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TRIBUNE PHOTO BY JO-ANNE PROCTER The popular RCMP Musical Ride rode into town on Aug. 2. The South Interlake Rockwood Agricultural Society hosted the spectacle known around the world at the agricultural grounds south of Stonewall.

Communities in Bloom national judges tour Stonewall

By Jennifer McFee

The national judging for Communities in Bloom blossomed into a festive event that brought the community together in a grassroots effort to showcase the beauty of Stonewall.

On Aug. 7 and 8, signs throughout town welcomed the two visiting judges: Gail Pearcey of St. John's, N.L., and Bonita Lundberg of Saskatoon, Sask.

The duo saw points of local pride in a jam-packed schedule. Their visit included stops at William Kurelek Park, Stonewall Cemetery, Quarry Park, Kinsmen Lake and Centennial Park. They also viewed spectacular gardens at homes and businesses throughout town. As well, they toured Ruby Roe Tall Grass Prairie, several new developments, the community vegetable garden and much more.

Although the results won't be

Continued on page 4





Surprise park dedication included in CIB tour

Park named in honour of former Stonewall mayor Dave Lethbridge

By Jennifer McFee

Dozens of well-wishers gathered to mark a moment in Stonewall's history at a surprise park dedication to longtime leader Dave Lethbridge.

Monday morning's celebratory unveiling coincided with the Communities in Bloom tour for national judges Gail Pearcey and Bonita Lundberg.

Nestled in a green niche of Montgomery Avenue, the newly named Dave Lethbridge Park acted as the

ideal location for a festive reunion of family and friends.

Mayor Lockie McLean outlined the accomplishments of Lethbridge, who served as a town councillor for six years (1980-1986) and mayor for 16 years (1986-2002).

During Lethbridge's time serving the town, the municipality underwent many improvements such as sewer and water for the south end, plus the welcome addition of Fines Field, the





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TRIBUNE PHOTO BY JENNIFER MCFEE

Longtime Stonewall leader Dave Lethbridge stands in front of the park named in his honour during an unveiling ceremony on Monday.

Interpretive Centre at Quarry Park, and the Veterans Memorial Sports Complex. As well, the Procure development was completed and Rockwell Estates was underway.

Lethbridge's time as a municipal leader also marked the beginning of the "great streets of Stonewall," complete with curbs and gutters.

"He was a quiet leader and he led by example. He believed in getting things done, moving the town forward. I guess 'humble and modest' is what comes to mind when describing him," McLean said to the crowd, which included visitors from as far as Halifax.

"Tax increases during his time were minimal as he believed in keeping out of the taxpayers' pocket. He served all though the 1980s, all though the 1990s and into the year 2002. When you think of it, he served for one-fifth of the entire town's 108-year history."

During that period, Stonewall also welcomed a new library, a new hospital and the Lions Manor.

"It is the time, though, that many can never imagine unless you have served — the time around the council chambers, the debates and discussion of issues, the work that is needed to help move these projects forward,"

McLean said.

"The time that he gave for so many years to Stonewall is a remarkable part now of our town's history - a town history that will treat you kindly and a small part of this begins today. Today it is our great privilege to dedicate this park in honour of a very good man."

Robert Potter and Arlene Patterson, former CAO and assistant CAO, unveiled the new sign that declares the green space as Dave Lethbridge Park. Lethbridge also took a moment to address the cheering crowd, noting that he never enjoyed public speaking — although he did enjoy watching the town grow and prosper.

"This is beautiful. I want to thank Lockie and the council for doing this," said Lethbridge, who didn't find out about the dedication until days before the event."I am honoured. It's great to see so many friends and family here today."

He recognized the efforts of the council and administrative team of his day, as well as those who currently serve the community.

"I think Stonewall is a great place to call home," he said. "I can't think of any other place I'd rather live. It's a beautiful community."



Youth job centres prepares to close for another summer



TRIBUNE PHOTO BY KAITLIN VITT Lucas Loewen, Quintin Hepples, Gavin Leduchowski, Joshua Loewen and Adelia Saiya ran a barbecue in front of Kozy's Productions in Teulon Aug. 5.

By Kaitlin Vitt

Youth around Stonewall and Teulon have one week left to get help with job searches and interview preparations.

The Manitoba Youth Job Centres are open to people ages 12 to 29. The centres in Stonewall and Teulon opened in May and will close Aug. 19.

The youth engagement leaders at each office offer job help for free.

The Odd Job Squad is open to people ages 12 to 16. This summer, jobs included picking up garbage, hosting barbecues, and picking and selling strawberries.

The OJS divides profits from each job between those helping out that day, explained Gavin Leduchowski, Teulon's youth engagement leader.

The MYJC in Teulon had a successful summer with lots of clients finding work, Leduchowski said. Odd jobs, like cutting grass and hauling dirt, were the main type of jobs people worked.

People also came into the office for interview preparation, including resumé building, he said.

"A few people come in that have been looking for that, and now they've gone off and they're looking for work," Leduchowski said.

People can go to the centres right up until the closing date.

"If you are still interested in looking for a job, if you are interested in helping make your first resumé or you have a resumé but you want to really make it shine, I'm always here right up until the 19th." The MYJCs are open 9 a.m. to 5 p.m. Monday to Friday in Teulon's Civic Centre and Stonewall's town office.

Teulon's OJS will host its final barbecue Aug. 12 in front of Kozy's Productions.





4 The Stonewall Teulon Tribune Thursday, August 11, 2016 > CIB JUDGES, FROM PG. 1

available until the national conference in Regina on Oct. 27 to 29, the judges shared some of their first impressions of Stonewall.

"It's so tidy and friendly. There is a great sense of pride, community engagement and involvement," said Pearcey, president of the Friends of MUN Botanical Garden Inc.

"There are so many community groups that are thriving and I know there's cross-membership. From what we've seen, there are a significant number of volunteers for the population. It engages people in civic pride and beautification, which, of course, is what Communities in Bloom is trying to do."

For Lundberg, it was clear to see the sense of community engagement in every area of the growing town, not just at local hotspots such as Kinsmen Lake and Quarry Park.

"The motto of Communities in Bloom is 'People, plants and pride growing together,'" said Lundberg, a Master Gardener who graduated from the University of Saskatchewan.

"At some point, once you've been involved in Communities in Bloom, you should be able to drive through your province and see which town is involved and which town isn't."

The entire Communities in Bloom initiative encourages participation, which increases residents' interest in their communities while also acting as a valuable networking opportunity.

"The whole thing is an enabler for people to create a better place to live and a better place to grow with their family and a better place for their visitors," Pearcey said.

"They're trying to address everything from the beautification to the environment to the landscaping and the urban forestry. It makes for a better quality of life."

Along with Stonewall, three other national finalists are competing in the 4,501 to 9,000 population category: the Town of Bay Roberts in Newfoundland, the Town of Drayton Valley in Alberta and the City of Humboldt in



Tanya Daher received the Miracle Grow/CIB Best Garden selection.



South Interlake Garden Club member Tania Laurie took judges on a tour of the community garden.

Saskatchewan.

Locally, excitement continues to grow as Stonewall prepares to host the provincial Communities in Bloom awards on Sept. 9 and 10.



TRIBUNE PHOTOS BY JO-ANNE PROCTER

CIB and garden club member Tanya Daher and Coun. Sandra Smith with judges Bonnie Lundberg and Gail Pearcey take a rest at the beautiful Centennial Park at the south end of Main Street.





77 1st St. E. Stonewall, MB 204-467-5595 am - 6:00m *Sat 9:00am - 1:00om *Closed long weekends The judges stopped by the Corbin residence for refreshments. Larry Corbin presented each judge with a vase that he created from elm trees that had to be cut down by town employees due to Dutch elm disease. In total, he created 17 unique vases, which will be used as centre pieces for the provincial Communities in Bloom conference.

Pictured left to right: Pat and Larry Corbin, Gail Pearcey and Bonnie Lundberg.



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Agritourism a growing opportunity for farmers

By Stefanie Lasuik

The RM of Woodlands is ready to help local agriculturists engage in tourism. Agritourism is inviting visitors to a farm or other agricultural business to witness food production.

Agritourism has been around in some form for decades. Wine tours, pick-your-own-fruit orchards and hay rack rides are so-called "agri-tainment" staples in rural areas across the country. But with interest in food and farms growing, so too has the demand for a more authentic farm experience, and some farmers have been ready to capitalize.

It can range from pumpkin-picking patches to dude ranches, or garden tours to demonstration farms. Farmers can choose which activities make the most sense for their operation and create a side business out of it.

The purpose of agritourism is to entertain and educate visitors while generating income for the farm, according to an informational brochure compiled by Renée Simcoe, economic development officer for the RM of Woodlands.

Another benefit is allowing people to learn more about where their food comes from.

"I think sometimes farmers can feel a little forgotten about. ... There's an opportunity for the farmer to get some recognition from the consumers," said Simcoe.

Agritourism allows farmers to show the public the work they do every day. It can also help correct misconstructions about certain agricultural practices.

"There's the opportunity for people to see what they do on a day-to-day basis," said Simcoe.

For agritourists, the appeal of agritourism is family connection, relaxation and learning, according to Simcoe.

Some agritourists may be looking to reconnect with rural roots, and some may hope to escape crowded tourist attractions. In a society where people are increasingly concerned about where their food comes from, some may hope to see it first-hand.

The tourism committee on the Woodlands Community Development Corporation decided to provide agritourism resources after acknowledging that agriculture is the largest industry in the municipality. But as Simcoe researched it more, she realized their service would be unique.



TRIBUNE PHOTO SUBMITTED

The Boonstras' dairy farm families of Meadows engage in agritourism by providing guided tours on their family farm. Chelsea Boonstra has taken agritourism to the online world by creating a video about the farm. The video attracted a lot of attention earlier this year. She believes farmers need to communicate the truth about farm practices to the public. Agritourism, whether in person or online, can help farmers achieve this. Boonstra will be speaking at the Manitoba Farm Women's Conference on Nov. 22 in Portage La Prairie. Anyone with questions on how to make an agricultural video can contact her at chelsea.boonstra@gmail.com.

"There's a lack of information specifically for Manitobans," said Simcoe. Simcoe hopes to eventually provide that information through workshops. In the meantime, she is willing to meet

with anyone who has questions about agritourism. She can be reached at 204-383-5679 or edo@rmwoodlands. ca.





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RCMP Musical Ride

By Jo-Anne Procter

Approximately 2000 spectators were dazzled by the talents of 32 horses and their riders at the popular RCMP Musical Ride that galloped into town on Aug. 2. The South Interlake Rockwood Agricultural Society hosted the spectacle known around the world at the agricultural grounds south of Stonewall.

After at least two years of active police work, officers volunteer for duty with the Musical Ride and travel to 50 communities across Canada between the months of May and October annually. They promote the RCMP's image throughout Canada and the world while raising thousands of dollars for local charities and initiatives across Canada.

The performance consisted of intricate figures and drills choreographed to music with movements demanding the utmost control, timing and co-ordination.















Second annual Duck and Run raises funds for wetlands

By Stefanie Lasuik

Approximately 180 people ran to the music of songbirds, strolled with waterfowl and raced alongside gophers during Oak Hammock Marsh's second annual Duck and Run on Aug. 7.

The run began last year after Ducks Unlimited staff realized many of them had the same idea for a fundraiser.

"It's a beautiful place to run and enjoy the outdoors," said race director Leigh Patterson.

It's also a great location for Interlake runners because they don't have to travel to Winnipeg, said Patterson.

The number of runners doubled this year compared with last year with 80 runners in the 10-kilometre race and 45 in the five-kilometre race. Families and youngsters went on a scenic twokilometre walk.

The event is a fundraiser for Ducks Unlimited Canada. Although the final total has not yet been calculated, Patterson guessed the Duck and Run brought in about \$5,000.

Ducks Unlimited Canada will use the money for wetland conservation. It can go into on-the-ground projects, education and scientific research. The organization's research arm, the Institute for Wetlands and Waterfowl Research, discovers new ways and best practices for conserving natural areas in Canada.

New to the run this year was the poop loop. The loop ran runners past the sewage lagoon, where they could see how wetlands clean water naturally.



Sandy Lefley was the race's top fundraiser for the second straight year. She received a Mountain Equipment Co-op gift certificate for her efforts.

Grosse Isle's Sandy Lefley was the top fundraiser with \$275 for the second year. The cause is close to her heart because her dad, Ken Gardner, is an avid bird watcher so the run in the Marsh amongst the waterfowl seems fitting.

"Ducks Unlimited has always been an important part of his life," said Lefley.

Stonewall's Andrew Schewe finished the men's 10-kilometre race in second place. Twelve-year-old Ethan Rogowsky from Stonewall earned bronze in the men's five-kilometre race.



TRIBUNE PHOTOS BY STEFANIE LASUIK

Stonewall's Carly Bjornsson, Marquette's Melanie Fleury, Woodlands' Jennifer Reesink, Woodlands' Jo Hooper and Warren's Janet Bangle were five of many local participants who ran the races and contributed to the cause.



Truck and trailer rollover

TRIBUNE PHOTO BY LANA MEIER The driver of a truck was uninjured after losing control of the truck and trailer that jack knifed and flipped into the ditch along Highway 7 on Aug. 3. The Rosser Fire department and RCMP both attended the mishap.



Andrew Schewe and Ethan Rogowsky from Stonewall finished second in the 10-kilometre and third in the five-kilometre races respectively. Friendly, the Giant Tiger, provided support.





Stonewall Teulon

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Hello, my friends. We've all heard about folks who had cottages along the Red riverbank leading to Breezy Point that the government expropriated because of spring flooding.

