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TRIBUNE PHOTO BY KAITLIN VITT

Some of the biggest, baddest, trucks and tractors on four wheels pulled into Teulon last weekend for the Teulon Truck & Tractor Pull. The two-day competition brought in pullers from all over the Interlake, Canada and the USA along with hundreds of spectators including the Slobodzian family. Pictured from left to right, Nevada, Linzy, Stetson and Dustin.

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



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Teulon hosts truck and tractor pull

Approximately 3,000 people attended the Teulon Truck and Tractor Pull last weekend at Teulon-Rockwood Green Acres Park.

There were about 60 pulls from the local classes, which are antique tractors, stock 4x4 pickups and street diesel pickups. There were 25 units that pulled a number of times, totalling about 70 pulls, from the Red River Valley Pullers Association's units. Canadians and Americans make up the RRVPA.

During the weekend, there weren't many problems with vehicles, organizer and Teulon Mayor Bert Campbell said.

One driver had trouble with his street diesel pickup. He broke a tire and the drive shaft twisted off. Vic's Auto Body loaded the vehicle onto a truck to take it off the track.

The weather was "perfect tractor-pulling weather," Campbell said. Temperatures were in the mid to high 20s.

Campbell said he'd like to thank the sponsors and attendees for coming out during the heat and the dust.



TRIBUNE PHOTOS BY KAITLIN VITT

The Teulon Truck and Tractor pull took place last weekend at Teulon-Rockwood Green Acres Park.



Jon Koski worked on his two-wheel drive modified pickup before competing on Aug. 13.



Darin Smith (left) and Dan Letwin competed on this modified tractor on Aug. 13.



After each competitor, tractors smoothed the area to get rid of ruts.



Teulon-Rockwood Fire Rescue was on standby at the Teulon Truck and Tractor Pull.



Regular and modified trucks and tractors filled Teulon-Rockwood Green Acres Park.



Steve Shinnie (left) and Lorne McLarty barbecued for the canteen.



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Work continues on new Arrowquip building

The Woodlands-based facility is expected to be up and running in November

By Jennifer McFee

Excitement is mounting in Woodlands as work progresses on a new and improved facility for a local business.

Arrowquip CEO Philip Firth, who originally moved the business from Australia, has been operating the company out of hog barns in Woodlands since 2003. Now Arrowquip is in the process of moving to a nearby 60,000-square-foot facility that they are building up Highway 6.

The company, which manufactures cattle-handling equipment, currently employs about 50 staff members. The new location will allow for an increase in production and staffing.

The sales team, marketing team and engineers are already stationed in the new building, and full production is expected to be up and running in the new facility in November.

Later in the year, they're planning to

host an Open Day and host tours in the new manufacturing hub.

All of the products that Arrowquip exports throughout Canada and the United States are manufactured in the Woodlands facility.

"We don't actually sell product at that location," Firth noted. "The product is distributed throughout North America through authorized dealers."

Firth also gives credit to the RM of Woodlands for ongoing support throughout the process.

"We had three choices: we were either going to go to the city or we considered going to Stonewall, but the Woodlands RM wanted us to stay and we're glad we have," he said.

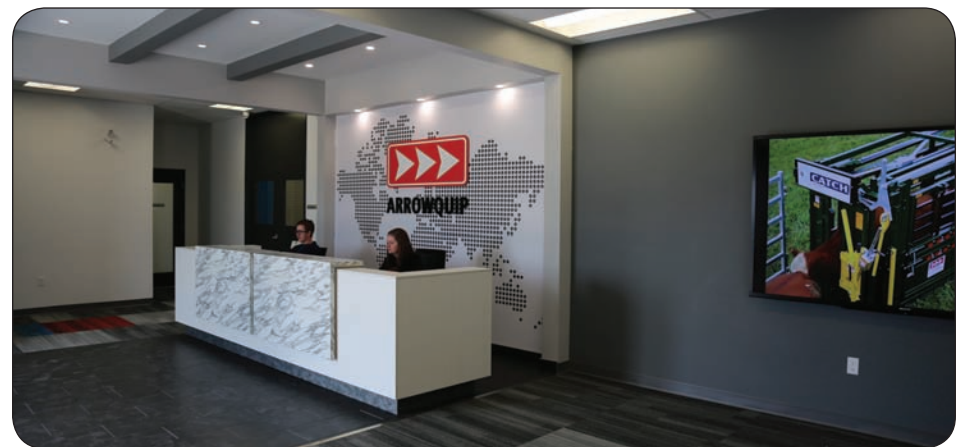
"We employ a lot of people who live in that village as well, and the Woodlands RM has been very supportive in getting us up and running."

"THE WOODLANDS RM HAS BEEN VERY SUPPORTIVE IN GETTING US UP AND RUNNING."



TRIBUNE PHOTOS SUBMITTED

Arrowquip is moving its operations to a brand new 60,000-square-foot facility, which will allow the company to increase its production that currently occurs in several local hog barns.



Some staff members are already hard at work in the new facility, located up Highway 6.

Stormy weather keeps firefighters busy

By Jennifer McFee

Reactions were as quick as lightning when a bolt struck a local field last week.

During a recent thunderstorm, lightning struck the farm of Coun. Bill Matheson and caused a fire. Matheson gives credit to local firefighters for their quick response in the situation.

At the same time, the fire chief also credits the farmers for their quick thinking.

"The farmers acted pretty promptly themselves. They blackened a lot of it with their implements and the guys contained it by blocking in the dirt," Stonewall-Rockwood fire chief Curtis McClintock said.

"It could've been a lot worse but with their quick thinking there, they did a lot of the work and our guys just had to put out a little bit of fire from the lightning strike itself."

Fires due to lightning strikes aren't common, and firefighters are more likely to respond to fires caused by downed Hydro lines during a storm,

McClintock said.

The same morning as Matheson's fire, the fire department also responded to three other fire calls due to downed lines during the storm.

Then on Sunday, Aug. 14, firefighters responded to a combine fire in a field between Road 82 and Road 83 North, one mile west of Highway 7.

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Coffeehouse to End Cancer aims to raise \$15,000

By Kaitlin Vitt

An annual concert that raises money for CancerCare Manitoba will take place next week in Grosse Isle.

Organizer Paige Procter, 22, a nursing student, started the event six years ago when her "adoptive" grandpa Jim Harris and his son Gord were both diagnosed with cancer.

"They were a really big part of the community, and to lose them would be just a horrible tragedy," Procter said.

Her adoptive grandpa is alive today, but unfortunately, Gord Harris died shortly after the first Coffeehouse to End Cancer in 2010.

The Coffeehouse to End Cancer has raised over \$50,000 and Procter's fundraising goal this year is \$15,000.

Procter will be joined local cancer survivor Troy Woods, who will be the MC for the evening. Local musicians joining Procter on stage this year will be Holly Macduff, Max Hughson, Joe Bailey, Justin Anderson, Paige Ross, Hayden Bytheway, Sydney

Lockhart, Lily Reder, Josh Lawson, Angele Ewbank and Savannah Kisilowsky, Madeline Boonstra, Teagan Sheppard, and The Reimer Brothers. Along with local entertainment, there will be homemade dainties and beverages, a photo booth and a variety auction.

Over the years, the community's support has been incredible, Procter said.

"It has been what's kept me going and planning this event through summer holidays and through school," she said. "It's kept me coming back every year."

The sixth annual Coffeehouse to End Cancer will take place Aug. 23 at Anderson's Hitch 'n Post Ranch. Doors open at 6 p.m. with entertainment starting at 7 p.m..

Admission will be \$10 at the door.

For those who can't make it to the event, you can make donations on CancerCare Manitoba's website. Click on the "Get involved" tab, select "Community events" and search for the team name "Coffeehouse to End Cancer."



TRIBUNE PHOTO SUBMITTED

Paige Procter and Jim Harris at last year's Coffeehouse to End Cancer.

Rockwood council news in brief



TRIBUNE PHOTO BY JENNIFER MCFEE
Recreation director Laine Wilson spoke with Rockwood council about the Recreation Master Plan for Stonewall, Teulon and Rockwood.

By Jennifer McFee

Laine Wilson, recreation director for the Teulon-Rockwood Recreation Commission, spoke with council at the Aug. 10 meeting about the recently completed Recreation Master Plan.

The councils from Stonewall, Teulon and Rockwood were involved in the development of the plan, which was prepared by HTFC Planning and Design.

The study recommended developing a north hub and a south hub for recreation as well as an overall body to operate those two hubs.

A steering committee continues to

meet with representation from the three councils and from the provincial government to try to determine the next steps.

In other council news:

- The RM of Rockwood will sign the Gulay Street drainage contract with Blackstone Contracting for an estimated amount of \$78,285 plus tax. Meanwhile, council defeated a motion to sign the 2016 drainage work contract with Maple Leaf Construction for an estimated amount of \$988,744.

- Quarry operators will put up signs at their entrance to discourage the use of engine retarder brakes. As well, council appointed Doug Carter as the citizen representative for the Rockwood Quarry District Planning Advisory Committee. As citizen representative, Carter will serve for a minimum one-year term.

- Council granted a variation to Charles and Marjorie Amy to vary the residual property on a conditionally approved subdivision to 73 acres down from 80 acres and have the property comply with zoning requirements.

- Council granted conditional use and a variation to Lana and Steve Hintz to build a garage and shop for their satellite installation business, TMC Satellite, at their property in Argyle.

- The Freeman family spoke with council about a proposed subdivision in Grosse Isle. The matter came before council previously and was tabled. After some discussion, the item

remains tabled.

- Council approved the proposed Oughton subdivision subject to conditions.

- Daniel Grenkow of Grenkow Grains Inc. applied for a licence to construct water control works on property owned by Magellan Industries. Council approved the application.

- Council authorized the cancellation of 2016 property taxes totaling \$1,202.96 on properties registered to The Nature Conservancy of Canada. Coun. Mark Hidlebaugh opposed.

- Council authorized that the sewer and water account for 152 School Rd. be cancelled in the amount of \$34.70 plus tax.

- Council defeated motions to ask Manitoba Hydro to install LED street lights at Road 76 North and Road 8E, at Pike's Peak toboggan hill, at the west side of King Edward Street and Gillies Place, and at the south end of Maple Drive. The cost to install each street light would vary, as would the annual operating costs.

- The RM will pay for the installation of a floodlight for the soccer parking area at an estimated cost of \$3,800 plus another \$600 for trenching.

- The RM will donate two loads of gravel to the Age Friendly Committee for its outdoor equipment.

- The William Kurelek Tribute Committee applied to the Highway Traffic Board to place a monument at the intersection of highways 7 and 67. Council approved the placement of

the monument, as long as the committee gets the applicable permit from the South Interlake Planning District.

- Council declared September 2016 as Muscular Dystrophy Awareness Month.

- Council approved a liquor permit application for the Teulon Rodeo to operate an outdoor Barley Garden from noon to 8 p.m. on Saturday, Aug. 27 and Sunday, Aug. 28 within a designated area west of the rodeo grounds as well as for a dance in the hockey arena on Saturday, Aug. 26 from 8 p.m. to 1 a.m. Council also approved the use of the RM's water truck for the weekend, if needed, to water down the track for the chuckwagon and chariot races.

- Council gave first reading to a bylaw to set a reduced speed zone near Stony Mountain School.

- Council granted conditional use agreements to David and Erika Schell. They also approved a conditional use agreement for Kevin Michael Hradowy to conduct vehicle safeties, automobile repairs and sales on his property. The RM will enter into a performance agreement with John Tollenaar of Longawaited Acres Ltd. for the placement of a mobile home on his property.

- The RM will enter into an agreement with Artistic Landscaping for the caretaking of the Balmoral Waste Transfer Station for a term from June 1 to Dec. 31, 2016, at a cost of \$17,500 plus GST.

- At the July 27 meeting, council asked CAO Chris Luellman about the viability of having a TIPPS program for residents to pay their tax bills in monthly or biweekly installments.

Warren Memorial Hall undergoes renovations

By Kaitlin Vitt

The Warren Memorial Hall is undergoing renovations the hall's caretaker Marlo Carlson said are necessary.

"The hall is rented out pretty much every weekend for birthdays, anniversaries and small weddings," said Carlson. "We need to keep it up."

The hall's stairs were crumbling, and vehicles driving by during winter damaged the wheelchair ramp.

After the renovations, there will be a new set of stairs and wheelchair ramp. The ramp will be at the front of the building rather than the side to reduce damage from vehicles.

There will also be an overhang, which will protect people from rain while waiting outside.

There have been some updates inside, including changing the once multi-coloured walls to white.

The hall went from having no weddings to two or three per year. Carlson said she thinks this is because of the updates inside and perhaps because people want smaller weddings. The hall's capacity is 230 people.

The stairs should be done before the fall supper, but Carlson wasn't sure when all the renovations will be complete.

RM of Rosser council briefs

By Jennifer McFee

- The RM of Rosser authorized a payment of \$19,094.50 in U.S. currency to Randall Arendt for work and expenses on the Grosse Isle Concept Plans that took place from July 11 to 16. The RM will also convert a payment of \$844.94 in Canadian funds to U.S. currency.

- No one attended a public hearing using funds from the recreation reserve to contribute towards community facilities that were not included in the 2016 financial plan. The 2016 financial plan was amended to include a \$25,000 transfer to the general operating fund from the recreation reserve towards 2016 recreation and culture grants.

