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# Tribune

## Stonewall Teulon

VOLUME 10 EDITION 32

THURSDAY,  
AUGUST 8, 2019

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## Artist in training

Emersyn and her mom Amanda support the Kinettes whenever they can and took part in the recent Save the Kiln paint night fundraiser.

TRIBUNE PHOTO BY BECCA MYSKIW

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# Young actors show off their new acting skills in Robert Munsch play

By Gabrielle Piché

Campers at Green Acres Art Centre took a classic Robert Munsch tale to the stage last Thursday.

Kids from the centre's reader's theatre camp performed "Millicent and the Wind" in front of family and friends at the Sunova Stage.

Youths from across the Interlake came to the weeklong camp, which began July 29. There were campers from Teulon, Gunton, Arborg, Gimli, Balmoral, Stonewall and Komarno.

Campers spent the week learning acting skills and practising for the play. Elena Modrzejewski led the 13 students as their camp counsellor.

"Anything they needed to learn for the play they learned through games," Modrzejewski said.

The kids practised listening and changing their body movements to match characters' personalities.

Many of the games the kids played can be found at the University of Winnipeg.

Modrzejewski is in the university's theatre program. Some of the games she taught in reader's theatre camp were those she'd learned in school.

During the week, the kids made props for their play. They made a large map showing the setting of "Millicent and the Wind." The map displays a

large mountain which Millicent's house sits on.

In the story, Millicent is secluded and lonely. She befriends the wind and asks the wind to bring her a human friend.

Ella Loehmer, 10, played Millicent. Chelsea Thomas, 8, played the wind.

The other campers were busy – they were narrators, map-holders and parts of the wind, among other roles. When Thomas ran, several kids would run behind her in line, making it look like a wind gust was flowing across the stage.

Lana Knor is Green Acres Art Centre's president. She said many parents asked her about the centre's upcoming theatre program.

The centre runs a theatre program from October to April. Knor hires Manitoba Theatre for Young People to teach classes at the centre.

From October to December, kids learn about theatre and play drama games. In January, the students start practising for a play they'll perform in April.

Knor said she hopes to see kids from different communities in the program, just as there were several Interlake regions represented in the centre's reader's theatre camp.



TRIBUNE PHOTOS BY GABRIELLE PICHE

Thirteen kids acted in "Millicent and the Wind" on Aug. 1.



Chelsea Thomas, playing the wind, wakes Millicent.



In the play, Millicent (Ella Loehmer), right, is trying to find a friend



Elena Modrzejewski, middle, created the reader's theatre camp. Kaleigh MacDonald, left, and Brady Stott, right, helped run the camp during the week.



Lana Knor tells audience members about Green Acres Art Centre's upcoming theatre program.



Most campers wore white shirts and black bottoms for the play.



A camper narrates part of "Millicent and the Wind."

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# Kinettes paint party supports Save the Kilns project



TRIBUNE PHOTOS BY BECCA MYSKIW  
Kisa Macisaac was the artist for the Kinettes Save the Kilns Paint night on July 30.

By Becca Myskiw

A group of people got together on July 30 to save the Stonewall kilns. Save the Kilns Paint Party was last week and brought nearly 20 people ready to paint to the Parochial Hall. The evening was organized by the Stonewall Kinettes and spear-headed by Brenda Gagnon. Gagnon said the Save the Kilns movement is important for the town and the group has done

a paint night before so they knew it would go over well. "I think it's an important part of Stonewall's culture," said Gagnon. "[The kilns] symbolize the town." The Stonewall kilns have been standing since the early 1900s. They're made of limestone and lined with fire brick and were used to process limestone into calcium dioxide or quicklime. Some uses of quicklime

are calcium supplements, preparing whitewash, preparing bleaching powder, purifying sugar, softening water and manufacturing medicines. As the quarries in Stonewall grew so did the town. The kilns closed down in 1968 when the Town of Stonewall gained the property in 1980. In 1985 Quarry Park Interpretive Centre opened with the kilns as a focal point. Now, the historic Stonewall kilns are in danger of collapsing and the Save the Kilns movement is to keep them up and in the town. Repairing the kilns would be well over \$4 million and as grants for heritage projects are limited, the kilns are looking to community members for help. Gagnon said the kilns are part of community members' memories and they create an identity for Stonewall. Events like Save the Kilns Paint Party are one way people can help save the Stonewall icons by either attending or putting it on. To save the kilns you can also spread the word on social media, tell everyone you know, raise awareness, tell council your thoughts, join the Save the Kilns committee and donate to the cause.

# Fatal collision

**Submitted**  
On Aug. 5, at approximately 1:55 pm, Selkirk RCMP responded to a two-vehicle collision on Highway 9 at Meadowdale Road, in the RM of St. Andrews. The initial investigation has determined that a car, driven by a 78-year-old male from Warren, was travelling eastbound on Meadowdale Road, when it entered onto Highway 9 and collided with a truck travelling south on Highway 9. The 78-year-old male was pronounced deceased on scene. His passenger, a 74-year-old female from Warren was taken to hospital with life-threatening injuries. The driver of the truck, a 33-year-old male, his passenger, a 32-year-old female along with three young children, all from Winnipeg, were taken to hospital with non-life threatening injuries. Alcohol does not appear to be a factor in the collision. RCMP along with a Forensic Collision Reconstructionist, continue to investigate.

## Senior Men's Western Canada Baseball Championships

August 16-18th, Fines Field at Stonewall, MB



Date	Time	Visitor	Home
Friday August 16th	10:00 AM	Manitoba	Saskatchewan
	1:00 PM	Stonewall	BC
	4:00 PM	Alberta	Manitoba
	7:00 PM	Saskatchewan	Stonewall
	10:00 AM	BC	Alberta
	1:00 PM	Stonewall	Manitoba
Saturday August 17th	4:00 PM	BC	Saskatchewan
	7:00 PM	Alberta	Stonewall
	11:30 AM	Saskatchewan	Alberta
Sunday August 18th	2:30 PM		

\*\*\*If a tiebreaker is necessary it will be played at 2:30 pm and the Gold Medal game will be played at 5:30 pm

The Stonewall Blue Jays consists mainly of players from Stonewall, as well as players from Lundar and Teulon. A few players from across the province have also been picked up. Join the Blue Jays as they take on the best Western Canada teams.



## 9th annual Keystone Colony SALE

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# New Life Baptist Church's John Harrison on the move to Alberta

By Jennifer McFee

It will be a fond farewell for Pastor John Harrison and his wife Marcy, who will be moving to Alberta within the next couple weeks.

After serving at New Life Baptist Church for 12 years, Harrison has accepted a lead pastor position at Grace Baptist Church in Airdrie, Alta.

"It's an opportunity to work in a larger church with staff and to put some of my leadership skills and training to use," Harrison said.

"It also brings us two provinces closer to our daughters who are in Vancouver."

His last service in Stonewall will be on Aug. 11 at 10 a.m., and he will start his new position on Sept. 1.

"We're excited about the opportunity for this, but we're going to miss Stonewall. We really enjoyed making friends here and being involved in the community too," he said, noting that

his wife owns the Stonewall Sewing Room and his son will be going into Grade 10.

"It's a big change. I did some of my schooling in Alberta and I did an internship in Calgary, so the area won't be unknown to us. Airdrie's a very nice area with the foothills and the mountains in the background, and the town itself has everything you would need. It has some similarities to the community of Stonewall, and the church itself has some similarities to New Life Church."

Harrison brings to the new church 25 years of ministry in churches throughout Alberta, Saskatchewan and Manitoba. He completed his doctorate in 2017 and has published two books on prayer. Currently, he is writing a commentary on the Book of Revelation, which he hopes will be available this fall. In addition, he shared his thoughts through a Worship With

Us column in the Stonewall Teulon Tribune.

"I really enjoyed being able to write the Tribune articles. I enjoy writing and I was always glad for that platform that the paper had given us as a ministerial," he said.

"I chaired the ministerial for close to 10 years now, so it's been good to work with the other ministers in town to put on various events together. I always looked forward to meeting with different ministers and dialoguing and doing different events together."

He also enjoyed having the chance to organize the Festival of Lights parade for four years.

"Through that, I was able to connect with a lot of the business community. So not only was I able to get to know the church community, but I was able to get to know the larger community too," he said.

"So we're leaving with some mixed



John Harrison

emotions. We're excited, but we're also sad as well."

Harrison will continue to share his thoughts through his website, DisciplesMatter at [www.disciplesmatter.com](http://www.disciplesmatter.com).

## Lifesaving Society of Manitoba launches 7th Operation Dry Water

By Justin Luschinski:

As residents head to the lake, during a sweltering long weekend, police are reminding everyone to stay sober on the water.

The Lifesaving Society of Manitoba announced the 7th annual Operation Dry Water campaign on Thursday, August 1, 2019. The campaign raises awareness of the dangers of operating a boat while on drugs or alcohol.

According to a new survey from the Lifesaving Society of Manitoba, drugs or alcohol impairment are the main cause behind boating deaths. In Manitoba, 58 per cent of boating-related fatalities involved alcohol, almost 23 per cent higher than the national average.

The number of alcohol related boating deaths has only wavered slightly, despite the 7th annual Operation Dry Water Campaign.

Christopher Love, the Water Smart Co-ordinator for the Lifesaving Society, said people are not getting the message.

"It's really disheartening to have to report, year after year after year, on fatalities and injuries that are occurring for what is a 100 per cent preventable occurrence," Love said. "We know Manitobans love to get out on the water during the summer months, and they also love relaxing while on vacation, but think ahead and save the party until you are off the water for the day."

Winnipeg Police and RCMP say they will be ramping up patrols and reminding people that boating under the influence carries the same penalties as driving drunk. Winnipeg Police will be out patrolling the rivers, while the RCMP will cruise lakes and other river systems.

Boaters can be charged with impaired operation, whether the boat uses oars or a motor. Residents charged will lose not only their boat-



TRIBUNE PHOTO BY JUSTIN LUSCHINSKI

Winnipeg Police will be out patrolling the rivers, while the RCMP will cruise lakes and other river systems ramping up patrols and reminding people that boating under the influence carries the same penalties as driving drunk.

ing license, but their regular driving privileges as well.

Bob Chabot, RCMP Staff Sergeant, said the penalties for operating a boat while drunk or high are steep.

"Our message is clear. Alcohol, can-

nabis and drugs do not mix with boating whatsoever," Chabot said. "It takes a lot of skill to operate a vessel in the water ... wind and water conditions really affect (it) ... combined now with alcohol or drugs is not a great idea."



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Thursday, August 15, 2019  
4:00PM - 7:00PM - Drop-in

**Quarry Park Heritage Arts Centre**

**SUNOVA AUDITORIUM**

The Town of Stonewall is in the process of developing a vision plan for the redevelopment of the Quarry Park Campground. We are hosting a public event to receive feedback on the preliminary plans.

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# Forget the s'mores – these campers are making cookies

**By Gabrielle Piché**

Kids rolled up their sleeves and got busy in the kitchen during Youth for Christ's baking camp last week.

Campers made tasty treats to bring home during the two-day camp, which ran July 30 and 31 in Stonewall. The kids rolled out balls of chocolate chip cookie dough and decorated various shapes of sugar cookies.

"You'd be surprised how many students have never made cookies from scratch," said Youth for Christ (YFC) camp organizer Paul Emmer, in an email to the *Tribune*.

Emmer said YFC puts on their baking camp to bring kids together through food. The children learn to work as a team while making dessert.

"We're even letting the students come up with their own recipes from scratch as an object lesson in teamwork," Emmer said in his email.

The camp was open to kids aged seven years and older. Emmer capped the registration at 12 campers because their facility only has one oven.

Parents indicated if their children had allergies on the camp's registration forms. The recipes kids used were modified so all campers could eat the baking.

The kids shared their homemade treats during camp hours. They



brought cookies to local businesses. Abby Emmer presses down cookie dough at Youth for Christ's baking camp.

with notes saying they appreciated the companies' work.

Scarlett Cornwall, a camper, said she doesn't get to bake at home often. She said baking chocolate chip cookies at camp was a treat.

Camper didn't spend their days entirely in the kitchen – they got outside, too. Kids played tag and ice breaker games. Inside, they challenged one another to foosball matches and had group discussions.



**TRIBUNE PHOTOS BY GABRIELLE PICHE**

Darren Sweetland, left, and Ethan Emmer help make chocolate chip cookies at camp.



Campers retreat to the foosball table once their chocolate chip cookies go in the oven.

YFC is holding several themed camps throughout the summer. Some camps in August are free, and others

have a cost. More information can be found at [stonewallstudents.com](http://stonewallstudents.com) or by calling 1-204-467-4774.

## Excitement building for Quarry Days

## Staff

Stonewall Quarry Days is coming up soon, with a full week of activities slated for Aug. 16 to 18.