> ARNIE WEIDL

Last week, I actually met a fellow, Dale Cross, who lived there. Dale was enjoying a sunny, quiet afternoon sitting in a lawn chair fishing at the end of the Point when I drove up. He was a muscular man, shirtless in the heat, with short grey hair and a rugged face. He didn't hesitate when asked to talk of his experiences as a one-time resident here.

Cross remembers one fall when he would wake in the morning to see giant cakes of ice or ice shacks floating in his front yard, even though his house was on six-foot stilts. Dale lives in Winnipeg now, but it was still plain to see he had a soft spot for this area and agreed it might be a good idea if the provincial government turned the strip into a no-services campground.

Later, I felt it was time for a story from the Winnipeg River so off I went to the dam at Pine Falls. I cautiously drove down the steep riverbank gravel road on the dam's downside. Reaching the water's edge, I saw two anglers sitting on large flat rocks fishing. Leaving my car, I met Tony Wong and Larry Possberd of Winnipeg who had a story for us.

Last fall, they were fishing by boat on the Red upstream of Selkirk. The fishing was good, but their motor kept quitting on them. They forgot about the pesky motor as the fishing got better and better. Suddenly, they snapped back to reality, realizing Tony was late for Thanksgiving at home and Larry was late for work. Frantic fear fell away as their little motor in-



TRIBUNE PHOTO BY ARNIE WEIDL Pictured left to right: Alex Bard, Brad Kenkaran, Skylar Farrington and

Cory Adam with pickerel they caught off the Riverton pier. nocently started with the first pull. Soon the pier was in sight. Maybe things wouldn't be so bad after all,

RED RIVER > CHALET BEACH > LAKE WINNIPEG

Fishing fun with friends

they thought. Then that little innocent motor with a "pop" stopped dead. Now anxious, the guys frantically laboured over the motor as the river's current carried them farther away from the pier. Larry's glance happened to catch the level indicator on the gas tank. He squeezed his eyes shut in exasperation; the tank was empty. Their paddles helped them to the riverbank and eventually they got a tow from some Good Samaritan anglers. Poor Tony had to face his family, who accused him of caring more about fishing than being at home for Thanksgiving dinner, and Larry got a severe dressing down from his boss when he showed up for work.

I sure had a heartwarming experience last Friday when I ran over to

the Riverton pier on the Icelandic River. As I pulled up, I could see four young angler lads excitedly running back and forth along the pier's edge checking their rods for a sign of a bite. Barefoot, in old T-shirts and shorts, these boyhood friends were having the time of their carefree summer lives in the early morning sun. Getting out of my car, I asked if they had caught anything. They reacted with boyish enthusiasm, racing to a large pail. They dug in and proudly held up two respectable-sized pickerel high in the air. Our young fishermen were Alex Bard, Skylar Farrington and Corv Adam from Riverton with Brad Kenkaran from Komarno. Their enthusiasm changed to uncontrolled joy when I told them I wanted to put them and their catches in the *Selkirk Record, the Express Weekly News and the*

Continued on page 9

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ADMINISTRATION

Jo-Anne Procter

Rosser on the hook for million-dollar boulders

By Stefanie Lasuik

The RM of Rosser is on the hook for an unexpected \$1.13 million bill. The construction company hired to extend a sewer line to CentrePort found boulders in their path, and the removal of them has proved pricey.

The RM agreed to pay overruns on the project when they signed the original agreement in 2011.

The municipality signed the agreement to put in about 1,665 metres of sewer pipes down Inkster Boulevard from King Edward Street to Brookside Boulevard. The lines will allow developments in CentrePort to connect to wastewater sewer services.

The RM will pay for half of the project's \$11 million total cost. The provincial government will take care of the other half.

Right now, the City of Winnipeg is absorbing the municipality's portion of the project cost. The municipality will pay the city back through taxes collected on Rosser's side of Centre-Port Canada.

The unexpected cost came last November when Nelson River Construction found boulders in the sewer line's path. The contractor left the site then and remobilized to the site in May 2016. The crew abandoned their previous method of trenchless construction to open cut the boulders out. They're now working on restoring the site.

The crew will continue installing sewer lines via trenchless methods in September. They hope to be done this fall.

The total cost of removing the boulders is \$2.35 million, but \$1.22 million of that went into the \$11 million total cost.

AECOM engineering, the City of Winnipeg and the province were responsible for testing the soil for boulders. The testing was completed but didn't show signs of boulders.

"We didn't drill a hole right where



TRIBUNE PHOTO BY STEFANE LASUIK

The RM of Rosser will have to pay their share of the \$2.35 million overrun for boulder removal to connect a sewer line to CentrePort.

we experienced the problems," said Geoffrey Patton, manager of engineering services with the City of Winnipeg's Water and Waste department. The sewer line extension will eventually service part of CentrePort Canada that belongs to the city. RM of Rosser Reeve France Smee said the munici-

pality will renegotiate costs with the city when this happens.

The RM of Rosser will be responsible to pay the overrun bill within 30 days after it's issued when construction ends in the fall.

Healthy Together Now helps community groups achieve healthy goals

Submitted

Healthy Together Now (HTN) is a community-led grassroots program that helps prevent chronic diseases in Manitoba. Starting now, community organizations can apply for funding for prevention activities in the areas of physical activity, healthy eating, tobacco prevention and reduction, and mental well-being.

Interlake-Eastern RHA provides funds through Healthy Together Now for community organizations interested in decreasing chronic disease in their communities. Community meetings will be held across Interlake-Eastern region for any groups interested in applying for funds. The meetings are held to review potential projects and for community to review and recommend projects for funding.

> GET FISHING, FROM PG. 8 Stonewall Teulon Tribune. I had to wait until they settled down a bit and then asked if they had any unusual fishing

experiences as I took their picture. Brad gleefully piped up, saying he and his mom, Jen, went fishing off the "big white curve" on north Shoal Lake and after a while was convinced he was snagged. He asked mom to help him. Jen, taking his rod, hefted it and then handed it back to him, smiling and proclaiming, "Son, you've got a fish." As he began reeling it in, it came to life, twisting this way and that, but he hung in there and landed it.

Well, thanks for dropping in. See you next week. Bye.



"The Interlake-Eastern RHA is awarding funding to community groups addressing health and wellness issues in their communities. Applications are currently being accepted and grants will be awarded in October," says Leana Smith, regional manager community wellness and chronic disease prevention.

Applicants must complete an online application outlining the proposed project, the budget, partners involved and target population. The fund will only cover activities directly related to the programming offered. Applications will be reviewed by the Interlake-Eastern Healthy Together Now Steering Committee to ensure grant criteria is met. Deadlines for each community vary. All programs are encouraged to apply.

For more information or a copy of

the application, visit www.ierha.ca and click on "Care in your Community" and then "Community Wellness and Chronic Disease Education" and then "Funding, Grants & Bursaries."

For more information, visit www.ierha.ca/default.aspx?cid=11211&lang=1 or call 1-877-979-WELL (9355).

Healthy Together Now is co-ordinated by Interlake-Eastern RHA and supported by the Manitoba Health, Seniors, and Active Living.



On the road to recovery

Rehab centre in Gimli offers help to those struggling with alcohol, drug addiction

By Lindsey Enns

A former hotel in Gimli that once housed flood evacuees has been transformed into a beacon of hope for those struggling with alcohol and drug addiction.

Aurora Recovery Centre, located at 20025 Lakeside Rd. in Gimli, the former site of Misty Lake Lodge and Conference Centre, recently reopened under new management and is now welcoming those seeking treatment for alcohol and drug abuse.

"Our goal is to save lives," said Marla Goldman, the centre's executive vicepresident of client care services.

Since reopening in early June, the centre has treated clients from across Canada including Alberta and British Columbia as well as throughout Manitoba including Selkirk and surrounding areas.

For 60-year-old Linda C. of Winnipeg, this is her fifth stint in rehab after battling with alcohol abuse for nearly 10 years.

Last Thursday marked Linda's third week in treatment at Aurora Recovery Centre.

"I'm feeling much better," Linda said with a smile, standing inside the centre's cafeteria."Almost ready to go home but I know I have lots of work to do still."

Linda said she was a sporadic binge drinker who would often choose to drink alone.

"I was a closet drinker," she said. "I would stay at home and drink. I would isolate and drink."

Linda said following a three-day binge, she decided to seek help.

"I came on my own," she said. "My sisters drove me out."

She added the one-on-one counselling at the centre has been a huge help during her recovery process.

"There's also lots to do here," she said, adding she enjoys using the centre's Olympic-sized indoor pool.

History of the site and facility Aurora Recovery Centre officially opened in November 2015, replacing Misty Lake Lodge and Conference Centre.

The lodge formally housed nearly 180 Lake St. Martin and Little Saskatchewan First Nation flood evacuees before it was forced to close its doors in September 2013 because the hotel was unable to collect more than \$3 million it says it was owed by Ottawa.

The lodge was then completely gutted and following a nearly \$8 million renovation and construction project, Aurora Recovery Centre was born.

Due to some readjusting, the centre was forced to close its doors temporarily but is now accepting clients.

The privately run 24-7 facility offers individualized treatment based on a 12-step program and offers treatment for alcohol and drug abuse, depression, anxiety, eating disorders as well as gambling and sex addiction.

The centre is able to treat between 50 to 60 people on any given day, and clients are likely to stay for up to 30- to 60-day stints, Goldman said.

"We really felt that we were going to start off slow; we didn't," she said, adding there has been lots of interest in the centre since they reopened. "We have everything under one roof, which a lot of places don't."

Along with offering various services including one-on-one counselling, the centre is also home to a medical detox program.

"We really work together for the best interest of our clients because that's what it's about," Goldman said, adding their treatment program is about getting their clients' lives back on track while helping them find balance. "Our slogan is 'Awesome but getting better.'"

Goldman said they are also in the process of implementing a program for families of recovering addicts.

"The families say they can see they're getting their child back," she said."They're looking healthy. They're looking after themselves. ... They can



TRIBUNE PHOTO BY LINDSEY ENNS

Aurora Recovery Centre in Gimli has recently reopened under new management and can treat between 50 to 60 clients struggling with alcohol or drug addiction on any given day.

see a huge difference from when they come in to the time they leave."

Goldman said the centre, its staff and clients have been warmly welcomed in Gimli.

"People are coming in to introduce themselves and see if there is something they can do."

Bringing jobs to the Interlake

Along with providing treatment for clients near the picturesque shores of Lake Winnipeg, Goldman said the centre has also brought various job opportunities to Gimli.

They currently employ roughly eight counsellors, various client-care service workers, a full kitchen staff, security guards, nurses and a medical detox team, which includes a doctor and two nurse practitioners.

Clients live at the centre for various lengths of time, and as of last Thursday, they were housing around 20 men and women of various ages and backgrounds.

The average cost for a one-month stay at the centre is roughly \$15,000, while 60 days is closer to \$25,000, Goldman said.

She added the centre is trying to keep prices below or around what other privately run rehab centres offer in Canada. They also don't want cost to be an obstacle to those seeking treatment, so the centre works with two different loan companies to help clients cover costs.

Abuse starting at an earlier age

Tracy Nickel, who has been a counsellor for eight years and started working at the centre about a month ago, said she deals with clients from all walks of life. They range in age from 17 and up, Nickel said.

Kids are coming in so very sick ... it is getting to the younger generation quicker," she said.

Nickel believes there isn't enough resources out there to show and teach youth why they shouldn't abuse drugs and alcohol.

"There is not enough knowledge," she said. "It used to be that people were saying 'just say no' with no explanation, so nobody knew what they were saying 'no' to."

Nickel said in recent years she has been treating younger clients who are experimenting with newer and harder drugs.

"It's a hard come-down because they're on such hard drugs," she said. "It's really, really rough out there."

Along with crack cocaine, methamphetamines, opiates and alcohol, Nickel said she has also treated clients who are experimenting with fentanyl, a fast-acting narcotic that is sometimes abused for its heroin-like effect.

Goldman referred to a recent news article about 36 people who overdosed on a powerful opioid with traces of fentanyl in Surrey, B.C., within a 48-hour period. Although none of the overdoses were reported as fatal, according to *VICE News*, two people were admitted to hospital.

"It's sad to say but addiction is increasing, not decreasing," Goldman said."And that's probably why we got busy so quickly."

"The deaths in addiction are really high ... statistics show only two of the 12 people make it."

National fiddle champion and Hall of Famer to play at Quarry Days

Recording artist Patti Kusturok to play Sunday at 2 p.m.

By Ashley Prest of the Winnipeg Free rath, Graham and Eleanor Townsend Press

Fiddle music lovers will be have the opportunity to hear and see one of North America's smoothest fiddle players during Stonewall's Quarry Days.

Patti Kusturok, known as "Canada's old-time fiddling sweetheart," is a three-time Canadian Grand Masters Champion and a Hall of Famer who is a fixture in festivals, performances, music camps and kitchens across North America. She will play on the Main Stage on Sunday at 2 p.m.

After being one of the most soughtafter old-time dance players in her home province of Manitoba, Patti has taken that amazing feel and drive, mixed it up with a little humour, and put together a fun and entertaining show that will have you laughing and stomping your feet, with maybe even a tear or two as you allow yourself to remember the good old days of having a kitchen party until the wee hours.

And Kusturok is now officially among this continent's greatest fiddle players. Kusturok was inducted recently into the North American Fiddlers' Hall of Fame.

"It is such an incredible honour; it really hasn't sunk in yet even though I've known for a couple of weeks," she said."I'm still walking on Cloud 9," said Kusturok, who accepted the award in a video message. She couldn't get a flight in time to attend the ceremony in Osceola, N.Y., after performing the previous night in North Dakota.