- Rosser council provided recreation and culture grants to Meadows Community Club (\$530), Central Community Club in Rosser (\$1,980), Grosse Isle Community Club (\$1,465), Marquette Curling Club (\$50), Church of St. Michaels (\$45), trustees of Lilyfield Church (\$35) and trustees of Rosser Grosse Isle Church (\$55). Council also approved a grant of \$2,085 to the Vintage Locomotive Society.

- On behalf of the Rosser Fire Department, the RM of Rosser entered into an agreement with Emergen-

cy Services Marketing Corp. for its emergency responder reply system. As well, Rosser fire chief Mike Palmer attended the meeting to discuss an information request from the Partnership of the Manitoba Capital Region.

- Reid & Associates Chartered Professional Accountants Inc. are appointed auditor for the RM of Rosser for 2016.

- Council authorized CAO Bev Wells to provide Canada Post with civic addressing by range and section along with maps for specified areas.

- For all employees of the RM of Rosser, council adopted policies for company health and safety, harassment prevention and violence prevention.

- Council authorized the CAO to provide CentrePort Canada with a copy of Stantec Consultants' 2012 Conceptual Water and Sewer Servicing Report.

- Gill Farms Ltd. offered to buy two Wobbly Packers for \$6,000 each plus tax. Council accepted the offer and will deposit \$12,000 plus tax into the machinery replacement reserve.

- Tom Payne was re-nominated to the Winnipeg Airports Authority Board to serve a three-year term ending Dec. 31, 2019.

Donation to local ACL



TRIBUNE PHOTO BY JO-ANNE PROCTER

There were some pretty big smiles last Friday afternoon when Red River Co-op made a donation of \$2,000 to Community Living Interlake to help with ongoing renovations at Assisted Community Living's (ACL) location at 307 Main St. in Stonewall. ACL purchased the old Home Hardware building in 2014 and also operates Global Garage, a not-for-profit business that uses all of the sales revenue to help maintain housing and create day programs for people living in the community with intellectual disabilities. Red River Co-op told the *Tribune* that they pride themselves in donations they are able to make that will impact different organizations and causes with the community. Pictured from left to right: Tammy McKeown, Jimm Simon, David Kapchinsky and Dustin Singh.

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Derby winners and fish tales

Good friends, welcome.

It's been a busy week juggling fishing trips with summer visitors but it's all been in good fun. Anyway, I felt it was time for a visit to the good old Selkirk pier last Tuesday.

I parked beside a couple enjoying themselves sitting in folding chairs, rods in hand beside the open tailgate of their SUV. Their eyes squinted against the hot afternoon sun as they checked their lines close to the pier's edge, pushed there by the Red's strong current.

"How's the fishing?" I inquired, walking over to them. "Slow going," father and daughter Dwayne and Ceilieh Miller from Winnipeg responded.

It was easy to tell they enjoyed each other's company, engaging in the sport they both liked. It didn't take long, however, for me to realize that Dwayne, a stocky man with short brown moustache and hair, had a teasing sense of humour.

As we talked, he told a story where he and a friend were fishing in Pakwash Lake. Since they knew the lake, they had no trouble catching their limit. Later, they went for lunch at a local eatery where visiting Americans, saw their catch and continuously pressed them for their great fishing location. Dwayne refused to give up their special fishing spot but shared some of their fish in consolation. You're a tricky angler, Dwayne, but a good sport.

A most delightful story came to us by way of Len Ducharme, who I met on the north shore of the Winnipeg Beach marina a few days ago. He was

**TRIBUNE PHOTO BY ARNIE WEIDL**
Deanna Zaretski from Libau at the Brokenhead Ojibway fishing derby with her winning sunfish.

fishing with his granddaughter Lily Parenteau, who had just turned 10 and had caught her first fish, a nice pickerel.

Len laughed as he explained that when he was her exact age to the day fishing on Wanipigou Lake west of Bissett, he caught his first fish, a jack. Now there's a pleasant similarity they can reflect on as the years roll by.

One of the great joys of my yearly fishing experiences happens when I go to the Brokenhead Ojibway Treaty Days fishing derby, along with Lawrence Proulx, the president of the Manitoba Ice Fishing Association. It was held on the big cross bridge over the Brokenhead River last Thursday, and like every year before, it was an absolutely wonderful day.

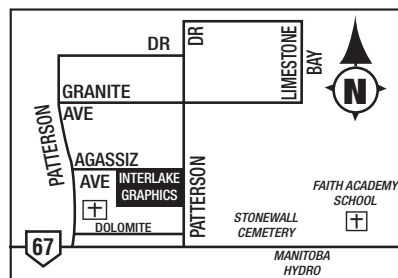
We chose to fish in comfort off the bridge while many others used boats running out to first creek or the

mouth of Lake Winnipeg. We sat in folding chairs totally relaxed with a cool breeze at our backs and popcorn clouds overhead shading the sun. All afternoon, folks caught, weighed in and released fish at the registration cabana on the bridge. Boating anglers hurriedly rushed their catches in water-filled containers from their docked boats to the weighing station, knowing that first weighed-in counted in case someone caught the same fish of the same weight. As the afternoon wore on, I heard a shouting by the boat landing. I walked quickly over to see what was going on.

A guy, Ken Cote, already on the bridge holding a container with fish, looked back at the boat landing with a questioning expression on his face. He called to the gal in their boat who suddenly sprang backward, her arms high in the air as a great splash erupted beside the boat. It wasn't until later as the prizes were being given out that I learned this lady angler, Nicole Satlack, had caught a giant jack and was trying to call Ken to take it in for a weigh-up just as it flipped itself out of the cooler back into the water. Sometimes, though, even when you lose, you win because just as Nicole finished her story, the announcer called out her son's name as the winner of two tickets for the Turtle water slide in Grand Marais.

The first place winner in the jack fish competition was John Wesley. Sadly, his picture was too dark, so here is a picture of Deanna Zaretski with her winning sunfish in that category.

Come by next week, won't you? Bye for now.

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Interlake-Eastern RHA physician shortages leads to ER closures

Scheduled ER closures to begin Sept. 6

By Patricia Barrett

The majority of emergency rooms in hospitals across the Interlake-Eastern Regional Health Authority will experience scheduled closures starting Sept. 6.

Until more doctors can be recruited, about eight of the region's 10 hospitals will experience ongoing, temporary ER closures.

"The only one for sure that we know ... won't be affected to any degree is the Selkirk General Hospital because that's where we have true emergency docs with 24-hour coverage," said Interlake-Eastern RHA CEO Ron Van Denakker during a conference call with media last Thursday. "It really depends on the availability of the doctors."

For the past few years, nurses have been staffing ERs in the absence of physicians, but that system will be replaced with scheduled closures.

In addition to Selkirk, Van Denakker said Pine Falls, which is fully staffed with five doctors, will unlikely see service disruptions.

"The east side of the lake is quite a bit more stable right now," said the CEO.

But hospitals along Highway 6 — Ericksdale and Ashern — will continue to suffer from physician shortages.

"I have a lot of compassion ... and empathy for the people on Highway 6," said Van Denakker, "and we are working really hard to try to deal with that."

Scheduled closures are expected to bring stability and predictability to ER service.

Physicians have agreed to provide the health authority with advanced notice — either one, two or three months — indicating what days they'll be available to staff ERs.

"I'm available on Thursday this week," and it's already Tuesday. Or, "I really can't make next Tuesday" — that's just not good enough," said Van Denakker. "...our local health involvement groups ... they absolutely clobbered me on the fact that there was no predictability."

Physicians' ER schedules will be provided to the public through a toll-free number and posted on the Interlake-Eastern RHA's website.

Nurse-managed care of ERs came under fire this spring when a group of doctors in Selkirk spearheaded a petition to have it abolished.

"At the end of the day, what happened was the doctors did take a bit of a position on things and said that the

status quo was no longer sustainable from their perspective," said Van Denakker. "And effectively the May long weekend, they wanted us to move towards removal of nurse-managed care."

The health authority negotiated with doctors to provide ER service over the summer months when the region's population doubles and asked them to support nurse-managed care until it could find an alternative.

The "Band-Aid" measure, as Van Denakker calls the scheduled closures, doesn't sit well with some RHA staff.

A paramedic in the RM Rockwood took to Facebook after learning of the scheduled closures from MGEU, the union representing paramedics and other health professionals who may go on strike.

"We have a region who is willing to close our hospitals and let EMS ... professionals go on strike rather than negotiate," wrote the paramedic. "I'm not usually one to be political but this is just downright offensive as a Canadian citizen that our health care in this region has been allowed to get to this."

It's unclear whether a possible strike by ambulance attendants could complicate the scheduled ER closure system.

"Both parties in this negotiation have agreed to get back to the negotiation table," said an Interlake-Eastern RHA spokesperson contacted after the conference call. "If they were to strike, essential service agreements are in place."

According to Van Denakker, nurses themselves raised concerns about scheduled closures.

They were "adamant" that they be permitted to assess patients who overlook or are unaware of a scheduled closure and show up at an ER, he said.

"There will be a sign that says something to the effect, 'No doctor. ... we're not accepting patients here; however, please do come in and speak with the staff,'" said Van Denakker.



TRIBUNE PHOTOS BY PATRICIA BARRETT

The majority of emergency rooms in Interlake-Eastern RHA hospitals, including Arborg shown above, will be subject to scheduled closures starting Sept. 6.



Ambulance attendants and other health professionals voted for a strike mandate. Their union, the MGEU, is negotiating with the Interlake-Eastern RHA.

The physician-led push to abolish nurse-managed care was not viewed favourably by many in the region. It

was felt that doctors were short-changing the public by asking for

Continued on page 9



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Gov't reflects on Pallister's first 100 days in office

Staff

Manitoba's government says it's setting the course for an ambitious plan that will make the province the most improved in Canada, Premier Brian Pallister said last week.

"Just 100 days ago, our government was sworn into office and began the challenging work of fulfilling our vision for a better Manitoba," Pallister said. "We have started work to find savings, increase accountability and transparency, and create new possibilities for a brighter future for all Manitobans. The accomplishments we have made since coming into office just a few months ago reflect the important first steps of the careful approach we will pursue over the coming years."

Pallister noted progress made to date on identified priorities include:

- launching the Open Government Initiative including the release of ministerial mandate letters, Crown services framework letters, ministerial transition documents and introducing legislation setting out fixed dates for the beginning of the writ in a general election and a six-month time limit to call byelections;
- introducing a single-window application intake for cost-shared infrastructure funding;
- initiating a value-for-money review of government projects to be completed by KPMG and identifying savings for Budget 2017;
- reducing the size of government cabinet by one-third;
- incorporating an initial reduction of ambulance fees in Budget 2016 and committing to further reductions being made in future budgets;

- creating the foundation for a relationship based on trust with indigenous leaders, which will lead to an engagement strategy implementing government's duty to consult;

- conducting regular meetings with municipalities and industry stakeholders to develop mutually beneficial plans for strategic infrastructure investment;

- having productive dialogue with premiers from across Canada on trade opportunities including significant progress on joining the New West Partnership with Saskatchewan, Alberta and British Columbia and the agreement in principle on a new Canada Free Trade Agreement;

- initiating consultation with tourism industry representatives to develop the framework for a 96/4 tourism strategy;

- introducing the proposed protecting children (information sharing) act, which would allow information to be shared about children in need of supportive services; and

- abolishing the "vote tax" subsidy for political parties and committing to a path forward that will restore Manitobans' right to vote on major tax increases.

"Coming into government, we knew that we were inheriting a significant fiscal challenge that would require a new focus and a commitment to getting Manitoba back on track. We have made good progress so far in building the base for a better Manitoba and identifying the targets that we must meet in order to achieve success, but much work lies ahead," said Pallister.

"As we move forward, we will look to the north for untapped opportu-



TRIBUNE FILE PHOTO

Last week marked Premier Brian Pallister's first 100 days in office.

nities and strategic investments, we will build upon our relationships and partnerships both within Manitoba and outside our borders, we will continue to reduce red tape and waste, and we will consult with Manitobans on their priorities as we move toward Budget 2017."

Pallister added the frameworks for a Health Care Sustainability and Innovation Review, Red Tape Reduction Task Force and Premier's Enterprise Team have been completed and work is underway to identify innovative Manitobans to serve on each panel.

"Now 100 days into our mandate, we have established targets and started the work necessary to achieve better results for Manitoba," Pallister said.

"We are proud of our success to date

and are inspired by the opportunity to collaborate with Manitobans to improve services and build a stronger foundation for our economy."

Opposition leader Flor Marcelino said in his first 100 days, Pallister failed Manitoba families and put the brakes on job creation.

"In opposition, Pallister made sweeping promises about making Manitoba the 'most improved province in Canada' but he seems determined to do the opposite now that he's in power," Marcelino said in a release last week. "On his watch the unemployment rate has climbed, investments in infrastructure have stalled, families who need child care are being ignored, the North is being snubbed and the environment is suffering."

Province seeks public's input on recycling programs

Staff

The province wants to hear what you think about new five-year plans for various industry-led programs that handle the collection, recycling and disposal of designated materials.

"I encourage Manitobans, program partners, not-for-profit organizations

and other stakeholders to comment on the new plans," Sustainable Development Minister Cathy Cox said in a release. "This is an excellent opportunity for all Manitobans to have input into how we shape stewardship programs in Manitoba over the next five years."