Attendees can look forward to the WonderShows Midway, Rocklands Antique Tractors, family entertainment and live music.

Free quarry tours are available, and other must-see events include the parade and fireworks display on Saturday.

Other attractions include baseball championships and a softball tournament, a Show 'n Shine car show, a used book sale and beer gardens.

Public health nurses will also be on-site at Quarry Days to share information on the services people can access

through their local public health office. Nurses will also be able to draw blood on site from people who want to be tested for sexually transmitted and blood-borne infections (STBBIs) like syphilis.

Samples will be submitted to a lab for testing and public health nurses will follow up with people, if needed, to ensure they get the treatment they require. It is possible to be infected with an STBBI and not show any symptoms. That's one of the reasons why it is important to get tested on a regular basis.

For more information about Quarry Days, including the 2019 schedule, visit [www.stonewallquarrydays.ca](http://www.stonewallquarrydays.ca).

Join us Saturday, August 10th

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**AT 8:30 pm**  
EACH NIGHT

*Isabela Moner  
Eugenio Derbez*

*Violence*

PG



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## Heat wave cause for concern?

By Evan Matthews

The climate change conversation is always an interesting one.

As more time goes, it seems there are less and less climate change deniers.

The science is out there; it should be pretty easy to draw one's own conclusions.

However, in Canada, for the most part we've been pretty fortunate. Extreme weather isn't something we tend to worry about. Sometimes people joke by saying, "I could get used to this warm weather."

With frigid chills for almost nine months of the year, is the most recent heat wave something to be concerned about?

In most Manitoban's eyes, the answer is probably, "No."

Though I'd tend to agree, the most recent heat wave (specifically) isn't something to be worried about, climate change (likely) is.

Southern Manitoba saw such severe hail last week that destroyed many crops. Some farmers thought they

wouldn't be able to recover any capital funds invested into those damaged crops. The government stepped up and did a great job in acting as a liaison between those affected agricultural farmers, and other farmers who raise beef cattle and/or horses.

Beef and cattle farmers are experiencing a crisis of their own: a shortage of feed.

That extreme shortage of feed is being caused, mostly, by an extremely dry season, though experts went shy of calling this summer a drought.

Certain pockets of Manitoba are above their annual precipitation averages, but those suffering the most from the feed shortage are in Manitoba's northwest Interlake.

This has created a difficult and hard to predict economical situation for many farmers in the area, too.

While, again this past week, much of Manitoba was under heat warning advisories, which leads inevitably to severe storm weather to come our way once more.

What's interesting is how both farm-

ers' (agricultural and beef/horse) issues stem from extreme weather.

This editorial isn't going to be preachy, suggesting for everyone to change their habits.

But when people talk about climate change, so often they talk about it in terms that don't necessarily affect them personally.

In cases this past week, these are examples in our own back yard of how climate change can impact us.

Farming is a big industry not only in Manitoba, but in all of Canada.

Weather extremes are forcing industry professionals and government to come up with innovative solutions to new problems, problems we may not have experienced as a society in the past.

Some of society may not be willing to change habits and lifestyles, but to suggest you're unaware at this point would be naïve.

We don't have to look very far for examples anymore.

## Manitoba PC party will eliminate the pst on tax preparation

Submitted by Manitoba Government

A re-elected PC government will make life more affordable by rolling back this tax on taxation

A PC government will eliminate the NDP's Provincial Sales Tax on the preparation of tax forms to save Manitobans money and encourage them to get the advice and help they need in filing their taxes.

"The NDP added insult to injury with this new tax," said Manitoba Progressive Conservative Leader Brian

Pallister. "The NDP loved taxes so much, they thought you should pay extra for the privilege of paying them by charging the PST on tax preparation services.

"Unlike the NDP, we believe taxes are high enough without having to pay taxes when you pay your taxes."

Eliminating this NDP tax will save Manitobans about \$3 million each year.

Wab Kinew's NDP broadened the PST in 2002, 2004, 2010, and 2012 be-

fore they raised it to eight per cent in 2013 – after promising Manitobans they wouldn't.

The PC government has lowered the tax burden on working Manitobans and their families and, if re-elected, will keep doing so.

"We are the only team that is fighting for lower taxes and helping to put more money on the kitchen tables of Manitobans. Wab Kinew and the

Continued on page 7

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



TRIBUNE PHOTO BY JO-ANNE PROCTER

Barley is typically ready to harvest when the stalks and heads have turned from green to yellow and the seed heads have begun drooping towards the ground. When harvested, the barley kernel should be firm and not doughy in texture and feel. Barley for malt must be uniformly and fully ripe when it is harvested, whereas barley feed may be a bit greener.

## > MANITOBA PC PARTY, FROM PG. 6

NDP's risky high-tax platform will hurt families and our economy," said Pallister.

The PC government has already provided historic tax relief to Manitobans, including:

- Reducing the PST from eight to seven per cent, saving taxpayers \$325 million annually.

- Indexing the Personal Income Tax Brackets and the Basic Personal Amount every year, which has removed an estimated 7,720 Manitobans from the tax rolls over three years.

- If re-elected, a PC government will help Manitobans by:

- Eliminating the PST on home insurance.

- Removing the PST on personal care services, such as haircuts and nail treatments.

- Eliminating the PST on wills and probate fees -- otherwise known as a death tax.

## Manitoba Liberals release plan to save Lake Winnipeg

A Manitoba Liberal Government will end decades of NDP/PC neglect of Lake Winnipeg and act to save the lake, as well as Manitoba's other waterways, by helping the city of Winnipeg and other municipalities upgrade infrastructure.

For years, Lake Winnipeg has been at risk of becoming a "dead lake" as massive blue-green algae blooms grow in the Lake, fed by fertilizer runoff and waste from municipal sewers. The algae threatens the health of the lake and washes up on beaches where it can make people and animals sick.

Lake Winnipeg is home to a fishery worth tens of millions of dollars a year. Thousands of Manitobans depend on the Lake for a living, drinking water, and tourism.

"For decades, raw sewage and undertreated water have been flowing into our lakes and rivers, and NDP and PC provincial governments refused to help cash-strapped municipalities solve the problem," said Lamont. "We

want to leave a better Manitoba to our children than the one we inherited. In order to do that, saving Lake Winnipeg and restoring it to health needs to start now."

Manitoba Liberals say if the City of Winnipeg agrees, a Manitoba Liberal Government will fund the process that could cut the North End Treatment Plant's emissions of phosphorous by 70 per cent. The process, adding "ferric chloride" to water, has been recommended by both the Lake Winnipeg Foundation and the International Institute for Sustainable Development as a lower-cost means to bring the city quickly in line with environmental guidelines for \$5-million.

Manitoba Liberals also said they would accelerate progress on wastewater infrastructure and help the City of Winnipeg pay for the completion of the new North End Treatment plant and other wastewater treatment by issuing \$500-million in "Save Lake Winnipeg Bonds" that would be dedicated

to financing the construction of infrastructure projects across the province and permanently reduce the flow of phosphorous into lakes and streams.

While the Red River supplies less than 10 per cent of Lake Winnipeg's water, it accounts for nearly 60% of the phosphorous. The largest point source of all, 5 per cent, is the City of Winnipeg's North End Treatment Plant.

In addition to the ferric chloride treatments, a Manitoba Liberal Government will:

- Work with Conservation districts and the Lake Winnipeg Foundation's existing network to map and target phosphorous "hotspots," in Manitoba and work to eliminate them.

- Create new wetlands and restore old ones, including the Netley-Libau Marsh, where the Red River flows into Lake Winnipeg, to naturally clean the water flowing into the Lake.

- Commit to making upgrades to green infrastructure a priority, in-

cluding funding for an "innovation" stream to build and test small-scale pilot projects for new or different technologies.

- Use sound science to track fish populations in Lake Winnipeg so we can manage the fishery with certainty for the future.

There are already federal infrastructure funds available that are earmarked for the purpose of environmental infrastructure. The federal government offered \$451-million in funds for green infrastructure in May 2018. One year later, the Pallister government had submitted no projects.

The federal share of funding for projects varies from 40 to 75 per cent.

"The funds for what needs to be done are available, but the PCs have chosen to delay action, even if it hurts the environment and Manitobans," said Lamont. "After years of decline, we want to see Lake Winnipeg get better."



# getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG > NORRIS LAKE

> Fish tales?

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



## Life saving experience, never take it for granted

Hi folks, if you don't mind, I would like to pass along a single fishing story this week.

It's not often we get a commercial fisherman's story which for this week's column has two benefits. It gives us a glimpse into the people who live the wonderful culture of commercial fishing in Manitoba and also it just might take you away from the heat we're experiencing now, back to a cooler time when winter fishing on the ice packs of our waterways.

Last Tuesday, however, the heat and humidity were intense on the little Icelandic River pier in Riverton. I had driven slowly onto the pier beside two men, one thin with dark short hair and a defined mustache and the other fair haired with a strong husky body who were sitting around one of the concrete picnic tables.

They were tending fishing lines set well out in the River. Leaving my car I asked if they had caught any fish yet.

"No the water's to warm," the thinner chap said. "Where are you guys out of," I asked.

"We're from here but I've got a cottage up at Hecla the blonde-haired fellow said.

"Oh, you guys come from commercial fishing families," I ventured.

They smiled at each other and the thinner chap extending his hand to shake mine, said, "we've fished together with Todds' dad, Morris Thomsen, since we were kids. I'm Kevin Sinclair."

We began, as most fishermen do, swapping fishing stories and soon Todd told of a time long ago when his dad was ice fishing, as usual, alone, in March, well out on Lake Winnipeg's south basin. He had finished lifting and taking the fish out of the

nets tossing them by size and kind into boxes in his homemade three by nine foot cargo sleigh hooked to his sled. He paused, opening his parka to the cool breeze and noticed the hazy sun setting in the west. He knew it would be dark before he made landfall as he threw his leg over the seat of his heavy duty snowmobile. He cast a glance at the slush pockets scattered about on the ice even though he knew the ice was still three feet thick.

Morris was a big man, over six feet with a huge muscular body and a quiet, caring nature. He was the kind of man who when he was at home, his greatest joy was taking the time to play and joke around with his and the neighbor's kids. He liked to tell fishing stories and show them the many ways fishing was done. On the sled, he braced himself and pulled the starter rope. The motor growled to life and Morris squeezed the throttle with his mittened hand. The head light shone yellow on the slush and snow as he pulled forward with his rig. Soon the warmed motor sent faint waves of heat across his face which was illuminated by the dash board lights as he bounced along the tracks he had made toward his nets that morning. The sled's motor labored through watery slush holes and sped forward once on the slick snow. Morris could now see pin points of lights from the houses on shore. Then suddenly he pitched forward as the sled came to a halt, the sleigh stuck a slush pocket. Morris knew better than to race the motor to pull the sleigh out. He shut it down, waited for his eyes to get used to the dark then walked back to the sleigh ankle deep in slush with one ski caught in an ice crack. Loaded with nets, gear and fish, the sleigh had to be hundreds of pounds. He stood looking at the fish knowing that he had to get them home to clean and ice before they went bad.

From the time he was a young boy, Morris had learned that he was blessed with a huge strong body and had come to rely on it. He stiffened his body with resolve. He stomped into the slush at the back of the sleigh, grabbed the lower cross board, set his feet and with a dead lift raised the left ski just high and sideways enough to rest on an ice ledge. He rested for a moment the blood



TRIBUNE PHOTO SUBMITTED

Morris Thomsen showing a group of children some time ago how to take a fish out of a net while on the Lake Winnipeg ice pack

rushing to his head from the strain. Again he set his feet gripping the board and lifted. He felt the right ski spring free of an ice crack. He stood in the dark and silence of the vast icepack catching his breathing in the fresh cool night air. Then slowly he mounted the sled, started it and pulled forward.

Thankfully the sleigh followed easily. Later at home Morris walked into the bright warm kitchen in his ice caked coveralls. He smiled as his little boy, Todd, rushed to him, wrapping his arms around his dad's leg. Morris lovingly tousled his child's hair saying half in English and half in Icelandic, "hello Elskan".



**ROYAL CANADIAN LEGION**  
STONEWALL BRANCH - 467-2261 Lic #418



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**WEDNESDAY NIGHTS 7:00 PM**  
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## Balmoral Memorial Garden opening

### Staff

The grand opening of the Balmoral Memorial Garden will take place Tuesday, August 13, at 7 pm at the garden site, the former Slater Insurance Agency, Main Street, Balmoral.

This garden was made possible by generous donations and many hours of volunteer labour.

The garden wall is constructed of bricks from the Balmoral Brick Company that have been repurposed from the original building.

Plants are gradually being added to the garden.

Please join us for the ribbon cutting followed by coffee and cake.