"It's surreal. To see the names that are in there now and to be alongside them. I can't believe it."

Kusturok joins Canadian fiddling icons such as Don Messer, Al Cherny, Ned Landry, Ivan Hicks, Calvin Voll-

> AURORA, FROM PG. 10

Goldman said that staggering statistic was enough to scare her sober nearly 23 years ago.

Both Nickel and Goldman said often what leads someone to abuse alcohol and/or drugs is an underlining issue or incident during their childhood.

"It stems from ... an inner issue as a child usually or a teenager," Nickel said."They come in from all aspects of where they've been."

Nickel, who has dealt with addictions issues of her own in the past, said working alongside her clients helps her in her own recovery.

"It reminds me every single day where I don't want to be and so that helps me," she said.

and Andy Dejarlis in the hall.

Kusturok's acceptance video included a three-song performance, accompanied by Winnipeg musician Jeremy Rusu, which she opened with her original composition Memories of Eva, written with her son Alex Kusturok in honour of her mother Eva, who died in 2007. Her son Alex is also an accomplished fiddle player.

"I had half of the tune in my head and couldn't think of something to go with it and apparently Alex had the same thing going on in his head. It was after my mom had passed away, we just sat down and put the parts together and it fit well," Kusturok said. "It was in 2008. Alex was only about 16 years old at the time. It felt like I had the middle of a fiddle tune in my head so I asked Alex if he could write something to go with it and he said he already had something. It was kind of eerie, actually, because we put it together and it seemed to fit so nicely."

Kusturok said she was proud to play the song for the induction ceremony because of its emotional connection to her family.

"That was the only time we've ever written anything together," she said. "My mom would have been just so proud. She was my biggest supporter and took me to all these fiddling things as a child. If I wanted to play, she made it happen."

Kusturok said she began playing at age four in the Suzuki Method which involved the accompanying parent

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learning at the same time. It gave her a solid musical foundation and strong belief in the importance of music for children.

"Music is really important because it brings people together as a family," Kusturok said. "The kind of music that we play, it's all about getting together with your family and friends in a kitchen or living room and just sharing music. We do that all the time. Wherever we travel, going to fiddling events, there's always a jamming element that happens."

Kusturok teaches fiddling to 40 students and estimated that she performs 50 to 75 times a year in addition to teaching at workshops and music camps each summer.

"It was a fitting honour to be given to Patti. She has devoted her life to the preservation of fiddle music as an iconic art form in Canadian culture," Graham Sheppard, president of the Canadian Grand Masters Fiddling Association, said in a statement. He attended the induction ceremony.

The North American Fiddlers' Hall of Fame recognizes "individuals who have made a significant contribution to traditional fiddling in North America," a media release stated. Fiddle associations and fiddle experts across Canada and the United States

nominate and vote for deserving candidates. Inductees receive a commemorative plaque.



TRIBUNE PHOTO SUBMITTED Recording artist Patti Kusturok will play on the Quarry Days Main Stage on Sunday, Aug. 21 at 2 p.m.

While she said her son is her favourite fiddle player at the moment, Kusturok mentioned several of her greatest influences as Vollrath, Reg Bouvette and Graham Townsend.

Reprinted with permission from the Winnipeg Free Press.



Teulon Rodeo organizer reflects on family heritage

By Rozanne Nevakshonoff

Many young boys dream of being a cowboy. Bill Higgins was one of those; it just took him a little longer to get there.

Higgins hails from Ochre River, Man., a small community 20 minutes east of Dauphin in the Parkland Region.

Raised on an acreage with both parents working outside of the home, they didn't raise any animals. Bill and his siblings spent a lot of time with their grandparents who lived and farmed nearby. He describes his grandfather's horses as working horses, not riding horses.

He recalls the day when he was about eight or nine — the first time he had to drive the horses. While out for a ride on the wagon with his grandfather, all of a sudden the reins were put into his hands — and that was that. He was now the driver.

As time rolled on, his grandfather sold the farm. The new owners, much to Bill's delight, had children his age and horses. Bill started riding. "I spent a lot of time there."

Buying your first horse is like buying your first car: it's one of those things you never forget. "I was 15 when I bought my first saddle horse," said Higgins.

A couple years passed and it was off to Winnipeg to find a job. Somehow, Higgins managed to board horses here and there, but he tired of city living and began looking his own piece of land. The first acreage he looked at was in Fraserwood, but he decided it was too far to drive back and forth to work. Feeling kinda bummed out, he decided a move to Alberta might be the right thing to do. So, taking some time off work, he travelled west.

"When I found how expensive land was, I tucked my tail between my legs and came back to Manitoba," Higgins chuckles.

Fortunately, a piece of land west of Gunton came up for sale that Higgins was able to afford. He continued to commute to work while raising horses and riding. In 1994, he found a spot to call home in Teulon. Seems it was not the only good thing he found here. He met Liz, now his wife and partner. She works with him, hunts with him, laughs with him, and is on committees with him.

Around 1999, he started roping at a friend's place. Soon, he was entering team roping as the healer. The enjoyment in Higgins' voice is evident as he talks about roping, the people he's met, and how they took first and second in team roping at the only Jackpot rodeo Teulon ever held in 1999. He believes it was the last rodeo held.

This same sense of perseverance prevails when he describes why he is involved in restarting the Teulon rodeo. He outlines how the 17-member



TRIBUNE PHOTO BY ROZANNE NEVAKSHONOFF Bill Higgins is looking forward to the third annual Heartland Rodeo in Teulon Aug. 27 and 28.

committee has worked diligently to make the third annual Heartland Rodeo on the Aug. 27 and 28 weekend an event to come out and watch. Volunteers, sponsors, fundraising are what

it takes to make this work.

Bill muses on how his father grew up with horses: "Heritage. That is what this means to me."

Sisters donate hair for people with cancer

By Kaitlin Vitt

Two sisters each donated about 14 inches of hair to make wigs for people who don't have hair or lost it from cancer treatment.

Autumn and Mykayala Michalsky went to Deb's Hair Design in Stonewall July 28 to get their haircut.

It was eight-year-old Autumn's idea to donate hair, and six-year-old Mykayala decided to join.

"I had the idea first, and then a few days later, Mykayala wanted to cut her hair. When she noticed I was going to donate my hair, she wanted to do it," Autumn said.

The girls said they wanted to donate their hair because there are people who would be thankful for it.

"People will be really sad without hair," Mykayala said.

Autumn said she's wanted to donate her hair since she was four. She hasn't had short hair before, so getting it cut "felt weird," but she said she likes her hair better now since it's easier to brush.

The girls have learned about cancer at school and from their parents, said their mom, Tanya.

Some of the girls' family members have had or have cancer, but it happened years ago or the person lives out of town, so the girls"don't see the consequences of it,"Tanya said.

She said she thought it was great that someone as young as Autumn thought of donating her hair to help someone else.

"Being eight years old and wanting to do something like that, you don't find many kids out there that think of other people or situations like that," she said.

When it grows long enough, the girls said they'd like to donate their hair again.



Autumn, 8, and Mykayala Michalsky, 6, each donated about 14 inches of hair for cancer on July 28 in Stonewall.

Walk for Literacy raises funds for graphic novels, beanbag chairs

By Kaitlin Vitt

The Teulon Public Library will soon have more graphic novels and beanbag chairs, two items branch librarian June Makowski said are popular.

Last Friday, the library had its Walk for Literacy. Kids collected donations that will go toward purchasing the chairs and graphic novels.

The 20 participants walked from the library across town to Green Acres Park. Along the walk, they sang songs and waved Walk for Literacy paper flags.

In the park, kids from Teulon Day Care joined the group. They had snacks before Makowski read them a book. Makowski said the library's free summer programming for kids this summer has been successful. Activities have included book readings, some by special guests like Smokey Bear, and making crafts.



TRIBUNE PHOTOS BY KAITLIN VITT Shiloh Nault, 9, and Aslan Nichols, 9, participated in Teulon Public Library's Walk for Literacy Aug. 5.

a few of the library's activities this summer, including the walk. She said it gives her something to do, rather

chasing.

purchase graphic novels and beanbag chairs.

About 20 people walked from Teulon Public Library

to Green Acres Park to raise money for the library to

The Walk for Literacy raised \$368 for the library.

Aslan Nichols, 9, has attended quite

Stonewall council news in brief

By Stefanie Lasuik

• Council created three positions for citizens on the Board of Revisions, which reviews complaints about tax assessments. The board will now consist of two council members and three citizens who successfully apply.

• Council will be looking at ways to provide funding for land for personal care homes and other medical services after sending a letter to Premier Brian Pallister regarding concerns about the pressure on emergency rooms and hospital beds. Council wants to ensure that whatever assistance the province can provide will be workable in and supported by the town. The province has Stonewall on their radar screen as a high priority, according to Mayor Lockie McLean.

Council passed a motion to allow

two of its members to enter into conversation with the Rural Municipality of Rockwood about establishing a Stonewall-Rockwood Recreation Commission. Rockwood currently has a recreation commission with Teulon. Ian Goodall-George, regional consultant with the province's regional and recreational services, told council how the commission would work. It would support existing activities, he said. The town and Rockwood would jointly hire a recreation co-ordinator and this person would help organizations get grants, hold fundraisers and make valuable connections. The Teulon-Rockwood Recreation Commission also runs the town's day camp.

• Council made September 2016 Prostate Cancer Awareness month for the town.



TRIBUNE PHOTO BY STEFANIE LASUIK

From left to right: Laine Wilson, recreation director of Teulon-Rockwood Recreation Commission, and Ian Goodall-George, regional consultant with the province's regional and recreational services, spoke at the Aug. 3 Stonewall council meeting about the benefits and characteristics of recreation commissions.

Great Manitoba Food Fight to showcase local food products

Submitted

The Manitoba government is inviting entrepreneurs to compete and celebrate 10 years of delicious locally made food products at the Great Manitoba Food Fight this fall, Agriculture Minister Ralph Eichler announced Aug. 4.

"We're calling on Manitoba's food entrepreneurs to compete in and celebrate this milestone with us at the 10th annual Great Manitoba Food

Fight," said Eichler.

"We know our province is home to tasty, unique foods and beverages that are ready to take the next step toward commercialization and the larger marketplace. This competition is designed to help Manitobans take the next step forward with their foodbased businesses."

The Great Manitoba Food Fight (GMFF) is sponsored by the Manitoba government in partnership with De

Luca's Specialty Foods Store and Food & Beverage Manitoba. It is a competition for Manitoba food entrepreneurs interested in commercializing their new food products, with three product development and service awards available to be won. A judging panel awards prizes, including cash and services valued at \$3,500, \$7,000 and \$10,000.

The deadline to apply is Aug. 19. Ten competitors will be selected to compete in the GMFF, which will take place on Sept. 21 at the De Luca's store in Winnipeg.

Over the last 10 years, more than 100 entrepreneurs have competed in the GMFF. A number of products that have won awards in the GMFF have gone on to have commercial success.

More information about the GMFF and the application form are available at www.gmff.ca or by calling 204-841-4084.

Kancer Apparel raises awareness with fashionable shirts

By Jennifer McFee

A Stonewall entrepreneur is hoping to raise awareness about cancer through a fashion-forward approach.

Garrett Bruce founded a clothing line called Kancer Apparel along with business partners Jackson Friesen and Devon Saunders.

The trio has partnered with the Canadian Cancer Society and will provide 25 per cent of their year-end profits to the organization. As well, they will hand out information brochures and other items on behalf of the Canadian Cancer Society.

"We are simply aspiring to become a popular brand name whose purpose is to raise money and awareness for cancer," Bruce said.

They started their initiative last year and are almost ready to launch their T-shirts, which will be available for purchase at Quarry Days.

For Bruce, it's a project that's close to his heart since his aunt died of cancer about a year ago. Throughout her treatment, she continued to work hard at her job for the Terry Fox Foundation of Manitoba.

"She was a very motivating person, and I wanted to give back and do something towards the cause," Bruce said.

"Cancer has been a big part of my life. Basically, anybody that has passed in my family has died of cancer, so it hit close to home."

In addition to raising awareness, Bruce and his business partners hope that their shirts will become a fashionable new favourite for many people.

"We don't simply sell clothes to raise money for cancer — we sell highquality, comfortable, stylish, purposedriven apparel to raise money and awareness for cancer," he said.

"Our recognizable logo makes us stand out but in a sleek, fashionable way. We need customers to wear our brand to become more popular. The best way to do that is make a shirt so comfortable they don't want to take it off."



TRIBUNE PHOTO SUBMITTED Kancer Apparel will be raising money and awareness for the Canadian Cancer Society through the sale of fashionable T-shirts.

Gwen Fox Gallery features Magic of Three artwork

Woodlands artist to display portraits, glass art and acrylic pieces at exhibit

By Kaitlin Vitt

Artist Althea Cunningham's work this month at Selkirk's Gwen Fox Gallery explores society and politics.

"It's meant to kind of engage the viewer so that they can themselves kind of challenge what's going on in the world or their own healing," Cunningham said.

Cunningham is part of the Magic of Three, the group the gallery is featuring during August. She's showing paper collage artwork, with themes including technology and the environment. One piece is a vase with an entrapped crystal leaf on it. Althea said it represents "what we will have left of our tropical forest that gives us life and breath, and yet all we have left is the recollection of a leaf."

Cunningham, Árný Hjaltadóttir and Shirley Myren make up the Magic of Three. The three artists haven't all worked together before, though Cunningham and Hjaltadóttir have.

