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TRIBUNE PHOTO BY BECCA MYSKIW

The 14th annual Rubber Ducky Resort and Campground Ducky Fest fundraiser held last weekend raised over \$3,000 for the Ronald McDonald Family Room at Winnipeg Children's Hospital and Manitoba Camping Association's Sunshine Fund this year. The weekend was jam packed with games, bingo, silent auction, a performance by Two Lane Blacktop, an ice cream social and the Winnipeg Blue Bombers game on the big screen. Community members can still donate by e-transfering reservations@rubberduckyresort.com.

news > sports > opinion > community > people > entertainment > events > classifieds > careers <u>> everything you need to know</u>



Argyle Settlers, Rails and Trails Museum officially on the map

By Evan Matthews

Just as the plan suggested, Argyle's Settlers, Rails and Trails Museum has officially acquired its 12-acre parcel of land.

The museum took possession of the land located directly north of the cemetery on July 15.

"This was a big step for us. We've been able to prove to the community that we have been working hard, and they've proven to us that they support us," said the museum's executive director Shayne Campbell.

"At this point, we've raised over \$20,000 for the Shared Heritage Fund, and that's people locally and regionally, giving to us to make sure our big projects will happen."

The Shared Heritage Fund is the museum's endowment fund, a capital funding campaign, spread over three years. An endowment fund is typically established by an organization that makes consistent withdrawals from its invested capital.

In February, Campbell said the museum's goal was to raise \$150,000 for the endowment fund over the next three years.

The capital put into an endowment fund, often used by universities, nonprofit organizations, churches and/or hospitals, is generally used in a com-



pany's operating process, according to investopedia.com.

Campbell says by generating more capital funding now, and putting it away in an endowment fund, the museum won't have to rely on community funding in the future and will be totally self sufficient.

"After the first two years, we'll receive four per cent interest each year. ... The nice thing about (the fund) is we won't have to keep coming back to our community and asking for money," Campbell said in February.

"People will get tired of that."

Now that the museum has officially acquired its land, the next major project will be relocating to the site. Campbell said the move is set to begin this summer.

Currently, the museum operates from Argyle Community Centre's basement, as the organization rents out a 700-square-foot space. The current facility allows the museum to showcase a mere one per cent of its holdings.

The museum's collection is made up of over 1,700 cultural artifacts from around the region, over 1,400 items in the museum's Canadian Flag Collection, and over 15,000 digital and paper archival documents, according to Campbell.

A big part of the museum's desire to expand comes from the size of the exhibits.

"Our Canadian flag collection alone is pushing us toward a regional level museum. It rivals that of national museums," said Campbell.

"Our flag collection is the second largest in Canada."

By the year 2027, the Settlers, Rails and Trails Museum hopes to have switched its designation from a local to a regional museum, according to



TRIBUNE PHOTO SUBMITTED BY JOAN GRANDMONT

The Argyle Settlers, Rails and Trails Museum held its official ribboncutting ceremony on July 15. Pictured left to right: Charlie Amy, Joan Grandmont, Tracy Dunstan, Margaret Guenther, Jack Grandmont, Bert Jamault, Pam Nichol, Bree Van Alphen (on ground), Justin Van Alphen, James Alexander, Ern Dawson, Garth Abrahams (on ground), Darlene Campbell and Shayne Campbell.

Campbell.

By making the new facility a diverse and multipurpose — similar to a community centre — Campbell says he hopes the concept will gain traction, as Settlers, Rails and Trails is not just a museum but a heritage organization. The organization has the local history component covered, but it's also looking at incorporating more culture into future plans: art, theatre, dance,

photography, crafting and more.

ICF making lives better

TRIBUNE PHOTO SUBMITTED

Interlake Community Foundation board member Rhonda Cameron demonstrates how you sit in a water wheelchair. The wheelchair was purchased with a \$1,000 grant from the ICF and will help people with disabilities to enjoy the beach.



All players All levels will now register online through the Interlake Ringette Association website.

If you play in Selkirk, St. Andrews, East Selkirk, West St. Paul, Stonewall, Warren, Balmoral, Teulon, or anywhere in the Interlake catchment, please go online and register at www.interlakeringette.ca

All information can be found on our website at: www.interlakeringette.ca



September 14, 2019 1:30-2:30 Selkirk Rec Please Pre-Register at: www.cometryringette.com

ICF memorial funds to honour Abby Lee Margetts and Ryan Grandmont

By Becca Myskiw

The Interlake Community Foundation (ICF) is introducing two new trust funds this year.

The first memorial fund introduced in 2019 is the Abby Lee Anne Margetts Memorial Fund. Abby Margetts passed away in a tragic car accident in January 2019 and her parents, Amanda and Ryan, approached ICF to create something that would carry on in Abby's memory forever.

Ryan Margetts said there were three main reasons why he and wife wanted to start the fund. They wanted the community to remember Abby, to keep the connection she had with art and to reward a student at Warren Collegiate Institute for performing well in the arts.

"It's also the connection to the arts my wife and I, as well as Abby, had," he said. "Learning through music, performance and making visual art."

The money in the fund will be earmarked for an annual scholarship for a graduating student of Warren Collegiate Institute. Criteria for the scholarship includes the student being in visual arts, choral music, culinary arts or dramatic arts. The winner has to be a proficient, dedicated and skilled student who excels in these areas. The



Abby Lee Ann Margetts

\$500 scholarship is named the Abby Margetts Memorial Arts Scholarship and the first one was awarded to Willow Reimer this past June.

ICF executive director Tracy Holod said starting the memorial fund didn't take any thought from the board.

"When they approached us, no decision was made," said Holod. "It was 'How can we help? How can we be involved?""

All money received for the Abby



Ryan Grandmont

Lee Ann Margetts Memorial Fund is permanently held. Donations for the fund can be made on the ICF website or to the ICF PO Box: 1575 Stonewall, MB, R0C 2Z0.

The other memorial fund introduced this year is the Ryan Grandmont Memorial Fund. Ryan Grandmont passed away two days after his 40th birthday last year after a battle with pancreatic cancer. His good friend Carl Boonstra and his brother-in-law organized a golf tournament in his honour and then came to ICF wanting to use the profits for a scholarship in Grandmont's memory.

"It wasn't hard," said Boonstra. "We just did it."

Boonstra said the golf tournament made over \$13,000 and they're planning to do it again. The memorial fund will be for three annual scholarships, which still have the criteria being worked out. Two of the scholarships will go to Stonewall Collegiate Institute and one will go to Beausejour where Grandmont spent most of his work time.

Holod said noting the amount of community support the golf tournament had, she's hopeful the memorial fund will be similar and carry on the legacy of Ryan Grandmont.

"It will just go on forever," said Holod.

Donations for the Ryan Grandmont Memorial Fund can be mailed to the ICF PO Box: 1575 Stonewall, MB, R0C 2Z0.

ICF grants around 3.5 per cent of the money sitting in the memorial funds annually. The group grants out \$20,000 annually.

CIB Yard of the Week



TRIBUNE PHOTO BY JO-ANNE PROCTER The CIB Yard of the Week honours were awarded to Tricia and Barry Lamm at 685 3rd St. West this week. The duo have worked together to keep the yard immaculate. Tricia over-winters the canna lily bulbs that line the walkway to the front flowerbed that is filled with hydrangeas, day lilies, hosta, astilbe, dahlias, marigolds and portulaca.

To nominate a yard you feel worthy of the honour, stop by Home Hardware or the South Interlake Regional Library in Stonewall. <image><section-header><section-header><text>

inmotionnetwork.ca

Westside Plaza, Stonewall 204-467-9101

PDC put rumours of crude oil being stored to rest

By Evan Matthews

A social media post sparked some concern in Warren over how the Prairie Dog Central Railway is storing its crude oil.

On July 13, a Facebook post made allegations against the PDC, suggesting the organization was storing sour crude oil in railway cars along the tracks on Highway 6 and even inside the town of Warren.

"It's highly flammable and very dangerous," the post read, which ultimately generated more than 35 comments.

However, according to Vintage Locomotive Society general manager Paul Newsome, the rumour circulating is simply false.

The Prairie Dog Central Railway is the operating arm of the Vintage Locomotive Society, according to Newsome, with Prairie Rail Solutions being the organization's commercial division.

"We do not store any loaded cars or crude oil — at all," said Newsome, adding nobody from Warren contacted the organization for clarification on the subject.

"As has been suggested, it would be extremely dangerous."

To put in context, PDC has zero knowledge of how or where sour crude oil is stored before being transported, Newsome said.

Cars being stored on the tracks, according to Newsome, are not flammable. Local politicians are fully aware of PDC's practices on the tracks, he said.

"We are simply a parking lot for different companies, all for cars not in service," said Newsome, adding the revenue generated by storing cars not in service helps to offset the losses incurred annually by running the vintage train.

"If we didn't store cars, we couldn't run the train. None of the cars along Highway 6 are even our cars. We're just storing them."

Newsome said PDC is in consistent communication with the RM of Woodlands council, and the working relationship has been a good one.

By contacting the municipal office or PDC itself, Newsome said he hopes to avoid confusion and perpetuating rumours in the future.

History of PDC

The Prairie Dog Central Railway is a short line railway owned and operated by The Vintage Locomotive Society (VLS) and it is one of the oldest regularly scheduled operating locomotives in North America.

The Prairie Dog Central Railway began operations in regular public service on July 11, 1970, according to its website. From 1970 to 1974, the train operated out of Charleswood along Wilkes Boulevard on the former Canadian National Cabot Subdivision.

From 1975 to 1996, the train then operated out of St. James and the old St James Station, immediately west of



TRIBUNE PHOTO SUBMITTED

The Prairie Dog Central Railway assures RM of Woodlands taxpayers that there is no crude oil being stored in the in railway cars along Highway 6.

Polo Park on the Canadian National Oak Point Subdivision, and ran to Grosse Isle and back, according to the site.

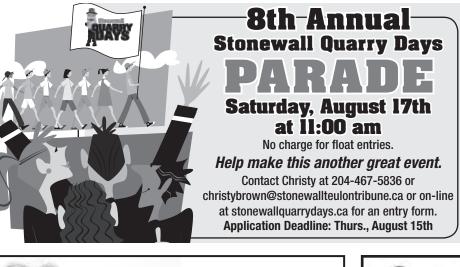
In 1996, CN advised the society that the Oak Point Subdivision would be abandoned and the Transcona shops — where the train was stored and maintained — could no longer support the PDC Railway operations.

