through the tall grass and scrub, the handler has to stop him.

"We have a stop whistle," said Ross, who has won his fair share of competitions. "Then we have to re-align the dog."

There are hand signals for that, said Larry Baker, who has been training gun dogs since 1976. When the dog hears the whistle, he stops and waits for a directional cue from his handler. But you shouldn't have to intervene in tests where the dog is allowed to watch a bird fall, he said.

Baker's four-year-old Labrador retriever, Mace, was raring to go when they stepped up to the handler's station early in the afternoon.

Retrievers, which in addition to Labradors include breeds such as the Chesapeake, the Nova Scotia Duck Tolling Retriever and Standard Poodles, are trained to be delicate with game birds.

"We start them with what are called training bumpers," said Baker, who lives in St. Andrews and serves as chairman of the amateur championship and director of the gun dog club. Then the dogs are moved on to ducks. "We teach them right at our side so they get very accustomed to holding the bird and not being rough with them."

The 70-year-old dog handler said retrievers know the difference between competition and real duck hunting.

"There isn't the pressure," he said, referring to hunting. "Big difference. They know what this is, I'll tell you!"

As the dogs bounded across one section of the vast test field, you could



TRIBUNE PHOTO BY PATRICIA BARRETT

Charlie Ross and his retriever Pink take a break near the training pond at the Manitoba Gun Dog Association's club.

hear them splashing in a creek. They certainly needed it. By three o'clock, the humidex had peaked at 35 degrees Celsius.



One couple had a special doggy-cooling waterbed rigged up in the back of their truck. Other dogs lay in the shade or in the air-conditioned comfort of their owners' campers which were parked shoulder-to-shoulder along one of the gravel roads bisecting the 160-acre property. A large reed-fringed training pond — for water tests later in the week — was also at the disposal of the canine contenders.

For Baker, the best part of the competition is "the thrill of watching a dog do something that is a very diffi-

cult retrieve, and they just amaze you and go out and do a wonderful job."

Baker and Ross are bound by more than a love of retrievers and past championship wins. Their dogs are kin. Pink is the mother of Mace. She advanced to Monday afternoon's second test — a "land blind," in which dogs aren't allowed to see where a bird goes down and have to be directed by their handlers. Mace bowed out after his run. The winner of Saturday's final took home the championship trophy and rosette.

For more information about gun dog competitions, visit the National Retriever Club of Canada at www.nrcc-canada.com.

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Upcoming federal election brings summer visits

Minister Bergen in Stonewall for funding announcements

By Natasha Tersigni

With a federal election planned for this fall, the Conservative party is using their summer break from Parliament Hill to get a jump-start on campaigning. On Monday, July 13, Candice Bergen, Minister of State for Social Development and Portage-Lisgar MP, travelled to Stonewall with Selkirk-Interlake MP James Bezan. During the whirlwind visit, the pair made funding announcements, met with local business owners and held a meet-and-greet for the area's constituents.

The first stop on the agenda for the duo was the Stonewall Town Hall. Accompanied by Stonewall Mayor Lockie McLean, Deputy Mayor Sandra Smith, councillors Clive Hinds and Jeff Levesque and Lakeside MLA Ralph Eichler, the visit was to announce Stonewall's 2015 Federal Gas Tax allocation of \$233,337. The town will be using the majority of the funds for the resurfacing project on 3rd Street West and for dust control measures on gravel roads.

"This is money that is welcomed. This is money that continues to support our communities and ensure that they are prosperous, productive and competitive. Vital infrastructure at municipal levels is key for overall economic prosperity in the country and the success in moving the economy forward," said Bezan.

Since its inception in 2006, the federal Gas Tax Fund annually allocates money to municipalities, by the province on a per-capita basis, which can be used for a variety of infrastructure projects including roads, recreation facilities, and sewer and water improvements.

After the town hall, Bergen and Bezan headed to a roundtable meeting with the Stonewall and District Chamber of Commerce executive and invited business owners. Taxation and supports for small busi-



TRIBUNE PHOTO BY NATASHA TERSIGNI

Selkirk-Interlake MP James Bezan and Minister of State for Social Development and Portage-Lisgar MP Candice Bergen announced that Stonewall's Royal Canadian Branch 52 will be receiving \$19,500 from the federal Enabling Accessibility Fund to install wheelchair accessible doors.

ness were the main points of discussion.

"These small businesses were very happy to hear in our latest budget that we announced we are going to be cutting the small business tax rate. It is at a current level of 11 per cent and we are going to be cutting it down to nine per cent," said Bergen.

"We talked about skills training and our Canada Jobs Grant whereby the federal government partners with the province and employers to help train individuals for the jobs that are available."

The third stop was at Stonewall's Royal Canadian Legion Branch 52 where funding of \$19,500 through the federal Enabling Accessibility Fund (EAF) was announced. The Legion will be using the money to install wheelchair accessible doors, allowing the facility to offer its program and services to veterans with disabilities.

"This is a fund that we announced and have provided since being elected. We provide \$15 million a year across the country to help make places more accessible for people with a variety of disabilities," said Bergen.

Monday's visit ended with an evening barbecue, where the MPs had a chance to speak with local constituents and spread their campaign message.

"During this election, the question people in Manitoba will be asking themselves is, 'Who do we want to lead this country when there is economic uncertainty and when there is uncertainty in terms of terrorism and safety?' We believe Canadians want proven, strong, principled leadership, which is what Prime Minister Stephen Harper has shown," said Bergen.

St. Laurent Arena golf tournament planned for August

By Jeff Ward

For the second straight year, the Frank Bruce Sr. Memorial Golf Tournament is asking residents of St. Laurent to help support the St. Laurent arena while celebrating a beloved family man.

Bruce Sr. was one of a small group of people who lead the plan to develop the St. Laurent Arena. It would take four years of hard work before the arena would be built in 1979. The golf tournament that is planned for Aug. 2 at the Manipogo Golf Course will not only serve to remember his efforts but to help raise money for arena improvements.

"We want to redo the changing rooms and showers in there and we

need about \$3,000 to get it started," said Jennifer Hofer, Bruce Sr's granddaughter and one of the organizers of the now annual tournament.

"Last year we made \$1,400, which we are holding on to until we can get enough to start the renovations. Mainly we just want people to come out have a good time playing golf, have a great meal and share some stories about my Pepere."

While campaigning for the arena, Bruce Sr. put up \$100 of his own money to show that he was serious about getting the project done. Convincing council and St. Laurent residents was no easy task, but he was driven by his passion for sports to get the job done.

Today St. Laurent enjoys a thriving

sports scene with not only the St. Laurent Phantoms but also the minor league team, the St. Laurent Lake Monsters, who won the Regional B Side banner after an undefeated season.

The arena is important to the area and is one of the main draws to the community.

"I don't know what I'd do with myself in the winter if we didn't have the arena. I know a lot of people feel the same way. It's important to the town and to our community. I grew up playing hockey there, so I'm going to do everything I can to help support it," said Hofer.

Registration is \$45 per person, which includes a dinner. The cost per team

is \$180 with 12 spots still available. If you're interested in participating in the tournament, call the Manipogo Golf Course at 204-646-2100.

There will be prizes handed out for best dressed team as well as longest drive and closest to the pin on certain holes.

"I DON'T KNOW WHAT I'D DO WITH MYSELF IN THE WINTER IF WE DIDN'T HAVE THE ARENA."

Teulon council talks road and lagoon repairs, culverts and more

By Natasha Tersigni
Crescent Creek Park

Residents of the town's Crescent Creek Park have complained that town residents are allowing their dogs to use the pond at Crescent Creek. The area is private property and is to be used by Crescent Creek residents only. Council has approved for additional signage to be erected to notify people that the area is for Crescent Creek residents only.

Lagoon Repairs

Two valves in the town's lagoon are not working properly, and engineering company Stantec will be conducting repairs once the cell where the valves are located is completely drained. In total, the lagoon has seven cells, and repairs will not affect sewer and drainage service for town residents. Costs for repairs are currently unknown.

Culvert denied

Developer Kirt Ansell has asked the town for permission to put in a culvert in the town's ditch so he can fill in the ditch and add four additional parking

stalls to his apartment complex currently being building at 149 First SE in town.

Council denied his request, stating that the parking stalls would be too close to the road.

"The cars will be sticking out on to the road way over the ditch and it was never in the plans. The original plans called for enough parking stalls, and we feel that is what he should be going with," said Mayor Burt Campbell.