Hjaltadóttir is from Iceland and lives in Woodlands. She is showing some glass art and acrylic pieces. Her pictures include portraits and old build-





TRIBUNE PHOTO SUBMITTED

Árný Hjaltadóttir has some of her paintings on display at the Gwen Fox Gallery beginning Aug. 6.

ings, like barns.

Myren's work is abstract, she said. She uses a range of media, including acrylic ink and watercolours.

"It's about being free with the colours, expressing myself and letting the paint kind of express how you feel at the time you're letting it go onto the canvas," Myren said.

The Magic of Three's exhibit will be at the Gwen Fox Gallery during August. The gallery is open Tuesday to Saturday from 11 a.m. to 4 p.m.

DELIVERING THE UNEXPECTED!



Hooper kicking cancer back

By Stefanie Lasuik

Woodlands' Christina Hooper has lost both of her grandfathers to cancer. Now she wants to kick cancer back.

Her second annual Kicking Cancer Backcountry Style bootcamp fundraiser is set for Aug.24. Last year, she honoured her grandfather, Benjamin Rettaler, with the event. This year, she's holding it in memory of her Opa, Henry Goetz.

Goetz passed away on May 24 after having terminal prostate cancer. He ultimately succumbed to a heart attack, but the cancer took away his freedom.

"I felt like he held the family together," said Hooper.

Goetz was consistently donating to charities, according to Hooper.

Self-Employed Mortgages

With nearly 20% of all income earners in Canada being selfemployed (at least part-time), we often wonder why it's so difficult for this growing demographic to obtain a mortgage.

The first issue is the fact that income is not always easy to prove. Also, many business owners are motivated to expense as much as possible in order to minimize their taxes payable, which is something many lenders do not recognize.

In order to obtain a self-employed mortgage, most lenders require that personal tax Notices of Assessment from the past 2 years be included with the mortgage application. In addition to your Notices of Assessment, some of the other supporting documentation a lender may require for a selfemployed mortgage application include:

- Last 2 years financial statements for your business
- Your credit scores and history
- Proof that you are a principal owner in the business
- Proof of your down payment

If you can prove sufficient income through your personal tax Notices of Assessment, mortgage default insurance works exactly the same for a self-employed mortgage as it does for a traditional mortgage: you have to pay a premium if you are only putting down between 5% and 19.99%, and you don't have to pay it once you can put down 20% or more. The premium (if applicable) is added to your mortgage and paid off over the life of your loan.

If you cannot provide sufficient proof of income, you may need to put down at least 10%, while paying any applicable stated income insurance premiums or lender fees.

Using a mortgage broker

Because it's difficult to navigate which lenders specialize in self-employed mortgages, or have more favorable terms for the self-employed, using a mortgage broker has obvious advantages. Mortgage brokers have access to multiple lenders and have a broad knowledge of the mortgage market. Therefore, a broker can connect you to the lender most suited to your situation.

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Email: shelleys@onelinkmortgage.com Website: www.shelleystewart.ca "He would leave very little for himself," she said.

Now Hooper wants to follow in his footsteps. She hopes to raise \$2,500 through the bootcamp, \$1,000 more than she raised through last year's event.

It's not just her relatives Hooper hopes to honour through the event. She believes many in the community have been affected by cancer in some way. She wants to support them.

All the proceeds from the event stay in Manitoba and fund CancerCare treatment, support and programs.

Hooper saw her Opa and her Oma benefit from these programs. Her Opa received treatment that helped ease his pain before he died. And her Oma, Frieda Goetz, has the organization to thank for her clean bill of health today. She twice overcame cancer through the treatment of CancerCare Manitoba.

The free bootcamp will take place outside Woodlands Community Hall, or inside if it rains. She's asking for a minimum donation of \$10 and will lead participants through exercises that are adaptable for any level. Hooper also plans to have a silent auction and memory jar. Jeremy Frankamolle has volunteered to DJ. Hooper hopes to create an event out of the bootcamp so those who don't come to work out can still enjoy the atmosphere. The doors will open at 6 p.m. and the work out will begin at 7 p.m.

Hooper is asking people to register before the



TRIBUNE PHOTO BY STEFANIE LASUIK Hooper planted flowers in honour of her late Opa, who loved to garden. She is now planning her second annual Kicking Cancer Backcountry Style with him in mind.

event so she has an idea of how many people will be there. She's looking for volunteers as well. Anyone interested in volunteering or registering can contact her at 204-383-5284 or Backcountry4fitness@gmail.com. People can also donate online by finding her event website through www.cancercarefdn.mb.ca/eventcalendar/.

Hooper is asking participants to bring their running shoes, a yoga mat or beach towel and a refillable water bottle. Jackson Spring will provide water for the event.



CIB Yard of the Week



TRIBUNE PHOTO BY JO-ANNE PROCTER The Stonewall Communities in Bloom Yard of the Week honours were awarded to Ruth Gee, sitting, and Doreen Hill of Crocus Manor. The duo have been neighbours for eight years and have both lived in Lake Francis previously. Both are avid gardeners who enjoy spending time amongst their petunias, lily of the valley, pansies, Angel's trumpet and other colourful annuals. The Yard of the Week runs July through August. To nominate a yard in Stonewall that you feel deserves recognition,

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Come to browse through the beautiful flowers & arrangements, or enter your own (Booklets can be picked up at the Stonewall Teulon Tribune or call Tanya at 467-2235). Entries are accepted at Odd Fellows Hall (374 1st St. W.) on Friday Aug 12 from 6 - 9pm

Drop by for tea and dainties, a farmers market and variety auction.

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CREDIT UNION

Friday August 19th

Friday Entertainment Starts at 8 pm at VMSC, south end of Main St.

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Past The

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Rhia Rae and The Rubies



yam-opm	Interlake Regional Library		
11am-7pm	Stonewall Curling Club Hole in One Competition - VMSC/Soccer Pitches		
5pm	WonderShows Midway Opens		
6pm	Beer Gardens & BBQ opens - Stonewall Legion \$10 Admission 18 yrs & older		
5pm-9pm	Rocklands Antique Tractors/Corn Roast- Main Street		
6:30pm	Meat Draw - Stonewall Legion (Inside) (#418)		
8pm	"The One" - Stonewall Legion (inside)		
8pm	Free Entertainment Stage Featuring Rhia Rae and the Rubies and Chad Brownlee Sponsored by sunova See info to right		
10pm (apprx)	FIREWORKS - south end of Main St. Sponsored by The Rockwood Quarry Producers		
10:30pm	Past the Perimeter - at Beer Gardens (Must be 18 yrs old \$10/person)		

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FRI AUG 19TH

6:00 BEER GARDENS OPEN & BBQ \$10 CHARGE AT GATE, 18+ BRING ID 6:30 MEAT DRAW - CLUBROOM (418) 8:00 ENT. - CLUBROOM "THE ONE"

SAT AUG 20TH

8:00 - NOON PANCAKE BREAKFAST - HALL **NOON** - BEER GARDENS OPEN & BBQ 7:00 BEER GARDENS \$10, 18+ BRING ID 8:00 CHRIS HOFER - MUSIC MAN IN BEER GARDENS

SUN AUG 21ST

8:00 - NOON PANCAKE BREAKFAST - HALL **NOON** - BEER GARDENS OPEN & BBQ

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Schedhle of Events, Saturday August 20th	SPONSORE
Slo-Pitch Tournament at Quarry Park Ball Diamonds 8am-noon Pancake Breakfast - Stonewall Legion Auditorium	SILVER LEVEL - \$500
8am MS Bike- Biking to the Viking. Leaves Stonewall Collegiate parking lot	arkélplace at Stonewall
South Interlake Regional Library	
11am Parade Starts at VMSC, down STAGE 3rd Ave S to 5th St. West Collegiate (on Main Street by the Legion)	COMMERCIAL
to 1st Ave North	461-HEAT (3320)
State 3700 / 12:55 Spring Thaw 12:55 Spring Thaw 12:55 Theo & Kyle	STONEWALL TIRE & AUTOMOTIVE REPAIR
11am Petting Zoo-Memorial Park 2:15 Rhia Rea & The Rubies	
sponsored by Stonewall Family Foods 11am-5pm Free Admission Quarry Park Interpretive 3:05 Sydney Lockhart	DR. HEATHER McCRAE Optometrist
Noon-8pmCentre Stonewall Curling Club Hole in One Competition – VMSC/Soccer Pitches3:40Laurie Sutherland: A Tribute to the Legendary Patsy ClineNoonWonderShows Midway OpensPatsy Cline	THE REAL PROPERTY OF THE REAL
Noon Beer Gardens & BBQ opens 4:30 Saturday Coffeehouse - Stonewall Legion Talents	POSSER
Noon-9pm Rocklands Antique Tractors/Corn Roast 5:00 Now Not Never	COMCO
Noon-3pm Free Quarry Tours - register at booth on Main St. SATURDAY AND SUNDAY by The Red Apple. Look for the loader.	PIPE & SUPPLY COMPANY
12:30pm-5pm Free Entertainment Stage Sponsored by Maple Leaf Construction See schedule in the box to the right Visit the Petting Zoo at Memorial	VISIONARY Homes
8pm-1am Chris Hofer - Music Man Park - Stonewall Legion Beer Gardens (Must be 18 yrs old \$10/person) Sponsored by FAMILY FOODS	TMC Satellite
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Sunday August 21st



FRIEND SPONSOR - \$100+ Dr. Dumore & Team **Orthodontics The Grande Bazaar**

Slo-Pitch Tourn	nament at Quarry Park Ball Diamonds	ER
8am-noon	Pancake Breakfast - Stonewall Legion Auditorium	12:0
9am-3pm	Show 'n Shine Car Show at VMSC	12:3
10am-4pm	Used Book Sale - behind the South Interlake Regional Library	1:20 1:5
llam	MS Bike- Biking to the Viking. Arrivals between 11 & 3 back to Stonewall Collegiate	3:00 3:50
11am-5pm Free Admission Quarry Park Interpretive Centre		
Noon-4pm	Stonewall Curling Club Hole in One Competition - VMSC/Soccer Pitches	(No
Noon-4pm	Petting Zoo - Memorial Park sponsored by Stonewall Family Foods	HANDIC
Noon-6pm	WonderShows Midway Opens	
Noon-4:15pm	Free Entertainment Stage See schedule in the box to the right	
Noon	Beer Gardens & BBQ opens - Stonewall Legion	PARK
Noon-4pm	Free Quarry Tours - register at booth on Main St. by The Red Apple. Look for the loader.	Handica
Noon-4pm	Rocklands Antique Tractors/Corn Roast - Main Street	Parki Availa
5:30pm	Stonewall Curling Club Hole in One Semi Finals and Finals - VMSC	AVAIIC in Southside Servic Access off 2nd Av



Midway Opens: Friday @ 5pm Sat & Sun @ Noon



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SATURDAY 12PM

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32nd Annual Stonewall Quarry Days FREE DAILY ENTERTAINMENT STAGE Main Street By The Legion

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SATURDAY LINE UP

SATURDAY 12:30PM

The Prairie Thistle Pipe Band were part of last year's Quarry Days Parade, and they will be there this year as well, BUT this year their mini-band will come back to our outdoor stage area to open the Saturday afternoon program.

SATURDAY 12:55PM

SPRING THAW – Does this look like a bunch of hillbillies with a banjo? Yes, that's right, they're a bluegrass band from back in the hills of Winnipeg. Aaron Burnett leads the vocals and he's a real entertainer. Come on out and let them lift your spirits with some down-home pickin'!





SATURDAY 1:45PM

Fiddling by Theo Anderson & Kyle Michaniuk! These guys really "wow-ed" the crowd at this year's Ron King Memorial Fiddle Competition at Meadowlea Hall in May. Come on out and hear what they can do! You might recognize Theo who is a resident of Stonewall and he actually played his fiddle while riding in last year's Quarry Days Parade! Theo is originally from Gypsumville. His friend Kyle lives in Lake St. Martin; Kyle has a 3-hour drive to get here!

SATURDAY 2:15PM

RHIA REA AND THE RUBIES – This is a collective of songwriters from the Interlake – Rhianna Saj, Ben Mak-Wiebe of Stonewall; Cory Sulyma of Stony Mountain; and sometimes Lachlan McLean of Stonewall. Their lyrics are real, endearing and sophisticated, with a hint of heartache. Currently, they are crafting their songs to get ready for the studio, planning to record their debut EP this fall. Rhia Rae and the Rubies

were recently on-stage at Winnipeg Folk Festival, and in Toronto for Folk Music Ontario. Having been invited to showcase in Toronto, Nashville and Los Angeles, Rhia Rae and the Rubies are not only gaining the attention of fans but of those within the industry.



SATURDAY 3:05PM

Sydney Lockhart is a repeat performer with the Stonewall Quarry Days! In 2014, she performed as the winner of the 2013 Stonewall Talent Search. In 2015, she was one of the Saturday coffee-house. And here she is again in 2016 with her own set on Saturday

SATURDAYS FEATURE BAND 3:40PM

You'll be "Crazy" for Laurie Sutherland of Selkirk -- one of the province's finest singers in tribute to the voice and talent of Patsy Cline.-Patsy Cline died accidentally in 1963 at the peak of her career, and she is still considered one of the finest voices of North American music. She was a singer of her time and place: country-and-western, and she was the best.



SATURDAY 4:30PM

Coffee-House Talents – Come listen to our amazing local talents including Ryan Gilson, Kristi Rafnson, Lily Reder, Donnie McIntyre, Abigail Georgison

Now Not Never

SATURDAY 4:55PM

-Saturday's stage line-up ends with a local youth band, and it's their chance to play on stage to an encouraging audience! "Now Not Never" includes 3 Rosser teens -- Abby Geogison, Thomas Thevenot and Tessa Thevenot Abby is a talented guitarist with the band; Thomas is the drummer and he is really looking forward to the superb drum kit offered on-stage at Quarry Days! Tessa is the singer and she has a long list of credits from performances in the Winnipeg area and all the way to New York!