Consequently, the PDC Railway ceased train operations for two seasons and the society embarked on a major fundraising campaign, raising

\$1.3 million to purchase the Oak Point Subdivision, the website reads.

Eventually, Parks Canada declared the St. James Station a heritage building, according to the website. Under special approval, the station was relocated to its current location at Inkster Boulevard and Sturgeon Road along Prairie Dog Trail.

Operations began shortly thereafter, as the train travels from Inkster Junction Station to Grosse Isle for a stopover before heading back to Inkster Junction Station.



Warren residents left without water last week

By Evan Matthews

The entire town of Warren was temporarily left without water last week when a control switch on one of the water treatment pumps malfunctioned.

On July 17, a number of residents took to social media asking if neighbours and other residents were also without water.

The water treatment pumps' control switches operate automatically, according to RM of Woodlands' CAO Adam Turner. In this instance, the control switch and pump stopped working automatically.

The issue was discovered mid-morning, and Turner said the RM's utility operators quickly worked to rectify the issue.

The utility operators were able to turn the control switch and pump to manual so water could start flowing. Shortly after, Turner said an electrician was en route to fix the control switch and pump, which was repaired by 2:30 p.m. on the same day.

Utility operators for the RM continue to monitor the switch and ensure its operation, Turner said.



Disability Matters Vote campaign working for political equality

By Becca Myskiw

With provincial and federal elections nearing this fall, Disability Matters Vote is working harder than ever with public awareness.

The DMVote campaign is organized by Abilities Manitoba and Barrier Free Manitoba. The initiative is to make voting easy and normal for Manitobans with disabilities and to make their rights a political priority.

DMVote has three goals for the 2019 elections, to ensure all Manitobans with disabilities can participate fully in election activities and those who are eligible to vote can do so; to promote priority attention for disability issues in the election; and to support Manitobans with disabilities in making informed voting decisions.

Stonewall's Community Living Interlake executive director Jimm Simon, said the campaign is to get Manitobans with disabilities to exercise their rights, and to make them aware of the issues they might want to vote for and to get those issues on candidate's platforms.

The campaign has five key issues to highlight in the provincial election:

- The Accessibility for Manitobans Act (AMA) was supported in 2013 and intended to close the gap between the reality of Manitobans with disabilities and human and legal rights but only two out of the five promised standards have happened. The Manitoban government has since reduced the AMA compliance requirements for 95 per cent of organizations and limited the potential of the act by removing buildings from the Built Environment standard. There is still no plan to monitor act compliance and no resources have been provided to



disability communities for research and consultation support.

- Fair wages for those serving Manitobans with disabilities. There is a 20 to 50 per cent turnover rate for direct support professionals. This means that a supported adult may receive care from 164 different people in a 10year period. Wages for direct support professionals typically start at \$12.15 per hour and can stay at that rate after 20 years, making them among the lowest paid human service workers in the province.

- Timely access to services for Manitobans with disabilities and their families. Families of children with autism currently wait 11 months to receive services and by the time the serve is available, they are sometimes no longer eligible for it. It can take up to two years for people with mental health issues to access a psychologist, families with adult children with intellectual disabilities often wait more than 10 years for access to residential services, and wait times are not reliable.

- Employment potential - only five per cent of Community Living dis-Ability Service (CLDS) clients earn at least minimum wage and work 20hour work weeks. Some programs



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discourage people with disabilities from finding jobs. Current government systems struggle with supporting peoples' successful high school to work-life transitions. There are misconceptions about people with disabilities in the workplace and limited opportunities.

- Employment and Income Assistance (EIA) - becoming a dignified income for Manitobans with disabilities. EIA was supposed to be a last-resort option to provide short-term assistance for those who have permanent disabilities and face physical barriers in the workforce, but it has become a dignified income for them. Basic need benefits are below the current wage levels and measures of poverty to encourage these people to go into the workforce, EIA has a social stigma and discourages dependency.

Simon said the campaign is a way to get community support for the matter as well. Community members can get involved by following Disability Matters on social media and sharing their posts to create a bigger impact than just liking them would. People can also get lawn signs for the campaign from services in their area and share photos of them with the sign on social media to spread the word. There are also rallies and public forums that community members can attend. Information for the events can be found on dmvote.ca.

"We're mobilizing the disabilities community," said Simon.

"They all vote, they all have human rights just like everybody else. We're mobilizing them to vote for their own rights."

Teulon RCMP briefs

On Sunday, July 14 at about 11:20 a.m., Teulon RCMP received a dispatch about a break, enter and theft at the Teulon public works maintenance building.

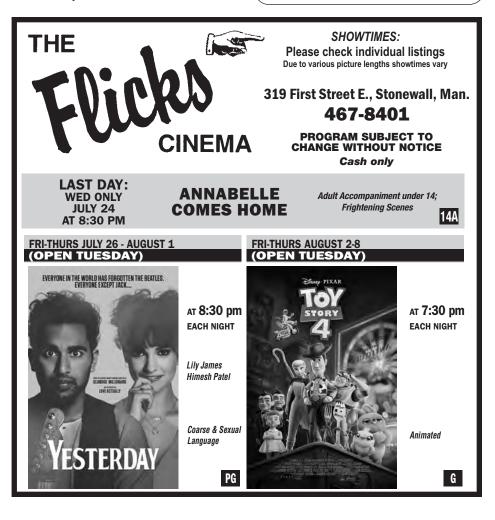
The break-in had occurred sometime between July 12 and 14. The suspect, or suspects, stole a large amount of tools, laptop and credit cards.

Stonewall RCMP, as well as the RCMP forensic identification services, continues to investigate.

Then on Friday, July 19 at about midnight, Teulon RCMP were dispatched to a robbery at the Teulon Motor Hotel.

A male suspect, who was wearing a disguise, entered the vendor area of the bar and demanded money from the employee. He threatened the employee with a baton before getting the cash and fleeing the scene.

Anyone with information about either incident is asked to call Teulon RCMP at 204-886-2244. They can also contact Crimestoppers anonymously at 1-800-222-8477 or provide a secure tip online at www.manitobacrimestoppers.com.







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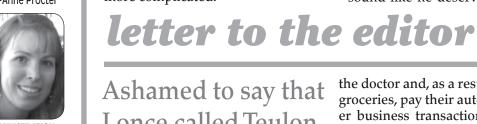
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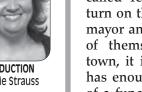


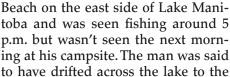


ADMINISTRATION









Media reports documented a rare

The reports suggested the Cana-

dian Armed Forces aircraft could be

seen flying overhead, RCMP search

and rescue were on the case, as a man

drifted upwards of 50 kilometres in

The man who went missing was re-

ported to have been camping at Vakker

instance near Lundar last week.

By Evan Matthews

his boat.

getheard

Lundar area. He was found alive and well and in good spirits the following day, according to media.

While this story has a happy ending, this could have gone so much worse,

and this man is extremely lucky. There are so many variables at play.

What if the weather was poor? It would have made his survival efforts more complicated.

What if some of the other campers didn't notice, or care, that he had disappeared?

Frankly, the stars aligned on Sunday to save this man's life.

Fortunately Lake Manitoba fisherman found safely

NEWS > VIEWS > GIMLI > ARBORG > HIGHWAY 6 > SURROUNDING AREAS

Mother Nature didn't take advantage of him and, by all accounts, he was sharing a campground with some very caring people.

When an instance like this occurs, it's a good chance to remind ourselves to take the necessary precautions when participating in potentially dangerous activities.

According to the province, in Canada, boating results in the greatest number of drowning incidents, with failure to wear personal floatation devices and alcohol consumption being the most common contributing factors.

So there are two pretty easy precautions: have a PFD on board and don't drink too much.

Thankfully, other people knew this man had disappeared, but it doesn't sound like he deserves the credit for

that.

Call Evan Matthews at 204-990-9871 evan@expressweeklynews.ca

> So there's another precaution: Make sure people know where you've gone and when you're coming back. If someone is expecting you, they're less likely to shrug it off if you don't come back.

> Got news?

In this instance, the man spent roughly 24 hours on the water. The media reports didn't touch on whether or not he had access to food and water.

But in the worst-case scenario, you need to sustain yourself. Pack enough food and water in case of the worst happening.

The best precaution one can take, however, is to be aware.

Watch your surroundings and environment, and if the weather or water is taking a turn for the worse, cut your day short.

Your life is worth more than a day on the water.

The water is no joke. Prepare accordingly.

Letters to the Editor: letters@stonewallteulontribune.ca

Ashamed to say that I once called Teulon

I am ashamed to say that I once called Teulon my home. When I turn on the television, I see that the mayor and council are making fools of themselves and belittling the town, it is embarrassing. The town has enough problems with the loss of a functioning hospital. Residents have to travel to other towns to see

the doctor and, as a result, buy their groceries, pay their autopac and other business transactions elsewhere, reducing business in their own town. Surrounding towns are growing at a rapid rate yet Teulon cannot say the same thing. Would you move to such a town where council can only squabble about petty things and not deal with the real issues that need attention?

They advertise a good place to come home to, but five people cannot get along and compromise for what is good for the town. Two work in Win-

nipeg so the town's economy is of little concern, but it is hard to believe that the three men always vote together on all issues (better than most married couples). We seem to have a female vs male conflict. Only one representative won an election; maybe the rest of the non-elected council should resign and have an election to see if the citizens of Teulon want them as representatives or are satisfied with their behaviour.

- C. Fay Tokash

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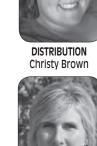
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PRODUCTION **Debbie Strauss**



Vote now to help RCCC win \$25,000 prize

By Jennifer McFee

The Rosser Central Community Club is in the running for a \$25,000 prize in through the Manitobaville contest — but they need your help!

To vote for the Rosser initiative, all you have to do is text the word "Rosser" to 54321. There is a 50 text limit to the amount of individual votes you can cast each day. Voting ends on Friday, Aug. 2 at noon, and standard message rates might apply.

"We have made the Top 10 entries into the Manitobaville contest," said club president Jessica Beachell.

"The winner will receive \$25,000, which we would put towards our HVAC and flooring upgrades. If we got this grant, I think we would have enough money to finish the project."

The purchase and installation of a multi-use sport court floor would mean that the gym could be used all year round.

Letisha Sherry garnered attention for the Rosser club by putting together a video, which is posted on the Manitobaville website at https://www.tsn.ca/radio/winnipeg-1290/contests/manitobavillewin-25-000-for-your-community.