Community Sponsorships

The council approved donations of \$1,000 for advertisement for the Teulon Truck and Tractor Pull to be held Aug. 15 and 16, \$250 to the South Interlake Regional Library Teulon branch to be used for summer reading programming and \$500 for the Teulon Ag Society to assist with Pumpkinfest to be held Sept. 26.

Secondary Suites

The town will look at amending their current zoning bylaw to allow secondary suites for private landowners. A secondary suite is a self-contained residential unit and can be in the basement or an above ground addi-



TRIBUNE PHOTO BY NATASHA TERSIGNI

After receiving complaints from Crescent Creek Park residents about people and their dogs using the pond area at the park, the town has agreed to add additional "Resident only" signage.

tion to the main dwelling such as a garden suite, a carriage suite or garage suite. Through a Manitoba Housing program, homeowners are eligible for up to \$35,000 from the provincial government to build a secondary suite onto their main residential dwelling. Currently the RM of Rockwood, RM of Rosser and the Town of Stonewall allow for secondary suites to be built,

on the condition that they get conditional use approval from council.

Road Construction

Maple Leaf Construction has been awarded the tender of \$45,890 for the road paving of 4th Avenue SW and a portion of Main Street near the Teulon Curling Club.

Teulon to saddle up for annual rodeo in August

By Stefanie Lasuik

Teulon's second annual rodeo since the event's 14-year absence promises to keep the ridin', tyin' and ropin' tradition going strong Aug. 22 and 23.

Organizers have activities planned all weekend and will look to maintain and strengthen rodeo spirit while providing unique entertainment for all.

On Saturday, a pancake breakfast will delight attendees followed by the town-wide parade, which will begin at Green Acres Park, march east down Fifth Avenue Southeast, continue north along Third Street Southeast, and turn down Beach Road before hitting Main Street back to the park.

A feature not to be missed will take place at 1 p.m. on Saturday, when the Manitoba Mounted Shooters show off a combination of athleticism, marksmanship and horsemanship. The shooters fire special blank ammunition from real 45-calibre pistols as they complete shooting patterns at top speeds.

There will be three heats of cow pony races followed by two heats of thoroughbred chariot races in the afternoon.

Dogs and puppies will also have

their time to shine during the Ruff House dog show at 3 p.m. outside the arena on Saturday.

Saturday will also see the first day of the Heartland rodeo events, taking place at 4 p.m. During intermission, attendees will be treated to the returning and popular eight-horse Clydesdale hitch. Ben Hur Thoroughbred Chariot Racing will also please the crowd, taking place after the rodeo when Roman style chariots and racers will race four horses abreast at high speeds.

Rodeo-goers will then be given the opportunity to hit the dance floor to Quinton Blair's sweet country and western melodies at the 18 and over dance from 8 p.m. until 1 a.m.

Sunday morning starts with a pancake breakfast and will set riders and fans up for the final day of racing, roping and wrestling. At 10 a.m., there will be a memorial 3D barrel race in honour of Tannis Panaschuk, the barrel racer who passed away from breast cancer several years ago, followed by Mutton busting and chariot racing before the rodeo resaddles in the afternoon.

The Clydesdale hitch and chariot races will return for Sunday's intermission and Ben Hur Thoroughbred Chariot Racing will again follow the rodeo.

The Teulon Rodeo gives to more than riders and attendees. Saturday's attendees are encouraged to bring a tin

for the bin for Teulon's Food Bank, and \$2 from every admission fee on Sunday is donated to CancerCare Manitoba.

High point belt buckles will be given out this year to the weekend's top cowgirls and cowboys.

Despite rainy conditions last year, the first rodeo in the event's 14-year absence was a success. With residents pleased the rodeo is back in town and with any weather luck, this year's rodeo promises a fantastic weekend for all.

There is gate admission for the event but children under six are free.

More information can be found online at teulonrodeo.com.

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ALL ARE WELCOME

Winnipeg Fringe show features Stonewall talent

By Natasha Tersigni

Winnipeg's Dramatic Theatre Company's fun family-friendly Cinderella adaptation currently running during the Winnipeg Fringe Festival has many local talents taking the stage.

The show, *Cinderella or The Story of Bigfoot*, is a hilarious '80s-style adaptation of the classic Cinderella story. Using a Corvette instead a pumpkin carriage, casting a Fairy God Dude rather than a Fairy Godmother and having Cinderella wear shoe boxes to the ball because her size 23 feet do not fit anything else are just a few examples of how the adaptation had audience members howling with laughter during the show's debut performance on July 16.

"It is basically the story of Cinderella but she has really big feet. The Fairy God Dude gives her shoeboxes to wear instead of slippers," said director Justin Danyluk.

"It is a show about being happy with who you are, no matter if you have big feet, small feet, are tall or small; there is place for you in the world. It is a feel-good show."

Another way Danyluk was able to bring the performance to life was through great casting both on and off stage. The wide array of on stage talent in the main roles includes Stonewall residents Bethany Cooke as the ugly stepsister Beulah LaGrande and Andrew Perrie as the Fairy God Dude's assistant Junior. As well, Andrew's triplet brothers Graeme and Gabe were cast in supporting roles as dancers during the ballroom scene and their sister Victoria is the technical director for the company.

For Cooke, who has a Bachelor's of Arts in Theatre from the University of Winnipeg, she is an old pro at performing at Fringe Festivals. Along with being cast regularly for Dramatic Theatre Company's main stage performances, Cooke has performed at four Fringe festivals. She said her passion for the stage keeps her coming back year after year.

"I like acting it is really fun and people listen to me when I am on stage. I like making people laugh," said Cooke.

For the Perrie triplets, who will be entering Grade 7 next year at École Stonewall Centennial School, the Winnipeg Fringe Festival is another opportunity for them to get on stage experience, thanks to their sister Victoria who often gets the trio roles in the Dramatic Theatre's production to give them more on stage experience. Andrew, Gabe and Graeme have been acting for four years and enjoy the fun atmosphere that on stage acting brings.

"It gives you the freedom to be weird and fun," said Graeme.

"You don't get judged when you're on stage. You don't laugh at the actors; you laugh with them," added Andrew.

There is still time left to attend *Cinderella or The Story of Big Foot* during this year's Fringe. Playing at RMTC Tom Hendry Warehouse there will be a performance Thursday, July 23 at 1:45 p.m. with the final performance on Saturday, July 25 at 12 p.m. Tickets can be purchased at the door and are \$10 for adults and \$8 for youth 12 and under.



TRIBUNE PHOTO BY NATASHA TERSIGNI

Stonewall residents shined during this year's Winnipeg Fringe Festival show *Cinderella or The Story of Big Foot*. Local talent included back row, left to right: Graeme, Victoria and Gabe Perrie. Bethany Cooke (front left) was cast as the Cinderella's ugly stepsister Beulah LaGrande and Andrew Perrie (front right) played Junior, the Fairy God Dude's assistant.

Odd Job squad bbq

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TRIBUNE PHOTO BY STEPHANIE DUNCAN

Stonewall's Manitoba Youth Job Centre's Odd Job Squad held a barbecue lunch outside of Inview Insurance last Monday. Colton Bork and Katie Jongstra sold hotdogs, chips and a cold pop to (from left) Terese Moore, Elisee Moore and Allison Kibsey while Paolo Punzal, youth engagement leader, looked on. The MYJC can be reached at 204-467-7920 if you are looking for a job or to hire an employee.

Christmas in July



TRIBUNE PHOTO BY NATASHA TERSIGNI

There was no white stuff or -30 degree C. temperatures, but the decorations were all hung with care while carols were sung and residents of Stonewall's Crocus Manor feasted on turkey. To celebrate the spirit of Christmas all year long, the residents held a potluck Christmas dinner with all the trimmings on July 15. Complete with a present exchange, the day was organized by the manor's recreation co-ordinator Lorraine Laroche and was to remind everyone the season of goodwill does not just have to be celebrated and remembered in December.

Washing cars for cash



TRIBUNE PHOTO BY JO-ANNE PROCTER

Cars and trucks lined up in Teulon for a good cleaning last Friday at Teulon's Odd Job Squad Car Wash. Pictured left to right, Reanna Moore, Liam Smith, Clay Kirschman and James Hammerling spent the noon hour washing vehicles. To hire the Teulon Odd Job Squad to help out with jobs around the yard or business, call Nicole Murray at 204-886-3588.