SUNDAY LINE UP

SUNDAY 12:00PM

Sunday's Gospel Music: Joanna & Adam Kilfoyle Joanne is a regular performer at her Winnipeg church, and frequently at other facilities and events in Winnipeg and beyond. Her husband Adam accompanies Joanne on the piano.



SUNDAY 12:30PM

Happy Daze is back again! They were here in 2014, promoted as "Steve Hintz's new classic rock band". We asked if they could put together a program of Retro 1950-60's rock-and-roll! – They took the challenge and here they are!

SUNDAY 2:25PM

"The Bog Boys" – is a local family band from the Petersfield area. Let Craig Smith introduce his wife and sons. They perform many different styles of music, but for Sunday's performance we have asked them to concentrate on fiddle tunes and old-time favourites. They will appear immediately before Patti Kusturok's set, so be prepared to sit back and enjoy!





SUNDAY 1:55PM PATTI KUSTUROK and JEREMY RUSU – are two musicians who are well known in Manitoba's fidding come. The very

who are well-known in Manitoba's fidding scene. The very talented Patti Kusturok (a.k.a. Patti Lamoureux) is wellremembered as a child prodigy in all of Manitoba's fidding competitions, and she continues to make a living with her fiddle. You will remember Jeremy Rusu, who was here last year performing with Patti's son Alex Lamoureux. Jeremy is a wonderful accompanist, and we've asked him to bring his keyboard as well as his guitar, clarinet, accordion and anything else he wants to bring!

SUNDAY 3:00PM

Coffee-House Talents – come listen to our amazing local talents including Alvin Unrau, Kyra Swanson, Teagan Sheppard, Josh Lawson

SUNDAY 3:50PM

Steve Hintz & Friends – We've got a Classic Rock band that you're going to love! What could we call a band featuring our local musician Steve Hintz and a bunch of his wonderfully talented friends? For now, they'll be known as "Steve Hintz & Friends" – gathering together

for this event only. This time his band will feature the vocals of Kirk Leavesley, who has a wonderful voice and Mitch Hintz on drums. Throw in a couple more friends who were here in 2014 and 2015, appearing as "One3Nine" classic rock band, and that completes the lineup. That's a whole lot of talent for one small stage, and they're awesome!





MB Safties.

Coming together to harvest hope



> HARRY SIEMENS

Harvest 2016 ground to an abrupt halt after heavy rains topped up already wet soils in much of southern Manitoba.

Yet the Sunday before the heavy Monday rains, 139 old-fashioned threshing machines from all over North America harvested for 15 minutes to set a new world record.

"This was a once-in-a-lifetime event," says Elliot Sims, co-organizer of Harvesting Hope, which was held at the Manitoba Agricultural Museum in Austin July 31.

"You just don't see stuff like this anymore," he says. "The energy from the participants and crowd was amazing. You could feel the pride and excitement."

It reminds of the other two harvesting fundraisers near Winkler in 2006 and again in 2010, raising money to send children to Christian camps around the world, Harvest for Kids and Children's Camps International.

Sometimes you wonder whether these events are worth all the work that goes into them, but you only have to get involved to find out this is much more than just running machines and threshing grain.

In Austin, about 8,000 people watched 750 volunteers break the Guinness World Record for most threshing machines operating simultaneously. The previous record of 111 machines was held by a group from St. Albert, Ontario.

Altogether, 75 acres of winter wheat was bound and 30,000 sheaves were

Continued on page 27



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Gardeners aplenty for last minute touch ups

TRIBUNE PHOTOS BY KAITLIN VITT

Green thumbs were busy pulling weeds, deadheading flowers and tidying up around the trees in preparation for the Communities in Bloom judges last week. The national judges evaluated the town Aug. 7 and 8. Left photo, Tricia Proctor weeds a planter next to the town hall while Jacquie Derewianchuk and Irene Pearson tidy up the rocks under a tree on Main Street.





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Book tells stories of veterans from Brant-Argyle

By Kaitlin Vitt

The recently released book *We Will Remember Them – Veterans of the Brant-Argyle Region* captures war stories, some of them otherwise untold.

Shayne Campbell, 38, wrote the book. He's a teacher at Teulon Collegiate Institute and president of Argyle's Settlers, Rails & Trails museum.

Campbell worked on the book for a year and a half, interviewing more than 100 families and researching books, archives, cemeter-

ies and museums.

"If we don't capture the information, it's gone, and it could be gone forever," Campbell said. "It was pretty tough to find some of this information." Campbell has volunteered with the Brant-Argyle School Remembrance Day service for about 20 years. At the service, veterans read the honour roll of who died in the war, Campbell said.

"We do a good job of recognizing the people

that were killed in the wars, but what I started to wonder was what about everybody else who came back," he said. "That's the idea behind the book it's sort of the homage to all veterans, whether they were killed in action or not."

The 217-page book includes stories from the 173 veterans in the Brant-Argyle area. Stories range from the 1860s Fenian Raids in Ontario to present day Afghanistan, where one person currently serves.

In addition to stories, there are biographies of veterans and photos Campbell collected while researching the book.

"It was pretty emotional," he said.

"You're gathering facts. You're trying to get this project finished, and then it strikes you that every one of these people, men and women, you know they all had families and some of them significant others. Their families continue."

People Campbell interviewed for the book were happy to talk with him, he said, though he knows it can be difficult for some of the veterans to talk about war.

"IF WE DON'T CAPTURE THE INFORMATION, IT'S GONE, AND IT COULD BE GONE FOREVER." "Whether people like war or don't, all men and women that were in this book, they participated (in war) whether they initially wanted to or not," he said. "Their story needs to be told so that the next generation can learn what it was like."

One story that stands out to Campbell involves the property he owns today, he said.

Wellington, the oldest son of the fam-

ily who lived on this property, was born in the 1890s. He died in the First World War.

When Campbell was 12, he was helping a family member with a garden on this same property and found a cap badge. Campbell found out it was Wellington's.

Campbell has been to France, where he visited some of the burial sites of veterans from Argyle, including Wellington.

Campbell also has family connections to war — his grandfather on his mom's side and great uncle on his dad's side were both veterans.

Campbell grew up in Argyle, which he said is a volunteering community.



Shayne Campbell stands in the Brant-Argyle Cemetery in front of the monument honouring people killed in the First and Second World Wars. Campbell wrote a book about the 173 veterans from the area.

He said this book is a way for him to give back to the area.

"I'm hoping that other people can do the easy research and read the book instead of having to dig and visit countries all over the place, the stuff I did just to get the book written." To purchase the \$40 book, email argylemuseum@gmail.com or visit the Argyle General Store. Shipping is available.

> SIEMENS SAYS, FROM PG. 24

cut to be threshed during the event. "This was truly a celebration of our agricultural heritage," says Sims."We're all very happy to have succeeded, and the feedback we're getting is great. Everyone seems to have really enjoyed themselves."

Funds raised were split between the Manitoba Agricultural Museum and the Canadian Foodgrains Bank.

Among the threshers on hand that day were Ken Mack of Langenburg, Sask. and Knocksville, TN, fall and winter, who had seven self-restored

threshing machines involved.

"To get the threshing bee going, they had raised up the flag on one of the high lifts and we all watched it," he says."When they started waving it, the steam engine blew the whistle and that is when the threshing began."

Mack says the units were set up in a 20-acre area on six different lines and configurations.

"I was in line six with my one machine. Some of my other machines, a total of seven, were in lines two, three and five and the guys running them I wished them good luck and said I'd see them after the ride is over."

Ken's wife, Jaqueline, says one of the seven machines was a little more special than the rest because when he restored it he used all different parts, gave it a colourful paint job, and named it"Johnny Cash."

"People were more than interested about it, especially the ladies," she says. "Many people were excited about this small machine, and the band played a half-hour of Johnny Cash music setting the tone." Jaqueline had never seen this kind of mood before. This old-fashioned threshing bee put a smile on a lot of faces, she says.

"The camaraderie of the people, the people coming together, and the food, and the happiness, and remembering how it was when things were right in the world," she says. "This brings back the times when neighbour helped neighbour, everybody was happy, no matter what, they got through it."

Manitoba becomes new threshing world record holder

By Shaylynn McMahon, Canadian Foodgrains Bank

Manitoba became home to another world record July 31 when 139 antique threshing machines harvested a field simultaneously for 15 minutes at the Manitoba Agricultural Museum in Austin, Man.

"This was a once-in-a-lifetime event," says Elliot Sims, co-organizer of Harvesting Hope: A World Record to Help the Hungry, held at the 62nd Manitoba Threshermen's Reunion & Stampede at the museum.

"You just don't see stuff like this anymore," he says. "The energy from the participants and crowd was amazing. You could feel the pride and excitement."

Nearly 8,000 people came to the Museum to watch 750 volunteers from across Canada and the U.S. break the Guinness World Record for "most threshing machines operating simultaneously." The previous record was 111 machines held by a group from St. Albert, Ont.

The record is unofficial until it is certified by Guinness World Records.

Altogether, 75 acres of winter wheat was bound and 30,000 sheaves were cut to be threshed during the event. Combined, the machines were capable of threshing approximately 17,000 bushels of wheat per hour, with 6,100 horsepower of engine capacity driving them.

"This was truly a celebration of our agricultural heritage," says Sims. "We're all very happy to have succeeded, and the feedback we're getting is great. Everyone seems to have really enjoyed themselves."

Funds raised at the event will be split between the Manitoba Agricultural Museum, which hosted the world record attempt, and Canadian Foodgrains Bank. A final tally will be available in a few weeks.



Volunteers manually shovelled wheat into the machines with pitchforks.

The funds going to the Foodgrains Bank will be used to help small-scale farm families in Ethiopia, Tanzania and Kenya learn to grow more and better food so they can better provide for their families. The funds going to the Manitoba Agricultural Museum will be used to help it continue to preserve Manitoba's agricultural heritage. "We were really proud to be a part

"We were really proud to be a part of this record-breaking event," says John Longhurst, director of resources and public engagement with the Foodgrains Bank.

"Since the Foodgrains Bank was created by and for Canadian farmers, it's only fitting, and a huge honour, to be part of the effort to break the record for using antique farm machines and to also raise money to help end global hunger."



TRIBUNE PHOTOS BY STEFANIE LASUIK

Brent Tully of Meadow Lea took part in the Harvesting Hope world record attempt with his 1952 John Deere G (36 HP) and McCormick-Deering 28x46 threshing machine.



TRIBUNE PHOTO BY SHAYLYN MCMAHON

Approximately 148 antique threshing machines descended on a winter wheat field at the Manitoba Agricultural Museum near Austin, Man., on July 31 in an attempt to break the world record for the most threshing machines operating at once.

With us Highway helps

This summer as my family and I were stopped in Brandon for some ice cream, I noticed a lady looking nervously under her van's hood. I walked over and asked if she needed help. Although I couldn't do much, I pointed out that it looked like her engine overheated as the coolant reservoir was empty and that she would need to add more fluid. Little did I know that Jesus' words — "blessed are the merciful, for they will be shown mercy" (Matthew 5:7)— would ring true a short time later.

As I left Brandon, 45 minutes later just south of Griswold, my car overheated. It was a strange turn of events. I went from helping to being helped. Stranded on the approach of a driveway, I was soon helped by a son and his parents who drove a school bus. They filled my coolant reservoir and then gave me the rest of the coolant. Grateful for their help, I was on my way.

But half an hour later, I again overheated and was on the side of the highway. This time, a young man in a truck pulled over to help me and pointed what to do if it kept overheating. He then gave me the name of a mechanic in Reston to contact if I needed. Once again, I was on my way And once again, my car overheated. I managed to pull into Irwin Automotive near Sinclair. This time, the mechanic Dick Irwin came to my rescue. He jacked up my car on one side, thinking that there was possibly air trapped in the system. Once more, I was on my way.

Each of these "highway helps" reminded me of the Good Samaritan (Luke 10:25-37) who stopped to help a man wounded on the edge of the road. He gave of his time and resources and asked for nothing in return. Likewise, being stranded I was extremely grateful for the people who gave freely of their time and resources to help me. And so remember to take time to show another person mercy, kindness and compassion, for you never know when you are going to need it yourself. John Harrison

Pastor of Spiritual Development New Life Church, Stonewall johnharrison@mymts.net

RCMP Musical Ride honours man's life by carrying ashes

By Kaitlin Vitt

RCMP Cst. Amber Kasper carried the ashes of CJ Twomey from Maine, USA during Stonewall's Musical Ride Aug. 2.

Twomey committed suicide six years ago at 20 years old.

CJ's mother Hallie Twomey wanted to keep her son's memory alive and began the Scattering CJ movement shortly after his death two and a half years ago.

Scattering CJ also provides a way for CJ to see the world.

South Interlake Rockwood Agricultural Society volunteer Cheryl Fryer learned about Scattering CJ a few years ago on TV in the U.S.

She's been following along on Facebook since.

Fryer looked at the map of where CJ had been and noticed he hadn't been to Manitoba, so she asked for his ashes and arranged for the RCMP to carry CJ.

"I wanted him to see our province and experience some things that he probably would not be able to experience otherwise," Fryer said.

"It was nice. It was teary for me," she said. "I've lost a child myself, so it was a bit of an emotional ride for me too."

Fryer plans to take CJ's ashes to other places in Manitoba, including Churchill and Gimli.