The community that receives the most votes will win a cash prize, and the winner will be announced on Tuesday, Aug. 6.

Manitobaville is presented by Chicken Chef, Star Ready to Move Homes and Fusion Credit Union.

CCCC NEWS > VIEWS > STONEWALL > TEULON > WARREN > SURROUNDING AREAS

Jacquie Derewianchuk hosted a garden tour last Tuesday, east of Stonewall, as part of The South Interlake Garden Club's July garden tours. Derewianchuk has a butterfly garden on her acreage to encourage butterflies to pollinate. Her native flower garden provides nectar and attracts beautiful monarchs and other species and helps pollinators stay healthy. Butterflies act as natural pest control, playing an important role in their food cycle — acting as prey and predators. Monarchs are indicator species, meaning they can tell us about the current state of our environment and its health.

letter to the editor

Letters to the Editor: letters@stonewallteulontribune.ca

Don't hide behind your keyboard to disrespect people

Dear Editor,

The first thing I would like to do with this letter is thank the *Tribune* for their accurate reporting of the circus that we have in Teulon right now. With all of the gossip that spreads around town on Facebook or at the coffee shops, it is good to know we can rely on the local paper to provide solid information.

Having spent the last 20 years on council, I am used to having my name dragged through the mud on anonymous posters about health care and other things. So last week when I received an anonymous hand-written letter in the mail reminding me that I lost the election and I need to "suck it up and carry on," I wasn't really surprised. Some people don't know what to do with themselves when someone disagrees with them.

As for Eileen Wood's letter in last week's paper, what is happening currently in Teulon is not some sort of assault on democracy. My Dad was a veteran of the Second World War and he would be annoyed by someone referencing the sacrifices at Juno Beach with our situation here. The mayor and councillors are held accountable every four years with elections. On issues like street closures, people can make their voices heard at public hearings that are hosted by council, but only if they show up at those hearings at all. There doesn't need to be a referendum to change the bylaws of a town. That's why we elect councils.

TRIBUNE PHOTO BY JO-ANNE PROCTER

Despite the advice of my anonymous letter writer, I will continue to attend council meetings as a member of the public along with many others, to show my support for council. With all of the disrespectful people sitting in the council chamber laughing at them and heckling them, my grumpy but supportive face might be a nice addition, even if it annoys others.

One last note about Facebook. I will likely never have a Facebook account, but I've had others showing me examples on there of people in our community, calling out the councillors when they would never have the guts to do it to their faces. If you think someone is doing a terrible job or is not a good citizen, just tell them that to their face. Don't hide behind your keyboard to disrespect people who are volunteering to do their best for our community.

- Bert Campbell

> **Fish tales?** Call Arnie Weidl at 204-641-2210 sanarn@mymts.net



Set Red River > Chalet BEACH > LAKE WINNIPEG > NORRIS LAKE Why don't you throw a line in?

Hi fellow fishers.

Many anglers like to travel farther from home in the summer seeking new and exciting fishing spots. Early last week, I had occasion to meet Tyler Peters, a young, athletic, blond-haired chap from Steinbach who told me his look-alike brother Brandon thought nothing of travelling from Steinbach to Betula Lake in the Whiteshell for a day of fishing.

Last summer, according to Tyler, Brandon was there and chose to fish away from the resort camps venturing out along the lake's rocky shoreline. No matter what lure or baited hook he tried, hour after hour, he could not get a bite. Finally his patience and the heat of the blaring sun "baking" him on the large rock outcroppings caused him to give up. He collected his gear and began walking along the rough, rocky trail back to camp when he saw something splash in a water pocket in the rocks. He picked his way over and, peering down into the clear water, saw a huge walleye swimming in the fairly large pool. Brandon instantly realized he might not have to go home empty-handed. But what to do!

Only a few rocks separated the pool from open water and he had forgotten his net in the car. He stared down at his possible prize languishing in the water and then resolved, dropped his gear, stripped down to his skivvies and slowly crept into the pool. The fish saw him and began swimming away. Brandon sank down on his hands and knees for stability on the slippery rocks and quickly "dog walked" through the water at the fish. Whether it was Brandon's great splashing or his yelling, the walleye became so excited it flipped out of the water. Brandon, now kneeling, with a scooping action, connected with the side of the fish, tossing it up onto the rocks. Good job, Brandon!

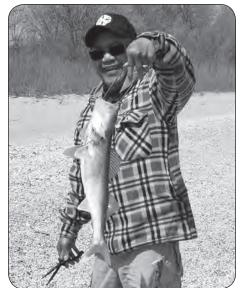
Late last week, I went visiting anglers on the Red River bank by Selkirk and met a kind, pleasant Winnipeg couple. Cheryl Emer, a lovely robust lady with short greying hair, took great joy in sharing these humorous fishing stories. Her husband Harvey, a rugged outdoors man, stood by her. He simply smiled and nodded as Cheryl told of a time years ago when she, Harvey and her brother Ron were fishing on Netley Creek by Petersfield. As they had done many times before, the men fished and Cheryl would bring a book along to read instead of fishing. One day, Ron remarked in exasperation, "For crying out loud, Cheryl, why don't you throw a line in?"

Cheryl quietly put her book down, picked up her rod, baited her hook and cast out. Within minutes, she had a vicious strike. She reeled in and soon the fifth largest bass registered with the Manitoba Fishing Guide for that year lay flopping on the floor of their boat. A short time later, she got another strike and soon the fourth largest bass for that year lay with the other master bass in the bottom of the boat. The men kept their silence after that. Cheryl continued with another story.

Realizing they were enjoying fishing at that time in their lives, Cheryl and Harvey got the bright idea of building an ice shack. They checked out other friends' shacks then went to work building their beautiful, quite expensive shelter. Filled with the expected joy of ice fishing, they hauled it out onto the Red the next winter. Every weekend they would load up fishing gear, food and firewood and hurry to their little home on the ice. After many weeks with only a few nibbles, our angling sister and brother began questioning whether building the shack was worth it.

"I'm going to run home. I forgot lunch on the table," Cheryl said one Saturday when they had just gotten to the shack.

Later, back from her run home, she pulled up to the shack, jumped out of the truck and crunched across the snow to the door. Her jaw dropped as she opened it, seeing Harvey holding a small jack he had just taken off his hook. He looked at her and dropped it back down the ice hole. They sat facing at each other for a short time and then Cheryl stated, "Enough!"



TRIBUNE PHOTO SUBMITTED Manny Tongol of Winnipeg with his walleye catch off the Winnipeg Beach Marina shore.

They packed up everything and went home. Come spring, they parked the shack in their back yard where it resides today serving as a pricey storage shed.

The swimming and fishing areas are separate areas at the Winnipeg Beach Marina. Last weekend, I met Manny Tongol from Winnipeg as he cast far out into the water off the fishing beach. Although Manny didn't have a story, he put his rod down and proudly displayed the walleye he had just caught. Thanks Manny.

See you next week, anglers.

RM of Woodlands gets new staffers

By Evan Matthews

The RM of Woodlands has some new faces to introduce to the community.

Chad Green was hired May 13 as the new building inspector and Marcel Lesage as the public works foreman.

Green, a Portage La Prairie resident, has 12 years of industry experience and is eager to bring his skill set to the RM. Building inspectors typically review building plans to ensure they meet building codes, local ordinances and zoning regulations, and then subsequently approve or deny those plans.

Starting out in lumber stores (as an estimator) and then as a builder, Green expanded his skill set most recently with the province as a property

assessor.

"I'm passionate. I'm excited to start a new chapter in my life," said Green.

"No matter what I do, I put everything I have into it."

Looking for a change of pace, Green said his interest in how things are constructed drew him to the job posting. In addition, he is familiar with the area from his time as a property assessor, and thought he'd be a good fit for the community.

Being in the public eye and dealings with municipal councils are nothing new for Green, as his previous roles have had components of both.

"Working in property assessment, you're the one to assess everything that's built. I've worked hand-in-hand with municipalities for many years," said Green.

"You also deal with boards, rate payers. It felt like a natural progression." Lesage is from Teulon and brings over 25 years of industry experience

to the job. He started July 15. For the last five years, Lesage worked with Manitoba Infrastructure as a maintenance worker and part-time operator and trainer.

"I'm honest and will bring integrity to the job," said Lesage. "I'm really passionate."

The public works foreman job entails completing any and all maintenance and operations within the RM including clearing and maintenance of roadways, drainage. "This is an opportunity for me to advance and educate myself a little more," said Lesage.

"It's getting more involved in the public sector, however, at a more managerial situation too."

Cougar spotted in Teulon

Staff

On Monday, July 15 at about 8 a.m., RCMP received a call about a cougar sighting on 1st Avenue NW in Teulon.

The caller said there was a cougar in the backyard that had walked into the bush. RCMP made a patrol of the area, and Manitoba Conservation was advised of the sighting.

No other sightings or calls were received by the police about the cougar.

Initiative aims to fill purses for those in need

By Jennifer McFee

A local woman is launching an initiative to provide purses as a way to acknowledge a person that might often go ignored or unnoticed.

Allison Emmer of Stonewall is collecting used purses and filling them with supplies for a new project entitled "See the Purse-on," which is a play on words that stresses the need to pay attention to people in need.

"A lot of times people on the street are someone you want to avoid. You want to walk by them and you don't want to connect in any way. So this isn't necessarily an event where we want to just shove a purse in someone's hands and walk away. We want to acknowledge that they're a person and they have value," she said.

"They have value no matter what situation they find themselves in. We just want to say 'We're here to support in whatever way we can. You're not alone and we see you.'"

Currently, Emmer is in the process of attaining charitable status for an organization called Heroic Family Mission.

"My husband is director of Youth for Christ drop-in here in Stonewall, so we've teamed up to co-ordinate with the drop-in and with the students there," she said.

"Our goal is to get more families to do more things together. So the purse initiative is something that moms and daughters and ladies of all ages can all be doing together. Families can definitely come as well, but our target is ladies because it's purses that we're collecting."

In addition to the purses, Emmer is seeking donations of items to fill them with or monetary contributions to buy supplies. The end goal is to distribute the purses in downtown Winnipeg to women in need of a boost.

"We're hoping to fill them with new items like toiletries, feminine products, snacks, water bottles, new underwear and socks, as well as other things. Businesses can also help fill some of these purses. We're looking for travel-size items. If you go into hotels, maybe you could just ask at the hotel or collect shampoos," she said.