Producer responsibility organizations (PROs) have submitted program plans for products such as paper and packaging, paint, fluorescent lights, electronics, batteries, unused medications, mercury-containing thermostats, tires and more. Currently, the province has 12 industry-led steward-

ship programs that divert approximately 120,000 tonnes of designated materials from landfills and generate about \$42 million in revenue annually, Cox said.

The stewardship plans are available for review on the Green Manitoba website greenmanitoba.ca/new-stewardship-plans/. Printed copies of the plans are available by calling 204-945-0578 or 1-866-460-3118 (toll-free). The deadline for comment on the plans is Oct. 4. Submissions can be sent via email to stewardship@greenmanitoba.ca or submitted in writing to:

Green Manitoba
Manitoba Sustainable Development
Box 50, 160-123 Main St.
Winnipeg, MB R3C 1A5

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> ER, FROM PG. 7

their removal yet making no provision themselves to fill the breach.

The Interlake-Eastern RHA needs, at a minimum, 20 to 25 doctors in order to maintain ERs 24-7, said the CEO.

The College of Physicians & Surgeons of Manitoba, which oversees standards of medical practice, indicated that it's up to the health authority to address physician shortages.

"The College would not comment on this issue. It is a Regional Health Authority issue," said a spokesperson by email.

The Interlake-Eastern RHA is funded by the provincial government.

Van Denakker said the Interlake-Eastern RHA (formerly two separate health regions until 2012) is underfunded in comparison to other RHAs. The provincial average is about \$6,000 per head, but the Interlake-Eastern RHA is "somewhere around \$2,000 per head."

"The former North Eastman health

and the former Interlake health region were very, very low-funded regions, and they were combined," he said, "so it's basically combining — I hate to say the term the poor sisters — but, quite frankly, that was the case."

A government spokesperson sent the *Tribune* information about the global funding model used to allocate resources to RHAs but did not say whether the Interlake-Eastern RHA will receive additional funding to help attract and retain doctors in order to avert future service crises.

An email statement from Minister of Health Kelvin Goertzen said "reliable access to front-line services for all Manitobans" is a priority and the government will continue to work with the Interlake-Eastern RHA.

"The health region has assured government that a plan is in place to provide safe, accessible care to people throughout the area and to make emergency department care more predictable," said Goertzen.

For his part, Van Denakker said he is

working with the province to address physician shortages, which includes recruiting international medical graduates. But for long-term stability, he said the region needs homegrown doctors who would be more likely to stay.

"We are the only region in this entire province that does not have a residency teaching program, which means it makes it very difficult to retain students," he said.

Van Denakker said he had met with municipal leaders in the region to advise them of the upcoming closures and to seek their assistance in communicating with residents.

Based on what Van Denakker told Arborg and Bifrost-Riverton councillors on Aug. 10, Arborg Mayor Randy Sigurdson said emergency room services will likely improve in the near future.

"As soon as we get some more doctors — and there's going to be some more coming into the region next year — ... we'll have emergency rooms

open all over the place," said Sigurdson. "We're in short supply right now and they're just trying to ... streamline it. They're not shutting down any emergency rooms as such."

A number of hospitals will see new physicians on board shortly.

Beausejour will get two and Pinawa is scheduled to get one from the U.K.

Arborg, Eriksdale and Gimli will be getting one each. The Amenity health-care group in Gimli may have another doctor willing to take ER shifts.

The Interlake-Eastern RHA is in talks with the government to get access to a graduate from the Northern Rural Health program for Ashern.

Teulon and Stonewall were not discussed during the conference call.

"I want to be very clear ... that there's absolutely no intention to close hospitals," said Van Denakker.

"There's no intention to close beds. And there's absolutely no intention to close emergency rooms."

Premier appoints additional members of Treasury Board

Proposed legislative change would allow for appointment of members of the Legislative Assembly

Submitted

Premier Brian Pallister announced Monday the appointment of an additional member of Treasury Board to support Manitoba's new government's commitment to fiscal responsibility.

"Manitobans have inherited a challenging fiscal situation that threatens our government's ability to deliver the services, infrastructure and quality of life that citizens of our province expect and deserve," said Pallister.

"Our government has identified the targets that we must deliver in order to get Manitoba back on track, and I am confident in the ability of this team to implement many of the initiatives that will eliminate wasteful government spending while ensuring the

protection of front-line services."

Treasury Board is the financial oversight committee of the executive council of the government of Manitoba. It consists of the minister of finance and other government ministers.

Treasury Board members now include:

- Finance Minister Cameron Friesen as chair;
- Agriculture Minister Ralph Eichler as vice-chair;
- Growth, Enterprise and Trade Minister Cliff Cullen;
- Families Minister Scott Fielding;
- Infrastructure Minister Blaine Pedersen; and
- Justice Minister Heather Stefanson.

"As deputy premier and minister of

justice and attorney general for Manitoba, Heather Stefanson has navigated many of the most complicated files facing our government in our first 100 days," said the premier.

"Having successfully finalized discussions with the federal government and Air Canada to protect and strengthen our province's diverse aerospace sector and leading the continuing consultations with Indigenous leadership and the federal government on the National Inquiry for Missing and Murdered Indigenous Women and Girls, Heather will bring a wealth of knowledge and experience to the Treasury Board process."


The premier also announced plans for the appointment of Reg Helwer, MLA for Brandon West, and Colleen Mayer, MLA for St. Vital, as members of the province's Treasury Board to provide further scrutiny of government expenditures and operations.

On June 14, the government introduced Bill 6, the financial administration amendment act, which would

permit the appointment of members of the Legislative Assembly other than ministers to be appointed to Treasury Board. The proposed bill, currently at first reading, would require the chair, vice-chair and a majority of the members of Treasury Board to be ministers.


"An experienced businessman and entrepreneur, Reg Helwer serves as vice-chair of the Public Accounts Committee in his role as MLA while Colleen Mayer brings extensive board experience and dealings with business owners," said Pallister.

"The addition of these two MLAs to Treasury Board would enhance the ability of government's legislative branch to ensure value for money and the responsible management of Manitobans' tax dollars."



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7:00 pm

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Project Green Acres adult fitness site coming soon

By Josie Lindley

The RM of Rockwood, the Town of Teulon and Age Friendly Teulon are pleased to announce that we expect the Project Green Acres Adult Fitness Site to be completed in the next few weeks. With more than 80 per cent of funds raised, any additional donations received will help complete the project.

The project was funded in part by the Government of Canada's New Horizons for Seniors Program.

The fitness site will include six pieces of exercise equipment along with

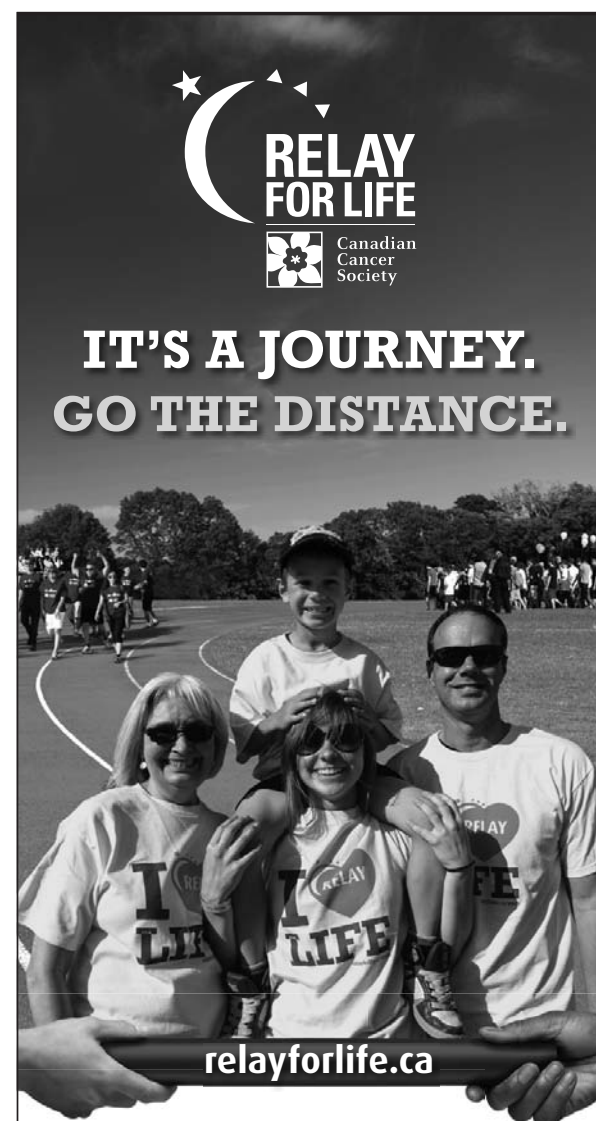
instructions for proper use. Some of the equipment is adjustable to allow users to increase or decrease the amount of resistance to suit their personal abilities. The site will be accessible for people who have mobility issues and use canes, walkers or wheelchairs.

To ensure safety and accessibility, Age Friendly Teulon chose Fibar engineered wood fibre for the fitness site surface. Nearby amenities include benches for seating, public washrooms, a picnic space and campgrounds. The Teulon and Area Lions

Children's Playground is visible from the fitness site.

"The Government of Canada is proud to support organizations like Age Friendly Teulon through the New Horizons for Seniors Program," said Jean-Yves Duclos, minister of Families, Children and Social Development. "Age Friendly Teulon is to be congratulated for taking measures to provide local seniors with accessible exercise equipment that will help them pursue an active lifestyle right in their own neighbourhood and stay fit."

Age Friendly Teulon strives to support residents in leading active, social, independent lives that promote healthy aging. We encourage an accessible community, safe neighbourhoods and healthy living for all ages. The Project Green Acres Adult Fitness Site is an important community initiative that will help us to achieve our goals by providing adult exercise equipment for community members in an accessible environment.



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stonewallrelayforlife@gmail.com

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Interlake RHA heading back to bargaining table

By Dave Baxter

In an effort to avoid a march to the picket line, local health-care and EMS workers are heading back to the bargaining table next week.

The Manitoba Government and General Employees' Union (MGEU) locals 411 and 418 are expected to begin negotiations with the Interlake-Eastern Regional Health Authority (IERHA) next week regarding their collective bargaining agreement.

"MGEU has confirmed in a letter to Provincial Health Labour Relations Services dated Aug. 5 their request to return to the bargaining table," IERHA said in a statement released last week. "Both parties have agreed to return to the table to discuss non-monetary issues to attempt to achieve a resolution."

MGEU Local 411 is a team of health-care professionals, which includes home care case and resource co-ordinators, palliative care co-ordinators, mental health workers, dietitians, pharmacists, occupational therapists and physiotherapists, while MGEU 418 is

made up of EMS workers.

The union rejected a final offer from their employer in March due to "ongoing concerns over recruitment and retention and excessive workloads," MGEU president Michelle Gawronsky said.

In early August, Local 411 and 418 members voted "yes" on a strike vote, bringing them closer to the possibility of a strike.

The union said if they did not get back to the bargaining table with IERHA soon, a strike would likely be the next step.

Gawronsky said getting the IERHA to agree to return to the bargaining table is a good first step towards avoiding a strike.

"We're ecstatic," Gawronsky said. "We've been asking since the day the members said no to the collective agreement back in March to get back to the table."

"This is not about money, this is about fatigue issues for our EMS workers and retention issues for our case workers, but they kept telling us they didn't have a mandate to go back to the table, so we're ecstatic 'cause we're going

back to the table after months of requests."

MGEU members held information pickets in a number of areas in the Interlake including Selkirk between July 18 and 20.

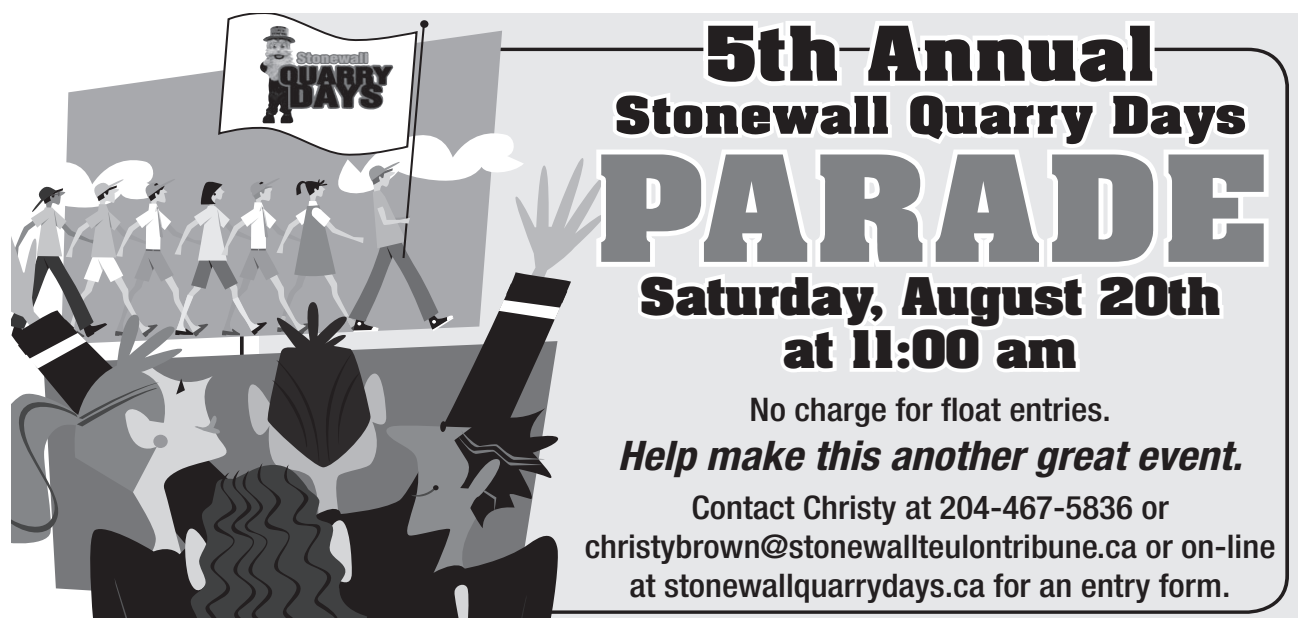
Gawronsky was asked if those information pickets, and the "yes" strike vote in August may have combined to force the IERHA back to the table.