# Making wishes come true

By Jennifer McFee

If you're looking for some family-friendly fun while also supporting a good cause, you should mark your calendar for the upcoming Ride for a Child's Wish.

The 31st annual event is coming up on Saturday, Aug. 17 featuring a pledged 12-mile trail ride as well as a pledged 250-kilometre motorcycle ride.

The trail ride registration starts at 9 a.m. and the ride starts at 11 a.m., travelling behind Silver and Gary Peltier's property in Woodlands.

The motorcycle ride registration starts at 10 a.m. at the North Warren Inn. The group of riders leaves the inn at 11 a.m. to travel through the Interlake. Teulon is the first stop, followed by Inwood. After that, the riders go past Poplarfield and Eriksdale, stopping at the hotel in Lundar before returning back to the Peltiers' property.

Silver Peltier said the horses and motorcycles both return between 3 and 4 p.m. From 3 to 5 p.m. kids will enjoy bouncers and other entertainment.

Then at 5 p.m., the pork and chicken supper begins.

"It's four market sized hogs about

800 or 900 pieces of chicken that they barbecue," Silver said.

"There are also baked potatoes, homemade baked beans, coleslaw, corn on the cob, and dinner buns."

The wish auction begins at 7 p.m., featuring 101 prizes. After that, an outdoor barn dance will have toes tapping to the tunes of Thin Ice, a country classic rock band from Selkirk.

This year's Wish Child is 10-year-old Jayden. When he was just 10 weeks old, doctors discovered a gallop in his heart and his family realized that the baby boy was in heart failure. He was put on life support and flown to Edmonton for treatment.

They discovered that Jayden had dilated cardiomyopathy, which is an enlarged heart that can't be fixed. He needed a heart transplant, which occurred when he was just over seven months old.


Today, Jayden is celebrating 10 years with his new heart. He loves to play hockey and soccer, and he plans to start playing basketball soon. For his wish this year, he chose a trip to Give Kids the World in Disney World.

Over the years, the event has raised approximately \$1.4 million to make wishes come true for sick kids.



TRIBUNE FILE PHOTO BY JO-ANNE PROCTER

Woodlands' Ride for a Child's Wish is looking for riders for this year's ride on August 17.



## 8th Annual Stonewall Quarry Days PARADE

**Saturday, August 17th  
at 11:00 am**

No charge for float entries.

**Help make this another great event.**

Contact Christy at 204-467-5836 or  
christybrown@stonewallteulontribune.ca or on-line  
at stonewallquarrydays.ca for an entry form.

**Application Deadline: Thurs., August 15th**

"We continue with it because it helps the kids," Silver said. "Now that we're raising more money, we get to help between eight and 10 kids every year. An average wish costs about \$10,000."

The event location is just off Highway 6 north of Warren and south of Woodlands near the junction of PR 323. A map and more information is available online at [www.rideforachildswish.ca](http://www.rideforachildswish.ca).

childswish.ca.

"We still always need volunteers," Silver added, "so if anybody would like to volunteer, they could give me a call, text me or message me." Anyone who would like more information or a pledge form can contact Silver by phone at 204-383-5230 (home) or 204-461-0640 (cell) or by email at [info@rideforachildswish.ca](mailto:info@rideforachildswish.ca).

Public  
Utilities  
Board

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des  
services  
publics

## PUBLIC NOTICE

### Centra Gas Manitoba Inc. (Centra) 2019/20 General Rate Application

By Notice of Public Hearing first published on December 15, 2018, the public was advised that Centra has applied to the Public Utilities Board (Board) for approval of new rates charged to natural gas customers effective August 1, 2019. Centra is seeking changes to the rates that cover Centra's cost of purchasing, transporting and distributing natural gas to Manitoba, effective November 1, 2019 (previously August 1, 2019). Details are outlined in Centra's General Rate Application, available at:

[www.hydro.mb.ca/regulatory\\_affairs/gas/gra\\_2019\\_2020/](http://www.hydro.mb.ca/regulatory_affairs/gas/gra_2019_2020/)

On July 24, 2019, Centra updated its original Application to provide its current estimate of non-Primary Gas costs, based on future market prices and other updates. The impact of the updated Application is a decrease of approximately 10.1% or \$70 on the annual bill for a typical residential customer compared to May 1, 2019 billed rates. Customer bill impacts from the original and updated Application are provided for Sales Service customer classes for a range of consumption levels in the table below.

2019/20 General Rate Application	Original Annual Bill Impact	Updated Annual Bill Impact
Customer Class	% Change	% Change
Small General Service	(4.7%) - (7.7%)	(7.8%) - (12.5%)
Large General Service	0.5% - 0.8%	(5.1%) - (7.3%)
High Volume Firm (Sales Service)	0.5% - (13.8%)	(8.2%) - (23.7%)
Mainline (Sales Service)	(19.7%) - (13.2%)	(15.9%) - (23.4%)
Interruptible	(3.0%) - (14.3%)	(7.8%) - (17.9%)

On July 15, 2019, the Board issued Order 98/19 setting out a timetable for the orderly exchange of information with respect to Centra's Application. The public hearings to consider these matters have been scheduled to commence Wednesday, August 14, 2019 at 9:00 a.m.

The hearing will be held at the Board's offices, 400-330 Portage Avenue, Winnipeg.

Further details are available at: [www.pubmanitoba.ca](http://www.pubmanitoba.ca)

#### HOW DO I SHARE MY VIEWS?

You can share your views on the proposed rate changes with the Public Utilities Board as follows:

- **Oral presentation** – If you wish to make an oral presentation to the Board at a Public Hearing, please register with the Public Utilities Board on or before August 9, 2019 by writing to the Board office at the address listed below, or by sending an email to [publicutilities@gov.mb.ca](mailto:publicutilities@gov.mb.ca). Oral Presentations are limited to a maximum of ten minutes.
- **Written comment** – If you would like to comment in writing, please go to [www.pubmanitoba.ca](http://www.pubmanitoba.ca) and provide your comment. Your written comments as well as your name and identifying information will be made available to the public on the Board's website.

Manitoba Public Utilities Board  
400-330 Portage Avenue  
Winnipeg, Manitoba R3C 0C4  
Phone: 204 945 2638  
Email: [publicutilities@gov.mb.ca](mailto:publicutilities@gov.mb.ca)

Available in accessible formats upon request.



Five days notice required. Wheelchair access is available.

**Manitoba** 



# Manitoba beef farmers seek government relief for hay shortage

By Evan Matthews

Manitoba beef farmers are looking to politicians for relief, as many local farmers are calling the current situation "a crisis."

The crisis, as it stands now, is best defined as an extreme shortage of feed for cattle due to the dry season. Hay, specifically, has increased in price as a result of the shortage, while at the same time the cost associated with livestock sales is currently very low, according to the Manitoba Beef Producers Association (MBPA).

This has tied the hands of many farmers, in that there is no money to be made on the sale of their herds for the time being, while at the same time it is costing farmers more than ever to feed their herd.

This situation has led to many farmers potentially running the risk of being unable to feed their livestock, but also unable to sell, which translates to a mass slaughter as a last resort.

Economically, it translates to a waste of livestock and capital funds, according to the MBPA.

Of anywhere in the province, the Rural Municipalities of Coldwell, Armstrong and Woodlands — the northwest Interlake — are some of the most affected areas, according to MBPA President, Tom Teichroeb.

"People in the industry (and politicians) are having daily conversations trying to help the situation... The Interlake is facing the biggest challenge right now," said Teichroeb, who said his farm is on the west side of Lake Manitoba.

"It's very difficult to have a solution that works for everyone all the time. So, we're working on these things as an industry and with government on a daily basis," he said.

In the RM of Armstrong, for example, beef production is a large part of the Fraserwood and Inwood economy, according to the MPBA.

According to the MBPA, some local



TRIBUNE PHOTO SUBMITTED

Interlake beef farmers are calling on the government for help to deal with the hay shortage crisis.

farmers expressed interest in having the review of programs like Agro Stability, Crop Insurance, and Livestock Price Insurance as part of politicians' campaigns, as both a Federal and Provincial Election are just around the corner.

Having said that, Teichroeb re-iterated he believes in Manitoba's potential as a beef production market, and in the potential of Business Risk Management (BRM) programs.

"For example, Agro Stability is often responsive, but not timely. The challenge there is when I look at my own situation, the Agro Stability is responding (currently) to my 2017 situation. It literally takes that long because the program is so complex," said Teichroeb.

"It does respond to the margins, but it's just the timeliness of it that creates problems.

"One of the things we're hoping to have a conversation around is, how do we take these issues and inconsistencies based on either timeliness or responsiveness, and how do we make them functional now, so that producers can make decisions?" He asked.

Agricultural farmers, beef producers, and politicians are meeting

regularly on how to work together this year, while also discussing how to make positive changes to funding programs in the future.

The aforementioned funding programs — Agro Stability, Crop Insurance and Livestock Price Insurance — are a combination of Federal and Provincial Government funding, as Manitoba's Minister of Agriculture Ralph Eichler said the Feds have control over the policies and legislation, while the Province is left to administer the application and funding processes.

Eichler acknowledged the issues with the BRM funding programs mentioned by local farmers, but encouraged farmers to continue engaging with the programs to the best of their ability in order to re-coup as much as possible.

Eichler also said, in what was unprecedented, the Provincial Government announced Crown Land designated as ecological reserves have been opened for hay production, as farmers can now apply for permits.

"Things got worse over the last few weeks, and we had to do something. The whole Interlake region is extremely dry comparatively to the rest

of the province," said Eichler.

"We're taking this very, very seriously. We're not throwing our hands up in the air and walking away on this one, we're tackling it head on. It takes time to get results," he said.

With such a feed shortage, politicians and farmers have become innovative in their approach to the issue, according to Eichler.

Southern Manitoba saw such severe hail last week that destroyed many crops, according to Eichler, with some agricultural farmers thinking they might not be able to recover any capital funds invested into their damaged crops.

The Provincial Government has acted as a liaison between the affected agricultural farmers and beef farmers, so the beef farmers can purchase the damaged (hail) crops and use it as feed, providing some relief to both situations, according to Eichler.

"If you've had a crop that's been hailed, or if you've had a crop that maybe was seeded late and won't make it to the harvest stage, you may want to harvest it and sell it as feed," said Teichroeb.

"How can we link all of those producers together? We've done it now, but we want to look forward and plan for this type of situation, too.

"We want to be more proactive than reactive, but this is an example where we can prepare for the future based on what we're experiencing now," he said.

While beef farmers are becoming more vocal about the "crisis," Teichroeb also noted the issue isn't limited to the beef industry, as goat, sheep, dairy cattle, etc., are all being affected, and many farmers are fighting for the same things.

Federal Member of Parliament and Leader of the Manitoba Liberal Caucus, Jim Carr, could not be reached for comment by press time.

## Green Acres Art Centre focusing on lost skills

By Evan Matthews

With each passing year, people become further removed from "traditional" practices, as technology and innovation becomes more prevalent.

Lana Knor, president of Green Acres Art Centre (GAAC), said her organization is working to slow that process as much as they "can."

"Most people don't have a clue how to pickle like grandma used to do," said Knor.

"They're so used to having someone else do it.

"They probably miss grandma's pickles, but they don't know how to do it. If you aren't familiar, it's

not so straight-forward," she said.

On Aug. 6, the GAAC is hosting a "lost skills workshop," this time a canning event, at the Teulon Rockwood Centennial Centre. The event is open to everyone, and Knor said nobody will be turned away.

A couple other workshops have already happened, according to Knor, including dough and bread making, and cookie baking. Upcoming workshops — after canning — include a jam-making event, among others.



TRIBUNE PHOTO SUBMITTED

Teulon Green Acres Art Centre hosting a pickling workshop on Aug. 6.

Continued on page 11



# Memorial golf tournament honours Argyle man

## Staff

An upcoming memorial golf tournament will honour the memory of a local man while also raising funds for the pipe band community.

The 2019 Graham Bremner Memorial Golf Tournament will be held on Sept. 8 at Inwood Golf and Country Club, with a shotgun start at 12:30 p.m.

The event serves as way to remember the Argyle man, who died unexpectedly in 2016. At the same time, the event aims to foster camaraderie within the pipe community while also raising money for youth piping and drumming scholarships.

"The Graham Bremner Memorial Golf Tournament not only honours our friend's memory, but also helps grow the Scottish community in Manitoba," said Kelly Eldridge, who is one of the event organizers.

"Graham was a huge believer

in kids learning to play the bagpipes and drums, got his own son involved with the Lord Selkirk Robert Fraser Memorial Pipe Band, and became a tireless fundraiser. That's why all proceeds go toward supporting youth piping and drumming scholarships in Manitoba. The golf tournament helps fulfill one of Graham's passions. It's a legacy I believe Graham would be proud of."