"If people were going to go to see the dentist, they could ask for extra samples that they could add to the purses. This article is a good thing to bring with them because sometimes the dentist wants a letter or a request."

Purses and other items can be dropped off at the Youth for Christ drop-in centre in Stonewall at 311 1st St. East on Tuesdays and Thursdays from 3:30 to 5 p.m. and 7 to 9 p.m. Donations can also be dropped off at the YFC booth at Quarry Days.

Then on Aug. 18, which is the Sunday of Quarry Days, Emmer plans to sort the items and fill the purses at the Stonewall youth drop-in centre from 6:30 to 8 p.m. All are welcome to lend a hand.

"It's family-friendly. Different people want to help at different levels, so some will want to give and some will want to help to fill them and others will want to help distribute them," she said.

"We want to include as many people as possible because it's not a one-person process. We want to get people involved in whatever level they feel most comfortable in."

The same evening, Emmer will also provide a

short training session about what it means to "see the person."

"We'll do a walk-through of what it would look like to go downtown and what the expectation would be of how we interact with people. We don't have a distribution date yet, but if there's anyone who's interested to go downtown, we would take them with us," she said.

"We'd probably be in the location of the Youth for Christ downtown, which is not far from both the street missions. Siloam Mission and Union Gospel Mission are right there right by the Youth for Christ in Winnipeg. That would be our target area just because they gather there for meals and there are more homeless people per capita in that space."

Emmer hopes to fill 25 purses to start, with optimism for achieving an even higher number.

"I don' t know what to expect since this is our first initiative. We'll aim for 25 that we've filled



TRIBUNE PHOTO BY JO-ANNE PROCTER Left to right: Lydia, Allison and Abigail Emmer.

adequately with different items," she said.

"I already have 12 purses, so it could even be higher. Maybe we could fill between 40 and 50, depending on the different interest that comes back."

Anyone who would like more information about the initiative can contact Emmer at vitaministry@gmail.com.



By Becca Myskiw

The historic McLeod House Tearoom & Gift Shop on Stonewall's Main Street is home to one of the most popular teahouses in the Interlake.

McLeod House was built between 1898 and 1899 and was home to local doctor, Dr. Alexander McLeod, his wife author and historian Margaret Arnett McLeod and their three children. One who was the First World War veteran Alan McLeod. Alan McLeod was one of the youngest Canadians to receive the Victoria Cross.

McLeod House came under the ownership of Leanne Stewart in 2003 who turned it into the favourite tearoom and gift shop it is today.

McLeod House is a restaurant on the bottom floor with a four-room gift shop upstairs. The restaurant serves over 20 types of tea and makes all their food fresh in-house daily.

Everything on the walls that decorate the home are for sale except for the few things that reflect the history of the home, the restaurant and the community.

The now tearoom received the honour of being named a "Home of Memorable Manitobans" in October 2010.

Stewart worked with a chef when first starting the business to create her menu but has come up with each change and creation on her own since the beginning.

The teahouse strictly serves a lunch menu. Her chef prepares a different soup from scratch each day, homemade desserts, sandwiches and salads. They feature something new for lunch daily and Stewart said a customer favourite is one of the many kinds of quiche served at McLeod House. The



TRIBUNE PHOTO SUBMITTED McLeod House Tearoom & Gift Shop owner Leanne Stewart made sure her teahouse honoured the McLeod family.

menu changes during the fall to offer more seasonal dishes. The teahouse is also licensed and serves wine and beer.

Two locals and McLeod House regulars, sisters Valerie and Kathy, said McLeod House is their favourite lunch spot in Stonewall. They agreed the best dessert is the blueberry cinnamon bread pudding, and when they're all out of that, the sisters said the next best thing is the saskatoon rhubarb crumble pie.

"It's not like your regular restaurant," said Kathy. "It's very unique."

Every second Saturday, McLeod House hosts a high tea and a few Wine Wednesdays throughout the season. They're open Tuesday to Saturday 10 a.m. to 4 p.m. Stewart recommends making a reservation before coming any day of the week to ensure a spot at the cozy, peaceful teahouse.

Along with tea time, the McLeod House also offers the special treat of teacup readings only a few times in the year. A teacup reading is for anyone who books a time. They drink their tea without it being strained. The tea leaves are left at the bottom of the cup. The pattern of tea leaves left is read and the message from the shapes is based on standard symbolism — a snake could mean falsehood, a spade might mean good fortune and a house could mean change.

The gift shop is open during restaurant hours and no reservation is needed to head upstairs and check out the selection. One room is home to clothing and purses, while the other three include household decorating ideas, kitchen gadgets, napkins, jewellry, gift ware, loose tea, gourmet food and classic gift shop trinkets. Merchandise within the gift shop changes seasonally like the restaurant menu to give customers what they really need at the time.

McLeod House Tearoom & Gift Shop is located at 292 Main St. and is open year-round.

Local teen organizes donation drive for the homeless

By Jennifer McFee

A Warren teen is launching a project to give back to those who need it most.

Lane Bond has started a program called Backpack Give Back, through which he aims to collect used backpacks filled with essential items for people in need.

"A couple months ago, I had the idea of wanting to give back to the less fortunate so I talked to my mom about it. We both came up with this idea of doing a backpack drive and collecting useful items to give to Siloam Mission," said 16-year-old Bond, who is going into Grade 11 at Warren Collegiate Institute. "We're just in the rough draft of it, but I think it's really promising. I wanted to just give back to the community and be involved. There's a large population of homeless people in Winnipeg so I thought that was a really good place to start."

Warren Tire has agreed to be a donation drop-off location, as well as Family Foods in Stonewall.

Community members are welcome to drop off used backpacks as well as items such as toiletries such as deodorant, razors, toothbrushes, toothpaste, lip balm and personal packages of Kleenex. Other suggestions include journals, ear buds, decks of cards, granola bars or other non-perishable snacks, and puzzle books such as crosswords, word searches or Sudoko.

People can donate individual items or they could also opt to fill a backpack with items and drop off a completed package.

"I think we're going to try to do this all summer," Bond said. "In the fall, we're going to try to go into the elementary schools including Warren, Woodlands, Stony Mountain and Stonewall and try to get this into being a classroom fundraiser."

The goal is to raise awareness and to distribute the backpacks in time for Christmas.



TRIBUNE PHOTO SUBMITTED WCI's Lane Bond is organizing a backpack donation drive.

"We're just going to try to do as many as we can," he said. "The more people that are involved, that would obviously help tremendously. We would appreciate help in donations. Every little bit helps."



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Lemonade stand for hope



TRIBUNE PHOTO BY BRETT MITCHELL

Graeme Slatcher, pictured left, and his brother Jayden, both of Stonewall, were busy selling lemonade and other cool treats as part of their CancerCare Manitoba Foundation Lemonade Stand for Hope along Reid Avenue in Selkirk last Friday. The Brindley Bunch lemonade stand was organized by Kendall Tomyk of Selkirk and about a dozen of their family members helped out during the sale, which raised nearly \$1,200 for the CancerCare Manitoba Foundation. The lemonade stand was held in memory of Graeme and Jayden's grandfather, who passed away on July 19, 2018, of cancer. Lemonade Stands for Hope were held across Manitoba last weekend.





The Canadian Cancer Society believes no one diagnosed with cancer should have to face it alone. As the only nationwide charitable organization with over 70 offices located in communities across the country, our support services and game changing research help Canadians affected by cancer live their lives more fully. So join us at Relay For Life where you'll walk to raise funds that help us continue our life-saving work. And together, we can prove that **life is bigger than cancer**. **Make a difference and sign up today at relayforlife.ca**

Stonewall Relay For Life

Friday, September 20th, 2019 Stonewall Collegiate Track 6pm to 11pm

For more info contact Lana at news@stonewallteulontribune.ca call 204-292-2128 or go to relayforlife.ca

Rosser council news in brief

By Jennifer McFee

• The RM of Rosser will enter into an agreement regarding a computer software licence with All-Net Connect.

• Rosser will also enter into an agreement with Emergency Services Marketing Corp regarding IamResponding.com's emergency responder reply system.

• Council is recommending that the provincial government rename the west service road on the east side of the Perimeter Highway to Sir William Stephenson Drive from Farmer Avenue.

• Council will spend \$379,523.20 from the machinery replacement reserve to buy a 2019 160M3 grader from Toromont Cat through the AMM purchasing program.

• The RM will amend its standard construction specifications for the water and wastewater section.

• The RM will execute a conditional use agreement with Canada Sheep & Lamb Farms Ltd.

• The RM will enter into an agreement with Whiteland Services Inc. to acquire land and another agreement regarding the compensation for the friendly expropriation of land.

• Doug Pickell spoke to council on behalf of the William Kurelek Citizens Committee about a potential project to put murals on the front of the South Interlake Regional Library.

• Council approved the discharge of wastewater by Burcon Nutrascience Corporation, as long as Burcon complies with bylaw provisions that apply to the discharge.

• The RM will clean out the third mile of the Meridian Road Project at a maximum of \$15,000 over the \$40,000 that was budgeted in the 2019 financial plan.

Ride in Rally donations





TRIBUNE PHOTOS SUBMITTED

Left photo: David Leduchowski, on behalf of the Teulon Ride in Rally, presented \$300 to Teulon Second World War veteran Bill Neely for Project New Hope Canada. Right photo: Leduchowski presented \$129.93 to Jan Lambourne. Jan and Joe Lambourne generously allowed the use of their large tent for two rallies. The Teulon Ride In Rally hopes this donation will help defray ongoing tent maintenance.

Project New Hope Canada is a non-profit, non-political, educational and humanitarian organization. It's mission is to provide veterans and their families the education, training and skills necessary to manage their lives after operational service through the provision of family retreats, seminars and workshops. This year's donation was the final one for the Teulon Ride in Rally. Project New Hope Canada is taking over the annual event and hopes to see everyone next July.



Campers show off their moves at annual dance recital

By Gabrielle Piché

The wind was mighty, but it didn't shake the young dancers from Green Acres Art Centre's dance camp last Friday.

The campers spun, jumped and twirled ribbons at the camp's end-ofweek recital at Sunova Stage in Green Acres Park. Ballet moves were incorporated with lyrical and jazz.

For their final piece, the girls did a musical theatre performance where they mouthed lyrics and danced to the words.

The girls practised their choreography on stage and in Green Acres Art Centre during the week. Lana Knor, the centre's president, hadn't seen any of the dances before the recital.