"I think that's the gist of it," she said. "I think the strike vote definitely let them know where we were at."

"It was a very sound message from the membership that they are not happy with things."

IERHA said in a statement released last week that if a strike were to happen, they are prepared to continue offering health-care services to Manitobans.

"We have essential services agreements in place and will provide essential services to Manitobans in our region in the event of job action. Of necessity, service levels will be required to be adjusted as a result," IERHA said in a statement released last Monday.



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**Saturday, August 20th
at 11:00 am**

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at stonewallquarrydays.ca for an entry form.

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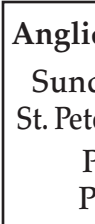
> FAITH



Teulon United Church
9:30 a.m. Teulon
Phone 886-2382
teulonpastoralcharge@mymts.net



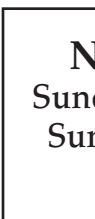
Stonewall United Church
369-1st Ave. N., Stonewall
Service and Sunday School
Sundays 10 a.m.
Phone 467-5469 (office)
www.stonewallunited.ca




Anglican Parish of St. Cyprian
Sundays at 10:00 am at
St. Peter Lutheran Church
PTH #7, Teulon
Phone 886-3203



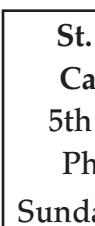
Interlake Full Gospel Assembly
Teulon
Sundays at 11:00 am
Phone 886-2680



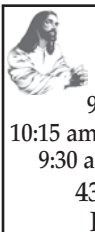
New Life Church
Sunday Service 10:00 a.m.
Sunday school 9:30 a.m.
Teulon 886-3269




St. Peter Lutheran Church
Sunday Service - 10:00 am
PTH #7, Teulon
886-2159



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



Anglican Church of the Ascension
9:30 am - Traditional Service
10:15 am - Choral Service & Sunday School
9:30 am - Wednesday Morning Prayer
435 1st Ave. N., Stonewall
Phone 467-8466 (office)



Grosse Isle and Rosser United Church Services
Rosser Sunday 9:45 am

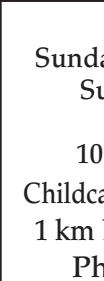
Lilyfield United Church
Rd. 68 & Sturgeon Rd.
Service 9:30 a.m.
Phone 344-5426




Alive! Family Church
Sunday Hymn Sing 10:00 a.m.
Sunday Worship 10:30 a.m. at
Sunova Auditorium, Quarry Park
Interpretive Centre, Stonewall
Phone 467-2870
www.alivefamilychurch.ca



Warren & Meadow Lea United Church Services
Joint Services
Alt. Sundays at 10:30 am
Call 322-5752 for location of service.



New Life Church
Sunday Service 9:00 & 10:45 a.m.
Sunday Morning Classes
9:00 a.m. - All Ages
10:45 am - Nursery - Gr. 4
Childcare for Nursery School to Gr. 4
1 km East on Hwy 67, Stonewall
Phone 467-5529 (office)




Woodlands Gospel Chapel
Service 7 p.m.
Sundays
Hwy 6 + Rd 82,
Woodlands
Phone 467-5109



Cornerstone Pentecostal Church
Sunday Worship &
Sunday School 10:30 am
Youth Nights - Sundays 6 pm
Thursday Bible Study
& Kids Club 7 pm
308 2nd Ave. N., Stonewall
Phone: 467-9797



Christ Church Anglican
97 School Rd,
Stony Mountain
Service 10:15 am
Phone 489-4847
or 344-5220



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

A word-centred lifestyle

This summer on holidays my family stayed with a couple I knew from years ago who own Mountain Road Retreat Centre near Hope, B.C. I had never been to this obscure place and when I thought we found the place I was faced with a fork in the road. There were no visible signs marking the retreat centre. One rickety path went up the side of the mountain and disappeared into the bush. It looked scary. No way was I taking that one! The other narrow path looked equally daunting and went straight into the bush. Not wanting to take the wrong road and end up in deeper trouble I decided to go back to the open area and phone my friend, but unfortunately there was no reception. As I was beginning to lose hope near Hope, suddenly my friend comes around the corner in his blue truck. Was I ever glad to see him! We followed him through the narrow road on the side of the mountain straight into the bush, hugging the cliff edge, and then going over a narrow bridge protected by two small guide wires above a river. It was nerve-wracking to say the least! Finally just over the bridge on the other side was the beautiful retreat centre. Was I ever glad to see it and to be alive!


Sometimes we don't know what road to take in life. Choices can be tough. Making the right choice can be daunting, because to make the wrong choice can be devastating. In Psalm 1, a psalm that falls under the category of a "wisdom psalm," it instructs us in how to make wise and responsible choices that lead to blessing. In this psalm there are two ways and two ends. One leads to blessing; the other to ruin. One is Word-centred; the other world-centred.

I encourage you to take time to read Psalm 1 today and find the road that leads to true blessing, happiness, and satisfaction as you make the tough choice to follow the advice of God's Word, and reject the advice of the world.


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



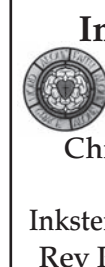
Balmoral United Church
Sundays 11:15 am
Phone 886-2382
teulonpastoralcharge@mymts.net




Stony Mountain United Church
12 Main St., Stony Mountain
Phone 344-5426



St. Joseph's Roman Catholic Church
Sunday Mass 8:30 am
Stony Mountain
Phone 467-9016



Immanuel Lutheran Church (LCC)
Service 10:30 am
Childrens Sunday School
during Worship
Inkster & King Edward, Winnipeg
Rev Richard Beinert 632-6911



Church of the Annunciation Woodlands
Service
12:00 noon

To participate in this monthly section please call 467-5836

Painting on the patio



TRIBUNE PHOTOS BY JO-ANNE PROCTER



To wrap up the end of the Youth Job Centre's season, students sold tickets to a special paint night held outside on the patio at the Stonewall Legion last Thursday. Toni Dent of TD Fine Arts of Lundar was a bit sceptical as a few dark clouds lined the sky, but it turned out to be a perfect night. Each artist had a 16x20 canvas and followed instructions from Dent to create individual masterpieces.

Coffeehouse to End Cancer 2016

Young, Local Artists Performing for Change

Tuesday, August 23rd, 2016

Come enjoy an evening of family fun with live performances, homemade dainties, beverages and more. All proceeds from the event will be going to CancerCare Manitoba

Where: Anderson's Hitch'n Post Ranch
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When: Tuesday, August 23rd, 2016

Show Time: 7:00pm
(Doors open at 6:30 pm)

Admission: \$10.00
at the door



For more information on the event or how you can donate contact:

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Garden Club hosts 55th annual flower show

TRIBUNE PHOTOS BY JO-ANNE PROCTER

Although entry numbers were down at the South Interlake Garden Club's 55th annual Flower, Fruit and Vegetable show held in Stonewall this past weekend, quality and artistic display were up. Lorraine Dnistransky from Teulon took home the highest honour of Grand Aggregate champion for achieving the highest number of points, and Joan Hunter from Stony Mountain was awarded the Reserve Aggregate prize for achieving the second highest points. Other winners included Kathy Simard for most points in Class 1, Joan Hunter for best dahlia, Jo-Anne Procter for best collection of glads, Kathy Simard for best begonia, Karl Daher for best rose, Lisa Gerow for best outdoor container, Lorraine Dnistransky for best house plant and best specialty arrangement in Class 4. Fun with Flowers went to Lorraine Dnistransky (first place) and Joan Hunter (second place). Lorraine Dnistransky had best unique arrangement in Class 5, most points in Class 6, best four tomatoes and best display of vegetables. Other awards went to Joan Hunter for best fruit, Robert Daher for children's section six years and under, Sarah Daher for children's section nine years and under, and Mary Kosc for children's section 16 years and under. Marilyn Savage and Kathy Simard tied for first place in the senior citizens section, and Lorraine Dnistransky won the amateur photography section.

Left photo, (left to right) Robert Daher, SIGC chairperson Tanya Daher, Sarah Daher and Mary Kosc. Right photo, Daher, Joan Hunter and Lorraine Dnistransky.

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D&D Cakes	204-467-2100
McLeod House Tearoom & Gift Shop	204-467-2303
Pizza Den Restaurant & Lounge	204-467-2236
Redstar Chinese Cuisine	204-467-8221
Rockwood Motor Inn	204-467-2354
Subway	204-467-7148
The Kiln Drive In	204-467-9125

Health & Wellness

Back 2 Health Chiropractic	
Health & Wellness Centre	204-467-2222
Erika's Zumba Fitness Club	204-294-8620
Interlake Pharmacy	204-467-8137
Laser First Aid	204-990-1448
Quarry Physiotherapy	204-467-9101
Rockwood Pharmacy	204-467-5167
Stonewall Chiropractic Centre	204-467-5523

Entertainment

Laser Jungle	204-467-7529
Quarry Bowling Lanes & Laundry	204-467-8218
Rubber Ducky Resort & Campground	204-322-5286
Stony Mountain Ski Area	204-344-5977

Professionals

Chad Sheppard, C.A.	204-467-7142
EPR Stonewall	204-467-5566
Grantham Law Offices	204-467-5527
H & R Block	204-467-2877
Interlake Employment Services	204-461-0215
Inview Insurance	204-467-8927
MacKenzie Funeral Services	204-467-2525
MicroPilot	204-344-5558
New Life Church	204-467-5529
O'Hara Law Office	204-505-2905
One Insurance Group	204-467-4500
Photography by Carmen	204-467-1907
Re/Max Town & Country	204-467-8000
Stonewall Vet Clinic	204-467-2481
Verico OneLink Mortgage	204-479-6064

Financial Services

CIBC	204-467-5551
RBC Royal Bank	204-467-5544
Sunova	204-467-5574
TD Canada Trust	204-467-7820

Manitoba Youth Job Centre

The mandate of the MYJC is to provide community-based employment resources and supports designed to assist students and youth in developing job-readiness skills and securing employment. The MYJC program also supports local employers and their communities by providing a free employment referral service and it offers information on other government programs and services available to local residents.

Our local Stonewall Youth Engagement Leader, Ainslee Willis, served as an advocate for young workers by promoting the advantages of hiring youth to employers and the local community. From May through mid August Ainslee worked with the schools, employers and youth in our surrounding area to provide jobs for the older teen as well as jobs for the younger kids with the Odd Job Squad. Her groups were very busy this summer organizing such events as a Grad Day BBQ, Glow Canada glow stick sale at Canada Day fireworks, strawberry pick and sell, Action Pack coupon book and BBQ sauce sale, first ever OJS Recipe book was produced, another summer BBQ and a Paint Night at the Legion. There were many job orders placed from within the community which the students were very thankful for. It was a great opportunity for the students to gain experience in the workplace. Watch for the Manitoba Youth Job Centre to re-open next May.



**27th Annual Biking to the Viking MS Bike Tour -
Stonewall to Gimli to Stonewall August 20 and 21**

The Biking to the Viking MS Bike tour is an annual fundraiser to support ground-breaking multiple sclerosis research and essential programs and services for people living with MS in our community. By registering for the MS Bike and raising funds, you're making a profound difference in the lives of more than 3,500 Manitobans living with MS.

What is Multiple Sclerosis? • A disease that attacks the central nervous system (brain and spinal cord). MS can cause loss of balance, impaired speech, extreme fatigue, double vision and paralysis. • Canada has the highest rate of MS in the world. More than 3,500 Manitobans live with this disease. • Every day, three more people in Canada are diagnosed with MS. • Women are three times more likely than men to develop MS. • MS is usually diagnosed between the ages of 15 and 40, but has been diagnosed in children as young as three.

