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TRIBUNE PHOTO BY JO-ANNE PROCTER

The sweltering temperatures with a humidex in the 40-degree mark last Saturday didn't deter the little ones from taking in the midway at the 31st annual Stonewall Quarry Days festival. Pictured with mom Carla, Kylie Brunel on the giraffe and her cousin Jaylee Scott on the horse enjoyed the merry-go-round.

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Lilyfield limestone quarry sought yet again

By Stefanie Lasuik

A tried and tested battle arose again Tuesday evening when members of Hugh Munro Construction met with Rosser and Rockwood residents to discuss concerns surrounding the possibility of a limestone quarry becoming fully operational in the Lilyfield community.

The decision of whether the land will be quarried will be ultimately left up to the Rural Municipality of Rosser. But Colleen Munro, owner of Hugh Munro Construction and the land of the Lilyfield Quarry, said she wants to work with the citizens in this project.

"We want to listen. We want to work through. We try to mitigate any issues," Munro said at the meeting.

Some citizens were skeptical. They adamantly oppose quarry operations of any sort, citing noise, vibration, dust, traffic, safety of children and animals, children with severe asthma, property devaluation, and well damage as concerns. Some do not believe Munro Construction will do enough to combat these concerns or that these concerns can be combatted at all.

Munro and her team explained that the new technology in blasting keeps the decibel limit at 130 and the vibrations contained in quarry's property lines. Several citizens contended that 130 decibels is still a deafening limit, and Blake Barker argued that the technology hasn't changed as much as Munro claims.

Already poor well conditions for some residents have them fearing the limestone blasts. Although Munro



President and owner of Hugh Munro Construction Colleen Munro addressed the Rosser and Rockwood citizens on Aug. 11.

said that the company would be responsible for any damage, WSP group community planner Jacqueline East explained she would look into bringing a third-person expert to examine the wells prior to blasting.

East will be exploring all the concerns brought up by citizens in the meeting as well as on the surveys to report back on Aug. 25, when citizens will again be called to meet at Anderson's Hitch 'n Post from 7 to 9 p.m. It is then East plans to list all raised issues and her proposed solutions.

From there, Munro Construction will submit documentation detailing the survey results to the RM of Rosser,



TRIBUNE PHOTOS BY STEFANIE LASUIK

The Lilyfield Quarry includes the construction of a haul road, which would take construction trucks down Lilyfield Road before hitting Provincial Road 236.

which will compliment their existing application. Some citizens fear that the documentation will not truly represent the concerns voiced through the surveys. However, this material must be submitted during a public hearing, and any who oppose the representation provided can speak against it then. Munro believes that the benefits of the project to the community will lie in increased jobs for local residents, enhancement of Provincial Road 236 and Lilyfield Road, taxes for RM improvement, and proposed funding for local recreation facilities. She hopes to set up a resident adviso-

ry committee, which would communicate concerns and advice on quarry operations to Hugh Munro Construction. She further promised that there would be no trucks on Summit and Sturgeon roads, and that the blasts would occur once a week at maximum and for less than one second at a time. Residents, however, do not wish to

Residents, however, do not wish to live next to a construction zone that could negatively impact their properties, their families and their lives.

Citizens with questions can contact Hugh Munro Construction at 204-224-9218.

Rosser home invaded by armed men

By Staff

Three armed men demanded drugs from Rosser residents during a home invasion last weekend.

On Sunday, Aug. 16 in the early morning, Stonewall RCMP responded to the report of a home invasion at a rural residence in the RM of Rosser.

Once they arrived, police learned that three masked men had forced

their way into the house and demanded drugs from the residents.

One of the men sprayed a resident with bear spray. Meanwhile, the other suspects were armed with a sledgehammer and an assault rifle.

Nothing was stolen from the home, and the men fled in two vehicles.

Shortly after the vehicle descriptions were broadcast to surrounding RCMP

and Winnipeg Police Service detachments, RCMP members from East St. Paul located one of the vehicles travelling on the north Perimeter. After they pulled over the vehicle, one suspect jumped out and fled on foot.

[°] RCMP members and Winnipeg Police Service officers converged at the scene. With help from an RCMP service dog, they stopped a male suspect. The cube van fled the scene and was abandoned in East St. Paul.

Adrian Joseph Sefa, a 23-year-old from Winnipeg, was taken into custody. He faces numerous criminal charges including break and enter, assault with a weapon and several weapons offences.

The two other suspects have not yet been identified. The matter is still under investigation by Stonewall RCMP and the RCMP major crime unit.



Teulon campers go 'To the Edge'



TRIBUNE PHOTO BY NATASHA TERSIGNI Fun water games were just one activity campers looked forward to during their week spent at New Life Church in Teulon for the "To the Edge" summer camp. Pictured above, youth leader Samuel soaks camper Lilly.