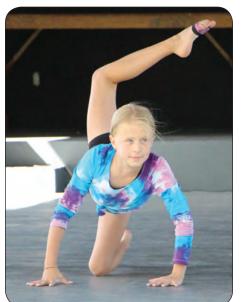
"It's been kept very quiet," Knor said. Another secret— for the crowd, anyway — was the girls' costumes. Each camper came out in a tie-dye shirt they'd made at camp. The shirts were meant to be a surprise to parents and friends.

Friends and family were in the audience during the recital. Many came from Teulon, and surrounding communities including Gimli and Winnipeg Beach. Other campers and daycare kids from Green Acres Art Centre were also in attendance.

Cindy Zeller went to the recital to see her granddaughter Scarlett dance. "I love watching her perform," Zeller said."She enjoys it so much, so I enjoy it."

Zeller has watched her granddaughter perform with the camp at Sunova Stage before. She said she's noticed an improvement over the years.

"She's starting to learn the moves



Ainsleigh shows her flexibility during the dance recital.



Lily looks to her off-stage dance instructor as she performs on July 19



TRIBUNE PHOTOS BY GABRIELLE PICHE Campers performed at Sunova Stage in Teulon.



Campers from Green Acres Art Centre's Funtastic Experience camp sold lemonade and ice cream during the show.

more," Zeller said.

The recital on Friday lasted about 20 minutes. Once finished, the dancers celebrated with their instructors, Alycia Campbell and Elena Modrzejewski.

Campers from Green Acres Art Centre's Funtastic Experience camp were selling lemonade and ice cream during the recital. The dance camp's

kids and instructors got free ice cream after the performance.

Green Acres Art Centre has different camps running throughout the summer. The centre will hold another week of dance camp from Monday, Aug. 19 to Friday, Aug. 23. People interested in registering can email gaacevents@mymts.net.

Quarry Park day camp has kids soaking up sun

By Becca Myskiw

After a week of fun, the Quarry Park day camp wrapped up last Friday with a crazy carnival. Approximately 30 children attended the camp each day, with some coming from as far away as Nova Scotia and Alberta.

The camp started Monday with an out-of-this-world theme. The campers did astronaut-like activities including screwing on bolts in the water and doing space walks. Tuesday was bug day and had the children out looking for bugs and doing bug theme crafts.

The group went to Kinsmen Lake on Wednesday for beach day, had a mystery theme on Thursday and finished the week with carnival games on Friday.





Left photo, Blake and right photo, Ciara, both learned disc techniques while attending camp at Quarry Park last week.

TRIBUNE PHOTOS BY BECCA MYSKIW

Brunger embarks on final building move

By Jennifer McFee

It's the end of an era for Brunger Industries as the owner makes the move towards the next stage of his life.

Bruce Brunger is preparing to close the doors of the family business, which has been moving buildings across the province and beyond for more than six decades.

It all began in 1958 when his dad Fred launched the building-moving company and eventually got his sons involved. After Fred died in 1975, Bruce and his twin brother Brian took over the business. They operated it together for a few years, until Bruce took full ownership in 1983.

"We do everything from industrial buildings to ready-to-move homes. We also move used homes out of the city as well as portable classrooms and telephone buildings all over the province. The biggest one we've put on wheels is 50 feet wide and 110 feet long with 24-foot walls," he said.

"We've worked in North Dakota, International Peace Gardens, Ontario and Manitoba, but we've also gone on the winter road systems and up north to Rankin Inlet."

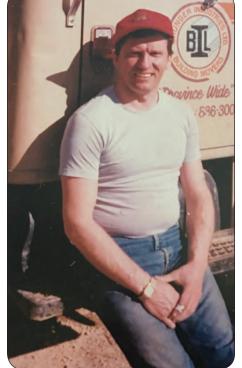
For Brunger, the hardest part isn't the move itself; rather, it's the co-ordination involved to make the move possible.

"You have to have a permit before running the dual lane down the highway with the extra wide loads. They have to co-ordinate with hydro and telephone and the railways and whatever other utilities are involved," he said.

"When you start dealing with extreme widths and extreme lengths, then the road has to be exactly perfect to ensure you make the corners because you can't run into a pole at the edge of the highway."

Born into the industry, Brunger moved his first building at the tender age of 12.

"I was able to drive the small tractor that we had," he said. "I hooked onto the playhouse that we had when we were kids and I pulled it over for a garden shed for my mother on the



Bruce Brunger took full ownership of the family owned business in 1983.

other side of the yard."

Since then, he estimates that he's moved several thousands of buildings — including a few that required the use of cranes.

"The equipment has changed because you get into the mechanization. Now we have jacks that lift 70 tonnes and they're only an inch-and-a-half thick. You put five of them underneath and you lift up the building. It doesn't matter how big it is," he said.

"You have a lot more power with the jacking system and they're a lot faster now.You can literally have one person lifting up a huge building because he's running a control system."

With more than 40 years of experience, Brunger recalls many memorable moves.

"There's been lots of interesting ones. We did an 11,000-square-foot lift of a building up in Rankin Inlet a few years ago. We put a foundation underneath it as well and set it back down," he said.

"After you've done quite a few jobs, you like the challenge of the unique ones."

Image: State of the state of

He remembers working for the RM of Rosser to lift a 300-tonne building that was built 16 inches too low. And he also thinks back on the period from 1972 to '76 when he worked up



Brunger Industries moved the Hunter House from Beach Road to the Teulon & District Museum site 34 years ago.

in Churchill moving a multitude of buildings.

"They were built in an aircraft hangar there because of the weather is terrible. Then we took these big twostorey homes for five miles into the townsite. We did about 200 of them, and we worked seven hours a day in the wintertime because the light isn't very good there. We would do eight homes in four days with a crew of four people," he said.

"We also took a couple trailers from Morden all the way up to Shamattawa. It took us 18 hours on the winter road just from Gillam. We've moved buildings across the lakes too. It's interesting to listen to the ice crack because you're dealing with a heavy load. You just have to get used to it. But when you don't hear it crack, then you're in trouble. All ice has to bend a little bit."

Over the decades, his wife, Fern, has also been witness to many nail-biting moments.

"I help him sometimes, but not that often. When I escort a building with him, I know that he knows his equipment and that he knows what everything can do," she said.

"Still, when I rear escort, I'm basically screaming in my head — but he never fails. He knows exactly what he's doing, but I still get terrified."

Like any other skill, practise makes perfect — at least most of the time.

"We lost a porch one time. That wasn't very good. It just wasn't possible to save that part of the building. It's a bit tricky sometimes when you start working with the older wooden buildings because they could be rotten and you can't tell what you're looking at from the outside until you actually lift up the building," he said.

"It's also a challenge to move buildings with an awful lot of glass in them. You have to watch how you deal with your stresses on those buildings because they're very rigid. And, of course, when you're lifting a building with the concrete foundation straight up in the air so that nothing breaks inside — that's a good thing too."

And as he prepares to shutter the shop, Brunger has many successes to celebrate.

"It's not what you do; it's how you do it," he said. "We had a lot of years when we were paying the lowest rate of Workers Compensation in our category, so we're doing something right." On Tuesday, July 23, Brunger completed his final building move from his shop yard in Teulon out to Matlock, where he has a five-lot development. Although they will no longer be moving buildings, the business will remain ongoing until the homes are finished and sold. Then on Aug. 24, all of Brunger's equipment will be sold at an auction sale.

Looking ahead, the long-time mover is not daunted by the prospect of retirement — although he's unlikely to sit still for long.

"After 47 years, that's enough," said Brunger, who will turn 65 next year.

"Maybe I'll go fishing instead of just talking about going fishing."

The Stonewall Teulon Tribune Thursday, July 25, 2019 15





- 1 cup old-fashioned oats
- 2 cups water
- 1/2 cup pecan milk 1 banana sliced
- 1 banana, sliced 1/4 cup pecan halv
- 1/4 cup pecan halves1/4 cup dried tart cherries
- 1/4 cup honey

In large, microwave-safe bowl, combine



Makes: 10-12 energy bites 1 cup toasted pecan halves or pieces 1 cup dried cherries 4 medjool dates, pitted 1/4 cup old-fashioned oats 1 tablespoon cacao powder, plus additional, for coating (optional) 1 teaspoon vanilla extract In bowl of food processor, combine



Serves 4

4 ounces pancetta, cut into 1/4-inch cubes (see note)

3 tablespoons olive oil, plus more if necessary

1 pound Yukon gold potatoes, unpeeled, scrubbed and quartered Kosher salt

Freshly ground black pepper 10 ounces cremini or brown mush-

rooms, quartered 6 garlic cloves, peeled and halved

crosswise 2 teaspoons dried thyme

Several fresh thyme sprigs for garnish (optional)

1. Arrange a rack at center position and preheat the oven to 400 F.

2. In a large, heavy, ovenproof frying pan (preferably cast iron) set over medium heat, sauté the pancetta until golden and crisp, 5 to 7 minutes. Remove with a slotted spoon to drain on paper towels. Phone 467-5553

Banana Pecan Cherry Oatmeal

oats and water. Microwave on high 3-4 minutes, or until oats are cooked through. Watch carefully to avoid boiling over.

Remove from microwave, stir and divide between two bowls. Pour 1/4 cup pecan milk over each bowl. Divide sliced banana, pecan halves and dried tart cherries between each bowl and drizzle with 2 tablespoons honey. Serve immediately.

Cherry Pecan Energy Bites

toasted pecans, dried cherries, dates, oats, cacao powder and vanilla extract.

Pulse until ingredients begin to bind and form loose, dough-like ball. Roll into 1-inch balls. Roll balls in additional cacao powder, if desired, and transfer to airtight container. Refrigerate until ready to serve, up to seven davs.

Note: To make gluten-free, substitute 1/4 cup of certified gluten-free old-fashioned oats.

Skillet-Roasted Potatoes with Mushrooms and Pancetta

3. Remove all but 2 tablespoons of the drippings from the pan. (If you don't have 2 tablespoons, add olive oil to make this amount.) When hot, add the potatoes and sauté, stirring, until they start to take on a little color, 5 to 7 minutes. Season with salt and pepper and place the frying pan in the oven. Roast for 15 minutes.

4. Remove the frying pan from the oven and add the mushrooms, garlic and the 3 tablespoons of olive oil. Add the dried thyme and season with more salt and pepper. Toss to coat well.

5. Return the pan to the oven and roast until the potatoes are golden brown and tender and the mushrooms are softened, about 15 minutes more. Remove the frying pan from the oven and stir in the reserved pancetta. If desired, garnish the center of the pan with fresh thyme sprigs. Serve warm.