The net proceeds will benefit the Prairie Pipe Band Association of Manitoba's scholarship fund.

The cost to participate is \$100, which includes golf, a shared cart, prizes and dinner. The cost for dinner only is \$30.

Anyone who would like to attend is asked to RSVP by Aug. 25 to Eldridge at 204-989-7075 or kelly@goodwealth.ca or to Mercedes at mercedes@goodwealth.ca.



Barry and Jan Bremner with our Harvest Fundraiser following last year's golf tournament.

TRIBUNE PHOTO SUBMITTED

## > LOST SKILLS, FROM PG. 10

Knor said her first pickling experience was disastrous some 12 years ago.

Though she knew her mother-in-law had the knowledge, Knor had decided to give it a go on her own for the first time.

"Let's just say I didn't seal the jars properly, and I almost created rockets," said Knor.

"I got rid of my ego, and phoned my talented mother-in-law, and got all her secrets," she said.

The idea struck for the lost skills workshops after the Manitoba Theatre Projects spent a week in Teulon last October.

Knor said the organization identified food, and traditional cooking and baking techniques, was a main component of community building and rural culture.

"Back then, it was women from different cultures and groups coming together to share," said Knor.

Healthy Together Now awarded GAAC with a grant, which Knor said made the 'lost skills' program a possibility.

The grant covered GAAC's facility fee, and for facilitators and ingredients, according to Knor, but added that the ingredient cost did exceed the grant amount, so donations are always helpful and appreciated.

Healthy Together Now is a community-led, regionally

coordinated and government supported, grassroots program to help prevent chronic disease in Manitoba, according to its website. Its projects are planned and led by individual communities, while the Manitoba government and regional health authorities provide funding, support and training, the site reads.

Now in its 41st year, GAAC continues to promote the arts, culture and fitness in the Interlake.

GAAC offers arts, cultural, fitness and wellness programming to the community of Teulon and surrounding Interlake area, according to its website, and the centre is located at the entrance to the Teulon Green

Acres Park.

Much of the programming this summer has been made possible by Sunova Credit Union, according to Knor, who said GAAC won the \$20,000 Sunova Golf Classic funding contest.

## Notice of Dangerous Goods Handling and Transportation Act Application

Manitoba Sustainable Development has received an application pursuant to The Dangerous Goods Handling and Transportation Act regarding the following operation and invites public participation in the review process:

### WOODLANDS HAZARDOUS WASTE DEPOT - FILE: 6018.00

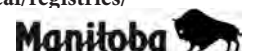
A Dangerous Goods Handling and Transportation Act application has been filed by the Rural Municipality of Woodlands for the operation of a hazardous waste depot at the Woodlands Waste Disposal Grounds located at SE 02-14-03 WPM in the Rural Municipality of Woodlands, Manitoba. The facility will accept and store non-hazardous and hazardous wastes including aerosols, antifreeze, batteries, compressed gases, fluorescent lights, paint products, pesticides, used oil, and used oil products and materials. The material is transported to a licensed facility for further processing, reuse or disposal. All material is transported from this facility and no hazardous waste is disposed of at this location.

Anyone likely to be affected by the above operation and who wishes to comment on the application should contact Andrea Bergman, Environment Officer, in writing or by email to [Andrea.Bergman@gov.mb.ca](mailto:Andrea.Bergman@gov.mb.ca) or by telephone at 204-945-4384, not later than SEPTEMBER 06, 2019. Further information is available from the Public Registry located at: [www.gov.mb.ca/sd/eal/registries/](http://www.gov.mb.ca/sd/eal/registries/)

Information submitted in response to these applications is considered public information and will be made available to the applicant and placed on the public registry.

Environmental Approvals Branch  
Manitoba Sustainable Development  
1007 Century Street  
Winnipeg MB R3H 0W4  
Toll Free: 1-800-282-8069  
Fax: 204-945-5229

Website: [www.gov.mb.ca/sd/eal/registries/](http://www.gov.mb.ca/sd/eal/registries/)



## OPEN HOUSE

The Rural Municipality of Woodlands seeks your input and invites our residents to attend a "come and go" Open House regarding the main aspects of the proposed Speed Limit By-Law for the RM of Woodlands. Information obtained from the public during the open house will be considered in completing the Speed Limit By-Law. It is being held between 6:30 P.M. and 8:30 P.M. on Thursday August 22, 2019, at the Warren Memorial Hall, 145 MacDonald Avenue.



## BALMORAL MEMORIAL GARDEN GRAND OPENING

The grand opening of the Balmoral Memorial Garden will take place TUESDAY, AUGUST 13, at 7 pm at the garden site, the former Slater Insurance Agency, Main Street, Balmoral.

This garden was made possible by generous donations and many hours of volunteer labour. The garden wall is constructed of bricks from the Balmoral Brick Company that have been repurposed from the original building. Plants are gradually being added to the garden. Please join us for the ribbon cutting followed by coffee and cake.



# John McRae honoured into Speedway Hall of Fame

By Jennifer McFee

Pulses were racing with excitement last week when the late John McRae was inducted into the Red River Co-op Speedway Hall of Fame.

In honour of the Marquette man, the Pure Stock Fast 50 will now be known as the Johnny McRae Memorial.

On Thursday, Aug. 1, an event was held at the speedway to celebrate John and his contributions to the local racing scene. The well-loved man died in December, leaving behind his wife Marie and their two sons Les and Lee.

"Overall, it went very well. The track put on a very nice event. A gentleman named Pat Mooney presented the awards and spoke about my dad," Les said.

"It was a real honour for myself and my family. It was nice that my dad's two original pit crew were in attendance."

Les said he doesn't remember much of his dad's racing years, but his cousin got him and his brother started with four-cylinder racing.

"They had two cars carrying flags, an American and a Canadian, so my brother and I had the honour of carrying the two flags. My brother's wife also races. She followed us on the pace lap and then our pit crew and one of our friends all went out onto the track to say thank you to my dad," Les said.



TRIBUNE PHOTOS SUBMITTED

The plaque honours McRae's passion and dedication to the sport of dirt track racing.

"We did the pace lap with all our team. There were seven of us on the track. During the speeches at intermission, they handed my mom a nice plaque and inducted my dad into the Red River Co-op Speedway Hall of Fame. He'll have a nice picture up on the back of the main grandstand with all the other Hall of Fame inductees."

John got his start in 1967 with his first car, a 1947 Ford Coupe that cost about \$8. He put about \$50 into it and started racing at the St. Francis Speedway.

Over the years, he raced at many tracks, but his favourite was the quarter-mile paved track at Brooklands Speedway. It was there that he got second in his second points during his second year of racing.

Although he raced many cars, they were always Fords. In 1969, he won the Most Improved Driver and got the High Point Runner Up, while his



Johnny McRae's wife Marie and sons, Lee and Les, received a plaque honouring her husband and their father's contributions to the local racing scene. McRae was inducted into the Red River Co-op Speedway Hall of Fame on Aug. 1.

brother Archie got the Best Mechanic Award.

He took pride in his cars, which always had to be clean with dents fixed and paint touched up before the next race. As a result, he won the Best Appearance Award in 1970 for his Mustang.

Then in 1974, John was badly injured in a bad accident and he missed the next 11 months of racing. The next year, he was back on the track with a

Mercury Cougar.

The honorary plaque shares comments about John's impact on others.

"We remember a race, friend and mentor who left his passion and dedication to the sport of dirt track racing woven into the lives of others," states the plaque.

"A legacy is not leaving something for people. It's leaving something in people. We will miss you, Johnny."

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# Warren grain elevator open for tourists

By Becca Myskiw

Warren has one of just over 100 grain elevators left in Manitoba and it's ready for you to explore.

The grain elevator in Warren was operated by Manitoba Pool, a wheat company founded in 1924. Grain trucks would first drive into the elevator and unload their grain into the pit where it would be cleaned and sorted, then shipped out for distribution.

Manitoba Pool decommissioned and shut down their grain elevators in 1999, leaving over 700 of the historic wooden buildings spread across Manitoba. The year the building was shut down, Ed Peltz and a group of others decided to lease the building for 99 years. The West Interlake Trading Company (WITC) took tenancy in 2001 and has owned the lease of the Warren grain elevator since.

With so many of the old buildings being torn down across the country, WITC has made it their mission to educate people on the importance of the grain elevators and share their history.

Secretary-treasurer of WITC Torin Hoffman said the group is working to keep the Warren elevator and its history alive. They offer tours of the prairie building and are open to renting it and the grounds around it for almost any purpose.

The elevator had its first wedding take place in

it last year and there have been birthday and retirement parties on the grounds by the elevator. The daily fee is \$200 and includes the grain elevator and the land around it. The price also includes chairs, tables and any other things WITC

Continued on page 14



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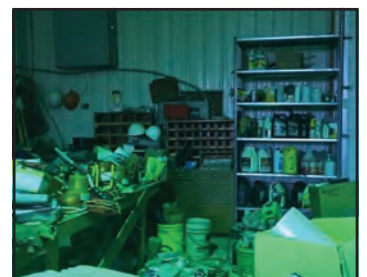
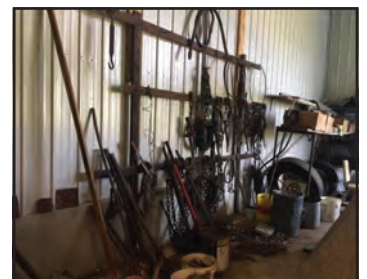
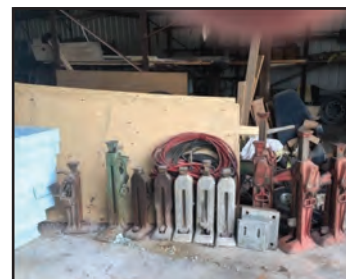
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# CIB Yard of the Week



TRIBUNE PHOTO BY JO-ANNE PROCTER

The CIB Yard of the Week honours were awarded to Rhonda and Doug Lukawy who have resided at 59 Stone Ridge Drive for the past six years. Together the couple planned and designed the landscape of their yard keeping in mind that something would be in bloom at all times. The focal point of the front yard is the Lonestar Linden which is surrounded by spirea, ninebark and a white potentilla in riverrock and some larger pieces of fieldstone. The walkway to the front door is lined with burgundy daylilies, pink spirea and white roses. To nominate a yard you feel worthy of the honour, stop by Home Hardware or the Library in Stonewall.

## > ELEVATOR, FROM PG. 13

has to offer in the space. Hoffman said WITC also helps with setting up for events and can help with take down if needed. There's an office on the inside of the grain elevator that is available to rent as well.

The inside of the Warren grain elevator is very much still in its original condition, with safety renovations done of course. You walk into the wooden building with the tall vaulted ceiling. You stand where the grain trucks used to drive and can touch all the machines that used to move the grain through the building. The Warren grain elevator is a piece of history right in the Interlake and it's beautiful. It still smells like wheat dust and tourists can walk all the way to the top of the building and see just about every part of the process.

With just over 100 of these pieces of prairie history left, the Warren grain elevator is an important part of the community.

You can book a tour or host an event in the elevator by calling Torin Hoffman at (204)461-4185.

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TRIBUNE PHOTO SUBMITTED

The Warren grain elevator is available for rent to host private or public events.

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# Saddle Up for Cancer Horse Show celebrates first year

By Becca Myskiw

Approximately 23 riders came out to the South Interlake Rockwood Agricultural Society (SIRAS) grounds last Saturday for the first-ever Saddle Up for Cancer Horse Show and Gymkhana.

The show raised money for Cancer Care Manitoba, a foundation close the organizer's hearts. Tannis Walc was one of the organizers and said each of the four people who put it on have been impacted by cancer or knows someone who has.

"We wanted a way to give back," said Walc. "And we all love horse shows."

The event started at 8 a.m. and went throughout the day in the hot, blis-

tering sun, but the riders didn't let the weather put a damper on their day. There were various classes in the show—Showmanship, Western Pleasure, Leadline, Walk Trot, Western Horsemanship, Rookie Reining, English Pleasure and Trail. There were open classes along with senior, intermediate and junior.

Later in the day was the gymkhana, an event that focuses on the horse's speed. The event had barrel racing, pole bending, keyhole, flag race and bareback dollar in the gymkhana.

There was also a silent auction at the horse show with proceeds going to Cancer Care Manitoba.

Walc said they plan to do the horse show again next year, but she's not going to do it on August long weekend again in hopes of getting more riders to come out. She said she's also going to promote the event more.



TRIBUNE PHOTOS BY BECCA MYSKIW AND JO-ANNE PROCTER  
Teulon's Emma Walc and Taco in the low Hunter 2'6". Walc placed first in the Intermediate Horsemanship.



Quinn Lamoureux received first place in the Walk Trot Western Pleasure 17 and under category at the Saddle Up for Cancer Horse Show at the SIRAS grounds last Saturday.