For more information visit msbike.ca
Come out to support the cyclists: 8am Saturday August 20th at Stonewall Collegiate and be there to cheer them on as they return on Sunday August 21st 11am-4:30pm at Stonewall Collegiate



Local participant & Sponsor
Scott Allan, Quarry Physiotherapy.



info@stonewallchamber.com

32nd Annual Stonewall Quarry Days

August 19, 20 and 21



Stonewall Quarry Days turns Main Street into a midway for three days of music, competition and celebrations. Thousands come from all over the Interlake and Winnipeg to participate in the weekend events. Families can enjoy the huge free concert Friday night on our Sunova stage outdoors at the Veterans Memorial Sports Complex featuring locals Rhia Rae and The Rubies and our headliner Canadian Country Artist Chad Brownlee. Following the concerts an amazing fireworks display sponsored by The Rockwood Quarry Producers will leave you in awe. All day Saturday you can enjoy free family entertainment on the Maple Leaf Construction free stage on Main Street near the Stonewall Legion beginning shortly after the annual parade ends. The free entertainment stage continues on Sunday as well as the annual Show and Shine Car Display brought to you by your Prairie Ram Retailers. Wonder Shows midway runs all weekend for the thrill seekers, the Petting Zoo at Memorial Park, brought to you by Stonewall Family Foods, runs Saturday and Sunday and should not be missed and Main Street will be filled with all kinds of vendors to keep you busy. Be sure to visit your local businesses for many weekend specials and sidewalk sales. Handicapped Parking is available in the Southside Service Parking Lot and this year we have added bike racks throughout Main Street for you to bring your bike to town. For more information or the schedule of events, visit www.stonewallquarrydays.ca

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You created local jobs - local businesses are better at creating jobs for our neighbors

You nurtured community - local businesses contribute more to charities and give a town unique character

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online ensures that your sales taxes are reinvested where they belong-right here in your community

You took advantage of our expertise - you are our friends and neighbours and we have a vested interest in knowing how to serve you.

You invested in entrepreneurship - the success of locally owned businesses provides inspiration to our young people

You made us a destination - the more interesting and unique we are as a community, the more we will attract more visitors and that will benefit everyone

You said Your Community Matters! - where you spend your money is a vote of support for the place you spend it

Upcoming Chamber Events

Wine Tasting Evening Thursday, Oct 6 at Heritage Arts Centre.

For tickets or more information call Stephanie at 204-467-5836 or Jennifer 204-467-2421

Festival of Lights Santa Claus Parade Friday Dec 2 on Main Street.

Contact Stephanie at 204-467-5836 or ads@stonewallteulontribune.ca for more information or to get registered

Chamber of Commerce **Annual Christmas Dinner** Tuesday Dec 13 Location tbd

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Local. Business. Community.

More growers crop up at community veggie garden

By Jennifer McFee

The Stonewall Community Vegetable Garden is proving to be fertile ground for cultivating a healthy interest in growing your own fresh fare.

South Interlake Garden Club president Tanya Daher said involvement in the community garden has grown exponentially this year. Currently, 14 plots are in use, up from five in 2014 and six in 2015.

The growth stems mainly from word of mouth about the community garden, which is located behind the cemetery in Stonewall's industrial area. The Town of Stonewall owns the land, which is pegged for future cemetery expansion, and the South Interlake Garden Club operates the community garden initiative with help from the town when needed.

"Someone heard about it and then they spread the news to their friends," Daher said. "It was just word of mouth. It was all sold before we would even think about advertising."

For a season, it costs \$30 for a 15-by-30 plot or \$15 for a half-plot. For next season, organizers can make room for even more growers if interest continues to bloom.

"We can still include more," Daher said, "but we have to work through some kinks because when you get more room, then you have more space that you have to till."

Currently a little bit of everything is sprouting up at the garden, although perennials are not allowed.

"You can't do perennials because there's no guarantee that you'll get the plot again next year. You have the first dibs at the same plot that you had last year, but there's no guarantee," Daher said. "All in all, things are going very well. It's very clean and cute in there. I'm very impressed."

The current gardeners are mainly green thumbs who don't have an ideal yard for growing.

"It's people who have either moved to Lions or people who had too much



TRIBUNE PHOTO BY JO-ANNE PROCTER

Ed Cherniak has been renting a community garden plot for the past four years, the same length of time that he has lived in Stonewall. He is currently growing peas, carrots, lettuce, beans onions, potatoes, beets, basil, dill and kale.

shade or too many trees in their backyard," Daher said.

Garden club member Tania Laurie is one of those growers with a shady yard, so she reaps the rewards of her plot at the garden.

"There are also a couple of people that are sharing a garden," Laurie said. "Other people might want to have extra tomatoes or other things."

For the past few years, Laurie has compiled a list of people who are interested in renting a plot for the next growing season. As the season approaches, she begins to phone people in the order that they contacted her to determine who is still interested.

It's never too early to add your name to the list, so interested gardeners can contact Laurie at 204-467-5996. For those who already have a plot at the community garden, she would like to know when they are leaving for holidays so she can tend their garden in while they're away.

New members are also always welcome to join the South Interlake Garden Club. For more information or to get involved with the club, contact Daher at 204-467-2235.

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Friday Aug. 26th 10 a.m. to 6 p.m.
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August 19, 20, 21

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get inspired

> MEAL IDEAS

Italian-Style Hamburger Soup



- 1 lb (500 g) Extra Lean or Lean Ground Beef
- 1 large onion, chopped
- 4 cloves garlic, minced
- 1 cup (250 mL) EACH thinly sliced carrot, celery and zucchini
- 1-1/2 tsp (7 mL) dried Italian herb seasoning
- 1/4 tsp (1 mL) chili pepper flakes (optional)
- 1 can (28 oz/796 mL) diced tomatoes
- 1 pkg (900 mL) sodium-reduced chicken or beef broth

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- 1 can (213 mL) tomato sauce
- 1 cup (250 mL) shredded fresh spinach (optional)
- 1/4 cup (50 mL) chopped fresh parsley (optional)
- 1/2 cup (125 mL) broken whole wheat spaghetti
- Directions

Cook beef, onion, garlic, carrot, celery, zucchini, Italian seasoning, and chili pepper flakes (if using) in Dutch oven over medium-high heat for 10 to 15 minutes or until meat is thoroughly cooked and any liquid has evaporated.
Add tomatoes, broth and tomato sauce; bring to boil. Reduce heat and simmer for 15 minutes.
Add spinach and parsley (if using). Stir in pasta; simmer for 10 minutes or until pasta is tender.

Chicken With Matzo Dumplings



- For the broth
- 1 leftover chicken carcass, all skin and fat removed
 - 2 Spanish onions, 1 whole and unpeeled, the other peeled and chopped
 - 1 leek, coarsely chopped
 - 3 celery stalks, with leaves if possible, coarsely chopped
 - 4 bay leaves
 - 1 large spring of rosemary
 - 2 large sprigs of thyme
 - 1 large sprig of sage
 - 4 large sprigs of parsley
 - 12 white peppercorns

Note: You can use good-quality, low-salt kosher chicken stock cubes or bouillon powder, but the recipe above for

- homemade broth is recommended.
- For the dumplings:
- 7 ounces medium matzo meal (about 8 matzo sheets, ground up)
 - 3 eggs
 - 1 tablespoon olive oil
 - 1 tablespoon finely chopped flat-leaf parsley
 - 3 grindings of black pepper
 - 2 pinches of salt

First, make the broth. Put the carcass in a large pot and cover with about 2 1/2 quarts of water. Bring to a boil, cover and simmer for 30 minutes. Add the vegetables, herbs and peppercorns, return to a boil, cover and simmer for 1 hour. Strain, reserving the broth.

Make the dumplings by mixing all the dumpling ingredients together, then knead until you have a smooth dough, adding a little water if necessary. Cover and let rest for at least 3 hours.

Using your hands, form the mixture into balls the size of apricots.

To put it all together, bring the chicken broth up to simmering point. Drop in the dumplings and continue simmering, covered, for 30 minutes.

If you don't have a chicken carcass, boil a whole chicken for the soup and use the meat in other dishes. Traditionally, a boiling fowl from a kosher butcher would be used.

Stress a Legitimate Reason for Leaving Work



Due to cutbacks in many sectors of the economy, fewer workers are often expected to do more work with diminished resources. What this means is increased stress and pressure in the workplace. There is the strain of the increased workload, as well as the complaints that accompany the consequences of cutbacks. People become annoyed when they are on hold longer, must wait longer for services such as lab tests (witness the lineups in our local labs), or simply are not getting the same standard of service they are used to.

Frustration is often vented at the front line employees, who are already stressed enough just trying to keep up. After receiving the brunt of complaints about things over which they have no control, and which bug them just as much, they become less patient with those whom they serve.

They may begin the day with good intentions and a positive attitude, but being human, they can only take so much. Soon the stress takes its toll, and may produce symptoms such as headaches, ulcers, anxiety or depression. It becomes harder to do the job, and then more difficult to get out of bed in the morning. Realizing that absence from work will put more strain on colleagues, or create financial strain, the worker forces him or herself to keep going.

Ultimately work performance suffers and/or health is compromised to the point that time off work is the only option. The individual, who once took pride in his or her work, even had positive performance evaluations, feels like a failure. Embarrassed and ashamed, the employee retreats and hides out at home.

It is awkward to be on sick leave when you do not have a visible,

physical illness. Well meaning relatives suggest that they pull themselves together, get back to work, and stop taking things so seriously. Naturally they then feel that they are being judged for their inability to cope. Before, they were stressed about work, now they are stressed about being off work. Sometimes this results in a worsening of their condition. The time off which was supposed to allow for healing, becomes a stressor itself. How can we break this cycle?

We must first acknowledge that stressful work situations are not healthy, and that employees are human beings who should be viewed as more than cogs in the system that can be replaced when they wear (burn) out. Next, we must recognize stress leave as a legitimate reason to be off work. When an organization has increasing numbers of employees on stress leave, it is time to look at all aspects of the work environment. And finally, it is important to realize that a person can look perfectly healthy and strong, yet be crumbling inside. What they need is lots of rest, minimal demands, and a long enough recovery period that they can forget about work for awhile. With rest, and renewal, they will be ready to start back to work. But it is only with some new coping strategies, and different ways of viewing things, that they can avoid falling into the stress trap all over again.

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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INSIDE > OUTSIDE > UPSIDE DOWN

Interlake makes history in basketball at Summer Games

By Brian Bowman

Team Interlake made history in basketball at the 2016 Power Smart Manitoba Summer Games last week.

For the first time ever, Interlake won a medal in basketball.

Interlake's great run in girls' basketball ended abruptly after a 60-39 loss to Team Winnipeg Gold in the 16U championship game but the local squad were still proud owners of some shiny new silver medals.

Winnipeg Gold was a very dominant team throughout the three-day tournament.

"They were undefeated and I don't think a team came within 20 points of them the entire tournament," said Interlake co-coach Sue Gilmour. "They have a lot of skill and a lot of experience."

Sarah Buchan and Callista Howard each led the Interlake with 10 points apiece.

Interlake had trouble shutting down Winnipeg Gold's talented Sonum Sidhu. Sidhu scored a game-high 17 points.

"We keyed in on her a little bit but she just found a way around us and didn't miss," Gilmour said. "Most of their shots went in — they shot very,

very well."

Interlake reached the gold-medal game after upsetting Team Winnipeg Blue 55-48. That was a huge revenge win for the Interlake, which was defeated soundly by Winnipeg Blue the previous day.

"I was so proud of the girls," Gilmour said. "They played so well against Winnipeg (Blue). They finished well and played as a team. Everyone contributed and it was a really, really good team victory to get us into the final."

Interlake's Annika Loeppky did a great job shutting down Winnipeg Blue's Deborah Nkiasi. Nkiasi, who was averaging 18 points per game at the Summer Games, was held to

just four points by the Interlake.

Gilmour said her girls really came together as a unit at the Summer Games.

"This has been an exceptional group of young women," Gilmour said proudly. "They bonded right off the hop and they have been so supportive of each other. The kids that maybe didn't get as much floor time never complained and they were encouraging and loud on the bench."

"Overall, I was extremely impressed with everyone on the team."



TRIBUNE PHOTO SUBMITTED BY SUE GILMOUR

The Team Interlake girls' basketball team won silver at the 2016 Power Smart Manitoba Summer Games last week.

On the boys' 16U side, Interlake lost 73-49 to Team Norman on Aug. 9 to finish eighth overall.

Carl LeBlanc of St. Andrews led the Interlake with 14 points while Jacob McCutcheon of Grosse Isle added 10.

Team Winnipeg Gold took top spot after an 82-75 victory over Team Winnipeg Blue while Team Parkland won the bronze after beating Team Westman 52-47.

In other basketball news, the Selkirk Royals will be hosting a Girls Bas-

ketball Camp 2016 at the Comp from Aug. 29 to Sept. 2.

The U18 girls will practice from 9 a.m. to noon each day, followed by the U14s from 12:30-3:30 p.m. Cost for the camp is \$100 and each player will receive a T-shirt if registered by this Friday.

Space is limited to 25 players per session. Anyone interested can contact Trish Hallson at thallson@lssd.ca or Sue Gilmour at sgilmour@lssd.ca.

Interlake wins bronze in girls' golf at Summer Games

By Brian Bowman

Team Interlake needed a strong Day 2 of the girls' 17-and-under golf event to win a medal at the 2016 Power Smart Manitoba Summer Games in Steinbach.

And that's exactly what they accomplished.

Interlake was very good on Aug. 9 as it combined for a second-best 163 to finish third overall at 333 after 36 holes of competition.

Only Team Westman (320) and Team Winnipeg Gold (321) finished ahead of the Interlake.

The local team was led by St. Andrews' Reece Carter's sizzling 78. Her two-day total 165 placed her fourth. Matlock's Lexie Kopp placed sixth

after carding rounds of 83 and 85 for a 168, followed by teammates Dayna Dubnicoff of West St. Paul (91-90-181) and Selkirk's Mikyla Albert (95-98-193).