Note: If buying pancetta from a deli, ask for it to be cut thickly into 1/4-inch slices. Prepackaged pancetta is often thinly sliced.

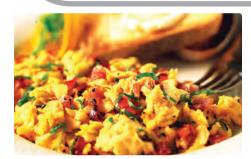


We know that stress is unhealthy. It can lead to health problems such as headaches, gastrointestinal problems, ulcers, and a weakened immune system. It can affect sleep patterns, and can contribute to psychological difficulties including depression and anxiety.

We have a dilemma, for few among us live stress-free lives. There will always be potential stressors, along with some very real ones. The good news is there are ways we can counteract the negative effects of stress, but there are also ways to eliminate stress.

Sometimes we can change the way we look at life, and become more accepting of the inevitable struggles. We get upset because our life is not the way we hoped it would be we create stress for ourselves. If we don't have a partner, didn't get the job, are not happy with how our adult children have turned out we can worry obsessively about these things. If we tend to always imagine worst case scenarios we are experiencing the same stress reactions as if that thing actually happened. If there is a worry and we can do some-

thing about it, then we should take ac-



Makes 4 to 6 servings 4 Roma (plum) tomatoes 6 strips good-quality lean smoked bacon, cut crosswise into 1/2-inch pieces 3 tablespoons unsalted butter 2 shallots, minced 12 extra-large eggs, beaten until

slightly frothy Salt

Freshly ground black pepper 2 tablespoons finely shredded fresh basil

With the tip of a small, sharp knife, cut out the cores of the tomatoes. Cut each tomato in half crosswise and, with a fingertip, scoop out and discard the seeds. Cut the tomatoes into rough 1/2-



We Should Counteract the Negative Effects of Stress

tions. If there is nothing we can do, we need to stop thinking about it. Deal with a crisis when it happens, not when we do not know for sure that it will happen

Learning to relax makes a huge difference, but is not always easy to do.

Engaging in relaxing activities can help, as can exercise. Spending time with animals is often helpful. Some find prayer or meditation soothing. It is true that it is not so much what is happening that creates stress, but rather how we think about and respond to what is happening that creates a problem.

One of the best ways to eliminate stress is to quiet the busy mind. Spend some time not thinking and just being in the present moment. Really notice the world around you. Look at the sky, look at nature.

If you are unable to break the stress pattern yourself, a therapy sessions can be useful in speeding your progress. In fact, few people truly know how to completely relax the body and still the mind. It is possible to change how you look at things, and to learn to control the way your body reacts to stress. Doing so is a wise investment in your health, and the quality of your life.

Gwen Randall-Young is an author and award-winning Registered Psychologist practicing in Sherwood Park, Canada. For information on her books, MP3 recordings and resources go to www.gwen.ca Follow her on Facebook for daily inspiration.

Bacon and Tomato Scramble

inch dice.

Scatter the bacon pieces evenly in a nonstick skillet and cook over mediumlow heat until golden brown, about 5 minutes. With a slotted spoon, remove the bacon from the pan and drain on paper towels. Pour off almost all of the fat from the skillet, leaving just a thin glistening.

Return the skillet to medium-low heat and add the butter and shallots. Sauté until the butter has melted and the shallots begin to sizzle, about 2 minutes. Add the eggs and cook, stirring occasionally with a wooden spoon and scrape the bottom of the skillet, until the eggs form very moist, creamy curds. Stir in the tomato and bacon pieces, season to taste with salt and pepper, and continue cooking to your liking, taking care that the eggs remain on the soft and creamy side. Serve garnished with the basil.







Saddle Up for Cancer Horse Show and Gymkhana coming to Stonewall

By Gabrielle Piché

Horseback riders looking to try a new show with a purpose should come to the South Interlake Rockwood Agricultural Society (SIRAS) show grounds this August.

The first-ever Saddle Up for Cancer Horse Show and Gymkhana will happen on the SIRAS grounds on Saturday, Aug. 3. The show will begin at 8 a.m., and it will end around 7 p.m. or when all the classes finish.

Organizers say the fundraiser will have halter and showmanship classes, Western and English classes, and events requiring horse jumping, among other competitions.

Tannis Walc is one of the fundraiser's founders. She said there'll be more walk and trot classes than a regular show.

"We're trying to open it up for beginner riders," Walc said.

Horseback riders can try a Gymkhana. In Gymkhana competitions, participants race through a course while being timed or they play horseback games.

Riders in the fundraiser's Gymkhana can participate in eight events, including barrel racing and a pole bending competition.

Another event within the Gymkhana is the keyhole race. Here, riders must race through a pattern without stepping outside of a keyhole shape marked on the ground. Participants will be timed. Riders can sign up for a speed trio stakes contest. In this competition, organizers take riders' final times and placings from the barrel, pole bending and keyhole events and rank them. The top four contestants get a payout. Riders wanting to register must pay a \$20 entrance fee and \$3 for every

class they sign up for. People in the speed trio stakes contest pay an additional \$20.

All the money goes to the Cancer-Care Manitoba Foundation.

"Pretty well everybody's been impacted by cancer in one way or another," Walc said.

The event's three organizers — Walc, Linda Lamoureux and Dena MacLean — have family members who've had cancer.

"We decided that it would be a good foundation to work with," Walc said.

Riders in the horse show won't get money for winning their classes, but they will get trophies and ribbons. In addition, each organizer picked a class where the winner will get a special ribbon and gift card. These classes are dedicated to organizers' family members who've had cancer.

"I picked intermediate barrel," Walc said.

Walc is honouring her mom Marilyn. Lamoureux is dedicating the junior barrels competition to her father, and MacLean is using the senior showmanship class to remember her mother.



TRIBUNE PHOTO BY COLIN MACDONALD Emma Walc rides Tucker at the SIRAS show grounds.

Interested riders can sign up for the show on the Saddle Up for Cancer Horse Show and Gymkhana Facebook page. They can also register at the SIRAS show grounds the evening of Friday, Aug. 2 or before the show begins on Saturday, Aug. 3. Organizers will be at the show grounds office before 7 a.m. on Saturday.

To sign up, riders must have a Mani-

toba Horse Council membership.

People can watch the horse show for free. During the lunch break, an equestrian drill team will perform for attendees.

There will be a silent auction on site and a canteen for people to buy lunch.

Interlake teams compete at 'AAA' baseball provincials

Staff

Interlake finished in sixth place at the eight-team 15U "AAA" provincials last weekend in Altona.

Interlake defeated Brandon 9-7 in its final game on Sunday afternoon. Earlier in the day, Interlake edged Pembina Hills 7-6.

"The kids played real well and the bats came to life on Sunday," said Interlake head coach Dave Meyers in a text message. "We pitched pretty good and they were a great bunch of players that really like to play the game."

Interlake started play Friday evening, suf-

fering a tough 11-10 loss to Midwest. Their record dropped to 0-3 after losses to Carillon (10-0) and Brandon (11-7) on Saturday. South Central won the 15U "AAA" provincials after defeating Midwest 9-1 on Sunday.

In 13U "AAA" provincial action in Seine River, Interlake finished with an 0-4 record. They were defeated by Midwest (17-6), Carillon (14-2), Brandon (12-2), and Parkland (12-11).

Olldome won the provincial title after outscoring South Central 17-13 in the final Sunday evening.

United defeats Les Bleus

Staff

The Stonewall United used a balanced scoring attack to defeat Les Bleus in Manitoba Major Soccer League 5th Division action last Thursday evening.

Three different players -Fred Attiglah, Chris Wiebe, and Kevin Holloway - scored for the winners.

Christian Pantel replied for Les Bleus.

With the win, Stonewall improved its league record to

4-4-3 and now has 15 points to sit in sole possession of sixth place in the 10-team division.

The United is just a point behind North Winnipeg United (5-6-1) in the standings while playing one fewer game.

The United hosted Azzurri this past Tuesday but no score was available at press time.

Stonewall will play Les Bleus again this Monday at the Buhler Recreation Park. Game time is 7:30 p.m.

Spontsarecreation

South Interlake Phillies advance to U16 westerns

By Brian Bowman

The South Interlake Phillies U16 fastpitch team had a major goal in mind at the provincials last weekend in Winnipeg.

Their goal was simple — earn a spot at the Western Canadian Championship. And they did exactly that.

South Interlake finished fifth overall at provincials and will now advance to the western championship, which will take place in Biggar, Sask.,

from Aug. 2 to 5.

"We accomplished what we wanted," said Phillies' head coach Ryan Fines. "We get to go to westerns." South Interlake finished the round robin with a 3-4

record, which tied them with Westman and the Lightning for fourth place. But the Phillies advanced to the playoffs due to the fact that they defeated both of those teams

in the round robin. South Interlake's final victory was in a must-win situation against the Lightning.

"We had to go get that last game and we did," Fines said.

Westman, meanwhile, won that tiebreaker game against the Lightning and then downed South Interlake later in the day.

"We were in control (against Westman)," Fines recalled. "We hit the ball super good. At the start of the game, we were just pounding everything."

After the Phillies gave up two runs in the top of the first inning, Brooke Wadge smacked a two-run homer to tie the score at 2-2. She hit the ball verv well all weekend.

"That kind of got us going and for the next four innings, we were just pounding everything," Fines said. "Then they caught a couple and got a couple of breaks. I honestly thought we kind of gave that one away, in my opinion."

On an individual level, Fines was very impressed with the play of Madison Fines (both offensively and defensively), Grace Fines and Abby Cassidy last weekend.

Ryan Fines was also very pleased with South Interlake's pitching at the provincials. He also wanted to thank his associate coaches - Rikki Frost-Hunt and Tatum Lindley — for their help.

"WE HAD TO GO

GET THAT LAST

GAME AND WE

DID," FINES

SAID.

"They do most of the work," Ryan Fines noted. "I thought they did a great job there. Both have never really coached before so they're getting their feet wet this year. I was proud of them, I thought they did a really great job. They all get along and they fire our girls up. They're good role models for our girls."

The Phillies, meanwhile, expect to be competitive at the

westerns. "We can compete," Rvan Fines said. "It

just comes down to doing it for seven innings. We can play defence, but can we do it for a whole weekend? I would like to think so.

"But the way we hit, nobody hits the way that we do. Smitty's beat us by, like, 15

(runs) but we hit more balls hard in that game than they did. It's just a matter of getting a few breaks here and there."