Southside Service moves down the family tree




TRIBUNE PHOTO BY JO-ANNE PROCTER

After 41 years in the automotive business, Larry and Pat Corbin have officially handed over the keys to Southside Service in Stonewall to their son, Shawn, and his wife, Martha.

Larry took after his own father when he embarked on the route of becoming a mechanic, then saw his son follow in his footsteps. Shawn has been working alongside his dad since high school. He completed the four-year apprenticeship program at Red River College while apprenticing at Larry's shop and then continued to work at Southside Service after graduation. For Shawn, becoming a mechanic was something he always knew he would do. Larry and Pat's daughter Angie was also involved with the service shop, where she used to pump gas. Larry's wife, Pat, ran the front office for Southside for the past 41 years, and it is now a task Martha plans to take over eventually. Martha and Shawn's daughter, Erin, are also Southside Service employees. When Southside Service opened under Larry's ownership, the station contained gas pumps, which have since been removed. But moving forward, Shawn does not foresee any major alterations.

"We're just going to keep doing things the way they've been done. We won't make any drastic changes by any means because it's been working so far," Shawn explained.



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Stonewall rider excels at Beach Party Horse Show

By Jeannie Walsh

A Stonewall rider excelled at the Manitoba Hunter Jumper Horse Association Beach Party Horse Show at the Red River Exhibition Grounds earlier this month, taking home the Pony Jumper Championship title.

Mae Pinniger began riding at age eight, when she joined the local Pony Club at Quarry Ridge Farms outside of Stonewall. The facility is owned by Catherine McCullagh, whose encouraging coaching methods over the past 16 years has resulted in solid, confident riders of all ages. Over the last several years, McCullagh was joined in riding instruction by Jessi Good of Argyle, who is also a very positive coach.

Pinniger took part in many of the jumping clinics offered at Quarry Ridge by competent instructors such as Terry Klassen of Winnipeg and Kareena Harvey, who flew in from B.C. twice a year to teach.

For those with a bent towards dressage, Marilee Moss of Stonewall, who holds international credentials, has provided top-notch dressage classes. Pinniger took part in Moss's fun horse-handling clinics. The Pony Club program is very thorough and offers

book learning in a way that is enjoyable for kids, stable management instruction and qualified coaches who can teach beginner riders up to high level jumping competition. Participants who have progressed through the Pony Club Levels D to A may remain in Pony Club up to age 25, and these Pony Club graduates are invaluable in passing their skills along to the younger members.

Pinniger, who has achieved her Level C1 in Pony Club through Quarry Ridge, willingly gave of her time over the past winter to help one of the Junior Pony Clubbers one night a week with her book learning.

Pinniger officially got the horse show bug after entering the local Stonewall Fair in the spring of 2014. Pinniger attended as many Manitoba Hunter Jumper Shows as possible over that summer, including Heart of the Continent in July at Red River Exhibition Show Grounds, a big show that draws many riders from outside Manitoba come to compete.

One of the classes Pinniger entered was Open 2.6" Evergreen Hunter class and she won a sixth place ribbon against 19 other very experienced competitors who were riding mostly



TRIBUNE PHOTO BY MARGIE FORBES

Mae Pinniger and her Connemara mare, Kestrel Fair's May Girl, soar over a jump at the Manitoba Hunter Jumper Horse Association Beach Party Horse Show at the Red River Exhibition Grounds earlier this month.

horses — quite an achievement for a young rider who was competing on a green (inexperienced) 14-1-1/2hh Connemara pony.

Pinniger and her Connemara mare, Kestrel Fair's May Girl, continued to improve, taking home a silver medal in the Special Medal class at the MHJA/Pony Club Championships. The Special Medal class demonstrates riding skill both on the flat and in jumping and all three medals in the class were claimed by Connemara riders. William Wainwright on Drogheda Captain Cricket took gold while Avery Schneider on Drogheda Cassey took the bronze medal.

Pinniger's continued riding successes resulted in her receiving an encouragement award from the Manitoba Hunter Jumper Association at their prestigious annual awards banquet and dance held at the Viscount Gort in Winnipeg.

There was a good turnout of riders for the annual Beach Party Horse Show that was held July 3-5 at Red River Exhibition Show Grounds. "Beach Party" refers to a relaxed dress code and a fun atmosphere. Riders are encouraged to wear a beach-style, colourful shirt — no jackets required. The division champions are given beach buck-

ets filled with beach-themed prizes.

Pinniger, 14, had a very successful weekend of competition, taking 5th Junior B on the Flat, 4th Junior B over fences, two 2nd place ribbons in Pony Hunter under saddle, 2nd in Pony Hunter Special, two 1st place ribbons in Pony Hunter, 6th in 2.6" Low Schooling Hunter and 1st in 2.6" Low Schooling Jumper. Mae and Connemara mare Kestrel Fair's May Girl further demonstrated Pony Power by earning a second place finish in 2.6" Evergreen Junior Hunters. The other 17 contestants were mostly on horses.

You might think that Spruce Meadows, Calgary, Alta., is the only place to see a nail-biting jump-off, but you would be quite mistaken. The 2.6" Pony Jumper Class held on the final day of competition required a lot of skill and speed. Knocking down a jump carries a penalty of four jumping faults. Mae qualified for a jump-off that kept pony fans on the edge of their seats as riders increased their speed. The two Connemara riders claimed 1st and 2nd.

Nine-year-old Kirstin Seeley riding Connemara gelding Drogheda Cassey won the second place ribbon. Pinniger and May Girl were declared the Pony Jumper Champions.

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Stonewall blossoms for Communities in Bloom judging

Stonewall competes at national level for first time

By Stefanie Lasuik

The Communities in Bloom Committee members, town staff, South Interlake Garden Club, REACT, Love Stonewall, Jasperson's Greenhouse, countless volunteers and Stonewall citizens designed, planted, weeded, watered and trimmed, and, on July 16 to 18, saw all their efforts come to fruition, when the national judges of Communities in Bloom (CIB) came to town.

Stonewall's first time competing at the national level pitted them up against towns similar in size whose populations range from 4,501 to 9,000 including Bay Roberts, Nfld.; Carbonear, Nfld.; Humboldt, Sask.; Kindersley, Sask.; Perth, Ont.; and Vegreville, Alta.

The town rose to the occasion, exhibiting colourful and multifarious flowers, neatly cut lawns, and immaculate sidewalks, all of which impressed national judges Brad Beatty and Lorraine Flanigan.

After arriving on Thursday, this year's national CIB judges were welcomed with a ceremony at the Sunova Curling Rink. They toured the VMSC and Cooke Field Soccer Pitch, Home Hardware and Pat and Larry Corbin's home at 473 First St. East to get a taste of Stonewall's beauty.

The beauty of the town is not based on flowers and landscaping alone but tidiness, environmental action, heritage conservation and urban forestry, all of which weigh into the CIB judges' evaluation.

Friday's tour began by raising eyebrows in the environmental action category. A walk-through of Lloyd Jensen's Backyard Composting program had judge Lorraine Flanigan revelling in delight.

"This is amazing what you've accomplished, just amazing," Flanigan said of the program Jensen acclaimed as the top in Manitoba.

Catherine Precourt and Allan Webb demonstrated Stonewall's rich heritage and efforts in conservation throughout the Town Heritage Walk, when the judges visited the former Quarry Park manager's house at 190 Main St., Stonewall's first municipal building on 283 Second Ave. North, the former Knox Presbyterian Church, Memorial Park, the former McConkey's Store and Town Hall.

The judges were then invited into the house where the youngest recipient



TRIBUNE PHOTOS BY STEFANIE LASUIK

Pictured left to right: Sandra Smith, Dustin Davidson, Anne Burns, Pat Corbin, Brad Beatty and Lorraine Flanigan cheers to a successful day of touring Stonewall's beauty in bloom on hosts Verna and Rod Kakowchuk's patio.



Lloyd Jensen shows off his compost filtering system to the judges during the C.I.B. tour on Friday.

of the Victoria Cross, Alan McLeod, once lived, which now doubles as the popular McLeod Tea House. After homemade iced tea and sandwiches, the tour continued to validate the previous years' top scores in five bloom ratings.

From wild flowers in Ruby Roe to the neatly cut Fines field, the campgrounds and the sqwalks of Quarry Ridge Park, the town of Stonewall pulsed with diversity, citizen care, conservation and vibrant life.