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# St. Laurent's coastal marshland teeming with diversity

By Patricia Barrett

The coastal marshlands around Lake Manitoba support a diversity of animal, avian, aquatic and plant species and sequester harmful nutrients such as phosphorus and other pollutants before they enter the lake.

The marshlands around St. Laurent, on the east side of the lake, serve as a stop-over for migrating birds including pelicans, herons, cormorants and red and yellow-winged blackbirds, while providing a home to otters, beavers, foxes, skunks, hawks, bats, ravens and frogs, to name a few of the critters that can be found there.

The marsh is part of a massive area of wetlands called the Prairie Pothole Region, which extends across the three Prairie provinces and five U.S. states. It took tens of thousands of years for the potholes to develop after the retreat of glaciers.

The conservation organization considers Manitoba's wetlands to be among the most "ecologically significant" in the world.



TRIBUNE PHOTOS BY PATRICIA BARRETT



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## Classic Veal Parmesan Sandwiches

Prep time: 10 minutes  
Cook time: 10 minutes  
Serves: 6  
6 veal cutlets (3 ounces each)  
salt, to taste  
ground black pepper, to taste  
1/2 cup all-purpose flour  
1 egg wash  
1 cup breadcrumbs  
1 cup vegetable oil  
12 tablespoons tomato sauce  
3 tablespoons Parmesan cheese, grated  
6 slices provolone cheese  
6 slices mozzarella cheese  
6 sub rolls  
Heat oven to 350 F.  
Pound each veal cutlet between sheets of parchment or plastic wrap until 1/4-inch thick.  
Blot veal dry. Season each cutlet with

salt and pepper, to taste. Dredge veal in flour; shake off excess. Dip in egg wash and dredge in breadcrumbs.  
In large skillet over medium heat, heat about 1/8-inch oil to about 350 F. Working in batches, add breaded veal to hot oil and pan fry first side until golden brown and crisp, about 2 minutes. Turn once and pan fry second side until it reaches internal temperature of 160 F, about 1-2 minutes.  
Drain on paper towels or wire rack set over baking sheet.  
Add 2 tablespoons tomato sauce to each veal cutlet and sprinkle 1/2 tablespoon Parmesan cheese on top. Add one slice provolone and mozzarella cheese to each cutlet.  
Place veal parmesan in oven 2-3 minutes, or until the cheese begins to melt and veal is hot.  
Add veal to sub rolls and serve.



## Mediterranean Grilled Salad

Prep time: 20 minutes  
Cook time: 10 minutes  
Serves: 4  
1 large orange (12 ounces)  
1/2 cup Italian salad dressing  
1 teaspoon Dijon mustard  
1 veal cutlet (12 ounces), pounded to 1/4-1/8-inch thick  
1 bulb fennel (7 ounces), trimmed, halved and cored  
1/2 small red onion (1 1/2 ounces), thinly sliced  
1 1/2 cups cooked farro  
2 cups packed baby arugula (about 3 ounces)  
1 head radicchio (4 ounces), cored and torn (about 2 cups packed)  
1/2 cup toasted hazelnuts, chopped  
1 ounce Parmesan cheese  
Grate 1/2 tablespoon zest from orange; reserve orange. Stir zest into salad dressing.

Use knife to remove skin and pith from orange. Use knife to cut between fruit and membrane to release each orange section. Squeeze membrane to extract 1/4 cup juice; reserve juice and orange sections.  
In bowl, whisk reserved orange juice, mustard and salad dressing. Remove 1/4 cup dressing to re-sealable food storage bag. Add veal cutlets to dressing in bag. Re-seal bag and turn several times until veal is coated with dressing; set aside.  
Prepare grill or heat grill pan over medium-high heat on stovetop. Remove veal cutlets from dressing; discard dressing. Grill veal cutlets 5-6 minutes, turning once. Remove cutlets from heat. Place on cutting board and cut into bite-size pieces.  
Thinly slice fennel halves and place in bowl. Add red onion, farro, arugula and radicchio; toss. Add veal, orange sections, reserved salad dressing and hazelnuts.  
Draw blade of vegetable peeler across surface of cheese to make thin ribbons. Toss to coat with dressing. Divide salad among four bowls.



## Let Go of Hurt and Anger for Your Own Good

However, we do not want those T-cells that fight cancer to be immobilized. We do not want to suffer more headaches, digestive problems, anxiety or depression. These can all be caused by toxic relationships. The toxic part is how we react to them. We create our own internal poison either by being toxic ourselves, or staying in an unhealthy situation.

Are you upset or angry with someone in your life? Did the situation which caused you to feel that way happen just recently, or some time ago?

What does it feel like, in your body, when you think about this? Often we feel a tightening or heaviness in our heart or our gut.

No matter what someone has done to us, no matter how right we might be to feel upset, we are the ones who carry the emotional weight as long as we remain upset. The turmoil within takes a toll on us, while the one who caused it may have put it out of his or her mind. It is said that acid eats away at the container that holds it. Resentment is like drinking poison and hoping the other will die!

Neuroscience has shown that when we are angry or upset, our immune system is suppressed for six to eight hours. If we then tell someone about how angry or hurt we are, the process of immune suppression continues for another six to eight hours.

If we dwell on our hurts, whether in relationship or in the workplace, constantly talking about how we have been wronged, then we can have continual immune system suppression. Does this mean we will get more cold and flu? Not necessarily.

We do not have to stay hurt. Here are the options. If we have a generally good relationship with the person, and they did not intend to hurt us, we can simply decide to let it go. If the relationship has 'issues', and our hurt comes from ongoing insensitivity to our feelings, we can attempt to see if there can be a way to resolve the problem.

If the relationship is worth it, professional help would be a good investment. If the problem is with someone we do not need or want to associate with, we can just let it go, along with the person. The relationship is clearly not a healthy one if we find ourselves always harboring resentment.

The bottom line here is that, one way or another, we must find a way to let go of hurt and anger: that feeling it creates in our bodies is the signal that it does unhealthy things to us. It is up to us to detoxify ourselves, or to get out of toxic situations.

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](http://www.gwen.ca) Follow her on Facebook for daily inspiration.



## Veal Za'atar Flatbreads

Heat oven to 425 F. In small bowl, combine za'atar seasoning and 2 tablespoons olive oil.

Spread about 1 tablespoon za'atar mixture on each flatbread. Arrange flatbreads on large baking sheet; set aside.

In 10-inch skillet over medium heat, heat remaining olive oil. Cook onion 4-5 minutes, stirring occasionally. Add veal and cook 4-5 minutes until no longer pink, stirring to break up meat. Remove skillet from heat; stir in feta cheese. Spoon 1/4 veal mixture onto each flatbread. Sprinkle each flatbread with tomato. Bake 8-10 minutes, or until hot. Sprinkle each flatbread with parsley.

Prep time: 15 minutes  
Cook time: 25 minutes  
Serves: 4  
1/4 cup za'atar seasoning  
3 tablespoons extra-virgin olive oil, divided  
1 package (10 ounces) flatbreads  
1 onion (4 ounces), finely chopped  
1/2 pound ground veal  
1/4 cup crumbled feta cheese  
1 tomato (6 ounces), cored and chopped  
chopped parsley, for garnish

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# Flashy squishy circuits, making science fun for kids

By Gabrielle Piché

Lights, buzzers, Play-Doh and imagination – those were the ingredients in South Interlake Regional Library's latest children's event.

Children going into grades 1 through 4 went to the library on July 30 to make "squishy circuits." Teagan Sheppard and Stella McAuley, both library employees, taught the kids how to make circuits using Play-Doh.

Each child started off with two balls of Play-Doh, a battery pack, a piece of modelling clay and a light with wires. They made circuits by sticking modelling clay between the Play-Doh balls and attaching a light and battery pack to the Play-Doh.

From there, kids could add a buzzer to their crafts.

The kids were quick learners – they had their first circuits made within a few minutes. Sheppard and McAuley challenged their group to make Play-Doh creations that lit up.

Right away, the kids were reaching toward the big pyramid of Play-Doh containers in the middle of their table. The challenge was on.

Soon, the mini engineers' inventions were taking form.

Play-Doh robots had light-up eyes. Fire trucks had flashing lights. There were penguins and crabs, sea dragons and elephants.

Sisters Sara and Taylor Vandekerckhove made whales together, which they named George and Lola.

Reed Moran, 8, spent most of the hour creating his sea dragon.

"I wanted to try a challenge," Moran said.

He found instructions to make a sea dragon among other instruction pages for Play-Doh circuit creatures.



Kids got creative with their Play-Doh and light inventions.



Reed Moran builds his sea dragon creation.

Sheppard and McAuley had laid out instruction sheets for different Play-Doh circuits before the class began.

South Interlake Regional Library held its first squishy circuit class of the summer on July 18. The next squishy circuit sessions will be on Thursday, Aug. 15 and Tuesday, Aug. 20.



TRIBUNE PHOTOS BY GABRIELLE PICHE

Neva Pollard, left, and Lexi Clarke focus on a circuit during the library's squishy circuit activity.



Taylor Vandekerckhove, left, and her sister Sara with their Play-Doh whales.

## Support 26K walk advocating for early childhood care

By Becca Myskiw

Childcare is hoping community members will show their support for early childhood care at the Support 26K walk on Aug. 20.

The Support 26K walk comes after over 26,000 people in Manitoba signed a petition to urge the provincial government to increase the operating revenue for early childhood care centres. It was started by the Manitoba Child Care Association and they gave each childcare centre in the province a petition to pass around their community. Woodlands Childcare supervisor Emily Nocita said the centre got a lot of signatures, but they need more than support in writing.

"We need people [at the walk] physically," said Nocita. "It shows that peo-

ple really care, they really believe. We need them to stand up for what they believe in."

The Canadian Centre for Policy Alternatives says Manitoba has a licensed childcare space for fewer than one in five children and the average wait time for a space is 15 months. Good child care is expensive and hard to come by and Nocita said the walk will hopefully draw more attention to the system in the province.

Nocita said early childcare centres teach life skills along with the skills taught in school. At Woodlands Childcare, the staff value risky play. Risky play is when they let the children climb, walk on ice and do risky activities while under supervision so they'll learn balance and know how

to save themselves when they fall in a real-life situation.

ECE's do everything in a childcare centre. They teach day-to-day things like science and math, but also give the children a strong and healthy start before they go to school. ECE's are with the children in their centres every day and the Support 26K walk is to also educate people on their jobs.

"We really need to advocate and make sure people know what we do," said Nocita. "We're raising the future."

Child care is essential for working parents with children. The Support 26K walk is on Aug. 20 at Assiniboine Park. Woodlands Childcare is going to be there in bright purple tutus and they encourage everyone who can to walk with them and show they be-



TRIBUNE PHOTO SUBMITTED

The walk starts at Assiniboine Park and all are encouraged to join.

lieve in and care about the childcare system in Manitoba.



# Teulon Truck and Tractor Pull coming soon

## Annual truck and tractor pull Aug. 17 and 18

By Jennifer McFee

Teulon's Truck and Tractor Pull promised to be two jam-packed days of action.

The excitement begins on Saturday, Aug. 17 at 3 p.m. and wraps up on Sunday, Aug. 18 at 2 p.m. in Green Acres Park.

Teulon resident Vic Chartrand is looking forward to watching his children compete in the stock truck event. He anticipates that three of his kids — Curtis, Corey and Chantel — will

participate.

"Stock truck has been around for a long time. I probably started pulling back in the 1980s," he said.

"It was something new. The kids were young then and I was young too."

Now he sits back and cheers on his family's second generation of competitors.

"It makes me proud," he said.

The event features trucks that have not been modified, he added.



TRIBUNE FILE PHOTO BY LANA MEIER

Trucks and tractors will roll into Teulon Aug. 17 and 18 for the annual Teulon Truck and Tractor Pull.

"It's all got to do with the weight of your truck against how far you pull. It's figured out mathematically," he said.

"The further you go down the track, the heavier the skid gets. The skid's on an angle, and by the time you get

further down the track, the weight moves all the way to the front of the skid and that will stop you."

The 45th annual event also features a barbecue put on by the Lions Club as well as many other categories of competition.

## Virtual access to museum



TRIBUNE PHOTO BY JO-ANNE PROCTER

Visitors with mobility issues will now have virtual access to take them on the full tour of the Woodlands Pioneer Museum. A grant from the Interlake Community Foundation enabled staff to purchase an iPad to show parts of the museum that may be difficult for some guests to experience.

Pictured holding the iPad on the stair case is summer student Isabelle McDonald and museum director, Lorna Broadfoot.

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call 204-292-2128 or go to [relayforlife.ca](http://relayforlife.ca)



# Interlake Ukrainian dance groups slated to bring the heat to Folklorama

By Gabrielle Piché

Ukrainian dance groups from the Interlake are bringing the party to Folklorama this summer.