CJ's family gets many offers for people to travel with his ashes. CJ's mom, Hallie Twomey, said Fryer's request stood out since it was different.

"It just seemed like such a special and a respectful way for CJ's ashes to be treated,"Twomey said.

Fryer posted photos of the Musical Ride on the Scattering CJ Facebook page. As Twomey described how she felt looking at the photos, she stumbled over words.



CJ Twomey's family had his ashes ride along with one of the RCMP members during the musical ride.

"It's hard to put into words because it's such a different experience, and although he wasn't scattered at that moment, he was riding along ... with people that have such responsibilities. I was just very proud."

People have taken CJ to all kinds of geographically beautiful places, like mountaintops, Fryer said.

"These pictures weren't like that, but they sort of take your breath away with the regalness and just how important the moment was."

Twomey started Scattering CJ shortly after her son's death. She said after the shock of her son's death wore off, she thought there must be something else she can do for him, rather than having him in an urn. She said her son liked adventure.

She initially asked family and friends to scatter his ashes. She said she hoped for 50 people, but it quickly grew. CJ has now been to the seven continents and more than 200 countries.

"It's been kind of a way for me to give him one last journey, sort of one last gift for my son."

Scattering CJ isn't going to bring her

TRIBUNE PHOTOS BY JO-ANNE PROCTER South Interlake Rockwood Agricultural Society volunteer Cheryl Fryer, left, hands over CJ Twomey's ashes in a velvet bag to RCMP Const.

son back, but Twomey believes her son would be proud of where people have taken him.

Amber Kasper, who is riding 11-year-old Comet.

"It's keeping our son's and brother's memory alive, and my biggest fear as his mother since Day 1 is that he'd be forgotten, so it's preventing that from happening."

Twomey said Scattering CJ has created a community. People post photos and stories of where they've taken CJ's ashes. Some say how Scattering CJ has affected them. Others tell stories of people who also committed suicide.

Twomey said some people have contacted her family saying they were considering suicide but changed their mind after hearing CJ's story. "That's not something I ever expected to happen," she said. "It's been a bittersweet journey, one we wish we'd never been on, but (we are) very thankful that people have so openly embraced us and our family."

The family will mail out the last of CJ's ashes in September, when they will also scatter ashes themselves for the last time.

"Scattering CJ hasn't changed how awful I feel, but it has absolutely made me realize that the population of the whole is comprised of very kind people," she said. "It's made me certainly feel less alone in our grief."

By the end of this year or the beginning of next, all of CJ's ashes will have been dispersed.

Interlake Towing earns CAA/AAA award for excellence

By Stefanie Lasuik

Interlake Towing is adding another award to the wall of honour. For the second straight year, the small company has been named the CAA and AAA Service Provider of Excellence.

This is the third time in the last four years Don Lochrie, the owner, has received the award.

"We're always there. We never say no. And when they call, we get there as fast as we can and provide the best service," said Lochrie.

CAA Manitoba chooses the winner through surveys. Interlake Towing scored a perfect 100 per cent on 12 surveys. The surveys assess factors such as the service providers' communication, disposition, knowledge and speed.

"We've done pretty good over the past few years, I guess," said Lochrie.

Interlake Towing fell into the smallest of three categories of CAA awards. The company beat out approximately 75 others in their grouping.

Lochrie began Interlake Towing six years ago because he saw an unmet need in the Interlake area. His business services highways 6, 7, 8 and 9 from Winnipeg to Hecla Island.

The only members of the company are Lochrie and his son Darryl. The Teulon-based company has three trucks.



TRIBUNE PHOTO SUBMITTED

Don Lochrie of Interlake Towing is adding a third trophy for service provider excellence to his shelf after earning an outstanding customer satisfaction score.

Sportsærecreation INSIDE > OUTSIDE > UPSIDE DOWN Ringette trio has experience of a lifetime overseas

By Brian Bowman

A trio of Stonewall girls had the ringette experience of a lifetime recently as they participated in a pair of tournaments overseas.

Shae Mulvihill and the sister duo of Randi and Rikki Frost-Hunt represented our province extremely well at tournaments in the Czech Republic and Finland.

Randi and Rikki, both forwards, won bronze medals as members of Team TrueNorth Free at the Czech Ringette Open Challenge and then placed sixth in Finland.

"We played really well and that's what got us the medal,' Rikki, 15, said.

Mulvihill, meanwhile, was one of three goalies on two Manitoba teams and also won a silver medal with True-North Strong in Finland to go along with her bronze medal.

She was a very busy young lady, playing in a total of 11 games during the trip.

"I got five games in the first tournament, four in the second, and the two exhibition games," she remembered.

While Mulvihill was preventing goals, the Frost-Hunt sisters were scoring them. Rikki led her team with nine goals and 12 points at the Czech tournament while Randi scored six times and had three assists.

Both sisters did their offensive dam-

age while playing on different lines with linemates that they normally don't have a chance to play with.

"We worked really well together and bonded as a team even though we usually don't play together," said Randi, who plays for the Interlake Ignite.

Mulvihill said playing against the ultra-talented Finnish team was a real treat.

"The Finnish team knew exactly what to do," said the 16-year-old, who plays on the Magic "AA" team during the winter season. "Their passing was awesome and watching them play was super cool."

Randi agreed that the Finland competition was much better than in the Czech Republic.

"In Prague, we played against older girls but they weren't as strong," she observed. "Ringette is fairly new in the Czech Republic while Finland usually wins the worlds."

The experience of playing against international competition in two very distinct countries was a pretty cool one for the girls. In fact, Team True-North Free played the first-ever ringette game in Iceland against the Calgary Rockies.

"It was so much fun," Rikki enthused. "It was a trip of a lifetime. All of the buildings that we got to see were super cool. Most things in Canada aren't



TRIBUNE PHOTO BY DEREK FROST-HUNT

Stonewall ringette players, pictured left to right, Randi Frost-Hunt, Rikki Frost-Hunt and Shae Mulvihill returned home last week with a handful of medals.

as old as in Europe. Everything over there was super pretty."

Mulvihill agreed that the trip was a special one.

"It was absolutely amazing," Mulvihill said. "We had so much stuff to do and we definitely could have been there so much longer because there was so much to do.

"Every day we had walking tours

and we got to see the sights of every city we went to."

Randi said she had never travelled outside of North America before this trip. She really enjoyed visiting Austria for the very first time.

"It was a really good experience," she said. (People there don't really speak English and, if they do, it's really bad."

Annual 170-km bike ride raises MS awareness

By Kaitlin Vitt

Manitobans are coming together to raise money for multiple sclerosis research and programming.

The 27th annual Biking to the Viking takes place Aug. 20 to 21. Participants will ride the 170-kilometre route from Stonewall to Gimli and then back to Stonewall.

As of Aug. 8, the team from Crystal Spring Hutterite Colony has raised the most money online. Team members have raised \$17,500.

Crystal Spring Team members raised this much money by donating money themselves and connecting with businesses and other colonies, said Ethan Hofer, one member from the team.

"You can see that it's an event that's about supporting people with MS and supporting that whole togetherness because there is all kinds of people and all kind of bikes and all kinds of faces there, which is really great," Hofer said.

The team has been riding in the event for years, but Hofer has participated only for a few. He hasn't completed the full ride yet, since it's been rained out the years he has attended.

"It's been fun every time, even with the weather," he said. "There's a lot of spirit going on there, so to speak."

Hofer has participated in other rides, but this is the largest one he's been in.

"It's very inspiring," he said."It gives you great energy just to be with that many riders."

So far, 464 people have registered to ride.

Crystal Spring Team members aren't riding for someone in particular, but

Continued on page 30



TRIBUNE PHOTO COURTESY OF ETHAN HOFER

The team from Crystal Spring Hutterite Colony, pictured at 2014's Biking to the Viking, has raised \$17,500 for multiple sclerosis research and programming.

Drad wins Quick Sixteen at Interlake Dragway

By Brian Bowman

The Quick Sixteen pitted the 16 fastest drag racing cars in Manitoba together at the Interlake Dragway in Gimli recently.

And when it was all said and done, Fraser Drad was the fastest of them all.

"That was awesome," said Drad, 27, last Friday afternoon."I was on top of the world and I still am."

Drad raced in two categories — the Quick Sixteen and the Pro ET Box up — and, at the end of the day, he was the big winner. He claimed first place in the Quick Sixteen and made it three rounds in the Pro ET Box.

Drivers had to qualify for the Quick Sixteen and it was a very busy day of racing for the Drad family. Fraser ended up going 13 rounds throughout the hectic — and humid — day.

Fraser raced his father, Brian's, 37 blown alcohol Fiat which ran consistently in the 7.6 second range while averaging 174 miles per hour.

"We had trouble keeping the car cool, the driver cool, and me cool," Brian recalled. "I've never done 13 rounds before. At the end of the day, we were totally exhausted."

Brian was obviously proud of how

well his son raced on that day.

"Anytime you win a race, you're happy," Brian said. "This year has been a horrible season for all of the races because we've been rained out so damn much out there.

"It's been a frustrating season to say the least but when you win, you win. It was a real good win. He was happy and I was happy."

As fast as 174 mph (280 km) is, Fraser noted that the car has run faster before but was limited to the hot and mugginess of the air.

"It ran great," Fraser stressed."It was perfect, absolutely phenomenal on the weekend. It did its job and we left the track in one piece."

Fraser has won some other races in the past but none as big as the Quick Sixteen. He hopes to continue his success at some upcoming events.

Fraser gave high praise to the work his father did on the car.

"I can't thank him enough," Fraser said, noting they will be back in Gimli racing again this weekend. "Without him, none of this would be possible. There's too much to focus on when you're driving the car, so you need a rock-solid mechanic in the pit – and that's my dad."



TRIBUNE PHOTO BY NANCY DRAD

Fraser Drad, left, raced in the Quick Sixteen and the Pro ET Box at the Interlake Dragway in Gimli last month.

Brian, meanwhile, wanted to thank his wife, Nancy, for her support during the crazily busy day of racing.

He also wanted to graciously thank Spark Plugs and Dave' his sponsors — Big Block Auto & Farm for all of their support.

Supply, Interstate Batteries, Jet Equipment & Tools, Lucas Oils, Nemco Resources Ltd, Fel-Pro Gaskets, NGK Spark Plugs and Dave's Sign Spot for all of their support.

Falcons fly past Thunder

By Brian Bowman

The Interlake Thunder had a rough start to their Midget Football League of Manitoba season.

Interlake was defeated 36-0 by the Falcons Football Club on Saturday in Winnipeg. The Falcons jumped out to a 21-0 halftime lead.

"It was a really weird game," said Thunder head coach Kris Johnston. "I thought, at times, our boys played really, really well and I thought there were times when the other team was struggling against us on offence and defence."

The Thunder, though, simply made way too many mistakes to win a football game. In fact, Interlake turned the ball over multiple times which quickly turned around field position in the Falcons' favour.

"From a football experience standpoint, they made us pay for those mistakes," Johnston said. "They capitalized on our mistakes and, in numerous cases, it cost us points."

Defensively, the Thunder was outstanding on first downs but, oddly, struggled when the Falcons' found themselves in second-and-long situations. Many of the Falcons' points, said Johnston, were the result of turnovers.

On offence, the Thunder, at times, moved the ball well with sustained drives. Interlake did a real good job running the ball as it was led by Colton Nedotiafko's 57 yards on eight carries.

Justin Suitters rushed the ball five times for 26 yards while quarterback Dominyck Fredette had 17 yards on two carries.

"Overall, our ability to run the ball and control the line of scrimmage was good," Johnston said.

In the other MFLM game played last Saturday, the St. Vital Mustangs bucked the Sunrise Coyotes 72-13.

The Thunder will host those same Coyotes this Saturday at 3:30 p.m. at the Selkirk Rec Complex. In the other Midget game, the Falcons will visit the Southwest Wolves.

Johnston admitted this Saturday's home game is a big one early in the



TRIBUNE PHOTO BY LANA MELER Stonewall's Alex France (7) moves the ball upfield after a punt by the Falcons while Kevin Lister (25) of St. Andrews makes a block.

season for his club.

"I really think with this team, every game is winnable," said the Thunder

head coach."It's just a matter of us as coaches putting these guys in situations to be successful."

Phillies win silver at U18 western championship

By Brian Bowman

The South Interlake Phillies did a tremendous job hosting the 2016 Western Canadian U18 Fast-pitch Championships at the John Blumberg Softball Complex last weekend.

And their play on the ball diamond was equally as good.

South Interlake is proud new owners of some silver medals after losing 4-3 to the Winnipeg Lightning in the gold-medal game last Sunday. The Lightning won the game in walk-off style in the bottom of the seventh inning.

"We were really proud with how the girls played," said Phillies' head coach Denis Woods. "They really stepped up to the plate, sort of speak. The last couple of weeks, they seemed to really buy into the program and believe what we were telling them."

South Interlake started the final extremely well by scoring a pair of runs in the first inning and then went ahead 3-1 after two innings. The Lightning eventually tied the score at 3-3, though, before winning it in the seventh.

"We took (the loss) pretty good," Woods said."Going into the morning, we would have been happy with the bronze and then when we won that bronze game. Then we started thinking that we could do this."

South Interlake reached the final after trouncing the Red Deer Rage 9-2 on Sunday morning.

In the round robin, the Phillies started the westerns 0-2 with losses to Red Deer (5-3) and the Lightning (4-1) on Thursday. South Interlake turned their fortunes around, however, with a solid 9-0 win over the Moose Jaw Ice Thursday evening and then blasted the Manitoba Angels 17-0 on Friday.

Later on Friday, South Interlake defeated the St. Albert Angels 15-0 and then the Phillies pounded the Regina Raiders 15-4 on Saturday morning.