Other sites visited included the William Kurelek Monument, the Town of Stonewall signage, the Veterans' Floral Display, the Community Vegetable Garden, 721 Third St. West, 342

Fourth St. East, 459 Fourth Ave. North, 25 Keith Cosens Dr., and the Quarry Park Heritage Arts Centre.

Judge Brad Beatty was impressed.

"I have really been impressed with the incredible gardens, both through the municipality and the home tours. The tidiness of the community is fantastic. The pride of the community just resonates. You've got lots of amazing culture as well," he explained.

Such an impression could never have formed without a total town effort, Deputy Mayor Sandra Smith said.

"I'm absolutely thrilled with the way the town has come together, all the volunteer groups, the residents. I



Judge Lorraine Flanigan (left) revels in the excitement of fine compost at Lloyd Jensen's (right) backyard composting program.

mean, you can just tell from driving around today, everyone has stepped it up."

The town will have to wait until Oct. 3 for the results of the national competition, but, as Ralph Eichler said, the community cannot lose.

"It doesn't matter if we win whenever the finals come out in October because we've already won and you can be so proud of what you've accomplished," said Eichler, noting that with each new event and visitor to Stonewall, the town can show off over and over again.

Community support shines through for local family

Kaylee Atchison-Heaps' medical fund grows past the \$25,000 mark

By Stefanie Lasuik

Uncertainty and hardship have faced Kaylee Atchison-Heaps and her parents, Rick Heaps and Deanna Atchison, in the wake of a rare genetic disorder doctors have never seen before. In hopes of alleviating some of the family's worries, the community has mobilized to provide support, filling Kaylee's "gofundme" page with \$25,118 and counting.

The three-year-old from Warren has endured countless hospital visits, including a stay in the Pediatric Intensive Care Unit, after becoming unable to walk or talk shortly after her second birthday. After countless tests and visits to the hospital, doctors discovered that Kaylee has a rare mutation on gene HNRNPK, which ordinarily helps the body cope with stress. Because doctors have never seen a mutation in this gene, they do not know how to approach her case. Kaylee's medication is consistently altered to help relieve side effects, such as seizures and constant sleeping.

When Kaylee's cousin, Amy Freeman, set up a gofundme page in Kaylee's name in April, she could not have predicted the outpouring of support the family would receive. She

hoped the page would generate a few hundred for Kaylee's parents, who were spending \$265 every two weeks on Kaylee's medication and seeking ways to transport Kaylee safely.

"A couple hundred would have been fantastic," Freeman said, noting that any little bit helps.

Instead, 177 individuals, families, organizations and anonymous donors have bolstered Kaylee's Medical Fund to its current peak of \$25,118.

With the fund, Kaylee's family has been able to install a screen around their deck in order to keep the mosquitoes away from Kaylee while allowing her to go outside. Without the screen, it was difficult for Kaylee to leave the house because a mosquito bite worsens her condition.

The family has also purchased a modified swing for Kaylee and a special needs stroller for transportation. As Kaylee grows, the family will need to install a bigger bathtub as well.

The donors who contributed to Kaylee's Medical Fund are greatly appreciated by the family. For Kaylee's family, the community support has been amazing.

"It's meant more than any of us can

"IT'S MEANT MORE THAN ANY OF US CAN EVER DESCRIBE."



TRIBUNE PHOTO SUBMITTED

Kaylee enjoys some time outside on the swing purchased with the support of the community.

ever describe to know that we have that support from the community and even people that we don't know," Freeman said.

As the family continues to wait on more test results, they maintain hope

for a cure.

"It's hard some days, but we all just hope for the best and hope that something will come up, that something will work," Freeman explained.



CIB Yard of the Week

TRIBUNE PHOTO BY JO-ANNE PROCTER

Valerie and Lorne Harman, pictured with their dogs Cocoa and Oliver, were very humbled to receive the honour of the third Communities in Bloom Yard of the Week. The couple have been living at 3 Gray St. since 1991 and have many perennials filling the front flower beds including day lilies, lilies, delphiniums and daisies. The back yard is decorated with more perennials, annuals, herbs and a very lush vegetable garden. Lorne gives the gardening credit to his wife but is responsible for keeping the lawn manicured.

Yard of the Week runs during July and August, and the public and nominate a Stonewall yard by filling out a ballot at Stonewall Home Hardware.

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Ravioli Primavera Salad

Ingredients

1 package (9 ounces) Refrigerated Light Four Cheese Ravioli or Refrigerated Whole Wheat Four Cheese Ravioli
1 cup halved grape tomatoes (about 1/2 pint)
3 scallions, thinly sliced
3 medium peeled and diagonally sliced carrots (1/4 inch thick)
1/2 cup frozen peas, thawed
1/2 pound (fresh or frozen, thawed) peeled and deveined medium shrimp, tails removed, cooked
2 tablespoons red wine vinegar
2 tablespoons pesto with basil
1 clove garlic, finely minced
2 tablespoons extra virgin olive oil
1/4 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
Fresh baby spinach leaves (optional)

Preparation

PREPARE ravioli according to package directions for 7 to 9 minutes. Drain and rinse quickly with cold water; drain again.

COMBINE ravioli, grape tomatoes, scallions, carrots, peas and shrimp together in a large bowl.

WHISK together red wine vinegar, pesto and garlic. Slowly in a thin stream, whisk in olive oil until dressing is emulsified. Season with salt and pepper. Pour vinaigrette over ravioli mixture. Cover; refrigerate for 30 minutes prior to serving.

SERVE at room temperature over baby spinach leaves.

Makes 6 servings; Serving size: 1 cup

Italian Rotisserie Chicken Salad

Ingredients

2 heads romaine lettuce, torn
1 ounce basil, shredded
Salt and pepper
1/3 cup croutons
1/3 cup Italian vinaigrette dressing
2 cups rotisserie chicken, shredded
1 cup bocconcini (fresh mozzarella balls)
1/2 cup roasted red pepper strips, drained
1 cup kalamata or Italian olives (pitted)



Preparation

Toss lettuce with basil, salt, pepper, croutons and most of the dressing in large salad bowl.

Arrange the remaining ingredients across the top of the lettuce in sections. Offer the reserved dressing at the table.

Serves 4

Mexican Pasta Salad

Ingredients

3 cups (8 ounces) rotini pasta
1 (1.25-ounce) package taco seasoning mix
1/2 cup sour cream
1/4 cup water
1 tablespoon white vinegar
1 cup cherry tomato halves
1 (4-ounce) can diced green chiles
1/2 cup diced green bell pepper
1 (2.25-ounce) can sliced ripe olives, drained
2 green onions, sliced
2 taco shells, coarsely crushed
1/2 cup thick & chunky salsa
1/2 cup (2 ounces) shredded Cheddar cheese



Preparation

COOK rotini according to package directions (do not overcook); drain. Rinse with cold water until cooled; drain.

STIR together taco seasoning mix, sour cream, water and vinegar in large bowl until blended. Stir in rotini, cherry tomatoes, green chiles, bell pepper, olives and green onions.

MICROWAVE crushed taco shells on HIGH 30 to 45 seconds.

PLACE pasta in serving bowl. Top with salsa, crushed taco shells and cheese just before serving.

Tip: Taste salad before adding toppings. Stir in a little water for creamier texture. Use light or reduced-fat sour cream if preferred.

Makes 8 servings (3/4 cup each)

Berry Waldorf Salad

Ingredients

1 large apple, cored and diced
1/2 cup (125 mL) each quartered strawberries and blueberries
1/3 cup (75 mL) chopped walnuts or pecans
2/3 cup (150 mL) chopped celery
1/3 cup (75 mL) raisins or dried cranberries
1/2 cup (125 mL) plain 0% Greek yogurt
1 tsp (5 mL) each liquid honey and lemon juice
1/4 tsp (1 mL) ground cinnamon

Directions

In a large bowl, combine apple, strawberries, blueberries, walnuts, celery and raisins.



In a small bowl, whisk together yogurt, honey, lemon juice and cinnamon. Stir into apple mixture and stir gently to coat. Let stand for 10 minutes before serving.

Tip: If you love cinnamon feel free to increase it to 1/2 tsp (2 mL) in the recipe.

Prep time: 10 min | Cook time: 0 min

Makes: 8 servings

www.heartandstroke.mb.ca

Refine Your Limits Through Stretching!