Folklorama's Ukraine-Kyiv Pavilion will run from Sunday, Aug. 11 to Saturday, Aug. 17. During the week, five dance clubs from Selkirk, Gimli, Rosedale and Fisher Branch will show their moves on stage.

Rosedale Ukrainian Dance School will kick off the week with four performances on Sunday, Aug. 11. They'll perform at 5, 6:45, 8:15 and 9:45 p.m.

Vitretz, the school's performance ensemble, will dance in every show. Rosedale Ukrainian Dance School's intermediate group will join the ensemble in the first performance while the pre-senior group will dance in the second show.

The school's senior group will perform in the last two time slots.

Dancers from the school's Beginner 1 and Beginner 2 classes will dance on the pavilion's Marketplace stage once the 5 and 6:45 p.m. shows end.

Fisher Branch Chaika Dance Club will also dance on the pavilion's main stage on Sunday. The club will perform in the same shows as Rosedale Ukrainian Dance School.

There will be three dance performances per weekday on the Ukraine-Kyiv main stage. From Monday, Aug. 12 to Friday, Aug. 16, shows will happen at 6:45, 8:15 and 9:45 p.m.

The Troyanda Ukrainian Dance Ensemble will perform in the three shows on Wednesday, Aug. 14. Dancers in the group range from 16 to 35 years old. Some dancers are second-generation – their parents danced in Folklorama with Troyanda years earlier.

Vitretz, Rosedale Ukrainian Dance School's performance ensemble, will be back on Wednesday to dance in the three shows. Vitretz is an audition-based group. The dance school trains its senior classes for the performance ensemble.

Gimli Barvinok Ukrainian Dancers Inc. will be on the main stage on



TRIBUNE PHOTO BY KELVIN HENDERSON

Vitretz performs at Rosedale Ukrainian Dance School's annual recital.

Friday, Aug. 16. The pre-senior boys tambourine group will perform in the first show. The boys use tambourines while doing their dance routines.

The club's pre-senior girls group will dance during the 8:15 p.m. show. The girls range from 12 to 16 years old.

At 9:45 p.m., the dance club's senior girls group will showcase their Polisia dance routine.

On Saturday, Aug. 17, Selkirk and District Ukrainian School of Dance will perform four times.

The school's Level 3 class will perform at 5 p.m., and the Level 4s will step on stage at 6:45 p.m. The school's intermediate class will dance at 8:15 and 9:45 p.m.

Mackenzie Klotz is the head instructor of Selkirk and District Ukrainian School of Dance. Most of the time, she's prepping her students to perform in front of the Ukrainian community. Klotz said Folklorama is different.

"There could be a lot of people in the audience where it's their first time experiencing Ukrainian dance and Ukrainian culture," she said.

Klotz said it's exciting to share Ukrainian traditions with people who wouldn't see them otherwise.

Maples Collegiate in Winnipeg will host the Ukraine-Kyiv Pavilion. Doors open at 6 p.m. during the week and at 4 p.m. on Saturday and Sunday. At-

tendees can buy traditional Ukrainian food like perogies and garlic sausage at the pavilion's marketplace.

People wanting to learn more about the Ukraine-Kyiv Pavilion can visit <http://www.kyivpavilion.ca>

## worship *with us* > FAITH

### Drug Addiction: A Better Way To Drug Proof Our Kids

"When's the last time you used cocaine?"

"Three days ago."

Hearing that from a student breaks my heart — every time. Coming from a local parent last month it floored me. Then I read that the Selkirk RCMP just busted people supplying drugs in our area. They found "Meth, Heroin, Fentanyl, and \$25,000." Those dealers would have to sell 1000+ doses to make that kind of money. It gets worse. According to RCMP, as drugs increase, so does "property crime, assaults, robberies, and home invasions."

Stonewall is a great town. How do we drug proof it?

Bruce Alexander, author of *The Globalization of Addiction: A Study in Poverty of the Spirit*, may have an idea. Alexander is famous for his "Rat Park" experiment in 1978. He established that rodents would use less morphine when given a more social and interactive environment. Since then, he's studied cultures around the world. He found that addictions are "substitutes for a sustaining social and spiritual life."

Can positive social and spiritual connections help solve the problem of drug addiction? The research says yes. Cool. Where can we find that? Our family found it at New Life Church. We found a sense of "community" which *Forbes* magazine called "The Best Treatment for Drug Addicts" in 2015.

People thrive in community. No wonder God says, "MEET TOGETHER" and "motivate one another to acts of love and good works" in Hebrews 10. Weeks ago, New Life invested hundreds of hours and thousands of dollars in serving 152 children. They ran a Bible Day Camp that could, according to this research, help "drug proof" our kids by providing community and spiritual growth.

What can you do? ONE. Help the Stonewall Youth Drop-In keep the next generation drug free. We have day camps, leadership training, etc. TWO. Visit us on Wednesday Nights at 7:00pm. We have an "hour of power" for families. THREE. Go to church. Learn how Jesus can help.

Drug dealers are always looking for new customers. Let's work together to make sure that they won't find any in Stonewall. Drug dealers go away when the demand does.

Paul Emmer  
Paul@LessBusyMoreLife.com

## Have your say on Quarry Park Campground

### Staff

The Town of Stonewall will host a public open house on Thursday, Aug. 15 about the redevelopment of Quarry Park Campground.

A vision plan is underway for the

redevelopment process, and the town invites the public to provide feedback on the preliminary plans.

The drop-in event will run from 4 to 7 p.m. at the Heritage Arts Centre in the Sunova Auditorium.



# Wallflower Botanicals offering natural, sustainable skincare

By Becca Myskiw

Caitlin Shott is sharing her knowledge of homemade skincare products with the world through her business Wallflower Botanicals.

Shott, who lives in Vidor, was diagnosed with a chronic skin condition at a young age. After her mom discovered essential oils and other alternative products for skincare, Shott started making her own botanicals.

"I like to know what I'm putting on my skin," said Shott. "I want to know what's in the products I'm using."

She started Wallflower Botanicals last August. She professed that she is quite picky when it comes to getting the ingredients for her products because everything she makes and sells is all natural and sustainably produced.

The ingredients she uses come from Voyageur Soap & Candle, a business on the west coast that is open about where everything is sourced from and they use fair labour, something else that is very important to Shott.

Wallflower Botanicals focuses on accessibility and offering products that everyone can use while selling them at a price everyone can afford.

"I know what it's like to be left out of things because you can't access it," said Shott.

Wallflower Botanicals sells a large variety of skincare products for men and women. There are face cleansers, face masks, moisturizers, toners, serums, hair products, lip products, bath products, brushes and home-made tea. Shott said the most popular product is her toners.

Toners can be used during your morning as well as your night routine and are for after you cleanse your face. The toners essentially get rid of excess dirt hiding in your pores and gives your skin a deeper clean. Wallflower Botanicals currently sells two type of toners—one for acne and oily skin and one for dry skin.

Each toner is made with witch hazel and aloe vera along with certain essential oils based on the purpose of the product. Acne toner is made with tea tree oil because its antibacterial and anti-inflammatory and dry skin toner is made with geranium essential oil because of its gentle and moisturizing properties.

Shott said most toners use water instead of aloe vera, but the water can



TRIBUNE PHOTO SUBMITTED

Caitlin Shott is selling her homemade skincare products at markets throughout the summer.

dry out the skin where aloe vera hydrates it.

"I think it's important to have quality skincare," said Shott. "Your skin is your biggest organ and it should be taken care of."

Shott said small businesses are a big part of keeping a sustainable environ-

ment. She hopes to open a shop for Wallflower Botanicals in the future but said it's a long way down the road. For now, you can order from Wallflower Botanicals online at wallflowerbotanicals.ca or you can catch Shott at a local market over the summer.

## Historic Thomas Bunn House B&B offers a comfortable place to stay

By Becca Myskiw

The historic Thomas Bunn House is the perfect bed and breakfast for anyone looking for a cozy place to stay.

The house is located just outside of Selkirk and named after Thomas Bunn, the man who built it. Bunn was an early pioneer in the area who was part of shaping this part of the Red River Settlement. He was a representative on Louis Riel's first provincial government and then on the first legislative assembly for Manitoba.

The Thomas Bunn House was built in 1862 on the banks of the Red River after Bunn and his wife were flooded out in Kildonan. It is in superb condition and has been renovated, but still looks very much like the original house Bunn built and lived in with his family.

The house is currently looked after by Bev and Fraser Stewart after Fraser Stewart's father bought the property in 1944. They opened the Thomas Bunn House as a bed & breakfast in 2012 and it has since been busy year-round.

This house is not a traditional B&B, though. Bev and Fraser Stewart live in their own house on the property and leave the guests of the Thomas Bunn

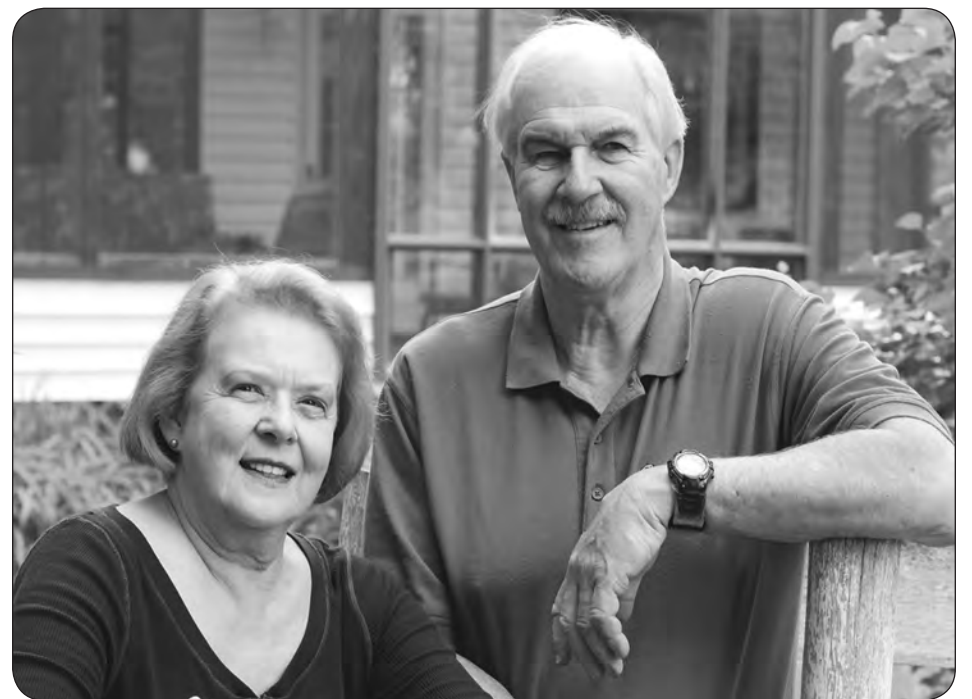
House to have their own space during their stay. Bev Stewart simply stocks the shelves of the house with food and the couple maintains the grounds and house while the guests are away, making it like renting a historic cottage.

The kitchen has a dishwasher, recycling bin, oven, fridge, sink and every amenity needed to cook up a meal. The bathroom has a bath tub and a shower, the living room has many places to sit and there is room for seven people to stay in the house at once. Bev and Fraser Stewart only host one client in the Thomas Bunn House at a time. Whether that client stays by themselves or brings six people they know along it up to them.

While the house is historic, there is heating and air conditioning so it's always comfortable to stay in. There's room to book a stay year-round for a flat fee of \$125 per night and an additional \$20 for every person you bring.

There are walking, skiing and snowshoeing paths all around the house along with a few alpacas for petting. There's also a trail that leads down to a floating dock with chairs to sit on and watch the boats go by.

The Thomas Bunn House is one of the only Red River Settlement houses



TRIBUNE PHOTO SUBMITTED

Bev and Fraser Stewart currently look after the historic Bunn House, which is located just outside Selkirk, after Fraser Stewart's father bought the property in 1944.

in the province that is open to the public. Bev and Fraser Stewart maintain it so well, it's hard to tell the building's been standing for 157 years.

More information on the Thomas Bunn House can be found on their

website fiddlerhouse.org and bookings can be made by calling Bev and Fraser Stewart at 204-482-5547 or emailing the couple at fstewart310@mts.net.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Manitoba wins bronze at 21U Women's Invitational Baseball Championship

By Brian Bowman

Team Manitoba won the bronze medal at the five-team 2019 21U Women's Invitational Baseball Championship in Ottawa last weekend.

Manitoba blasted Nova Scotia 13-0 in the bronze-medal game Sunday afternoon.

"We were kind of struggling in the beginning (of the tournament) but we all peaked at the right time and gelled together as a team at the end of the tournament, which was good," said Arborg's Jamie Johnson Monday morning.