In the Phillies' first playoff game, South Interlake overcame an early 3-0 deficit against St. Albert to win 11-3.

"The girls, all weekend, were hitting the ball really well,"Woods said."They were pounding the ball right from one through nine. All of the girls were hitting well and pretty much played real good defence for us all weekend."

Winning a silver medal at the westerns is a great accomplishment for the U18 Phillies, which will lose five of their 11 players due to being overaged next season.

"We were very happy with the outcome," stressed Woods, who was honoured at the westerns for his dedicated years of service to the sport and threw



Phillies' head coach Denis Woods was honoured at the westerns for his dedicated years of service to the sport and threw out the opening pitch.

out the opening pitch."We didn't lose a gold, we won a silver. That's the way we look at it."

Woods' wife, Brenda, said this group of Phillies' players, and their parents, was a real pleasure to work with.

"We played the season with a short bench and the girls came out and worked so hard all of the time," she said."We're so proud of them because it's a long season. For some of them, we have been starting since October and we have gone to lots of tournaments and games with only nine players."

Brenda said the South Interlake players did a real good job this season while, at times, battling through nagging injuries.

"Our girls played hurt but kept on going because they knew there was an opportunity to represent the Phillies very well at westerns," she noted. "And they did that. We're very proud of that – we love these girls.

"Some of them are moving on and it will be tough not to be with them next year."



TRIBUNE PHOTOS BY LANA MEIER

South Interlake Phillies' silver medallists, back row, left to right: Kayla Price, Denis Woods, Shae Carriere, Autumn Degraeve, Jaidyn Crosby, Bobbi-Jo Warkentin, Jayme Menard, Brenda Woods, Brady Woods; front row: Alycia Palmer, Tatum Lindley, Amanda Swift, Taylor Allen, Morgan Miller, Jasmine Pipella, Gillian Kerwin and bat girl Brooke Allen.



Phillies' third baseman Bobbi-Jo Warkentin gets the out during the goldmedal game at the Western Canadian U18 Fast-pitch Championships.



Alycia Palmer receives her silver medal.



Tatum Lindley celebrates with her teammates after receiving her medal.

Team Interlake medaling at the Summer Games

By Brian Bowman

Team Interlake was in fourth place in the medal standings as of 3 p.m. Tuesday at the 2016 Power Smart Manitoba Summer Games in Steinbach.

Interlake had won 18 medals, which included five gold, five silver, and eight bronze.

Alex Chester of Woodlands won gold in the 200-metre Midget girls' race while Brayden Wiebe of Selkirk was tops in the Bantam boys' high jump.

Other first-place performances by Interlake athletes included Andrew Hopko of Lockport (Midget boys' long

jump), Grace Goodman of Woodlands (Midget female javelin), and Ben Kelly of Manitoba East Selkirk (Midget male discus).

Arborg's Brenna Barylski took second

in the Midget female shot put while other silver medals were won by Asha Gurney of East Selkirk (Midget female javelin), and Anja Krueger of Winnipeg (individual triathlon 12-13 years of age).

The Interlake Bantam female medley team of Rafiat Badmos (no resi-

POWER SMART Games STEINBACH 2016

ver.

female shot put), Stony Mountain's Megan Van Heyst (triathlon individual female 14/15 years of age), and Stony Mountain's Serena Derksen (triathlon individual female 16/17 years of age).

Team Interlake also captured bronze medals in both the Midget and Bantam female medley relay races.

dence given on the Summer Games

website), Keely-Emms Finnsson of Arborg, Mia Loeppky of Selkirk, and

Brooke Wadge of Stonewall won sil-

Also finishing second was the In-

terlake foursome of Maddie Boonstra (Meadows), Cienna Palmer (Clande-

boye), Anna Sternat (East Selkirk),

and Kaitlyn Whitelam (Selkirk) in the

Individual bronze medals were won by Gurney (Midget girls' 80m hurdles),

Kelly (Midget boys' javelin), Fisher

Branch's Laine Vandersteen (Midget

Midget female medley race.

The Interlake Bantam team consisted of Badmos, Jessica Hossack (Petersfield), Wadge and Hailey Witko (Selkirk). The Interlake Midget contingent, meanwhile, featured Chester,



TRIBUNE PHOTO BY DEBBIE GOODMAN

Team Interlake Midget girls long jump silver medallists, left to right, Grace Goodman of Woodlands, Asha Gurney of East Selkirk and Brenna Barylski of Arborg.

Taryn Jackson (Stonewall), Palmer, and Sternat.

Interlake's Bantam boys' team of Keenen Allen (St. Andrews), Tyson Barylski (Arborg), Cole Emberly (Stony Mountain), and Wiebe also placed third in the distance medley race.

At press time Tuesday afternoon, Central was the medal leader with 32 (12 gold, nine silver, and 11 bronze), followed by Winnipeg Gold (9-9-3-21), Winnipeg Blue (9-5-7-21), Interlake (5-5-8-18), Eastman (4-6-7-17), Parkland (0-6-4-10), Westman (4-2-3-9), and Norman (0-2-0-2).

Action for the Power Smart Manitoba Summer Games continues until Saturday.

Interlake 1-1 in boys' baseball after Day 1 of Summer Games

By Brian Bowman

Interlake was 1-1 in 14U boys' baseball after Monday's first day of competition at the 2016 Power Smart Manitoba Summer Games in Steinbach.

The local squad began play with a convincing 13-2 win over Parkland but then was edged 9-8 by Eastman.

"We hit a lot of balls (against Parkland)," said Interlake co-coach Darrell Humeniuk Monday evening."We can hit the ball fairly well."

Stonewall's Hunter Olson and Liam Proven each pitched well for the Interlake against Parkland.

The one-run loss to Eastman was a tough one, however, for the Interlake. Interlake scored six runs in the top of the fourth but quickly gave all of those runs back in the bottom half of the inning.

"We walked a couple of guys (against Eastman) and it cost us," said Humeniuk, a Stonewall resident. "We match up pretty well against Eastman and it's going to be unfortunate that one of us won't advance to the medal round.

"And we probably should (advance) because we have two of the stronger teams in the competition."

Tyler Smith of St. Andrews and Davis Fenske of Stonewall also had strong games on the mound in Game 2.

"We still have all of our pitchers intact, which is a good thing," said Humeniuk."We're still in good shape."

Offensively, the Interlake had several players hitting the ball well on Monday. Austin Adair of Arborg, particularly, had a "couple of good hits" on Day 1, according to Humeniuk

Interlake played Eastman and Parkland again Tuesday but no scores were available at press time. Humeniuk expected his club would have to win

both games to advance to the medal round of the Games.

"We have to go now," he stressed. "We don't have the comfort of (being (2-0)....so we'll have to win out (on Tuesday).'

The playoffs began Tuesday evening and wrapped up Wednesday.

Other local players on the team include Argyle's Devon Cassan, Stonewall's Chris Fines and Cale Woods, and Balmoral's Thomas Waldner.

Blue Jays end senior baseball regular season

By Brian Bowman

The Stonewall Blue Jays ended their Winnipeg Senior Baseball League regular season on a two-game losing streak.

Stonewall was swept in a doubleheader by the St. Boniface Legionaires in Winnipeg last Thursday, losing 2-1 and 4-2.

In the 4-2 loss (which was originally scheduled to be played May 31),

Stonewall scored a run in both the first and fifth innings. St. Boniface, meanwhile, scored all four of its runs in the top of the fifth.

Ryan Humeniuk and Baily Proctor scored the Blue Jays' runs. Stonewall was outhit 4-2.

In Game 1 of the doubleheader, St. Boniface took a 2-0 lead on runs in the second and third innings while Stonewall replied in the fourth as Scott Har-

ris scored.

The two teams combined for 12 hits in the game. Both ends of the doubleheader were five-inning games.

On Aug. 1, the Blue Jays defeated the Kildonan Mudcats 9-5 at Fines Field. The Blue Jays trailed 5-3 in the bottom of the fourth inning but exploded for five runs to take the lead for good.

Stonewall outhit Kildonan 15-12. Adam Luellman earned the win for the Blue Jays.

The Blue Jays, whose Aug. 3 game against the St. James A's was rained out, did not know who their firstround playoff opponent would be at press time.

Stonewall finished its regular season with a 6-14 record - 9.5 games back of the first-place Elmwood Giants (16-5).

Interlake reaches semifinals of girls' basketball

By Brian Bowman

Team Interlake reached the semifinals of the 16U girls' basketball tournament Tuesday at the 2016 Power Smart Manitoba Summer Games in Steinbach.

Interlake played Team Winnipeg Blue Tuesday evening but no score was available at press time.

The local squad earned a berth into the semifinals after clawing out a hard-fought 39-27 win over Team Westman Tuesday morning.

"It was a much better (game than Monday), for sure," said Interlake co-coach Sue Gilmour Tuesday afternoon. "It was a little scrappy and we didn't finish well again. We shot 15 per cent in the first half on 6-for-39 shooting.

"We had 39 opportunities in the first half and only finished six so that's why the game wasn't very high scoring."

Annika Loeppky of Selkirk and Callista Howard of St. Andrews each had eight points.

"Both of them played extremely well," Gilmour said. "I knew height was going to be our biggest advantage and both of those players are post players. We relied a lot on our big guns to get the job done under the hoop today."

While their offence struggled, the

Interlake did a great job on the defensive end. Interlake's zone defence often stymied Westman's attack.

"Our defence is what won us the game, for sure," Gilmour said without hesitation. "We brought a level of intensity (Tuesday) that we lacked yesterday."

Interlake started tournament play Monday morning with a 57-36 loss to Team Winnipeg Blue.

"They're a good team but they're not unbeatable," said Gilmour.

"In the second half of the game we played well but the first half of the game, we did not. We played scared and only scored two points in the first quarter."

Julia Ignagi of Petersfield led Interlake with eight points while Howard and Charlotte Wilmott of Petersfield each had seven.

The Interlake roster also includes Sarah Buchan (East St. Paul), Jayda Campbell (Gimli), Emily Feeke (Selkirk), Olivia McCowan (Grosse Isle), Renee Partyka (East Selkirk), Tess Skarban (West St. Paul), Jillian Tompkins (Selkirk), and Kelysian Warmington (St. Andrews). St. Andrews' Annette Harman is another coach while Renee Stokowski is the team manager.

Interlake winless after first day of boys' basketball

By Brian Bowman

At the 2016 Power Smart Manitoba Summer Games, every team is a very talented one.

Team Interlake found that out the hard way Monday in 16U boys' basketball action.

Interlake was 0-2 after losing 69-39 to Parkland and then 66-40 to Norman.

"We're 0-2 but we've played great," said Interlake co-coach Marc Morelli Tuesday morning. "There is no easy team here."

Interlake trailed by 15 points to Parkland at the half before the winners pulled away in the fourth quarter, said Morelli.

"Parkland is now a top-four team," Morelli noted. "They're now going to the medal round. Hats off to Parkland, they beat us."

Carl Leblanc of St. Andrews led the Interlake in scoring with 14 points while Jacob McCutcheon of Grosse Isle had eight.

In the 26-point loss to Norman, Morelli, once again, thought his team played well while everybody on the squad saw playing time. Interlake trailed by just 11 points at the break. "It was a pretty good game," he said. "I thought we played a little bit better and the guys are a fantastic group. They are very upbeat and a positive group."

Morelli felt Alex Unrau from Selkirk played a great game against Norman.

"He probably scored 10 points and had no fouls and a bunch of rebounds," Morelli noted. "He had some tough matchups against their bigger guys. I thought he was great in the second game."

Colton Gibson of Grosse Isle also played well, said Morelli.

Interlake played Team Central Tuesday afternoon but no score was available at press time.

The Interlake 16U male roster also includes Justyn Cassan (Argyle), Braeden Floyd (Arborg), Matthew Foreman (East Selkirk), Brett Maclaren (Lockport), Joshua McDonald (St. Clements), Adam Minaker (Warren), and Ryan Peltz (Warren),

The other Interlake coach is Bryce McDonald of East Selkirk while the team manager is Jakob McDonald from St. Clements.

Coutu selected as flag bearer for Interlake at Summer Games

By Brian Bowman

Amanda Coutu of St. Laurent was selected as the flag bearer for Team Interlake at the 2016 Power Smart Manitoba Summer Games in Steinbach.

The 28 year old from St. Laurent competed in the Golf Special Olympics Open Female Division along with St. Laurent's Dominique Abraham and Parkland's Tammy Lumax.

Abraham led after the first round of competition with a 67, followed by Lumax (77) and Coutu (78). The Interlake golf coach is St. Laurent's Loretta Sigurdson.

Meanwhile, Selkirk's Brady Bandura fired a 72 to lead all golfers in the 15-and-under male division during Monday's first round of the Manitoba Summer Games.

Bandura's Interlake teammates Adam Ingram of West St. Paul shot an 81, followed by East St. Paul's Noah Johnstone (90) and West St. Paul's Brent Ingram (93).

In the team competition, Interlake was in third place after the first round

with a 243 total. That was behind only Team Winnipeg Gold (228) and Team Winnipeg Blue (242).

Day $\hat{2}$ of the 36-hole competition was played Tuesday but no results were known at press time.

On the girls' 17-and-under side, Lexie Kopp of Matlock had the Interlake's low round on Monday after carding an 83.

She was followed by Interlake teammates Reece Carter of St. Andrews (87), Dayna Dubnicoff of West St. Paul (91), and Mikyla Albert of Selkirk (95). Rebecca Kuik of Winnipeg Gold was the first-round leader after firing an impressive 73. That was one stroke better than Westman's Bobbi Uhl.