East Selkirk's Lorrin-Jeanne Baker, meanwhile, competed for Team Parkland and shot 130 on Monday and 129 the following day for a 259.

Rebecca Kuik of Winnipeg Gold was the low women's golfer after firing impressive rounds of 73 and 76. That was five strokes better than Westman's Bobbi Uhl.

On the boys' side, Interlake finished fourth after combining for a 497 total. That was behind Team Winnipeg Gold (452), Team Winnipeg Blue (487) and Team Central (491).

Selkirk's Brady Bandura was the low Interlake golfer in the 15-and-under male division after carding rounds of 72 and 82 for a 154 total. Bandura's Interlake teammates Adam Ingram of West St. Paul finished at 170, followed by West St. Paul's Brent Ingram (176) and East St. Paul's Noah Johnstone (180).

Josh Shuster won the gold after a 149 total, which was three strokes better than Nick Fernandes and Blake Jacques.

Meanwhile, St. Laurent's Dominique Abraham won the gold in the Special Olympics Open Female division for golf. She finished with a two-day total 142, which was ahead of Parkland's Tammy Lumax (145) and St. Laurent's



St. Laurent's Dominique Abraham won gold in the Special Olympics Open Female division for golf.

Interlake golden in 14U girls' volleyball

By Brian Bowman

Team Interlake was golden in 14U girls' volleyball at the 2016 Power Smart Manitoba Summer Games.

And they now have gold medals to prove it.

Interlake was sensational in volleyball on their way to winning gold after defeating Winnipeg Gold 2-1 by scores of 25-19, 19-25 and 15-6 on Saturday.

Interlake advanced to the gold-medal game after notching playoff wins over Westman (25-13, 28-26) and Winnipeg Blue (13-25, 25-22 and 15-10).

The comeback win over Winnipeg Blue was an exciting one.

Interlake started play last Thursday afternoon with a 2-0 sweep over Eastman, winning by scores of 25-18 and 25-22. Later that evening, Interlake was beaten 2-0 (19-25, 24-26) by Winnipeg Gold.

The U14 Interlake girls' roster included Taylor Barron, Emma Benson, Abigail Benson, Holly Feschuk, Jana

King, Quinn Moroz, Hannah Nick, Kendall Sorokowski, Sheriden Wagner, Peyton Wagner and Makenna Wryha.

Interlake coaches included Nicole Clemons, Aaron Cyr and Megan Cyr.

On the boys' side, Interlake placed sixth after losing 2-0 (6-25, 19-25) to Winnipeg Gold on Friday evening.

Team Interlake started the playoffs with a 2-0 (18-25, 23-25) loss to Winnipeg Blue but they rebounded with a solid 2-0 (25-18, 25-22) victory over Parkland.

In pool play, Interlake was 1-1 on Thursday after a loss to Winnipeg Gold and a victory over Norman.

The Interlake's 14U male roster included John Donald, Brandon Doucet, Spencer Grahame, Josh Jehle, Sean Mullin, Aidan Mulvihill, Nicholas Murray, Conner Nagy, Hunter Olson, Joseph Phillips and Samuel Warken-tin.

The coaches were Tristan Hodges and Michael Munday.



TRIBUNE PHOTO SUBMITTED

Team Interlake captured the gold in 14U girls' volleyball at the 2016 Power Smart Manitoba Summer Games last Saturday.

Interlake wins silver in softball at Summer Games

By Brian Bowman

Team Interlake won a silver medal in girls' softball after losing 7-5 to Team Central in the championship game at the 2016 Power Smart Summer Games in Steinbach.

Interlake had the bases loaded with one out in the seventh inning but couldn't cash in a pair of runs to tie the score. In the sixth inning, Interlake had the tying run on second base and also failed to score.

"The girls put in a tremendous effort and the team really jelled over the week," said Interlake head coach Blaine Shewchuk. "It was quite exciting to be part of (and) while it's disappointing to lose in the final, as I mentioned to the girls, it will sink in (soon) and they'll appreciate what they accomplished."

Interlake advanced to the final after defeating Team Winnipeg Gold 5-2 in a 1-vs.-1 game Friday afternoon.

Interlake started play with a tight 3-2 win over Westman early last Thursday morning.

"That was a real critical game to win right off the hop," Shewchuk said. "It was a very close game and we won it in the bottom of the seventh."

Interlake then knocked off Team Norman 10-3 in six innings and edged Team Winnipeg Blue 3-1.

The Interlake roster included



TRIBUNE PHOTO BY LANA MEIER

Interlake's Grace Goodman hit the ball in the seventh inning to help her team beat Westman 3-2 last Thursday.

Meghan Cabral, Alexandra Chester, Sarah Fines, Rikki Frost-Hunt, Grace Goodman, Miranda Holod, Jamie Johnson, Hanna Marshall, Loren Proven, Amber Schneider, Kyra Shewchuk and Ashton Wallack.

Courtney Kwasnitza and Taylor



TRIBUNE PHOTO BY BRENDA SHEWCHUK

Team Interlake silver medallists, pictured back row: coach Blaine Shewchuk, Grace Goodman, Sarah Fines, Rikki Frost-Hunt, Alex Chester, Loren Proven, coach Taylor Studler, coach Courtney Kwasnitza; front row: Megan Cabral, Amber Schneider, Ashton Wallack, Kyra Shewchuk, Jamie Johnson, Miranda Holod and Hanna Marshall.

Studler were the team's other coaches.

Nine of the 12 girls on the Interlake Summer Games team are on the South Interlake Phillies' U16 squad that will be competing at the nationals in Montreal this week.

The Summer Games were a perfect

setup for the Phillies before they compete at nationals.

"The timing was really good," Shewchuk said. They're playing with confidence and really jelling as a group and building momentum. They're in a good state of mind going into nationals."

Interlake wins silver in girls' soccer

By Brian Bowman

Team Interlake's U13 girls' soccer team won a silver medal at the 2016 Power Smart Manitoba Summer Games after a 3-0 loss to Team Eastman on Saturday in Steinbach.

Eastman scored a pair of first-half goals and then added an insurance marker in the second half.

Interlake started play with an impressive 5-0 shutout over Winnipeg Blue last Thursday.

Alexis Vermeulen led the Interlake with a pair of goals while Hailey Witko, Lauren Kelbert and Maggie Senchuk also tallied.

Interlake then blasted Parkland 11-0 as Vermeulen scored four times while Rorie Werth chipped in with three goals. Taiya Palmer also had a strong game with two goals while Karrisa Sarna and Senchuk added singles.

Team Interlake continued its dominance with a solid 4-0 win over Norman on Friday. No goal scorers from that game were available at press time.

The rest of the Interlake roster included Rachael Mryglod, Leiva Mann,

Dessya Mosienko, Lily Hofmann, Hallee Cole, Sophia Thorne, Morgan Lenchuk, Jocelyn Heald and Milina Dueck.

The team coaches were Dennis Palmer and Jeff Hurschman while managers were Lisa Vermeulen and Corrie Cole.

On the boys' side, Interlake placed fourth after a 2-0 loss to Central in the bronze-medal game on Saturday.

Team Interlake placed second in their pool after finishing with a 2-1 record.

Interlake began action with a hard-fought 4-3 win over Winnipeg Blue last Thursday morning.

Harris Dankochik led Interlake with two goals while Jason Scott and Dawson Zeller also tallied.

Interlake then knocked off Norman 9-0 as Samuel Senchuk netted a hat trick. The other goal scorers were Harris Dankochik (two), Kyle Follhoffer (two), James Frischbutter and Brennan Feschuk.

Interlake closed out its pool play with a 5-1 loss to Westman. No goal scorers were available from the game.

The rest of the Interlake team's roster included Zackary Bergagnini, Cole Bragg, Matthew Church, Jaden Dubois, Nathaniel Gomes, Logan Poloway, Lucas Sousa, Leonardo Taka-

hashi and Luke Tobin.

Interlake's coaches were Daniel Racicot and Manny Gomes while Paulo Sousa was the team manager.

Interlake loses fifth-place game in boys' baseball

By Brian Bowman

Team Interlake lost a heart-breaking 6-5 decision to Team Westman in the fifth-place game of the boys' 14-and-under baseball event at the 2016 Power Smart Manitoba Summer Games.

Westman scored twice in the bottom of the eighth inning for the wild comeback win. Westman's Jayce Soder smacked the game-winning RBI while teammate Zach Maddes drove in the game-tying run in the seventh inning.

Interlake scored three runs in the fourth inning and then added single runs in the seventh and eighth.

Arborg's Austin Adair and Westman's Jake Pool had home runs in the game.

Devon Cassan of Argyle took the loss on the mound.

Team Eastman won the gold medal after defeating Team Central 5-3. Team Winnipeg Gold earned the bronze medal after thrashing Team Winnipeg Blue 10-1.

Manitoba wins bronze at 14U girls' western baseball championship

By Brian Bowman

Team Manitoba won a bronze medal at the Western Canadian 14U Girls' Baseball Championship in Dauphin last weekend.

Manitoba crushed B.C. 19-8 to place third on Sunday.

"On the Sunday, we really started to put things together," said Manitoba head coach Darrell Humeniuk on Tuesday morning. "We had some girls finally hit the ball. The first couple of days we struggled...and, unfortunately, it took us a couple of days to put it together."

Manitoba lost its first three games at the westerns, which relegated them to the bronze-medal game.

Manitoba's team included Stonewall's Anna Shewchuk, Sarah Dowsett, and Megan Humeniuk, Teulon's Jacey Ledochowski, and Arborg's Brenna Barylski.

"Our (local) girls played really well all weekend," said Humeniuk, noting Interlake players were selected as game stars in three of their four games.

"I think in the final game, Brenna had two home runs and she played really well for us. Jacey, I think, had a grand slam in that final game for us, too."

The Manitoba team was also coached



Sarah Dowsett



Anna Shewchuk



Jacey Ledochowski

Teulon's Rod Ledochowski.

"As a coach you always have experiences that you never forget," said Humeniuk, noting that Manitoba scored the most runs of the four teams at westerns. "This season with Team Manitoba's 14U girls will rank up there as one of the best for me."

Humeniuk said the Manitoba girls improved tremendously over the

course of the summer. He noted that many of the Manitoba players have previously played softball.

The future of girls' baseball in Manitoba, though, appears to be very bright.

"From where we started with these girls back in the early spring at the camps in Portage, to the westerns in Dauphin this past weekend, this

group was committed to learning, practicing and playing baseball," Humeniuk said, noting their game schedule consisted of tournaments and exhibition contests.

"We packed a lot of information into a very short time and then practiced for hours at a time and not once did I hear from any of the girls that they wanted to take a break."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Interlake places fourth in medal standings at Summer Games

Staff

Interlake athletes had a multitude of outstanding performances at the 2016 Power Smart Summer Games in Steinbach from Aug. 7 to 13.

Local athletes brought home 71 medals — which included 24 gold, 20 silver and 27 bronze — to place

fourth out of eight regions.

Team Winnipeg Blue finished with the most medals at 104. That included 39 gold, 41 silver and 24 bronze.

They were followed by Winnipeg Gold (34-32-29-95), Central (40-22-28-90), the Interlake, Eastman

(19-21-24-66), Westman (8-14-12-34), Parkland (3-11-9-23) and Norman (0-5-11).

Here are the Interlake medal winners from the 2016 Power Smart Summer Games.