Manitoba scored nine runs in the second inning and then added four more in the fifth as the game was called after five innings due to the 10-run mercy rule.

"(Scoring nine early) was huge to get ahead early and get on the bats quick," said the 19 year old Johnson. "It helped out a lot."

Johnson threw a no-hitter with four strikeouts while Teulon's Jacey Ledochowski had a pair of hits.

Throwing a no-hitter at a national tournament is very impressive.

"It was really cool," Johnson said. "I had never thrown a no-hitter before so it was a neat experience. I didn't even know I was getting a (no hitter) until the last out came and someone said, 'You threw a no hitter' - it was

pretty exciting."

Manitoba began play Thursday afternoon with a 10-0 five-inning loss to Nova Scotia.

Nova Scotia scored five runs in the second inning and then added five more in the fourth.

On Friday, Manitoba was defeated 13-3 by Ontario. The teams were tied at 2-2 until Ontario scored four runs in the bottom of the fourth inning. They added five more in the fifth and then two in the sixth to end the game due to the 10-run mercy rule.

Ontario outthit Manitoba 15-10.

Garson's Brittney Langlais and Johnson pitched in the game.

Manitoba was then outslugged 12-9 by Quebec on Saturday.

Quebec led 4-0 after two innings but Manitoba exploded for nine runs in the bottom of the third. Quebec rebounded from that disastrous inning to score two in the fourth and six more in the fifth.

Manitoba, whose roster also included Oak Point's Steph Byron and East St. Paul's Tesia Hrom, wrapped up round-robin play Saturday evening with an important 12-2 win over Saskatchewan.

Manitoba ended the game by scoring 10 runs in the bottom of the sixth inning.

"That was a really big game for us,"



TRIBUNE PHOTO BY DARRYL GERSHMAN

Teulon's Jacey Ledochowski pitched for Team Manitoba at the 2019 21U Women's Invitational Baseball Championship in Ottawa last weekend.

Johnson said. "We had to play well and that kept us alive."

Johnson had a pair of hits while Langlais recorded six strikeouts and allowed just one hit for the complete-game win.

Garson's Roger Langlais was an assistant coach with Team Manitoba while Arborg's Joanne Johnson served

as a Chef de mission.

Ontario won the gold medal after a 9-8 comeback victory over Quebec on Sunday. Quebec led 8-5 after five innings but Ontario stormed back to score a pair in both the sixth and seventh innings to force the extra frame.

## Stonewall to host Senior 'AA' Western Canadian Baseball Championship

Staff

The Stonewall Blue Jays are set to take on the best senior "AA" baseball teams from western Canada next week.

Five teams, one each from B.C., Alberta, and Saskatchewan, along with two from Manitoba will be competing for the western title.

The tournament will begin Friday and wrap up Sunday.

The Blue Jays' team consists mainly of players from Stonewall, as well as

players from Lundar and Teulon.

A few players from across the province have also been picked up by Stonewall for the westerns.

Stonewall will begin play Friday at 1 p.m. against B.C. and then will go up against Saskatchewan at 7 p.m..

On Saturday, the Blue Jays will battle the Manitoba representative Southwest at 1 p.m. and then will take on Alberta that evening at 7 p.m.

Friday's other games will see Manitoba versus Saskatchewan (10 a.m.)

and Alberta (4 p.m.) while Saturday's action has B.C. against Alberta (10 a.m.) and Saskatchewan (4 p.m.).

On Sunday, round-robin action will conclude with Manitoba versus B.C. (10 a.m.) and Saskatchewan against Alberta (11:30 a.m.).

If a tiebreaker is needed, it will be played Sunday at 2:30 p.m. followed by the gold-medal game at 5:30 p.m.

If one is not necessary, then the gold-medal contest will take place at 2:30 p.m. In Winnipeg Senior Base-

ball League play, the Blue Jays split a doubleheader with the St. Boniface Legionnaires on July 30.

Stonewall won the first game 5-1 and then lost Game 2 by a 10-7 score.

On July 28, the Blue Jays were beaten 14-1 by the St. James A's at Fines Field.

Stonewall has an 8-10 record in league play and one game left to make up in its regular season. That game, though, wasn't expected to be made up before the playoffs begin later this month.

## Stonewall Rams to host a basketball camp later this month

Staff

The Stonewall Rams have announced they will be hosting a basketball camp on Aug. 26-29 from 4:30 p.m. to 7:30 p.m. at Stonewall Collegiate.

The camp, open to girls and boys go-

ing into Grades 9-12, will cost \$120 per player.

The camp will be coached by...

James Stolar:

Former Basketball Manitoba Provincial Team Member

Former Stonewall Collegiate Varsity

MVP

Joshua Stolar:

Former member Red River College

MCAC All-Star and playoff MVP

Former member University of Winnipeg

2-time Academic All-Canadian

Christy Steeves:

Stonewall Collegiate Varsity Girls Basketball Coach

AAA Basketball Coach of the Year 2018

To register, please email [csteeves@isd21.mb.ca](mailto:csteeves@isd21.mb.ca)



# Interlake teams finish with 2-2 records at baseball provincials

## Staff

Interlake finished with a 2-2 record at the 15U "AAA" baseball provincials at the St. James Optimist Park last weekend.

Interlake began provincial play Friday morning with a 9-4 loss to the North Winnipeg Pirates.

They then were defeated 14-2 by Midwest later that afternoon.

But Interlake had a much better day on Saturday by picking up wins over the St. James A's (5-3) and Oildome (5-2).

North Winnipeg won the provincial title after defeating Carillon 13-1 in the championship game Sunday afternoon.

Both the Pirates and Carillon will now advance to the Western Canadian 15U championship in Lloydminster, Sask. from Aug. 15-18.

Meanwhile, Interlake finished with a 2-2 record at the 13U "AAA" Tier 2 baseball provincials.

Interlake started play on Friday with a great 29-6 win over Parkland.

On Saturday, Interlake lost 10-9 to Brandon and 19-7 to Red River.

Interlake wrapped up play Sunday morning with a 20-8 win over St. James.

In the final Sunday afternoon, Red River edged Brandon 11-10.



TRIBUNE PHOTOS BY JO-ANNE PROCTER Interlake's Adam Newcombe is safe on third. The Blue Jays' Mitchell Bourke delivers a pitch against Parkland at the 13U 'AAA' provincials last Friday.

## Lourenco scores three to lead Stonewall over Azzurri



TRIBUNE PHOTO BY JO-ANNE PROCTER

The United's Amar Manning heads the ball against Les Bleus during Manitoba Major Soccer League 5th Division action last Thursday.

## Staff

It was the Daunte Lourenco show for the Stonewall United against Azzurri on July 23.

Lourenco scored three goals to lead Stonewall to a 4-2 home victory in Manitoba Major Soccer League 5th Division action.

Nicholas Dale scored the United's other goal while Dan Zukewich and Jesse Richter replied for Azzurri.

Stonewall then lost 3-1 to Les Bleus on July 29 as Scott Yeo scored the United's lone goal.

The United had a 5-4-3 record and 18 points heading into this month. That left Stonewall in sixth-place in the 10-team division, just three points behind Sinjar FC and SC Riot.

Stonewall is scheduled to host the Portage Cobras this Sunday. The Interlake Impact will then visit Stonewall next Thursday. Both games will start at 7 p.m.

## Stonewall Jets to host fall prep camp

## Staff

The Stonewall Jets are offering a fall prep camp for male and female skaters entering into Novice through Midget age groups.

There will be eight one-hour, on-ice sessions held at the Stonewall Veterans Memorial Sports Complex.

On-ice sessions, which will be conducted by management, coaches, and players of the Stonewall Jets, will cost \$250.

All registered skaters will receive a Jets' prep camp jersey at the first skate.

The camp will be run for two consecutive weeks from Monday through Thursday so families will be able to enjoy the last few weekends of August.

The hockey camp will be limited to 80 skaters. As of Tuesday afternoon, there were an estimated five spots remaining for the camp.

If anyone has questions, or would like to register, they can email the Jets at [stonewalljets@gmail.com](mailto:stonewalljets@gmail.com) or call Dale McClintock at 204-791-7675.

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# Phillies impress with fourth-place finish at westerns

By Brian Bowman

The South Interlake Phillies are the perfect example of a team that just got better and better throughout their season.

South Interlake played its best ball in recent weeks, resulting in an impressive fourth-place finish at the Western Canadian U16 Fastpitch Championship last weekend in Biggar, Sask.

"A month ago, if someone would have said that you're going to finish fourth at westerns, there probably would have been a lot of people chuckling at that," said Phillies' head coach Ryan Fines. "I wouldn't say we got hot at the right time. I think we just kept getting better. We kept working and the girls, after a while, started to believe a bit and it's kind of sad now that it's over because this was a super-fun group of girls."

"I had a heck of a time coaching them."

The Phillies were ousted from the tournament after losing the three versus fourth game to a team from Carlyle, Sask. by a 12-2 score.

"We had just beaten them a couple of hours before by 17-11 or something," Fines recalled. "But they're a good team. The first game, we got out to a 7-0 lead and we were hitting everything and then we gave them nine back in one inning. We gave away a lot of those (runs) - they just put the ball in play."

In that first game against Carlyle, Lauren Brown had three singles while Emmi McAuley belted a triple and scored twice. Lexi Carriere had a home run, a triple, and a whopping six RBIs.

That win by South Interlake in their first matchup with Carlyle was a big one as it gave the Phillies a 3-2 record. With a loss, Fines suggested, South Interlake probably would have had to play a tiebreaker game.

South Interlake finished in third place in the round robin after playing six of the nine teams.

"Finishing third was pretty darn good," Fines stressed. "We pitched really well and we hit the ball really well. Everybody was coming up to us

saying, 'Holy mackerel, you guys really hit the ball,' which is what I have been saying all year."

The Phillies began action with a 7-6 victory over the host Biggar team.

Madison Fines smacked a two-out, walk-off single in the seventh inning to win the game in front of a large crowd of Saskatchewan supporters.

South Interlake then doubled Alberta's River City as Madison Fines threw a complete-game three-hitter with 12 strikeouts.

Offensively, the Phillies' Kalin McGuirk was 2-for-2 with a sacrifice bunt while Madison Fines belted a two-run triple in the third inning.

In South Interlake's third game against Prince George, B.C., the Phillies lost 9-2 on Saturday morning.

South Interlake was then defeated 10-0 by a previously-winless Lloydminster team.

Fines admitted the Phillies had a couple of off games which resulted in those lopsided losses.

"We took a couple of beatings right in the middle of the tournament on

Saturday and then we had to win against Tisdale," he said. "That was the girls' third game of the day on Saturday and they showed up that game and played some good defence and hit the ball well. They beat Tisdale 6-2 and that made us 3-2 instead of 2-3 and that makes all of the difference."

"You're really chasing it if you have three losses."

In the win over Tisdale, South Interlake's Sarah Shewchuk was three-for-four and scored two runs. She was deservedly named the player of the game. South Interlake's Lexie Carriere had three walks in the contest and scored three times.

Westman won the western title after defeating Carlyle in the gold-medal game.

Other players on the Phillies' roster this season included Grace Fines, Taylor Sidor, Abby Cassidy, Brooke Wadge, Madison Dauphinais, and Avery Lumgair.

## Dog owners to compete in national Rally Obedience

By Evan Matthews

Arborg will see a few extra wagging tails next weekend, as dogs and their handlers will compete in the growing sport of Rally Obedience.

The Canadian Association of Rally Obedience (CARO) is hosting a trial competition on Aug. 10 and 11 at the Arborg Arena.

"Participating dogs need a CARO registration number, and should have some basic training in the sport," Kim Masiak, participant and aspiring CARO judge, adding there are about 15 people between the communities of Gimli, Arborg, Sandy Hook and Winnipeg Beach who typically participate.

"I've been doing this for about eight years. There are classes at Crazy Jumpers Dog School and Boarding out of Fraserwood," she said.

Crazy Jumpers is also the host club of the event, according to Masiak.

On Sat., Aug. 10 at 12 noon, a fun competition happens at the arena, while the trial takes place on 9 a.m. on Sun., Aug. 11.

Rally Obedience is new to the area, according to Masiak. It is a dog sport intended to promote positive relationships between dogs and owners based on trust and respect.

All dogs can participate as well as physically challenged dogs and/or handlers, according to Masiak, with over 40 obedience movements with sits, turns, and paces of traditional heeling.

The sport often requires a brisk pace, positive attitude and happy demeanor, Masiak said.

"There are no physical, or even harsh verbal corrections allowed with the dogs," said Masiak.

"We promote dog training with positive things like food rewards, happy voices, etc. We try to have fun with our dogs," she said.