By Natasha Tersigni

For the third year in a row, Teulon's New Life Church youth director Richard Heppner organized and ran a weeklong camp aimed at children in kindergarten to Grade 6. The camp is an annual summer attraction for the church's youth parish and it always runs the second week in August.

"It is an awesome camp, lots of fun. Our theme this year is 'To The Edge-Encountering the God of the Universe,' "said Heppner.

The campers' days were filled with fun activities including outdoor games, crafts, music and learning memory verses. Older youth from the church's youth group helped Heppner organize and run the various activities.

"It is a really great opportunity for them to learn leadership skills and take on that responsibility," added Heppner.

Lightning strike causes fire in Rosser



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Lightning from a storm last week struck the roof of a metal hay shed and caused a fire.

At approximately 11 a.m. on Wednesday, Aug. 12, the Rosser and Stony Mountain Rockwood fire departments responded to a hay shed fire at the Georgison Farm located in the RM of Rosser just east of the Bel Acres golf course.

The fire took firefighters several hours to extinguish. The shed was completely destroyed along with approximately 1,200 bales of straw. There were no people or animals injured in the fire. The shed and its contents did have insurance.







Commercial

Home

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Annual ride for Child's Wish a success despite stormy skies

By Stefanie Lasuik

It would take more than rain, thunder and lightning to thwart the efforts that attendees of the 27th Annual Ride for a Child's Wish put into making sick children's dreams come true. Despite threatening and dangerous skies, and despite decreased numbers of participants, the ride brought in \$75,202 and counting for the South Interlake Chapter of the Children's Wish Foundation.

In all, 48 motorcyclists and 79 horse riders assembled at Silver and Gary Peltier's on Aug. 15 for a full day of riding and fundraising. After the motorists returned from their 250-kilometre loop and the horses with their riders completed 14 miles, they were joined by 475 others who filled the grounds for a chicken and pig roast dinner.

Attendees were then treated to a 101-prize brown bag auction and a barn dance with music from the local country band Crossroads.

"They were super. They played every kind of music from fiddle, polka to old country, young country and rock. They played to everyone," Silver explained, noting that the dance floor was full all night long.

A special guest appeared on behalf of the Children's Wish Foundation South Interlake Chapter. Meaghan, who lives with Membranoproliferative Glomerulonephritis Type 2, thoroughly enjoyed the day as the chapter's wish ambassador.

It is children similar to Meaghan for whom the event raises funds. It alleviates the stress family and friends of young sick ones endure while giving them memories that will last forever. Meaghan's eyes lit up when speak-



As Children's Wish Ambassador for South Interlake, Meaghan enjoyed her time in Woodlands and looks forward to her Disney cruise.

ing of her own wish to go on a Disney cruise in the Bahamas. Meaghan and her family are excited for their vacation and dubbed the event wonderful.

"It's heart warming to see these people donate their money and their time to the Wish Foundation," Meaghan's mom, Tara, said.

Despite numbers hovering below average, the annual event was another success. Sponsors, donors and volunteers worked together to spite the stormy conditions.

"It's phenomenal how much support you get from the community," Silver said.

She explained that the volunteers worked tirelessly and independently to help the event run smoothly.



TRIBUNE PHOTOS BY STEFANIE LASUIK

Pictured left to right: Breanne Boyd, Carson LaCharity, Howard Boyd, Randi Boyd and Jesse LaCharity made riding for a child's wish a family affair.

"If we didn't have the volunteers, there is no way we could put this on anymore."

Next year's Ride for a Child's Wish, the 28th annual, is set for Aug. 20, 2016.



Ed and Marilyn Campbell from Marquette saddled up through the rain, lightning and humidity for the cause.



Motorcyclists set off on their path in the third year that the bike rally has been a part of the Ride for a Child's Wish. In that time, it has raised \$9,000.



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The kids behind the cause

Former wish ambassador Sean Mullin will have wish granted in December

By Stefanie Lasuik

The 2015 Ride for a Child's Wish was made special by more than one wish ambassador. Sean Mullin of Stonewall witnessed Saturday's event, one that his mother, Janice, deemed amazing.

The now 13-year-old should have never made it past birth. Seven months into his mother's pregnancy, Janice's ultrasounds detected kidney problems and a lack of amniotic fluid, conditions doctors said her baby would never survive.

"It's hard to describe because there's nothing worse than knowing your child is going to die," Janice said.

Janice prayed for time with her son and for him not to suffer, only to find her prayers answered. "A miracle happened and he's doing amazing," Janice said, noting that the doctors and nurses in the delivery room were absolutely shocked.