Interlake was third in the team competition after the first round with a 170. Team Westman led after Day 1 with a 155, seven strokes better than Team Winnipeg Gold.

East Selkirk's Lorrin-Jeanne Baker, meanwhile, competed for Team Parkland and shot 130 on Monday. As a team, Parkland was fifth out of five teams after combining for a 268.

> MS AWARENESS, FROM PG. 34

they think it's a good cause to support, Hofer said.

The team's top fundraiser, and the overall top online fundraiser, is Jonathan Kleinsasser. He's raised \$8,500. Kleinsasser is in his 70s and has many connections, which helps the team raise so much money, Hofer said. The event's fundraising goal is \$480,000. Money raised goes toward MS research and services, like fitness and social programs for people with the disease, said Ilona Niemczyk, director of development for Manitoba's division of the MS Society of Canada. The country with the highest rate of MS in the world is Canada, according to the MS Society of Canada website.

"It's definitely Canada's disease," Niemczyk said. "I think people realize that until a cure is found, that it's our job to keep going and fundraise."

People can cheer on the riders at the new start line at Stonewall Collegiate Institute at 8 a.m. on the Saturday or can go to a rest stop along the route. The route has changed this year, partly to help with the flow of traffic from Quarry Days, which is on the same weekend, Niemczyk said.

Riders this year will go down highways 67, 8 and 9.

People can look at the route's map, donate or sign up to ride or volunteer at msbike.ca.



Thai Breakfast Soup



2 cups (500 mL) chicken stock 1 cup (250 mL) water 2 tsp (10 mL) freshly grated ginger root

1 shallot, minced

1 to 2 inch (5 cm) piece of lemon

grass, whole* ¹/₂ cup (125 mL) thinly sliced carrot

1 cup (250 mL) cooked rice

Beef With Ginger and Black Mushrooms



8 medium, dried black mushrooms

10 ounces beef tenderloin or top sirloin, sliced diagonally across the grain in 1/4-inch slices

1/2 teaspoon all-purpose cornstarch

1/4 teaspoon white pepper1 teaspoon plus 2 tablespoonshigh-heat cooking oil, divided

2 teaspoons soy sauce, divided1 garlic clove, minced

1 tablespoon minced galangal or fresh ginger

1 fresh hot red or green chili, preferably Thai (deseeded if you prefer less heat), finely sliced

2 teaspoons fish sauce (nampla)1 teaspoon oyster sauce

1 teaspoon palm or brown

sugar

Thai or Italian basil leaves,

aun (125 mL) disad socked park

½ cup (125 mL) diced, cooked pork or chicken

1 tsp (5 mL) fish sauce 1 tsp (5 mL) fresh cilantro, finely

diced

1 green onion, sliced *use the juice of ½ a lemon if you can't find lemon grass

Directions

In a medium pot bring the stock and water to a boil. Reduce heat to medium. Add the ginger, shallot, lemon grass and carrot. Simmer for 10 minutes.

Add the rice, pork or chicken and fish sauce. Simmer for 10 minutes. Remove and discard the lemon grass. Add the cilantro and green onions and serve immediately.

cut into thin shreds/threads for garnish

1. Soak the mushrooms in warm water until soft, about 30 minutes. Rinse in warm water and drain. Remove and discard stems and cut the caps in 1/2-inch pieces. Set aside. 2. Toss the beef with the all-purpose cornstarch, pepper, 1 teaspoon oil, and 1 teaspoon soy sauce. Cover for 10 minutes at room temperature.

3. Heat 1 tablespoon of the oil in a wok or skillet over medium-high heat. Add the beef and stir-fry until the beef is brown, about 3 minutes. Remove the beef from the pan and set aside.

4. Heat the remaining oil in the wok or skillet over medium-high heat. Add the garlic, garlangal and chili to the wok or skillet and stir-fry until fragrant, about 30 seconds. Add the reserved beef, reserved mushrooms, fish sauce, oyster sauce, palm sugar, and remaining 1 teaspoon soy sauce. Garnish with basil leaves. Serve immediately with jasmine rice.

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True Peacefulness Comes From Within



Peace on Earth, It's what we all want and continue to hope for We talk about it with the same kind of longing and certainty that it won't happen as we do about winning the lottery. The impossible dream.

But maybe we're looking for it in all the wrong places. We watch the international scene and blame the political powers. We look at military spending and blame governments. Peace has not yet come because "they" haven't created it yet.

What if it's true that peace begins with us? What if it was never meant to happen "out there" until we each create it "in here", in our own hearts and in our own lives. Maybe we can't have world peace until we learn how to create inner peace. And perhaps when enough of us have created little pockets of peace in our world, the balance will begin to shift.

Maybe any conflict in our lives is an opportunity to practice peacemaking. It makes no sense to speak fervently about peace and love, or to go to church and pray for these things, and then resume an ongoing conflict. If we are having negative interactions with anyone, be it a partner, child, parent, friend or colleague, it is time to look at our own behavior, and see if there is any way we can shift the process so that there is some kind of peaceful resolution.

Anyone who is behaving negatively is likely motivated, underneath it all, by fear. It could be fear of rejection, fear of loss, fear of being judged or somehow inadequate. We can dislike the behavior, but still have compassion for the person. If we get into labeling them as "bad", and come to see them as the "enemy", and then try to rally support from other people for our position, so they see what a bad guy this person really is, we are engaging in warlike behavior.

And once alliances are formed, it is very hard to change them. They almost assume a life of their own. This happens on the playground, in families, in neighborhoods and in the workplace. And also in the world. The pattern is the same. And If we are engaged in this pattern anywhere in our lives, then we are not really "for" peace.

So let's not talk about peace unless we really mean it. "Goodwill to all men" means goodwill towards your children, your parents, the relative you can't stand, the "idiot" up the street, the "nerd" at school and the "Jerk" at work. It means realizing that we are all human, and we are only here for a while.

If you were travelling with a tour group somewhere, you likely wouldn't get into conflict with people in the group, because, after all, you want to enjoy yourself and have a really good time. Things might bother you, but you'd brush them aside so as not to ruin the trip.

Well folks, WE are the tour group. The bus is called Earth, and the destination is Life, We've come around again to that place in the year that reminds us what it's all about. Let's see if we can really get it this time.

Peace and Love to you all. I really mean it.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books or cds, visit www.gwen. ca

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- a. Excavation of 1.5 metres
- b. Backfill with 15 centimetres of ¾-inch-down limestone c. Seal coat – 2 coats

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Public Notice is hereby given, pursuant to Section 194 of The Municipal Act, the Municipal Auditors Financial Report, together with the related Financial Statements, for the year 2015, have been deposited in the Office of the Administrator of the Rural Municipality of Woodlands and are available for inspection by any person or his agent during regular business hours and that any person or his agent, at his own expense, may make a copy thereof or extract therefrom.

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ANNOUNCEMENT CARD OF THANKS

We wish to express a deep thank you to everyone who came to join us in celebrating our 50th Wedding Anniversary at the Gunton Hall, July 31. Also a very special thank you goes out to Rhonda and Trevor McMahon, Mark and Sharon McMahon, Lori Combot (for making the beautiful cake), Christine and Kevin McMahon and Wally McMahon for all of their planning and arranging the party. Thank you for all of the beautiful cards and gifts, to those who contributed to the wonderful lunch and to the volunteers who helped in anyway. A big thank you to Tony Baliant for his help and guidance with the organizing committee. Everything together has given us such a very wonderful and happy memory of our Golden Anniversary! -Herb and Marion McMahon

ANNOUNCEMENT

IN MEMORIAM

Charison In loving memory of our parents Steve March 23, 1923 - November 29, 1980 Doreen July 29, 1926 - August 15, 2005 They never looked for praises, They were never ones to boast; They just went on quietly working, For the ones they loved the most. Their dreams were seldom spoken, Their wants were very few; And most of the time their worries. Went unspoken, too. They were there... A firm foundation through all our storms of life; Sturdy hands to hold onto, In times of stress and strife. True friends we could turn to, When times were good or bad; Two of our greatest blessing, The ones we called Mom and Dad. -Lovingly missed and tenderly remembered by your daughters, Carol, Gail, Valerie, Janice and Cheryl, your sons-in-law and grandchildren

ANNOUNCEMENT CARD OF THANKS

Thank you so very much to my family and

friends for attending my 95th birthday party

held in my honour. I would like to thank Glenn

and Valerie Appleyard, Dave and Linda Tyer-

man, and Dale and Lorna Baker for organizing

the party. A special thanks to Glenn and Valerie

for hosting the party in their beautiful yard. To

everyone who gave me cards, flowers, gifts,

hugs and who wished me a Happy 95th, it was all truly appreciated. It was a day I will always

ANNOUNCEMENT

BIRTH

Welcome baby Park

Cody and Vanessa are thrilled to announce the

birth of their baby boy, Theodore James Park,

born Friday, July 29th 2016 at 1:46 p.m. 8 lbs

6 oz and 51 cm. Special thanks to Dr. Larry

Reynolds and the nursing staff at the Winni-

peg Health Science Centre. Theo is adored by

proud grandparents Larry and Wilma Park, and

David and Carol Olivier, plus entire extended

-Sincerely,

Ruth Sampson

cherish. Love to all.

ANNOUNCEMENT CARD OF THANKS

Chris and I would like to let you know how we have appreciated all the cards, calls, flowers, fruit baskets, good wishes and concerns we have received over the last while. Many thanks to all!

-Helen and Chris Riddell



Stonewall Teulon

ANNOUNCEMENT ANNIVERSARY





65th Wedding Anniversary Celebration Please join us in celebrating the 65th Wedding Anniversary of Jim and Betty Sorenson At a Come and Go Gathering on Saturday, August 27, 2016 from 1 p.m. to 4 p.m. at Meadow Lea Hall, Meadow Lea, Manitoba No gifts please. Your presence is the only gift required.



OBITUARY

Linda Kathleen Martini July 26, 1964 - August 4, 2016

It is with heavy hearts we announce the passing of Linda Kathleen Martini.

She is survived by her mother Isabell; sister Elizabeth (Randy); nephews RJ (Cindy) and Roy. She is also survived by her soulmate Gerry

Linda was predeceased by her father in 2015.

Funeral Service will be held on Monday, August 15, 2016 at the MacKenzie Funeral Chapel, Stonewall.

MACKENZIE FUNERAL HOME STONEWALL (204) 467-2525 • info@mackenziefh.com







OBITUARY

family.

Ronald Winston Mann

It is with sadness that we announce the passing of Ronald Winston Mann on August 6, 2016. Ron is survived by his wife Carol and their children David (Michelle), Jennifer (Darcy) and grandchildren, Sidney, Blaine, Colton, Camryn, Austin and Kaelyn. Ron is also survived by his brothers Bob (Lynn), George (Tove), Bill (Louise), Barry (Vi); sister-in-law Lorna (Gene); numerous nieces, nephews and many life-long friends.

Ron was born in Stonewall on June 3, 1941 and spent his entire life working and volunteering in the Stonewall community and surrounding area. He was a volunteer firefighter with the Stonewall Rockwood Fire Department for over 42 years and a member of the Stonewall District Ambulance Service for 30 years.

Ron enjoyed many summers at the lake boating, swimming and fishing. Ron and Carol felt great joy welcoming family members and friends to enjoy the cottage with them. Ron also took great pleasure in puttering and finding creative ways to fix everything.

Special thanks to everyone who visited Ron in the hospital and at home. Also thank you to the nurses, staff and EMS attendants at the Stonewall Hospital for their caring and compassion.

A funeral service will be held on Thursday, August 11, 2016 at 1:00 p.m. at Mackenzie Funeral Chapel in Stonewall

In lieu of flowers, donations may be made to Stonewall Hospital, 589 3rd Ave South, Stonewall, MB R0C 2Z0.

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lacKenzie



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OBITUARY

Graham Kyle Bremner September 19, 1973 - July 13, 2016

It is with great sadness that our family announces the sudden passing of Graham Bremner of Argyle, Manitoba. He leaves to mourn his passing, parents Barry and Jan, and his son Caleb, the greatest source of his pride. Also left to mourn are his siblings Stu (Krystal), Geordie and Kathy. Graham also had many special memories with his nephews and nieces, especially William, Rhys, Kenzie and Daryn, numerous aunts, uncles, cousins and friends were all an important part of his life.

Graham loved hunting, fishing, gardening, cooking and entertaining. It was these same activities that built much of the strong bond that he and Caleb shared. In recent years he had also enjoyed watching Caleb's involvement in the Lord Selkirk pipe band, often travelling to watch performances. Raised on the farm outside Argyle, the door at the house was always open and welcome to anyone who may happen to stop by. The community was close to his heart and he had recently purchased a local business that would enable him to stay connected with many of the people that were important to him.

Thru his life Graham was fortunate to have built friendships with more people than can be listed, for fear of overlooking any of these special individuals. The support shown to our family at this difficult time validates the strength of the community Graham had as part of his life. Special thanks to Garry and Bonnie, Matt and Breanna, Jack and Ashley, Kim and Howard, Tom

and Elma for all of your support at the farm since Graham's passing. In addition the family cannot fully express the amazing efforts of Ben, Robin and Ester at the Prime Meridian Trail store.

A celebration of life will take place on August 13, 2016 from 1:00 - 3:00 at the Argyle Community Hall. Guests are encouraged to come and share their memories of times spent with Graham and we hope this will also serve as an opportunity to reflect on the good times, just as Graham would want.

VISA

In lieu of flowers, a trust has been established for Caleb at the Sunova Credit Union is Stonewall, MB.

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The Stonewall Teulon Tribune Thursday, August 11, 2016