Gold

Athletics 100m Midget Female
Alex Chester
Athletics 200m Midget Female
Alex Chester
Athletics 4x100m Midget Female
Interlake
Athletics High Jump Bantam Male
Brayden Wiebe
Athletics Long Jump Midget Male
Andrew Hopko
Athletics Javelin Midget Female
Grace Goodman
Athletics Shot Put Midget Male
Andrew Hopko
Athletics Discus Midget Male
Ben Kelly
Athletics Cross Country Team Bantam Female
Team Interlake
Athletics Tetrathlon Midget Male
Interlake
Athletics Team Shot Put Midget Female
Interlake
Athletics Team Triple Jump Midget Female
Interlake
Athletics Team Long Jump Midget Male
Interlake
Athletics Team Javelin Midget Female
Interlake
Athletics Team Discus Midget Male
Interlake
Golf Individual Competition
Special Olympics Open Female
Dominique Abraham
Sailing Laser Radial Female
Molly Ingenmey
Swimming 50m Freestyle Junior Female
Jillian Friesen
Swimming 50m Breaststroke Junior Female
Sofia Paunovic
Swimming 50m Backstroke Junior Female
Jillian Friesen
Swimming 100m Freestyle Junior Female
Jillian Friesen
Swimming 100m Backstroke Junior Female
Jillian Friesen
Swimming 100m Individual
Medley Junior Female
Jillian Friesen
Volleyball 14 & Under Female
Team Interlake

Silver

Athletics 100m Midget Male
Andrew Hopko
Athletics 4x200m Midget Coed
Interlake A
Athletics Distance Medley Bantam Female
Interlake
Athletics Distance Medley Midget Female
Interlake
Athletics Triple Jump Midget Male
Andrew Hopko
Athletics Javelin Midget Female
Asha Gurney
Athletics Shot Put Midget Female
Brenna Barylksi
Athletics Shot Put Midget Male
Ben Kelly
Athletics Cross Country Team Bantam Male
Team Interlake
Athletics Tetrathlon Midget Female
Interlake
Athletics Team High Jump Midget Female
Interlake
Athletics Team Shot Put Midget Male
Interlake
Athletics Team Long Jump Midget Female
Interlake
Athletics Team Javelin Midget Male
Interlake
Basketball 16U Female
Team Interlake
Sailing Optimist Male
Tomas Green
Sailing Windsurfing Mix
Alex Martin
Soccer U13 Female
Team Interlake
Softball U16 Female
Team Interlake
Triathlon Individual 12 & 13 years of age Female
Anja Krueger

Bronze

Athletics Medley Relay Bantam Female
Interlake
Athletics Medley Relay Midget Female
Interlake
Athletics Distance Medley Bantam Male
Interlake
Athletics 80M Hurdles Midget Female
Asha Gurney

Athletics High Jump Bantam Female

Rofiat Badmos
Athletics Javelin Midget Male
Ben Kelly
Athletics Shot Put Midget Female
Laine Vandersteen
Athletics Individual Cross Country Bantam Male
Tyson Barylksi
Athletics Individual Cross Country Midget Male
Jordan Simko
Athletics Cross Country Team Midget Male
Team Interlake
Athletics Team Shot Put Bantam Female
Interlake
Athletics Team Standing Long Jump Bantam Male
Interlake
Cycling Individual Cross Country U15 Female
Ella Russell
Cycling Individual Cross Country U15 Male
Grafton Hopkins
Cycling Individual Short Track U15 Female
Ella Russell
Cycling Individual Short Track U15 Male
Cody Brown
Golf Individual Competition Special Olympics
Open Female
Amanda Coutu
Golf Team Competition 17 & Under Female
Team Interlake
Swimming 50m Breaststroke Youth Female
Sapphire Johnson
Swimming 50m Butterfly Junior Female
Jillian Friesen
Swimming 50m Butterfly Youth Female
Jill Smuttell
Swimming 100m Freestyle Youth Female
Sapphire Johnson
Swimming 100m Breaststroke Youth Female
Sapphire Johnson
Swimming 100m Butterfly Junior Female
Anja Krueger
Swimming 100m Butterfly Youth Female
Jill Smuttell
Triathlon Individual 14 & 15 years of age Female
Megan Van Heyst
Triathlon Individual 16 & 17 years of age Female
Serena Derksen

Wirgau, Sinclair cowboy up in Europe playing hockey

By Brian Bowman

A pair of local hockey players spent some time recently sightseeing over in Europe.

And, of course, they played some hockey along the way.

Riley Wirgau of Narcisse and Bryden Sinclair of Peguis First Nation spent 10 days in Europe playing against international competition. Both athletes played last season for the Interlake Lightning Bantam team.

"The experience was awesome," said Wirgau, 15, Monday evening. "They have really good hockey players over there and it was a really good sightseeing trip too."

Wirgau and Sinclair were playing on a Team Canada Cowboys hockey club based out of Calgary. The pair was selected to play for the team after competing at a Regina tournament this past season with the Lightning.

The Cowboys played one game in Sweden and eight more in Finland. The Canadian squad lost all nine of those games.

"Most of the teams were older than us," Sinclair, 15, noted. "And they were pretty good."

Despite struggling in the win column, Sinclair, a defenceman, enjoyed the unique trip of playing hockey in Europe. It's a tad different than here in Manitoba, he added.

Wirgau agreed it was a tough challenge competing against the older

players.

"We didn't do too (well in the win) department," admitted Wirgau, a 5-foot-8, 180-pound power forward. "But the majority of the games we played, (the other team) was older than us by one or two years."

"It was a good experience playing against them, though, because some of them had played together for eight years, so they really got to bond."

In comparison, the Cowboys had just 10 practices together in Alberta before the tournament. The Canadian team was made up of players scattered across western Canada.

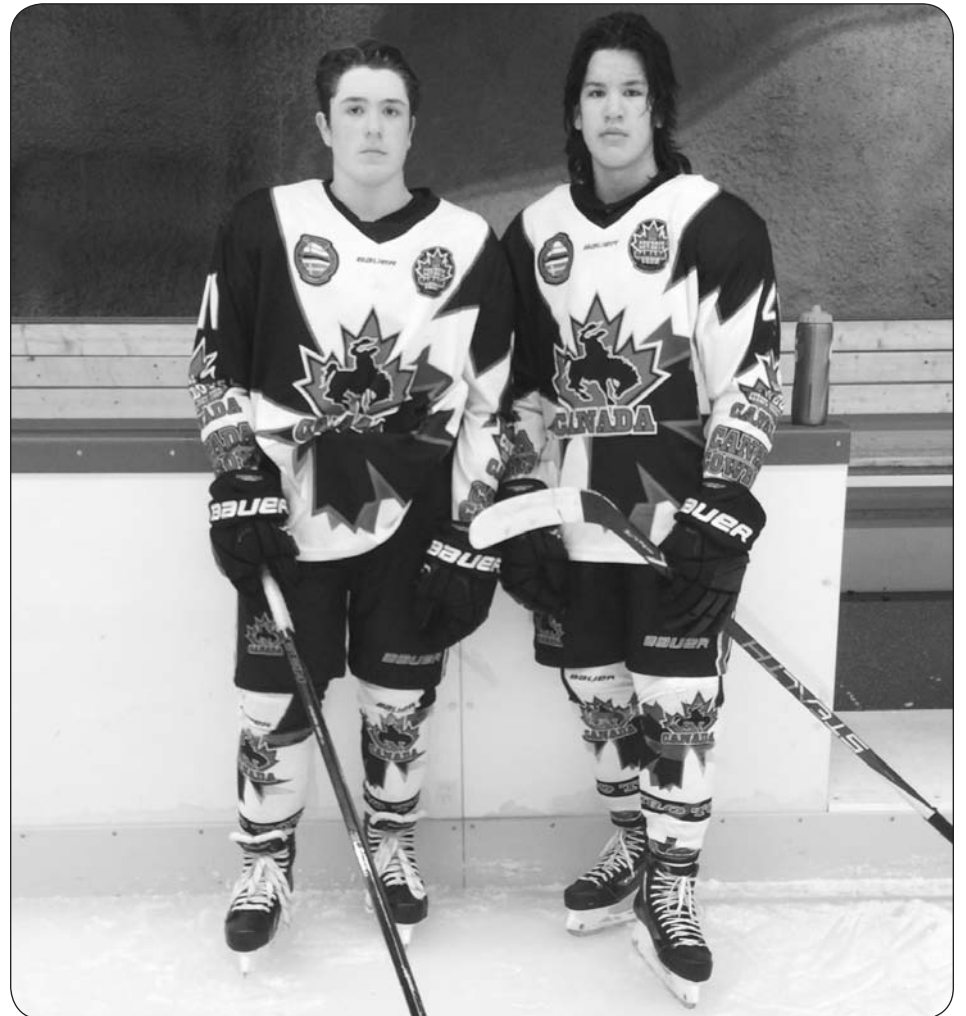
Wirgau admitted it was difficult getting used to being on the ice during the summer months.

"I wasn't on the ice for a month before that," he said. "At the beginning, we were all really out of shape because no one had really been on the ice. But after a while, we started to get the feel back for it."

The Cowboys did play against one Finnish team that was their same age and they faired pretty well, losing by just a goal.

Wirgau said he would love to go on a similar-type trip in the future and highly recommends it to other young hockey players from the Interlake.

"I would go again hands-down and I would definitely recommend it," he said. "It was a really good experience."



TRIBUNE PHOTO SUBMITTED

Local hockey players Riley Wirgau of Narcisse, left, and Bryden Sinclair of Peguis First Nation returned home last week after playing hockey in Europe.

Thunder howl past Coyotes in shutout win

By Brian Bowman

The game between the Interlake Thunder and Sunrise Coyotes was a tale of two very different halves.

In the first half, Interlake, at best, looked like an ordinary football team. But in the second half, the Thunder suddenly became a potent team that has the potential to be very dominant.

Interlake scored 35 unanswered points in the second half on their way to a 35-0 victory over Sunrise in Midget Football League of Manitoba action last Saturday at the Selkirk Rec Complex.

"It was a great win," said Thunder head coach Kris Johnston. "And this team needed to get over the hump a little bit. It was our second game of the season and you have a new mix of guys with veterans and young guys. Until they do it, they don't know what they are capable of doing."

After struggling in the first half, the Thunder really played well after the break.

"There was an explosion of confidence and everything just came together," Johnston said.

Alex France got the party started with an impressive 68-yard punt return for a touchdown just four minutes into the second half. That play appeared to

give the Thunder a huge lift — and a much-needed spark — to its offence.

Thomas Dunlop had a great game at quarterback, rushing nine times for 89 yards and three touchdowns. He was also effective in the air, finishing 6-for-11 for 115 yards.

Interlake did a good job running the ball. Colton Nedotiafko finished the game with 56 yards on nine carries and a touchdown.

On defence, the Thunder played really well as a unit and had some great individual performances. Cordell Holder had eight tackles and two sacks while putting consistent pressure on the Sunrise quarterback.

Tanner McCallen, meanwhile, snagged his second interception in as many weeks.

With the win, Interlake is now 1-1 and will host the Southwest Wolves (0-1) this Saturday (4 p.m.) in Stonewall.

"This is a huge opportunity for us to go 2-1, provided we play the game that we're capable of playing," Johnston said. "We don't want to count our chickens before they hatch, obviously, but we're going to work our tails off all week."



TRIBUNE PHOTO BY KIM DELAROQUE

The Thunder's Mitch Rogoza of Stonewall catches a pass during Interlake's 35-0 win last Saturday against the Sunrise Coyotes.

Sholdice wins Men's Rural Golf Championship

Staff

Teulon Golf & Country Club's Ryan Sholdice was very good in winning the Men's Rural Golf Championship on his home course last weekend.

Sholdice fired a sizzling 66 on Saturday and then wrapped up the 36-hole event with a 73 on Sunday to finish at 5-under 139.

That was six strokes better than Carman's Bobby McNair (72-73) and his brother, Bryce (69-76).

Rounding out the top six were Minnewasta's Josh Neufeld (72-74-146), Golf Manitoba's Aaron Ogrodnick (75-73-148), and Selkirk's Wesley Hoydalo (71-77-148).

Hoydalo won the junior championship by six strokes over Quarry Oaks' Stefan Lavallee.

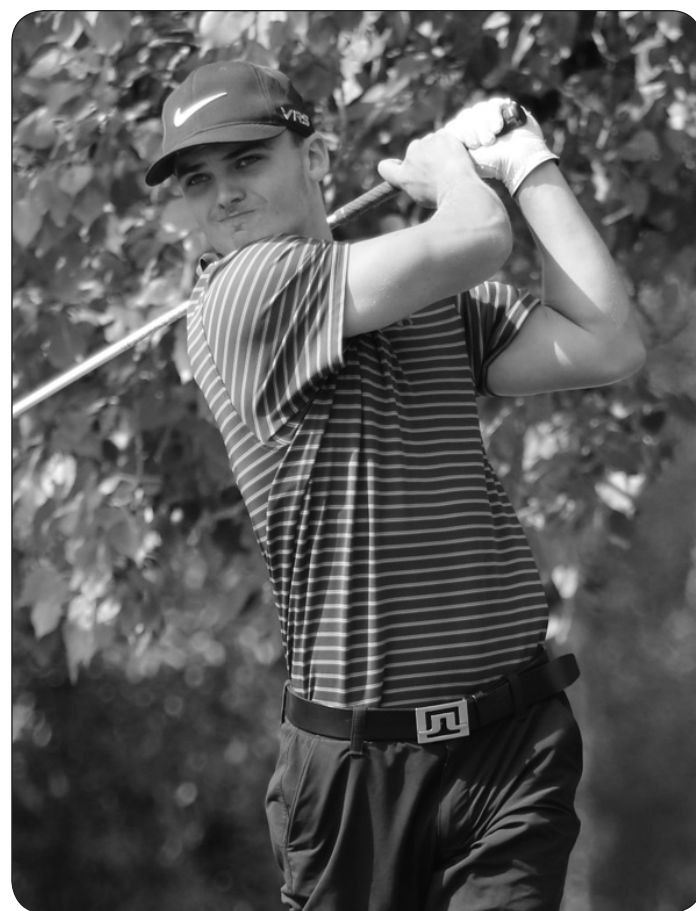
Darren Kelpin, who golfs out of Teulon, placed 10th after rounds of 77 and 80 while Teulon Golf & Country Club's Mark Huebsch was 12th after shooting an 82 and 80.

In the men's senior championship, Clear Lake's Keith Fawcett finished with a 9-over 153, which was five strokes better than Steinbach Fly-In Golf & Country Club's Al Kehler.

Selkirk Golf & Country Club's Kevin Tyndall placed fourth after finishing at 170.



Teulon Golf & Country Club's Ryan Sholdice won the Men's Rural Golf Championship last weekend.



TRIBUNE PHOTOS BY LANA MEIER
Bryce Sholdice tied for second with Bobby McNair, just six strokes behind his older brother.

Lenton to be inducted into Manitoba Golf Hall of Fame

Staff

Stonewall-born Gord Lenton will be one of four individuals inducted into the Manitoba Golf Hall of Fame & Museum next month.