If you were to compare yourself to a window, would your upward or outward opening motion occur with ease? Or with resistance (a series of well-aimed pushes,

pulls, curses, or perhaps even the jabs of a crowbar to get you moving in the right direction)?

Many individuals (me included) fall short of their goals. They are not focusing enough attention on bringing their minds and bodies into alignment and balance through self-awareness and self-discipline. Observe your cats or dogs. For them, stretching is a natural, comfortable, and easy part of their daily existence. For us, on the other hand, it often feels forced, awkward, or uncomfortable to stretch. Discomfort aside, stretching can be of great benefit to anyone who seeks to redefine their self and their limits.

When my husband and I viewed a computer video of Ballet (at a recent service of our local church, Teulon United), my mind returned to the classes I took with the Royal Contemporary Ballet in Winnipeg at about age six. I could see myself as I was back then (in my black ballet slippers and black bodysuit). I still recollect how to plié and how to move through certain positions with my arms and feet. Ballet offers a great way to develop flexibility and poise, an ability to move in a graceful manner, and helps to improve posture.

Yoga is an excellent type of exercise for extending your range of motion and has a calming and centering effect as well. Some of my nieces (in their twenties) have enjoyed taking Hot Yoga classes. I would obtain information on ways to prepare myself to safely exercise within the heated room. It is always good to get informed through a certified instructor as well as your qualified health professional before beginning any new exercise program.

Pilates is like Yoga except rather than holding each pose in a stationary manner, (as in Yoga), you move through each pose. There is a strong focus on the conditioning of your Core (abdominal muscles). This is also helpful in strengthening your back as these two muscle types are connected.

Five to ten minutes is the recommended time period allotted to limber up/warm up and to cool down the muscles (before and after engaging in physical activity). Whether short or long, your stretching sessions will draw you closer to your dreams!

~Irene Shaw~

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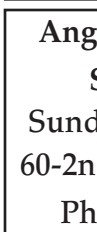
> FAITH



Teulon United Church
9:30 a.m. Teulon
11:15 a.m. Balmoral
Phone 886-2382



Stonewall United Church
369-1st Ave. N., Stonewall
Service and Sunday School
Sundays 10 a.m.
Phone 467-5469 (office)
www.stonewallunited.ca




**Anglican Parish of
St. Cyprian**
Sundays at 11:00 am
60-2nd St. S.E. Teulon
Phone 886-3203



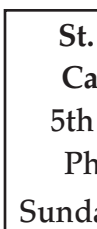
**Interlake Full
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Phone 886-2680



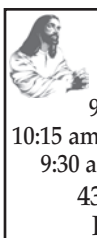
New Life Church
Sunday Service 10:30 a.m.
Sunday school 9:30 a.m.
Teulon 886-3269




St. Peter Lutheran Church
Sunday Service - 9:45 am
3rd Sunday is a 10:00 Service
PTH #7, Teulon 886-2159



**St. John Vianney
Catholic Church**
5th Ave SE Teulon
Phone 467-9016
Sunday Mass 11:30 am



**Anglican Church
of the Ascension**
9:00 am - Traditional Service
10:15 am - Choral Service & Sunday School
9:30 am - Wednesday Morning Prayer
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Phone 467-8466 (office)




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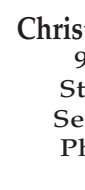
New Life Church
Sunday Services 10:00 am
Childcare for Nursery School to Gr. 4
1 km East on Hwy 67, Stonewall
Phone 467-5529 (office)




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Sundays
Hwy 6 + Rd 82,
Woodlands
Phone 467-5109



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Stony Mountain
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Phone 489-4847
or 344-5220



**Christ the King
Catholic Church**
Sunday Mass 10:00 a.m.
315-2nd St. E., Stonewall
Phone 467-9016

A FUTURE HOPE



Several years ago, millionaire Eugene Lang was asked to speak to a class of sixth-graders from East Harlem, New York. What could he say to inspire these students, most of whom would drop out of school? Scrapping his notes, he decided to speak to them from his heart. "Stay in school," he admonished, "and I'll help pay the college tuitions for every one of you."


That was a turning point. For the first time in their lives, these students had hope. One said, "I had something to look forward to, something waiting for me. It was a golden feeling." Nearly 90 percent of that class went on to graduate from high school.

Proverbs 23:18 says "there is surely a future hope for you, and your hope will not be cut off." People without hope are people without a future. But when hope is restored, life is restored. Proverbs 13:12 says "Hope deferred makes the heart sick, but a longing fulfilled is a tree of life." The dictionary says that hope is "an expectation that what one desires will happen."

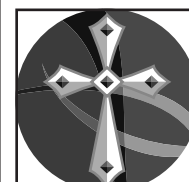
Everyone has dreams and desires for their life, but when these hopes are not met it is easy for a person to despair. It is easy to allow the situation of the moment to take away from any anticipation of the future.

Who is it that needs a word of encouragement? Who needs to be shown they are valued and accepted? Who needs to know they have what it takes? Who needs to know they are beautiful? Although you may not be a millionaire you do have the power to restore hope to someone who is down. Through your words, actions, and resources you have the power to help someone see what can be, not what is.

John Harrison
Executive Pastor
New Life Church, Stonewall
<http://johnharrison1.blogspot.com>




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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Blue Jays crowned provincial PeeWee champs

By Brian Bowman

Often times a coach will use the old cliché that it was a total team effort that resulted in their championship victory.

But, in the case of the Stonewall Blue Jays at the PeeWee "AA" baseball provincials in Hamiota last weekend, it truly was a great team effort.

And that excellence on the field from everyone in their lineup led Stonewall to its first-ever PeeWee "AA" provincial title after an exciting 11-7 victory over Morden in the championship game Sunday evening.

"When our top part of the order would go cold, then the kids in the bottom half would pick it up," said Stonewall coach Ryan Fines. "And then when the bottom half would go through (without a hit), then the top half would be smashing baseballs."

"It was a total team effort."

The Blue Jays trailed 4-0 against Morden when Colton Unger smacked a key double in the third inning that scored a pair of runs. Unger also had a single in the game and finished with 4 RBI.

"He was very clutch that game and our boys needed that," Fines said.

Hunter Olson started the game on the mound for Stonewall, throwing 85 pitches. Olson also had the Blue Jays' first hit of the game in the first inning.

"He did a heck of a job in the finals," Fines noted.

Matty Meier had the game-winning RBI for the Blue Jays, beating out a ground ball to first base.

The Blue Jays trailed by a run in the fifth inning before Liam Proven led off with a single that jumpstarted Stonewall's offence.

In Stonewall's semifinal matchup with Portage la Prairie, Stonewall cruised to a 9-5 win. Blue Jays' left-fielder Dylan Labossiere made a great catch in foul territory during an important stage of the game, Fines recalled.

"That was really neat to see," Fines said. "Plus, he had the game-winning RBI."

Thomas Waldner started on the mound for Stonewall, throwing 83 pitches before being relieved by Davis Fenske. Fenske came in with the bases loaded and one out in the fifth. He pitched the final 2 ½ innings and did a great job shutting down Portage.



TRIBUNE PHOTO BY LANA MEIER

The Stonewall Blue Jays won the Baseball Manitoba 13U 'AA' provincial championships in Hamiota over the weekend after defeating Morden 11-7 in the final. Pictured left to right, back row: Liam Proven, Ryan Fines (coach), Dylan Labossiere, Cody McMillan, Gary Fenske (coach), Colton Unger, Thomas Waldner, Hunter Olson, Bill Olson (coach), Cale Woods, Ian Proven (manager), Jake Unger; front row, Kian Bell, Davis Fenske, Chris Fines, Rhett Woods and Matthieu Meier.

Offensively, Cody McMillan hit a key sixth-inning triple for the Blue Jays. McMillan had a great at bat, fouling off pitches before smashing a triple to center-field to score a pair of runs.

"That gave us the lead again and I think it took a lot of pressure off of the boys," Fines said.

Stonewall started the provincials Friday afternoon with a convincing 16-4 win over Pembina North. Cale Woods earned the win as the starter and also helped his own cause by blasting a pair of triples.

Later that evening, the Blue Jays bashed Macdonald 13-4. Proven got the start on the mound for Stonewall and pitched real well.

On Saturday, games were shortened to five innings (due to poor weather) but that did not affect the Blue Jays one bit.

Stonewall shut out Bonivital 7-0, scoring four runs in the first inning. Chris Fines banged out a couple of

hits, including a double to start the game.