TRIBUNE PHOTO BY LANA MEIER

The Phillies' Brooke Wadge hit the ball very well at the U16 fastpitch provincials last weekend.

TRIBUNE PHOTO BY JO-ANNE PROCTER The Jays' Connor Jonasson delivers a pitch.

Stonewall stopped by St. James A's

Staff

The Stonewall Blue Jays took one on the chin from the St. James A's on Monday evening.

St. James defeated Stonewall 13-3 in Winnipeg Senior Baseball League action.

On July 15, Stonewall blanked the North Winnipeg Pirates 6-0 at Fines Field.

The Blue Jays scored twice in the bottom of the first inning and then added four more in the fifth int he win over North Winnipeg.

Stonewall is now 7-7 and 4.5 games back of the firstplace St. Boniface Legionaires (12-3).

The Blue Jays visited the Springfield Braves this past Tuesday but no score was available at press time.

Stonewall will play the Elmwood Giants this Thursday. It is a game that was originally slated to be played July 18.

The Blue Jays will then host St. James this Sunday at 7:30 p.m.





Blue Jays bash Giants to even MJBL semifinal series

By Brian Bowman

The Interlake Blue Jays are giving the Elmwood Giants a great battle in their Manitoba Junior Baseball League semifinal series.

Interlake evened their best-of-five series at a win apiece after bashing Elmwood 15-5 in five innings on Monday in Stonewall.

"We ended up really taking it to them (Monday) night and got it back to 1-1," said Blue Jays' head coach Adam Kirk.

The Blue Jays scored three runs in the first inning and then exploded for 12 more in the third.

"I think we sent about 15 guys to the plate in between outs," Kirk said. "It was astronomical how many people went to the plate and nobody got out. It was one of the biggest innings that I have ever been a part of."

Ben Anderson, Derek Petrasko, and Baily Proctor each scored three runs for the Blue Jays.

Emerson Klimpke earned the win on the mound. The Giants took a 1-0 series lead with a 4-3 home win in the bottom of the ninth inning Sunday evening in Winnipeg.

Game 3 of the series will be played Wednesday at Koskie Field while Game 4 is set for Thursday at Fines Field. If necessary, a series-deciding Game 5 is slated for Friday. All games start at 7 p.m.

The Blue Jays advanced to the MJBL semifinals after defeating the Altona Bisons 2-1 in a best-ofthree series. Interlake won Game 3 9-8 in Altona last Thursday.

"(That series win) sent a message to the league that we're not the team that our record shows," Kirk said. "We had a lot of tough-luck baseball games

this year and the Altona guy told me all series long 'You guys are better than your record.'"

The series win for the Blue Jays will be a big boost to their program.

"Our program has had good success since we have come back into the league but not in the playoffs so far," Kirk admitted. "We've been ousted pretty quickly both years, (The win) was huge, especially for the third-year guys that helped start this program. At least they won a series while they were here because we hadn't won too many playoff series so far."

Interlake evened the series at a win apiece after doubling Altona 6-3 last Wednesday at Fines Field.

Klimpke picked up the complete-game victory. Anderson, Cole Olfert and Jeremy Wasilewski each had two hits apiece.

The Blue Jays started the series with a very tough 5-4 road loss in 11 innings to the Bisons on July 16.

Altona trailed 4-0 with their final at bat but scored four runs to tie the game and force the extra innings. Wasilewski pitched well in his 6 innings of work, allowing just four hits and three earned runs.

The Blue Jays scored runs in the third and fourth innings and then added a pair in the sixth.

Noah Nockaert-Ducharme led the Interlake with three hits while Klimpke and Andrew Everitt each had two hits.

Klimpke also scored twice while Everitt and Olfert also crossed the plate safely.

Stonewall outhit Atona 12-8.

In the other MJBL first-round, best-of-three series, the St. Boniface Legionaires beat Carillon 2-1 while the Pembina Valley Orioles swept St.James 2-0.



TRIBUNE PHOTO BY JO-ANNE PROCTER Jays' pitcher Emerson Klimpke had the win on the mound against the Elmwood Giants this past Monday. The Jays won 15-5 to tie the series.

Grosse Isle Jays winless at 18U 'AA' baseball provincials

By Brian Bowman

At a baseball provincial championship, it's almost imperative to win your first game to have a chance of advancing to the playoffs on Sunday.

The Grosse Isle Jays were reminded of that last weekend as the club finished with an 0-3 record at the 18U"AA" baseball provincials in Morden.

Grosse Isle had a very tough start to the provincials after suffering a heart-breaking 8-7 loss to Fort Garry on Friday morning.

The Jays led 7-2 in the sixth inning but gave up four and then two more in the seventh for the walkoff loss.

"We were in cruise control in that one and they weren't even in it," said Jays' head coach Trevor Procter. "Then, all of a sudden, it was a seeing-eye single, a couple of bloopers, another ground ball, a couple of mistakes."

That loss severely damaged Grosse Isle's playoff hopes.

"To get into the playoffs, you have to obviously win at least one game to get into the tiebreaker and probably two out of the three to make it to the playoff round," Procter said. "Letting that one slip away put our backs against the wall."

Later that afternoon, Grosse Isle was doubled 6-3 by Morden.

"We ended up facing Morden's ace in that one," Procter said. "They threw their best pitcher at us and, as you know, in baseball pitching is everything. If you don't have pitching, you're not going to go very far. We battle alright but just couldn't pull that one out."

On Saturday, the Jays were blanked 11-0 by Portage. Portage won the provincial title after defeating Altona 6-4 on Sunday.

"It seems like every year they put us with Portage, the defending Western Canadian champs," Procter lamented."We get put in with those guys, so instead of being in a division of four and competing for two spots, you're really in a division of three fighting for one spot.

"Those guys just walk right through everybody. That's a 'AAA' team they've got there and they're competing at a 'AA' level so that makes it tough. It's the third year in a row that those guys have won it so it's tough that we get stuck in a division with those guys every year."

Overall, Grosse Isle had a real good season. It's always great to still be playing baseball in late July.

"The kids competed and had a great time," Procter said. "Things didn't work out but we'll get them next year, I guess. We'll lose four (players for aging out) but we might get five or six back, depending on what happens with the Interlake in the AAA.

"I'm looking forward to next year. We're actually going to have a pretty good team next year. We'll be very competitive again, I know that." **20** The Stonewall Teulon Tribune Thursday, July 25, 2019

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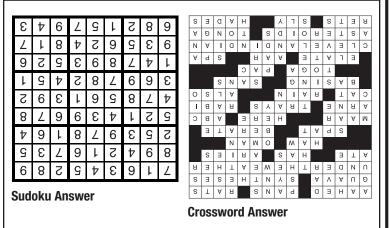
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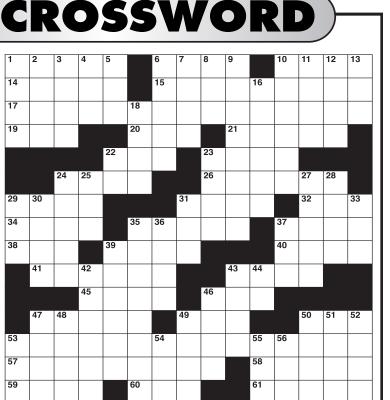
CLUES ACROSS 1. Partner to "oohed"

- 6. Frying dishes
- 10. Turncoats
- 14. Tropical fruit
- 15. Combinations of ideas
- 17. Sick
- 19. Consumed
- 20. Is in possession of
- 21. Zodiac sign
- 22. Hem and
- 23. Small country along the Arabian
- Peninsula 24. Petty guarrel
- 26. Scold
- 29. Volcanic crater
- 31. Present
- 32. TV network
- 34. "Rule Britannia" composer
- 35. Some hold lunches
- 37. Spring harvest in South Asia
- 38. Feline
- 39. Precipitation
- 40. In addition
- 41. Using as a foundation
- 43. Without
- 45. Ancient Roman garment
- 46. Political action committee
- 47. A way to excite
- 49. Swiss river
- 50. A place to relax
- 53. NE Ohio ballplaver
- 57. Rocky bodies orbiting the sun
- 58. Horse-drawn vehicle
- 59. Soaks
- 60. Cunning 61. The underworld
- **CLUES DOWN**
- 1. Water (Spanish)
- 2. Your parent's sister
- 3. Incline from vertical
- 4. The night before
- 5. Female descendants from
- American revolutionaries



- 7. Affirmative votes
- 8. Midway between north and
- northwest
- 9. Soft-shell clams
- 10. Layer at the back of the eyeball
- 11. Tennis great Arthur
- 12. Where golf games begin
- **13. Soviet Socialist Republic**
- 16. Capital of Zimbabwe
- 18. This and ___
- 22. Laugh
- 23. Adhere to the rules
- 24. He comes each December
- 25. Before 27. Hindu cymbals
- 28. and flows 29. Personal computer
- 30. Semite
- 31. "Star Wars" hero Solo

to resume@rcmi.ca



- - 35. Hybrid fruits
 - 36. Capital of Latvia

33. Data executive

- 37. Moved swiftly
- 39. Troublemaker
- 42. Averts

47. Besides

- 43. Garment worn by S. Asian women
- 44. It cools your house 46. Homes to bachelors

48. Cowboys great Leon

50. Province of Pakistan

52. Gasteyer and Ivanovic are two

49. Griffith or Rooney

51. Part of a book

55. To the ____ degree

56. Arrived extinct

53. Automobile

54. Afflict

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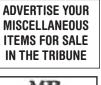
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Dated at Stonewall, Manitoba, this 18th day of July, 2019.

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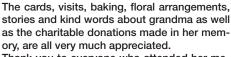
ANNOUNCEMENT

CARDS OF THANKS

My heartfelt thanks to Doreen Klohn for bringing out a delicious supper plus apple crisp for dessert last Thursday. It lasted us for two days. Also thanks to my friend Lorraine Woods for her muffins and cookies. Everything was so tasty. When you are sick you sure don't like cooking. Thanks also to my son Randy who cooked for two weeks. God Bless you all.

-In appreciation, Jean Good





Thank you to everyone who attended her memorial service and to Ken Loehmer Funeral Services.

ANNOUNCEMENT

CARDS OF THANKS

We would like to thank our family, friends and

co-workers for the care and concern, over the

recent passing of our Mother/Grandmother,

"Big Grandma" Time may pass and fade away But memories of you will always stay.