Lenton will be inducted in the Athlete and Builder categories along with Selkirk-born Dean Goodbrandson, who will be inducted in the Builder category. Two members — Mauriel (Bremner) Rogers and Casmir "Kas" Zabowski, both in the Athlete category — will be inducted posthumously.

The 14th annual induction ceremony will take place on Sept. 19 at the McPhillips Station Casino in Winnipeg.

"As Golf Manitoba enters its second century of service to golfers in the province, we are pleased to be able to recognize the outstanding accomplishments and contributions to the game over many decades by this year's honoured members," said Don MacDonald, Manitoba Golf Hall of Fame and Museum Inc. president in a media release.

"Their inclusion in the Manitoba Golf Hall of Fame is public and permanent recognition of all that they

have done to advance the game of golf in the province."

Here are Lenton's career highlights:

- Born in Stonewall in 1927;
- Golf Professional at Selkirk Golf Club in 1959 and 1960;
- Low Amateur in Manitoba

Open (1965 and 1966), Low Amateur Quebec Open (1971);

- Manitoba Senior Champion (1982, 1987);
- In final round of 1982 Manitoba Senior, had 18 consecutive pars at Pine Ridge and won with a birdie on the first hole of a playoff with Bill

Pidlaski;

- Manitoba Rural Senior Champion (1984, 1985);
- Senior "A" Group Winner in 1982 Canadian Senior; and
- From 1996 to 2016, has shot his age or better 187 times.

Blue Jays bounced from WSBL playoffs

By Brian Bowman

The Stonewall Blue Jays' wildcard game against the Kildonan Mudcats was a microcosm of their entire season.

They played well, held a lead, but, in the end, they lost the ball game.

Kildonan tied the score at 4-4 in the bottom of the fifth inning and then scored the game winner in the sixth to scrape out a 5-4 victory in a one-game Winnipeg Senior Baseball League wildcard game last Thursday at Koskie Field in Winnipeg.

Stonewall got off to a quick start by building a 2-0 lead and then the two

teams were tied at 4-4.

"We had our opportunities to blow it wide open but we left a couple of guys on base," said the Blue Jays' Adam Kirk. "We had the bases loaded twice and proceeded to let them back into the game."

The one-game playoff was a sharp contrast to last-season's lengthy playoff run by the Blue Jays on their way to winning a league title. Many of Stonewall's losses this year were by a single run as the Blue Jays outscored their opponents 110-98 during the regular season.

"It was kind of the MO for us the

entire year," Kirk said, noting the Blue Jays started last season 11-0. "We had our chances all year to not play this game and not have to be in this situation. Last year, we won a lot of one-run ball games and this year we didn't. We just found ourselves on the other side."

Kirk wanted to thank all of the fans and sponsors who supported the Blue Jays during the entire season.

Kildonan, meanwhile, now advances to play Elmwood while St. James will battle St. Boniface in the two best-of-five semifinal series.

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EMPLOYMENT OPPORTUNITY ICE ATTENDANT- CURLING

The Teulon-Rockwood Recreation Commission invites applications for the position of ICE ATTENDANT CURLING RINK.

The successful applicant is responsible for the proper maintenance of the curling ice and buildings as well as occasional maintenance elsewhere for the Teulon Rockwood Recreation Commission.

This is a seasonal position with starting in October running until April, dependent on the weather. This position is a recurring seasonal employment. Salary range for this position is dependent on experience and qualifications and all applicants should indicate expected hourly salary.

A general job description is available by contacting the Teulon-Rockwood Recreation Commission at 204-861-0341.

Applications will be accepted until 4:00 P.M. on Tuesday, September 6th. Apply by email to teulonrockwoodrec@gmail.com, in person at the Teulon Civic Centre, fax 204-886-3918 or by mail Teulon-Rockwood Recreation Commission, Box 69, Teulon, MB, R0C 3B0

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Under the supervision and direction of the Parks & Arena Supervisor, the Parks & Arena Employee will perform various duties both at the park and arena. A detailed job description is available from the Parks & Arena Supervisor. Hourly wage range \$18.00 to \$22.25 based on IUOE Local 987.

PROCEDURE FOR APPLYING:

Applicants are invited to submit a cover letter summarizing work experience, a resume, plus three (3) references to:

Town of Stonewall
Attention: Brett Chatfield
293 Main Street, Box 250,
Stonewall, Manitoba R0C 2Z0

Deadline for applications: 4:00 PM on August 26, 2016

Start date: as soon as possible

We thank all those persons who apply, however only those granted an interview will be contacted.

JOB OPPORTUNITY

The Teulon & District Seniors Resource Council is seeking applicants for a 15 hour week

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- Applicants should possess an understanding of senior's requirements, good communication and organizational skills.

Resumes to be sent to:

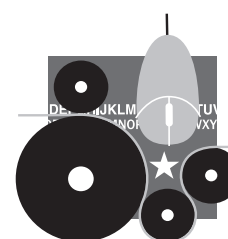
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The Town of Stonewall is looking to appoint 3 residents of the Town to sit on the 2017 Board of Revision, October 20, 2016.

Each year Council shall appoint a board consisting of not less than 3 members, some or all of whom may be members of Council. Council shall also appoint a member of the board to serve as Presiding Officer.

The Board of Revision is appointed by the Council of Stonewall to hear applications against the assessed value of lands, improvements and classification of properties in the Town of Stonewall.

If interested please submit a resume outlining any experience that may be relevant to the position by mail, email or drop off to the undersigned no later than Friday, September 2, 2016:

Town of Stonewall Council
Box 250
293 Main Street
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e-mail: dallan@stonewall.ca

We thank all those who apply, however only those selected will be contacted.

PUBLIC NOTICE

MTS Stonewall Cellular Antenna Supporting Structure Proposal

On behalf of our client MTS Inc., MMM Group Limited a WSP Company, would like to take this opportunity to inform you of the proposed installation of a cellular antenna supporting structure on the property located at 356 1st Street East in Stonewall, Manitoba. Data usage continues to grow in Stonewall and more capacity is required on MTS's LTE wireless network to reduce delays and increase speed. To sufficiently serve residents and customers, network improvements are required in Stonewall.

The proposed tower is a 30 metre monopole tower which is a slim single pole. The monopole will be equipped with shrouded antennas and radio equipment stored in an adjacent MTS building. The tower will be painted to blend in with its surroundings.

Please submit written comments or suggestions regarding this Public Notice for the MTS Cellular Antenna Supporting Structure proposed in Stonewall, Manitoba (356 1st Street East) on or before **September 19, 2016** to Lauren Lange by mail: 111-93 Lombard Ave. Winnipeg, MB, R3B 3B1, email: LangeL@mmm.ca or by fax: 204-943-4948.

MTS **MMM GROUP**

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Sunday August 28th @ 11:00 am

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Stonewall Teulon
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ANNOUNCEMENT

ANNIVERSARY



Rodger and Caroline Holmes
are pleased to announce
the celebration of 60 blissful years of marriage
on August 18th, 2016

On behalf of all of your family and friends
we wish you 60 more years of good health and happiness together
Congratulations!



ANNOUNCEMENT

IN MEMORIAM

To my dear friend
who passed away on August 22, 1996
Lynn MacDonald

It is 20 years ago this day,
That God chose you to go up and stay.
My nickname for you was Izzy,
Sometimes we got ourselves into such a tizzy.
I miss your laugh and smile,
You were a friend that went that extra mile.
Many things have changed down here,
But my memory of you always makes me
cheer.
We will see each other one day again,
So until, my thoughts of you never end.

-Sadly missed and always remembered,
Lisa

ANNOUNCEMENT

IN MEMORIAM

Bonnie Buckle
"Bonita, Mom, Grandma"

They say that times a healer,
But as the time goes on;
We find it just as hard,
To face the fact you're gone.
Today is the anniversary,
Of the day you went away.
We'll always shed a tear
Because we love you,
And wish you were still here.
Forever in our hearts!

-Jim and family

ANNOUNCEMENT

IN MEMORIAM



Alice Plumptre
December 13, 1933 - August 22, 2014
Grandma,

Remembering.....

- Sam, Darlene and Mike

ANNOUNCEMENT

IN MEMORIAM



David Peters - "Dad and Poppa"
June 24, 1949 - August 22, 2011

If we could write a story,
It would be the greatest ever told;
Of a kind and loving father,
Who had a heart of gold.
We could write a million pages,
But still be unable to say;
Just how much we love and miss him,
Every single day.
We will remember all he taught us,
We're hurt but won't be sad;
Because he'll send us down the answers,
And he'll always be OUR DAD

-Lovingly missed,

Jo-Anne, Lyle, Dylan and Gavin
Donna, Rob, Blake and Greysen
Darryl, Erin, Elliott and Addisyn

OBITUARY

Brenda Joyce Church (nee Piche)

On August 14th, 2016 after a four year courageous battle with cancer. Brenda passed away peacefully at Stonewall Hospital, with family by her side.

She was predeceased by her parents her mother Hilda (Alda) Piche (Nee Monkman), father Maurice Piche; brothers Maurice (Sonny) Walter (Cheetah), Earl, and sister Yvonne. Brenda is survived by her husband Ron Church; children Debbie and Eddie (Chico); two grandchildren Niasha, Adam; sisters Audrey (beloved B.I.L.) and Ruth.

Brenda was born in Stonewall December 26th, 1949 she lived in Stonewall until she moved to Winnipeg with her mother Hilda and brother Walter in 1965. In January 1998 she married Ron Church and had returned to Stonewall where she was happy to be back in her hometown with her loving husband Ron.

Service will be at MacKenzie Funeral Chapel in Stonewall at 2:00 p.m. Monday, August 22nd followed by a lunch at Stonewall Legion.



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

OBITUARY

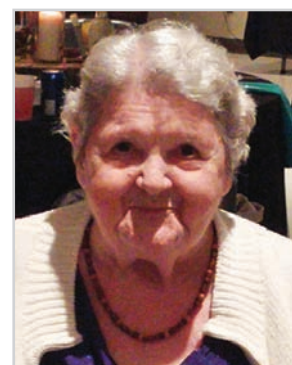
Doris Doloreen Guitard

Peacefully, on Sunday, August 14, 2016 at the Red River Place, Selkirk, Doris passed away at the age of 83.

Predeceased by her husband Ed; she leaves to mourn her passing her children, Brian, Wayne (Marie), Diane (Norm), Patty (Louis), Sheila (Farrell), as well as grandchildren and great-grandchildren.

A memorial service will be held on Friday, August 26, 2016 at 1:30 p.m. at the MacKenzie Funeral Chapel, Stonewall. Interment will follow at Stonewall Cemetery.

Memorial donations may be made in Doris' memory to the 55 Plus Club, Stonewall.



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OBITUARY



Lil Hubar (Mollard)
April 24, 1932 – August 7, 2016

Peacefully on Sunday, August 7, Mom lost her courageous battle with cancer.

She leaves in mourning her children Lynn (Russ) Linklater, Gary (Karen), John (Barb), Jason (Adrienne) Hubar; her grandchildren Tom (Amanda), Jamie (Luisa) Linklater, Tammy (Dennis) Rakar, Matthew and Holly Hubar; her great-grandchildren Brandon, Samantha, Frankie, Jeremy, Marianna Linklater and Emily Rakar. She was predeceased by husband Steve and sons Tom and Randy.

Mom was the bionic women, she never complained, she never wanted anyone to worry about her. She never wanted to bother anyone. She could make a full course meal out of an empty fridge. She loved her family dearly. You would say to her, Mom do you want anything and she would say no. We knew she was hurting in

the end but when asked she would say no because she didn't want us upset.

We have great memories of her and Dad. The grandchildren and great-grandchildren had many great times with her at the farm. Memories, that is all we have now.

Respecting Mom's wishes, immediate cremation has taken place with no funeral service.

The family would like to thank the doctors, nurses and staff at Percy E Moore Hospital that cared for Mom during her stay.

In lieu of flowers, donations may be made in Mom's memory to a charity of your choice.

OBITUARY



Joyce Emerald Watts (nee Wooster)
December 30, 1918 – August 14, 2016

It is with great sadness that we announce the passing of Joyce. Left to mourn her passing is son-in-law Herman Kars; grandchildren Ernie and Barb (Gerald); great-grandchildren Andrew, Mathew, Amanda and Daniel Guilbeault; two sisters Dorothy Anderson and Gwen Amy; sisters-in-law Nettie Wooster and Kathy Watts and many nieces and nephews.

She was predeceased by husband Ernie Watts; daughter Ethel Kars; sisters Vera Delf, Eileen Brown, Doreen Sheridan, Marge Gilberg, and brothers Stan Brewis, Vic Brewis and Art Wooster.

Joyce was born in England, she moved to Canada with her family when she was six, they first settled in Warren, then Balmoral where she met and married Ernie Watts on June 2, 1942, they had one daughter Ethel. Joyce enjoyed many years farming in Balmoral,

she also took great pleasure in helping with our family greenhouse. She enjoyed cooking for many family gatherings, playing cards, and dance to old time music, even in Goodwin Lodge.

The family would like to extend warm gratitude and thanks to Dr. Loudon, and staff at Goodwin Lodge for their years of care and compassion.

Funeral service will be held on Wednesday, August 24, 2016 at 1:00 p.m. at the MacKenzie Funeral Chapel in Stonewall.

In lieu of flowers donations can be made to a charity of your choice.

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