The Blue Jays' next game was a big one against Elkhorn, in a matchup of 3-0 teams.

Jake Unger was sensational on the hill for Stonewall, throwing a rare perfect game in an 8-0 win. The right-hander threw strikes consistently and kept the ball down. His defence behind him, meanwhile, was stellar as they made every play.

"It was pretty neat for him," Fines said. "I told the boys that they don't understand right now how crazy this is. I don't think that there were any hard hit balls the entire game."

Offensively Kian Bell led Stonewall with a triple and single.

In those two games Saturday, Stonewall's pitching was brilliant, giving up just one hit in 10 innings. The Blue Jays were also very good defensively, particularly catcher Rhett Woods.

Woods caught 30 innings last week-

end, allowing just five passed balls. That's a great statistic for a catcher at the PeeWee level.

"That's almost unheard of in 30 innings," Fines stressed. "For a kid to be that automatic (that's great) because passed balls are killers."

With the provincial championship under their belts, Stonewall now advances to the PeeWee "AA" Western Championships in St. Albert, Alta. from Aug. 14-16.

Fines feels his club can be competitive out west against some elite competition.

"We have very good pitching and if our defence plays the way that they did this past weekend, (then we can be competitive)," said the coach. "If they pick up ground balls like they did this weekend, I don't see why we can't (earn some wins)."

"Our confidence comes from our hitting. Our boys know that they can hit."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Impact FC earns MMSL shutout

By Brian Bowman

Stonewall Impact FC has been playing better defensively in recent games — and it is resulting in points in the standings.

Stonewall played very well defensively in a 1-0 victory over Galacticos FC in Manitoba Major Soccer League 3rd Division action last Saturday in Winnipeg.

Andrew Benga scored the game-winning goal for Stonewall.

With the win, Stonewall Impact FC improved its record to 7-2-1 and they are now in sole possession of second place heading into this week's schedule of games.

Stonewall's 22 points has them just two points back of first-place Forza - WSP (8-0) and three points ahead of Galacticos FC (6-2-1).

Stonewall Impact FC will not resume regular-season action until Aug. 6 when it hosts Valour FC. Game time is 7 p.m.

In 5th Division action, Stonewall United FC played to a 2-2 draw with the Hanover Sting on July 16.

Amar Manning and Craig Thompson scored for Stonewall while Lang Craig and Greg Duerksen replied for Hanover.

Stonewall United FC, now in third place with a 6-3-2 record, played United Nova FC on Tuesday but no score was available by press time. The local squad will then play Kilcona on July 30 at the Winnipeg Soccer Complex.

The game is set to begin at 10 p.m.



TRIBUNE PHOTO BY STEFANIE LASUIK

Stonewall United FC's Eric Dupras (far right) fights for position while Rayden Labelle supports in Stonewall's 2-2 home draw against the Hanover Sting on July 16.

Phillies exciting at U14 'A' provincials

By Brian Bowman

The South Interlake Phillies only won one game at the U14 "A" provincials last weekend, but they made sure that the games that they played were exciting ones.

South Interlake finished with a 1-2 record in pool play and then was outscored 9-6 by the Westman Magic in a tiebreaker Saturday evening. The Magic took a 5-0 lead after the first inning but South Interlake battled back to close the gap to 5-4.

Trailing 9-4, the Phillies then scored twice in the final inning and left a pair of runners on base to make the game interesting.

"It doesn't look like a successful weekend compared to what we have done in the past with the older group, but it was quite the positive experience for our girls," said Phillies' coach Blaine Shewchuk. "They really are a developmental group."

Ten of the 13 players on the Phillies' roster this season are first-year players. That makes a huge difference playing against teams loaded with second-year girls.

"This is pretty much a brand new team and they

haven't had a lot of success throughout the season but it was really a positive experience for them (at the provincials)," Shewchuk said. "There is no question that the extra year, just in terms of physical development, (makes a big difference)."

Second-year players have more of an advantage over rookies in the league.

"They are bigger, stronger, faster and they have had another year of "A" ball to develop," Shewchuk said. "Seeing this level of ball makes a difference, having game sense and seeing plays and recognizing what you need to do with the ball before you actually get it."

"My goal this year was to play a lot of games, not necessarily to win, but just to play games so they understand and recognize situations in advance."

In pool play at the provincials, the Phillies opened play Friday evening with a wild 17-15 loss to No. 2-ranked Smitty's.

"We had a great game with them," Shewchuk said. "I thought we had them on the ropes for a while. The one consistent thing about the weekend was that our bats were really good, some of the best that

I've seen all season."

On Saturday morning, South Interlake lost 15-6 to Westman in five innings. The Magic broke the game wide open early, scoring 13 runs in the first inning.

Later that afternoon, the Phillies defeated the Winnipeg Lightning 8-7. South Interlake trailed 7-2 before scoring six unanswered runs.

"It was a great character win for the girls," Shewchuk stressed. "It was an opportunity for them to feel what that's like to not give up and comeback (and win)."

The Phillies will get another chance to mount a comeback against elite competition in just a few weeks when they are the host team at the Western Canadian Championships Aug. 6-9 at John Blumberg.

"We're going to be spending the next three weeks practicing and playing some games," Shewchuk explained. "It kind of goes with the theme that I mentioned earlier that we want to get the girls more touches and give them an opportunity to see some high-level ball."

Bantam and Mosquitoes at 'AA' provincials

By Brian Bowman

Stonewall finished with a 2-2 record and out of the playoffs at the Bantam "AA" provincials in Ile des Chenes last weekend.

"We went into provincials knowing that we were in tough," said Blue Jays' head coach Rick Holod in an email. "Our pool had Portage, Winnipeg South (the top-ranked Winnipeg team), Corydon, and Souris.

"We felt that we could beat Corydon

and Souris but would need one more win against either Portage or Winnipeg South to advance to the playoff on Sunday."

The Blue Jays opened provincial play with a dominating 13-3 win over Corydon Friday morning but then lost 18-4 to Portage la Prairie later in the day.

Stonewall jumped all over Corydon early with five runs in the first inning and cruised to the lopsided 10-run win.

Later that day, the Blue Jays came up against a very good Portage team, who later became the eventual-provincial champions.

Stonewall stayed close for a couple innings but then self-destructed with several defensive errors while their bats were held in check by good pitching from Portage.

"The score (was) not exactly indicative of the game but (but it) did end at 18-4," Holod noted.

On Saturday, Stonewall lost 10-1 to South Winnipeg and then crushed Souris 11-1. Needing to win against Winnipeg South, Stonewall stayed close at 2-1 for five-plus innings.

In Stonewall's final game of the provincials against Souris, the Blue Jays played their best game of the tournament in the 10-run win.

"(It) was good to see the guys play hard in the final game and end the season on a high note," Holod said.

With the 2-2 record, Stonewall tied with two other teams. The Blue Jays were within a four-run differential from moving on to a tie-breaker.

Meanwhile, at the Mosquito "AA" provincials in Morden last weekend, Stonewall finished with an 0-4 record.

On Friday, Stonewall was defeated 20-8 by the Bonivital White Sox and later edged 11-10 by Seine River.

The next day, Stonewall was shut out 16-0 by Macdonald and then was defeated 10-2 by the Altona Bears.

North Winnipeg won the Mosquito "AA" provincial championship with a 5-4 win over Macdonald.

Wright tees off at provincials



TRIBUNE PHOTO BY JO-ANNE PROCTER

Warren's Nathan Wright tied for 17th overall after a 312 (79-76-79-78) at the Accurate Dorwin Men's Junior Championship last week.

Blue Jays compete at baseball provincials

By Brian Bowman

The Stonewall Blue Jays were eliminated from the Senior "AA" All Star Provincial Championships Sunday after a 6-3 semifinal loss to the Elmwood Giants.

Stonewall, which finished in first place in its pool with a 3-0 record, opened the provincials with a 2-1 win over St. Boniface Friday evening. On Saturday, the Blue Jays beat Brandon 11-4 and blasted Border West 11-2.

Border West won this year's senior provincial title after downing Elmwood 7-3 in the final.

The Blue Jays, 10-4 in league play, resumed Winnipeg Senior Baseball League action Tuesday evening against the St. James A's in Winnipeg. No score was available at press time.

Stonewall will then look to seek revenge against Elmwood this Thursday at Koskie Field in Win-

nipeg. First pitch is 7:30 p.m.