Sean now lives with polycystic kidney disease, which has also caused his liver and spleen to be enlarged. He will require a double transplant. He currently swallows 18 pills a day and undergoes monthly injections and visits to various specialists.

But that doesn't stop him from living a happy, active life.

Sean participates in cross-country running, hip hop dancing, volleyball, basketball, kickboxing, curling, golfing, hunting and fishing. He has a wonderful sense of humour and an inspiring happy-go-lucky attitude.

He speaks out about the importance

of organ donation and the importance of living life to its fullest.

"My message is to always have hope and don't worry and make the most out of every situation," Sean explained.

Sean and his mother are enjoying life in their new home.

"We absolutely love Stonewall," Janice said.

"We had such a warm welcome here that we thought this is exactly where we're supposed to be."

They were blown away by the size of Gary and Silver Peltier's Ride for a Child's Wish.

"I couldn't believe how many sponsors there were and how many prizes they had and how many people are involved in it and that they've been doing it for 27 years," Janice said.

The event and ones like it will support children like Sean, whose wish is to go snorkelling in the ocean. The Mullins are excited at the prospect of



TRIBUNE PHOTO SUBMITTED Sean Mullin enjoys being active and participates in kick boxing.

packing their bags for Hawaii this upcoming Christmas break.

SIPD authorizes third reading for CentrePort bylaws

By Natasha Tersigni

Following the South Interlake Planning District (SIPD) public hearings regarding the new zoning bylaw and the CentrePort Secondary Plan bylaw in the RM of Rosser, the SIPD board has voted in favour of allowing the RM to proceed with third and final readings for both the zoning bylaw and the CentrePort Secondary Plan.

On attempts in getting the bylaw and secondary plan passed at the RM of Rosser council, more than two objections were heard, so in accordance with the Municipal Act, the zoning bylaw and secondary plan were then referred to the municipality's planning district. In Rosser's case, it was referred to the South Interlake Planning District (SPID).

On July 21, the SIPD board held two public hearings back to back, the first to discuss the zoning bylaw changes and the second for the Rosser Centre-Port Secondary Plan. The SIPD board is made up of two council members each from the RM of Rosser, RM of Rockwood, Town of Stonewall and Town of Teulon. The hearing was held so board members could hear representation from parties in favour of or against the zoning bylaw and the secondary plan bylaw.

People in favour of the rezoning and the RM of Rosser CentrePort Area Secondary Plan bylaws, mainly government officials and businesses, see the bylaws as the next step in the CentrePort development — a 20,000-acre transportation hub located on land in Winnipeg and RM of Rosser.

Many who are against the zoning changes and CentrePort plan are RM of Rosser residents that would see their homes and property become adjacent to industrial/commercial businesses if the bylaws are passed.

The SIPD board decision was made public on Aug. 14, and now it is up to the RM of Rosser council to give it

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third and final reading.

For the CentrePort zoning bylaw, SIPD has added on a condition and recommendation.

The condition is that the RM change the word in "#7 Part I – Administration" from "the Board or Council May require the Owner ..." to "the Board or Council shall require the Owner ..." The SIPD recommendation to the RM is that no I3 zone be created next to a residential property.





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Set NEWS > VIEWS > STONEWALL > TEULON AND BEYOND **Drought conditions might have** farmers rethinking old advice

By Stefanie Lasuik

Whether farmers are looking at a surplus or shortage of alfalfa this fall, it may be tempting to violate age-old advice. Cutting during the critical harvest period has the potential to harm the fields, but the price may be right to put this advice to the wayside.

Although prices for alfalfa have not vet been set and will not be set until final cuts are taken, John McGregor of the Manitoba Forage and Grassland Association guesses that alfalfa will go for approximately six to eight cents per pound this year, similar to last year's rate, which was up a few cents from 2013. Top quality alfalfa, he says, is looking at about nine to 10 cents per pound. Drought conditions out west have put a premium on the legume, which has farmers selling at prices upwards of 9 to 11 cents per pound, or \$180 to \$220 per tonne.

If the price gets high enough, local farmer Darren Hueging might consider selling. However, Hueging knows of the risks accompanying a cut beyond the critical harvest period and will not cut past then.

Hueging said that in order for the plant to stay insulated throughout the winter, it must be high enough to catch the snow, which will then act as insulation. He further explained that he wanted to let the roots strengthen up before the cold winter months.



Darren Hueging and his daughter, Jocelyn, examine the alfalfa fields that could make for a good sell this year.

McGregor explained that those who are considering taking another cut in the critical period should ensure that their alfalfa has flowered at least once during the summer and that it has adequate fertility in potassium and phosphorus. He also said that farmers who harvest frequently, every 30 days or less, may want to be more cautious about cutting after the

deadline. The critical period is more necessary for these plants so that they can regain nutrient reserves before the winter.