With an expected 20 participants coming to the Arborg event, some with multiple dogs, a guest judge from Regina will be coming to score the event. Most participants fall under the "novice" category, with the highest category being "versatility excellent."

The progression goes from novice, to advanced, to excellent, to versatility, and finally to versatility excellent.

A few participants will have higher-level dogs, according to Masiak.

"For me personally, I enjoy it so much. I find this type of training creates such a good bond with your dog," said Masiak.

"This is a good base for all other dog



TRIBUNE PHOTO SUBMITTED

Carman Asu, a student with her dog Suvi, shows a sample of what the obedience rally competition will look like in Arborg on Saturday and Sunday.

sports you might want to participate in," she said.

Two participants are also aspiring judges — one being Masiak — and the pair will shadow the guest judge throughout the event to gain knowledge and insight to judging the events, as part of CARO's requirements.

Masiak said spectators are welcome to attend both days, too.

"If you enjoy watching the Westminster Dog Show on TV, I think you'd find this interesting," said Masiak.

More information on the sport is available on its website [canadianrallyo.ca](http://canadianrallyo.ca).



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## take a break > GAMES

### SUDOKU

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

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Intermediate

#### Here's How It Works:

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

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

Sudoku Answer

			N	M	V	S		S	B	V	H	V
S	S	V	R	O	W		S	V	T	E	I	P
E	N	I	J	C	I	D	E	N	E	B		V
T	I	V			N	V	R	S	E	N	H	E
W	B	I		T	E	C	O	V	T		M	O
G	V	H		N	V	D	C	S	S	I	N	V
	T	T	V	M			D	E	T	L	V	R
E	D	E	N	I	T			T	I	V	W	E
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P	I	R		M	V	S		C	O	V	M	I
S	D	O	S		S	E	N	I	P		G	E
V	A	C	V	S		C	O	N			V	S
R	V	A		T	V	C	I	T	C	O	V	R
S	D	V	T	V	S		I	H	C	T	I	L
T	E		V	T	V		P	V	A	N	S	

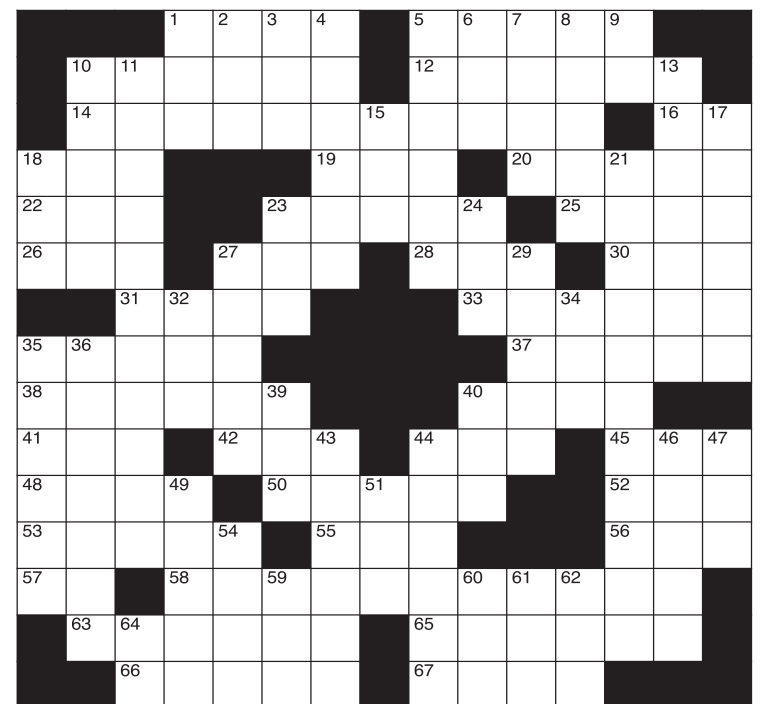
Crossword Answer



## CROSSWORD

### CLUES ACROSS

- Crackle & Pop's friend
- Having wings
- Small, rounded fruit
- Cobb and tossed are two
- Not sensible
- One of the six noble gases
- Helps little firms
- A way to approve
- Triangular bones
- Plead
- Longs
- Covers with turf
- Peyton's little brother
- Partner to cheese
- Famed patriot Adams
- Tear
- One-billionth of a second (abbr.)
- Dog
- Electronic communication
- Marked
- Informed upon (slang)
- Actor Damon
- Black, long-tailed cuckoo
- A type of corrosion (abbr.)
- Sportscaster Patrick
- Witch
- Neatly, carefully store
- Indicates silence
- Computer giant
- Sea eagles
- Moved quickly
- Small island (British)
- Prosecutor
- A type of monk
- Pictures or sculptures of the Virgin Mary
- Area of muddy ground
- Saddle horses
- Fasting in Islam
- CLUES DOWN
- Engine additive



- ATM company
- Satisfaction
- Park lunch
- Remarks to the audience
- Resinous substance
- Expression of sorrow or pity
- Rhythmic patterns
- "Westworld" actress Harris
- Published false statement
- Ability to be resourceful
- Small, herringlike fish
- 2,000 lbs.
- Scraped
- One point east of due south
- Books of the New Testament
- Political action committee
- Resembles a pouch
- Genus of badgers
- Daniel Francois \_\_\_, South African P.M.

- Pull up a chair
- Egg of a louse
- Removed
- Catches poachers
- Fall back
- Sports equipment
- Stroke gently
- Jeans and jackets
- Firs genus
- Greenwich Time
- "Wings" actor
- Dishonorable man
- Stiff, hairlike structure
- Snag
- Portuguese river
- Defunct aerospace company
- 007's creator
- Farm state



# Classifieds

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**Tribune**

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## REASONS TO SHOP LOCAL

- Locally grown food is fresher & tastier than goods shipped from far away and products travel shorter distances and sometimes have less packaging which creates less waste.
- Buying local stimulates the economy, creates jobs and attracts investors to your region.
- Knowing the local shop owners means you get personalized service and a sense of community wherever you go.
- Encouraging local merchants teaches your children the importance of community
- Buying local means spending less money on gas, you spend less time travelling and more time with the people you love.

## HELP WANTED

Cook/server req'd in restaurant at Warren Esso, as well as some light paperwork duties. Call 204-322-5556 or drop off resume.

The Pizza Den Restaurant in Stonewall has immediate opening for a FT day cook to work 11:15 a.m. - 7:45 p.m. 5 days/week (currently Tues. to Sat.). Pizza Den is a full service restaurant and menus can be viewed at [pizzaden.ca](http://pizzaden.ca) Experience req'd. Competitive hourly wage, tips & flex benefit plan. Send resume to [robert.magnifico@gmail.com](mailto:robert.magnifico@gmail.com) or call 204-799-2423.

REMEMBER YOUR LOVED ONES WITH A MESSAGE IN THE TRIBUNE

## HELP WANTED

The Selkirk Record is currently seeking a full-time editor and a reporter/photographer to join its award-winning community newspaper. We are looking for someone who is passionate about leading the best outlet of interesting and breaking news stories and event coverage in Selkirk and surrounding area. Qualifications: journalism post-secondary degree/diploma or equivalent experience in related field; layout and design experience and knowledge of CP style, InDesign and Photoshop; strong photography and writing skills; self-starter with the ability to exercise solid news judgement; ability to establish professional relationships to consistently source and write a wide range of stories and cover events in a fair, balanced and accurate manner; able to work both independently and as a team on a flexible work schedule including both evenings and weekends. Please forward your resumé along with three writing and photography samples to: [news@selkirkrecord.ca](mailto:news@selkirkrecord.ca) Deadline to apply is Monday, August 12.

## HELP WANTED

Driver needed - Stonewall, MB. Rockwood Victoria Co-op Ltd. are hiring a fulltime driver to haul bulk milk in the Stonewall - Marquette area. Must have class 1 license and drivers abstract. Call Ted at 204-461-2038.

## BOOKKEEPING

Prairie Bookkeeping offers bookkeeping solutions to small business 204-998-4789.

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## MISCELLANEOUS

Caught you looking! Reach over 400,000 Manitoba readers weekly. Fall is coming. Having a sale? Do you have an event that you would like to promote? Do you have all of the staff that you need? Book your Announcements, Events, Sales, Employment Opportunities, Auctions, Wanted Ads, For Rent, Volunteer Opportunities, etc. People rely on these classifieds to find what they need. Catch them looking at your material in our 48 Weekly Community Newspapers. Call us at 204-467-5836 for more info.

## HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail [stonewoodelkranch@mymts.net](mailto:stonewoodelkranch@mymts.net)

## FARM PRODUCE

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## NOTICE TO CREDITORS

IN THE MATTER OF: The Estate of Norman Stephen Derworiz, late of the Postal District of Stonewall, deceased. All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 11th day of September, 2019. DATED at Stonewall, Manitoba, this 26th day of July, 2019. GRANTHAM LAW OFFICES Solicitor for the Executor

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Freightliner Manitoba is pleased to announce that Dwayne Stone has accepted the position as Parts Manager for our Brandon, MB location.

Formerly from the Canpro Gator Centre, Dwayne's expertise of 25 years+ in the Ag Sector is a huge asset to Freightliner Manitoba Ltd. when looking to develop accounts and provide business solutions to both current and new customers. Dwayne will take care of customers coming into the Brandon location as well as visiting customers on the road in all areas of Manitoba - west of Portage La Prairie. Dwayne looks forward to reconnecting with previous customers and building new relationships.

EMAIL: [DSTONE@FLMB.CA](mailto:DSTONE@FLMB.CA) PHONE: 204 724 0211

Parts Special Code: DSTONE PowerDrive 3000w Power Inverter \$299.99

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Sat Aug 10th, 2019 10:00 AM

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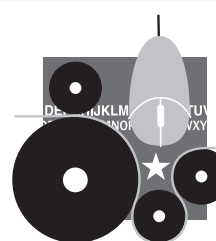
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# Announcements

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## ANNOUNCEMENT

### ANNIVERSARY



Happy 50th Wedding Anniversary  
Frank and Geraldine Zabudny  
on August 9th  
-With lots of love,  
Jennifer, Mark, Matthew and Anna  
Cara and Steve  
Julie, Dustin and Jack



## ANNOUNCEMENT

### BIRTHDAY



If you see this beautiful young lady  
August 9th  
wish her a happy 16th!  
Happy Birthday Kayleigh!  
-Love Mom, Dad and Alissa



## ANNOUNCEMENT

### CARDS OF THANKS

The family of Ron Olsen would like to express our sincere appreciation for the memories shared and messages of sympathy since Ron's sudden passing. Thanks to Lori Mott and Tina Caumartin for your prompt action on July 7th. We have seen why Ron thoroughly enjoyed living in the friendly community of Inwood. To Shirley Williams for the lovely graveside service, and Ken Loehmer for his guidance and understanding, your kindness and caring are greatly appreciated.

-Ev Olsen,  
Karen Nedotiafko,  
Rod and Darlene Waldbauer  
and family

## ANNOUNCEMENT

### IN MEMORIAM

In Loving Memory  
Of  
Doug Williams  
August 6, 1987

We thought of you with love today,  
But that is nothing new;  
We thought about you yesterday,  
And days before that too.  
We think of you in silence,  
We often speak your name;  
All we have are memories,  
And your pictures in their frames.  
Your memory is our keepsake,  
With which we'll never part;  
God has you in His keeping,  
We have you in our hearts.

-Sadly missed, always loved,  
Mom, Dad and Tim

## OBITUARY

Louis Joseph Cosyns

January 6, 1931 - July 21, 2019

It is with profound sadness that the family announces the passing of our father. Dad passed away at the age of 88 in the Stonewall Hospital after a brief illness. He is predeceased by his parents, Hector and Clara; wife Cecile; son Marcel; sisters Marie Claire Giasson, Helene Paille; brothers-in-law Francis Giasson, Jean Emile Paille. He leaves behind sons Lucien, Leo and Roger and foster daughter Angela Little; grandchildren, Patrick, Lisa, Josie, Cassandra, Wendy, Stephanie and Cailey. Great-grandfather to Jessica, Hailey, Lucas and Ryder.

Dad married Mom May 17, 1958 in St. Lucien, MB and they enjoyed 61 years together. He was born in St. Eustache and farmed there until 2008. Dad helped build the Morris grandstand in 1964 and logged in the winter for Finmac Lumber from 1985 - 1987 but his passion was farming and gardening. 2019 is said to be his best garden yet. Dad and Mom enjoyed their last years residing at the Oak Park Lodge in Woodlands.

Celebration of Dad's life will be held on August 10, 2019 at Meadow Lea Hall, located at the corner of Hwy 248 and 227, between 1:00 and 4:00 p.m. Both Mom and Dad's ashes will be interred Sunday, August 11th, 2019 at 12:00 p.m. in the St. Eustache Cemetery on Main Street.



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