Meanwhile, at the Midget "AA" provincials in Neepawa, Interlake finished with an 0-3 record. The Blue Jays lost a pair of one-run games Friday, dropping a 3-2 decision to Brandon before getting outscored 11-10 by Oak River.

On Saturday, Interlake was defeated 11-1 by the Bonivital White Sox.

Head Coach and Board members

WANTED

The Stonewall Flyers are looking to fill a number of positions on their board along with the head coach for the 2015-2016 hockey season.



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Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

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

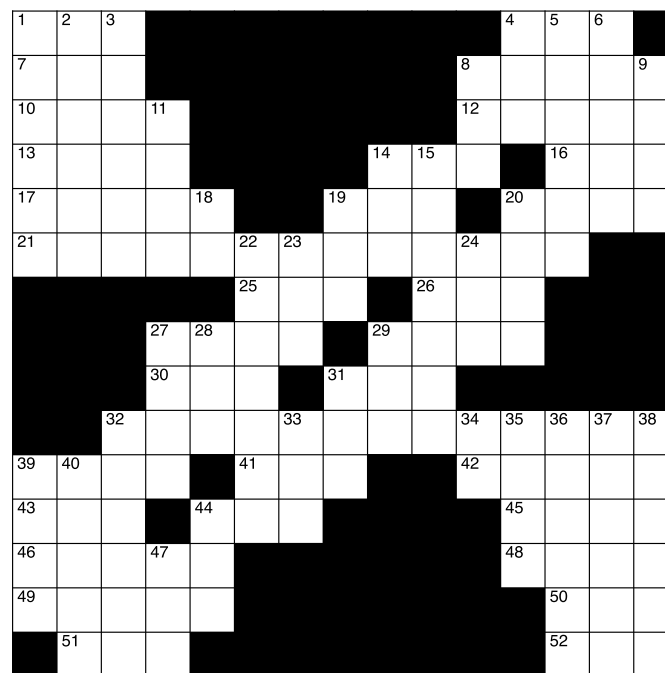
Crossword Answer



CROSSWORD

CLUES ACROSS

1. Stonestreet character
4. What part of (abbr.)
7. 4th Caliph of Islam
8. Boojum tree
10. Ancient Irish people
12. Civil Rights group
13. Celery (Spanish)
14. Ed Murrow's network
16. No (Scottish)
17. Classic dramatic music
19. Former OSS
20. Oven for ceramics
21. The Palmetto State
25. Rapid bustling movement
26. Mauna ___, volcano
27. Ridge of wind-blown sand
29. Brilliantly executed action
30. Alias
31. Head of a large company
32. Bill Nye
39. Sources of otaheite starch
41. Small amount
42. A flat or level surface
43. European cave salamander
44. Nickname for Robert
45. Syrian tablets from 3000 B.C.
46. Lasso
48. Fabrics of camel or goats
49. Old name for an area in Turkey
50. Shock therapy
51. UC Berkeley nickname
52. Partridge Family's Susan



CLUES DOWN

1. Cocoa beans
2. N.W. Syrian city
3. Environmental condition
4. Actress Zadora
5. Skulls
6. Technology Information Center for Administrative Leadership (abbr.)
8. Central Nervous System
9. Not shut or closed
11. Legal action for damages
14. Data executive
15. Hot air, trial or party
18. Exclamation of surprise
19. ___-magnon - early humans
20. Crest of a hill
22. Two deck rummy game
23. Fruit drink suffix
24. Informal debt instrument
27. Dashes
28. Hawaiian guitar
29. Singer ___ Lo Green
31. Spanish hero El ___
32. Prima ballerina Karsavina
33. Taxi
34. "You're the Top" composer's initials
35. Colony founded by Xenophanes
36. Talked
37. Undo garment ties
38. Exuberantly creative
39. Meat from a pig (alt. sp.)
40. About ilium
44. Blat
47. '___ death do us part

Classifieds Announcements

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Stonewall Teulon
Tribune

HELP WANTED

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

Are you physically or medically challenged & motivated to work? Call A.I.M. for Work at 204-482-2130 or 1-800-494-4179.

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Very busy medical clinic has full time Medical Assistant position avail. Experience working in a medical office environment & familiarity with Accuro Scheduling program would be preferred assets. Must have excellent communication skills & be able to multitask & work well in a team environment. Interested candidates can forward their resume in person, by mail or by fax. Deadline: 5 p.m. August 4, 2015. Stonewall Medical Group, 589-3rd Ave. South, Stonewall, MB. R0C 2Z0. Fax: 204-467-5576.

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The winners of the Oak Park Estate Afghan draws are: 1st prize - Ilene Allery; 2nd prize - Shirley Irwin; 3rd prize - Harry Phillips.



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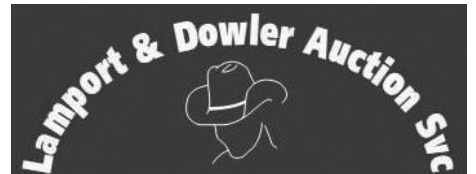
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FARM AUCTION FOR BOX T RANCH LTD Nancy and the late Hugh Crockatt SATURDAY, AUGUST 15, 2015 10 AM STONEWALL, MANITOBA

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 2350, 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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ANNOUNCEMENTS

CARD OF THANKS

Thank you to everyone who came or sent gifts in honor of my bridal shower at the Woodlands Hall on July 12th, 2015. Jordan and I are overwhelmed by the community's generosity, love and support. Thank you to the hostess' and bridal party who helped put this shower on. A big thank you to our Mother's for putting so much time and effort into throwing such a wonderful shower.

-Thank you!

Ashleigh Dearman bride elect of Jordan Brad

ANNOUNCEMENTS

BIRTH ANNOUNCEMENT



What ??? A sister!



Pretty in Pink!

Miss Ella Ruby Maclean

Aiden is tickled pink and giving loving kisses to his baby sister.

A darling daughter for Robby and Lauren.

A first granddaughter for Gary/Connie

Frost and Lori/David Green,

Rob/Linda MacLean.

Miss Ella...May 12, 2015...8 lbs. 15 oz.

A precious little angel sent from above.

Wrapped in pink and surrounded by love. Congratulations! God Bless!



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ANNOUNCEMENTS

BRIDAL SHOWER



**Bridal Shower in honour of
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Sunday, July 26

12 p.m. - 2 p.m.

**Balmoral Community Hall,
Balmoral, MB.**

**Jacqueline and Sterling are registered at
Home Outfitters**

Friends and family are all welcome

ANNOUNCEMENTS

IN MEMORIAM



Murray Couch

September 26, 1934 to July 15, 2014

We thought about you today and every day since you've been gone.

Hockey and baseball games, work, and family gatherings will never be the same, but we will adjust.

Although you are gone the impact you had on us and the community will never leave.

You were a great friend and mentor to us all. Love you.

-Love,
your family



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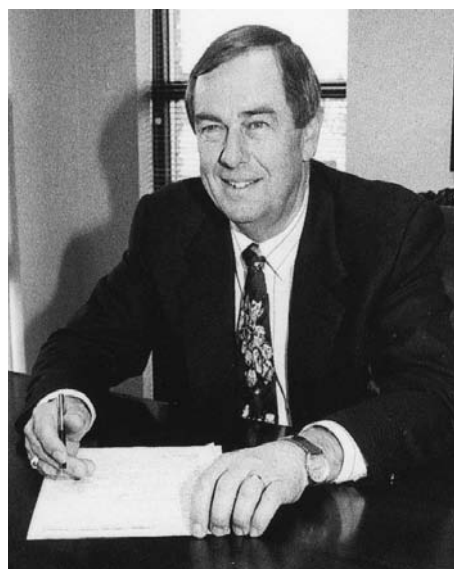
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Announcements

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ANNOUNCEMENTS

IN MEMORIAM



In memory of Mervin Farmer

July 3, 1938 - July 24, 2012

We're missing you a little more
Each time we hear your name,
We've cried so many tears
Yet our heart's broken just the same.
We miss our times together
Things in common we could share,
But nothing fills the emptiness
Now you're no longer there.
We have so many precious memories
To last our whole life through
Each one of them reminders
Of how much we're missing you.

When someone you love
becomes a memory...
that memory becomes a treasure.