-Lloyd and Darlene Stewart; Michelle and Lyle, Kyle and Kezia Loehmer;

Lisa, Dennis and Aiden Peterson; Murray, Kristin and Grace Stewart





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ANNOUNCEMENT ANNIVERSARY



Lois and Lorne Downey are celebrating 60 years of marriage on July 30, 2019 Happy 60th Anniversary Mom and Dad (Grammy and Grampy) We Love You! XXOO

ANNOUNCEMENT

BIRTHDAY The family of Lorna Priestley Cordially invites you to join us At a Come & Go Tea To celebrate her 80th birthday On Sunday, August 4, 2019 From 2 – 4 p.m. at Saint Cyprian's Anglican Church Hall 60-2nd St. SE, Teulon Good music, good company, good food!



William Percy Cochrane August 1, 1927 - July 10, 2015

It has been four years since you took to the sky as "Flying Eagle" (Cree given name). I was in Gimli in our home for many moons, enjoying the usual coffee at Robin's Donuts. Your hobby or get around was being paddled by grandparents, moms, teenagers and youngsters on the "Bike" with training wheels.

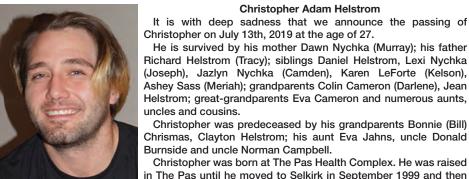
You had us exercising and being environmentally friendly at the same time.

Teulon's Centennial brought many family members out and we enjoyed fairs, pow wows and other events.

So like the photo of Wild Bill, Bill, Willie, Cowboy, share a grin, give a smile, tell a joke, tap your toes and say a prayer for each other.

Our favourite event will soon be upon us, the Teulon Rodeo August 24 and 25 and I hope to see you there and "Flying Eagle" will watch over from above.

> -Love you Cowbov. Dorothy and family and brother Dennis



Helstrom; great-grandparents Eva Cameron and numerous aunts, uncles and cousins. Christopher was predeceased by his grandparents Bonnie (Bill) Chrismas, Clayton Helstrom; his aunt Eva Jahns, uncle Donald Burnside and uncle Norman Campbell.

Christopher Adam Helstrom

It is with deep sadness that we announce the passing of

He is survived by his mother Dawn Nychka (Murray); his father

Richard Helstrom (Tracy); siblings Daniel Helstrom, Lexi Nychka

Christopher was born at The Pas Health Complex. He was raised in The Pas until he moved to Selkirk in September 1999 and then Balmoral in 2003. When Chris was a little boy he loved being on the

farm; whether it was in Balmoral, or when he went for visits in The Pas. He loved to run free with his cousins when they were visiting. He was a mechanically inclined child. He loved to take things apart even though he couldn't always put things back together. When he was with his dad he loved to follow him around when he could. When his dad was busy he would spend time with his grandmother. When Chris grew up he loved spending time with his friends playing guitar, boxing and just hanging out. As an adult, one of Christopher's favorite groups to volunteer for was the Bear Clan Patrol in The Pas. He said that it made him feel so good to be a volunteer with this group. Christopher's celebration of life took place on July 22, 2019 at 2:00 p.m. at the Lutheran Church

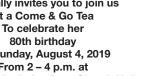
in Teulon, MB.

In lieu of flowers if friends so desire, donations can be made to The Bear Clan Patrol or the Main Street Project in Winnipeg, MB.

I would like to thank the person who called 911, the paramedics who transported Christopher to the hospital so quickly, and the doctors and nurses in the emergency department at the Health Sciences Center who worked so hard to save him. Also to Glen Knutson and Ken Loehmer Funeral Services for their compassion and care.



Join us!





OBITUARY

Rowena (Roni) Joanne Kadyniuk September 20, 1946 - July 16, 2019

It is with great sadness that we announce the peaceful passing of Rowena Kadyniuk on Tuesday, July 16, 2019 at St. Boniface Hospital in Winnipeg Manitoba at the age of 72. Rowena was surrounded by her loved ones during her journey home.

Rowena, better known as Roni by her many family and friends, is survived by her children and grandchildren, Wade (Debbie) and their children Bret, Montana, Chase and Ali; Keltie (Jamie) and their son Easton; and Ryan (Jackie) and their daughters Taylor, Jordyn and Blayke. Her sister Lesley Moore, and brothers William (John) Pritchard and Mark Pritchard. Best friends April Osnach and Diana Mae Boychuk (Mom's Guardian Angels). Numerous nieces and nephews, respectfully too many to mention, and many dear friends. She is predeceased by her husband Wilfred Kadyniuk, her

son Craig Kadyniuk, her father John (Cy) Stenson Pritchard, her mother Lorraine Onofreychuk and her stepfather Martin Onofrevchuk.

Roni was born in Gimli, Manitoba on September 20, 1946 to John and Lorraine Pritchard. She grew up in Winnipeg Beach, Manitoba and attended school at Gimli Composite High School. She met Wilfred in 1965 at the Rainbow Dance Gardens and the pair quickly became inseparable. It didn't take them long to fall in love and decide to get married. She married Wilfred on July 31, 1966, then welcomed their four beautiful children into this world who were and will forever be the most important parts of her life.

They lived and raised their children on the family farm outside of Teulon, Manitoba. Roni was a wife and homemaker while the children were growing up. Numerous times there would be a full house whenever she would babysit her many nieces that lived close by, and there were many family barbecues that took place there. She spent a lot of time visiting her mom and taking her children to swim at Winnipeg Beach. She enjoyed fishing with her stepfather and sister's family over the summer months as well. One can't fail to mention the several Christmases that the families would gather together and spend in her sister's home in Selkirk.

Once her kids were older, Roni was employed as an Educational Assistant for the Interlake School Division for many years, mainly at the Teulon Elementary School. During this time, and after retiring, she also babysat many children including her beautiful grandchildren and the children of her best friend April Osnach.

One of Roni's favorite hobbies besides container gardening, was knitting and crocheting. Along with her mom and sister, they would spend many hours either together or on the phone creating some of the most beautiful afghans, mittens, toques and everything in between. Add to that list all the ceramics that she made with her mom. In recent years, her sister had introduced her to quilting and there she went again, making many more amazing things which she enjoyed immensely. She was just naturally gifted, and it really did show. Roni also had a passion for bingo and cribbage. She was always up for a game! She loved spending her time with her best friend April and niece Diana Mae. Roni and April always had something going on when they got together, and her daily texts will be missed. Between the three of them, get togethers could be as simple as visiting, laughing about recent political events, helping organize Roni's new apartment, correcting, or baking,

Roni's greatest passion was her family, and her greatest treasures were her eight grandchildren. They all had her heart near and far. Proud Grandma would be an understatement! Everyone that had the honor of being a part of Roni's life truly ended up being a part of her family in her heart. She had a big heart and openly shared it with everyone.

She will be deeply and terribly missed by her family, friends and any that had the privilege to know and love her.

Out of respect for Roni's wishes, there will not be a funeral service. Instead, there was a Celebration of her Life with a luncheon held in her memory on Tuesday, July 23, 2019 at 11:00 a.m., located North of Teulon at St. Stephens Greek Orthodox Church Hall, Pleasant Home Cemetery.

In lieu of flowers, donations can be made in Roni's memory to the Heart and Stroke Foundation of Manitoba, and the Lung Association of Manitoba.

The family would like to take this opportunity to thank the paramedics and the staff at the Stonewall & District Health Centre, as well as select medical staff at St. Boniface Hospital ICMS Ward that gave Roni the precious gift of time to be with her loved ones awhile longer. We will always be eternally grateful for the extra days that allowed us hope and the extended time with her! Thank you.



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Carole Jean (nee Barnhart) Good It is with great sadness we announce the sudden passing of our dear wife, mother and daughter. Carole Good, Suddenly at Stonewall

Carole is survived by her husband

and nephews.

She is predeceased by her mother Connie, mother-in-law Beryl Good, dear uncles Jim and Orville Barnhart and her aunt and uncle Eva and Les Meyer.

Mom was born in Morden on September 28th, 1959 to her loving parents Charlie and Connie Barnhart. They lived in Windygates until they moved to their farm in Kaleida in 1967. Mom spent her childhood riding horses and helping on the farm. Mom attended school in Manitou and graduated from Nelly McClung Collegiate in 1977.

After high school she went to nurses training at St. Boniface Hospital where she became an LPN. Mom started her nursing career at the Winkler Hospital and returned home to the family farm. In 1985, she met the love of her life at a social in Manitou a farming truck driver, from Balmoral named Kevin. After meeting Kevin, it didn't take long before Mom got a nursing job in Winnipeg and moved to the city. In 1989, her and Kevin married and bought a house in Stonewall. In the following years, they welcomed their four children Trevor, Kayla, Derrick and Tyler into the world. Mom was a loving, dedicated home maker. There was always a home cooked meal ready on the table at the end of the day and she never failed to have dainties or deserts ready if company came by. At times it seemed there wasn't anything mom couldn't handle. It wasn't uncommon to see her doing everything from helping Dad fix his truck to keeping the vard looking beautiful. Somehow, she still had time to help with homework, school projects or anything else her family needed without ever missing a beat.

When her oldest son Trevor turned 12 she started doing home care. She loved her job helping people and developed lasting relationships with her clients. In 2007 mom and dad built a new home where she lived until she passed. Her and dad loved going on road trips and they could often be found on a long weekend heading off to a casino somewhere. She enjoyed curling, both watching and playing, and we all had the chance to curl alongside her over the years. She was an avid Blue Jays fan and rarely missed a game. She travelled around North America to see several games in person with her daughter Kayla in New York, Boston, and Toronto. Seeing many of these games were on her bucket list.

The funeral service will take place Wednesday July 24th at 2 p.m. at the Stonewall Legion Hall. Pallbearers will be her three sons Trevor, Derrick and Tyler, brother-in-

Your memory will live forever Engraved within our hearts

law John Good, cousin Walter Stewart and cousin Darren Barnhart. In lieu of flowers, donations can be made to the Manitoba Heart and

stoneware444@gmail.com

www.pamperedchef.biz/michellebalharry

Stroke Foundation.

KEN LOEHMER

The family would to say a special thank you the staff at the Stonewall Hospital for doing everything they could to try and save our beloved mother and wife.

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Hospital on Thursday July 18th with her husband by her side we lost

of nearly 30 years Kevin; her four children Trevor, Kayla, Derrick and Tyler, along with her father Charlie. As well as her large, extended family of aunts, uncles, brothers and sisters in laws, cousins, nieces

24 The Stonewall Teulon Tribune Thursday, July 25, 2019