-In loving memory,
your family

ANNOUNCEMENTS

IN MEMORIAM

In Memory of William (Bill) Cochrane

It all began one evening after the sun had set in the mid 1960's. We were a young family with seven children under 10 that had recently moved from Red Deer, Alberta to our Teulon area farm. We were doing chores when there came a knock at the barn door and outside stood this pleasant looking man with a wide smile - and his horse in full harness - looking for work.

So began a several year relationship with a man we came to love as part of our family - the man we affectionately called Wild Bill. The position of hired hand quickly morphed into one of teacher, counsellor, caregiver, confidant, entertainer, storyteller and best friend. He was the world's best nanny when our family went through some dark times after the birth of our youngest brother. There were so many good times with him showing us everything about nature and the outdoors from animal tracks, setting snares and hunting and dressing wild game to horsemanship, plants, fort building and so much more. His personal time was ours and his tolerance unlimited, his laugh infectious and his happy demeanour showed his simple joy of life.

We were heart broken when the time came that he had to move on, but were thrilled for him when years later he finally met and married his soul mate Dorothy. We were so happy to see him from time to time over the ensuing years but our hearts are heavy once again now that we have to say goodbye for the last time.

May your spirit run free and chase wild horses. Our deepest condolences to Dorothy and her family.

-With love,
the Hodgkinson family



OBITUARY

Ralph Moeller

Peacefully at the age of 81, on July 16, Ralph Moeller got his wish - to be with Mom again. He was predeceased by his wife of 54 years, Margaret Moeller, in October of 2010 and we hope they're somewhere right now, whirling around on a dance floor.

Dad was also predeceased by his parents, Greta and Emil Moeller, his brother Chuck, brothers in law Ed and Joe Kamer, and sisters in law Janet and Illa.

He is survived by his four children; Carol (Jim Fogg), Roger, Janice (Bernie Lopko), and David (Susan); his grandchildren, Jennifer (Jamie Waldbauer), Kevin (Paige Thomson), Cory, Matthew, and Meghan and his great-grandchildren, Keira and Brooklyn; as well as sisters-in-law Tommie (Ethel Mae) Moeller and Betty Kamer and many much-loved cousins, nieces, and nephews.

He was born in Winnipeg on September 22, 1933 but was proud to have lived most of his life in the Teulon area, a community he loved. For 76 years, he lived on the family farm. He loved the land and took great joy in watching things grow. Dad served on the board of the Manitoba Sugar Beet Producers. In his later years, he enjoyed "windshield farming" - touring the countryside to see what the land was producing. Dad loved jokes, good or bad. He had a mind like a steel trap. He maintained his first language, and enjoyed speaking German when any opportunity came up. He loved to travel, going on trips with friends and family to the Grand Canyon, Hawaii, and Germany.

He valued his friendships greatly - his card buddies, many long-time friends in Teulon, his cousins across Canada, the U.S., and back in Germany, his brothers in law Joe and Ed Kamer, and a special friendship with his older brother, Chuck.

Dad battled illness much of his life but never complained. He knew there was always someone who was worse off than him and counted himself lucky. Our thanks to the staff at the hospital who were so good to him over the years, and especially in these last few days as he faced death the same way he always faced illness - with determination and strength.

At Dad's request, there will be no funeral service. Cremation has taken place and his ashes will be interred next to Mom at a later date.

Flowers gratefully declined. In memory of Ralph, please consider planting something and watching it grow. In memoriam donations may be made to the Seniors Resource Center - Teulon and District, Teulon Hunter Memorial Hospital, the Teulon Food Bank, or a charity of your choice.

When he was a little kid, his mother would tell him, "Nothing hurts when you are asleep." Rest well, Dad. You have earned it.

OBITUARY



Alan Beachell
1924 - 2015

Alan Beachell of Rosser, Manitoba passed away peacefully with family at his side on July 17, 2015. Alan was predeceased by his parents Percy and Stella Beachell, his sister Joy (Ashley) his 1st wife Doris (Turnbull) his daughter Bonnie (Hamilton), and his 2nd wife Laurie Potovsky. He is survived by his sons Laurie (Judy McKelvey) and Jim (Arla), his daughter Lee Hogg (Ian) and his son-in-law Grant Hamilton, plus eight grandchildren Lynn (Paul), Dawn (Colin), Scott (Jessica), Deanna (Greg), Tyler (Ashlee), Kristin (Luc), Craig (Mandy), Erin (Evan) and 16 great-grandkids. As Dad said "I am 90 years old and have had a very good life doing the things I loved doing. Rosser has been my home for all of those years and I can think of no other place I would sooner be. The country has been good to me."

Alan married Doris Turnbull in 1948 and they had four children, Bonnie, Laurie, Jim and Lee. The family all remained close to Rosser. As a family we have had many opportunities to share a story, a laugh or a tear and a joke with Dad. After Mom's death in 1986, Dad married Laurie Potovsky in 1988 and her sons Mark and Steve also became part of the clan.

Dad took over running the Beachell farm "Rawcliffe Grange" when he was 17. He farmed until he was 85 retiring in 2010. He and Jim farmed together for 37 years, all without a fight. Last year we celebrated 125 years of Beachells farming the original homestead.

Alan was engaged in municipal, provincial and federal politics. He was Reeve of the RM of Rosser for 28 years, a Liberal candidate in the 1972 provincial election, a founding member of the Reform Party of Canada, and a Reform Party candidate in the 1988 federal election.

Besides farming, Dad delivered fuel, sold hail insurance and served on numerous boards: Assessment Review Board of Manitoba, Portage Mutual Insurance and was President of the Union of Manitoba Municipalities. Dad also coached kid's hockey. He was always interested in the welfare of his neighbours and friends. In his final year he put together a narrative of his 90 years in Rosser. Dad had a quick wit, a skill in telling a good joke and a very positive outlook on life. His stories have entertained many and he was often asked to tell them again and again. Dad loved to read, work in his garden and keep connected to his family, friends and neighbours.

The Beachell family wishes to thank the many neighbours who helped Dad and us through some difficult times and also joined us for "happy hour". Thank you to all the homecare workers and nurses who, in a professional and caring manner, made Dad's last weeks at home possible.

Dad will be greatly missed but he has left a legacy of love, laughter and caring.

It was Dad's wish that neighbours and friends gather to celebrate a life well lived. Join us at Anderson's Hitch'n Post, 2079 Ridge Road, Grosse Isle, Manitoba at 7:30 p.m. Thursday, July 23rd.

Memorial donations may be made to a charity of your choice.

Dad loved poetry and would recite pieces from memory, a favourite was "The Finest Things".

The finest things in life are those
we neither sell nor buy,
A bursting bud, a bird that sings,
A glowing Western sky,
And friends to love, they are indeed
well worth their weight in gold
And may you know the gladness
which such things forever hold.

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Announcements

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OBITUARY

Floyd Rayner



Peacefully and free from pain, Floyd passed away on Tuesday, July 14, 2015, with family at his side. We, his family, take comfort knowing that he has been reunited with the love of his life and soul mate, Diane.

On May 14, 1938, Floyd was the youngest of three children born to George and Edith (Dunlop). The family was separated for a brief time after his mother passed away in 1941. When his father remarried to Muriel (McBurney), the family came together again in Brandon. This would be where Floyd attended school and discovered his love for numbers. He was the high school treasurer and went on to take a Chartered Accountant program but dropped out after the third year. He worked at various retail co-ops and eventually joined the Department of National Revenue in February 1967. He completed his Certified Management Accounting degree in 1972, and retired in March 1998. In 1962, Floyd found himself working in Stonewall and this is where he would meet and fall in love with his best friend, Diane Alice Karasewich. They were married on May 4, 1963 and were together every day from that point on. They would travel the world, attend numerous festivals, gatherings, concerts, and volunteer at Oak Hammock Marsh together. Few people in this world will ever know a love like these two had. When Diane became ill in 1999 with Type 2 Diabetes, their bond strengthened even more when Floyd took on the role of caregiver 24/7 365 days a year until her passing on January 4, 2010. He would go on to visit her once a week, every week at her final resting place until recently when he went in to the hospital. "Only you could ever show me love like this"

Our family would like to thank Dr. George and Dr. Joshua as well as the nurses and staff on 3 North at the Grace Hospital for helping to keep Floyd comfortable during his final days.

As Floyd requested, a come and go tea was held at Chapel Lawn, on Saturday, July 18. Thank you to Chapel Lawn for their help with arrangements.

Flowers are gratefully declined. Instead, please make a donation to a charity of your choice in Floyd's name.

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