The third week in August usually marks the beginning of the critical harvest period. The advice goes that farmers shouldn't harvest four to six weeks before the first killing frost, which is -5°C for alfalfa.

Advertising Deadline: Monday 4:00 pm prior to Thursday Publication



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Council approves hens for Brant-Argyle School



TRIBUNE PHOTO BY NATASHA TERSIGNI

Brant-Argyle School principal Sarah Hadfield (left) and ISD assistant superintendent Wayne Davies appeared as applicants at a Rockwood council public hearing to discuss permission to house laying hens at the school. Pictured right, Hadfield and Matteo show off the newly purchased chicken coop.

By Natasha Tersigni

During the RM of Rockwood council meeting on Aug. 12, the meeting was closed and reconvened several times to hold public hearings regarding issues related to the South Interlake Planning District (SIPD).

During the first public hearing, Brant-Argyle School principal Sarah Hadfield and Interlake School Division assistant superintendent Wayne Davies appeared as applicants to discuss the issue of the RM allowing the school to have a conditional use permit for laying hens. The animals would be in a chicken coop located on the east side of the schools grounds in a fenced area.

No members of the public were in attendance at the hearing and one letter of support of the conditional use application from the public was presented to council during the hearing. Once the regular council meeting was reconvened and a brief deliberation among council was had, council passed a resolution to allow for the school to be able to have a maximum of 10 chickens on the school grounds at one time.

Unsightly properties bylaw

An update was given on the progress of the unsightly properties bylaw that council is wishing to pass this year.

"We are so close on the one we have right now. There is just some tweaking," said CAO Chris Luellman, who added that he will be able to present the bylaw at a future council meeting in either August or September.

Currently the fee schedule for residents who are in violation of the bylaw and have to pay a fine for their unsightly property is being updated.





Drift soil bylaw

Coun. Mark Hidlebaugh asked if the policy regarding drift soil in ditches, which is being added to a tile drainage policy, could be changed from a policy to a bylaw so the RM has the ability to enforce penalties.

The policy that is currently being drafted has to do with the RM being able to recover costs from landowners whose soil from their fields end up in the RM's ditches. Council wants to be able to know if they can charge landowners for the removal of soil or if the landowners can remove the soil themselves.

I would like to be able to a put a penalty to that, and currently under a policy we can't do it, so I would like to it go to a bylaw," said Hidlebaugh.

Luellman said that he has contacted other municipalities and none have a policy on drift soil, so more research needs to be done before a final version of a policy is brought forward to council.



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Woodlands Community Pasture patrons want to form co-op

By Natasha Tersigni

A committee made up of RM of Woodlands Community Pasture patrons has decided they want to form a co-op instead of joining the Association of Manitoba Community Pastures (ACMP). The RM tasked the group to find out what would be better for patrons when the federal Prairie Farm Rehabilitation Administration (PFRA) program, which the pasture currently runs under, is dissolved this fall.

During the Aug. 11 RM of Woodlands council meeting, pasture patrons Bill Matheson and Lawrence King appeared as a delegation to share the committee's recommendations. Council heard that the group does not want to join the ACMP and would like to establish a co-op run by the RM.

Matheson and King cited the reasons for not joining the AMCP were because of the lack of control over the pasture fees and no financial benefits from the pasture other than tax revenue for the RM. The committee also worries that since the Woodlands pas-

ture is profitable, it will end up subsidizing other community pastures in Manitoba.

"If we partner (with the RM), we have a say in how it is operated. The benefits (ACMP) brings to us is management, security to employees and equipment, but other than that, we can't just give them a blank cheque. We don't have any bargaining power; it is a tough group to deal with," said Matheson.

"By operating the pasture at 2015 rates and by maintaining the present herd, we believe we can maintain an annual net revenue for the RM of Woodlands at approximately \$36,000 above the current taxes you currently receive (from the land)."

The RM owns 80 per cent, 17,400 of the 20,960 acres, of the Woodlands Community Pasture land and currently earns \$5,500 in taxes off of that land. The provincial and federal governments own the other 20 per cent of the land, 3,560 acres. In the fall, regardless if the Woodlands pasture becomes a co-op or joins ACMP, the ACMP will own the 20 per cent of the land. In the event that the RM of Woodlands decides to form a co-op, they will need to rent or buy the 20 per cent back from ACMP.

Under the co-op model, the RM would take on the role as employer and would be responsible for employing the year-round manager and two seasonal riders of the pasture, along with doing a monthly payroll. As well, they would need to enter into an agreement to gain ownership or be able to use the provincial and Crown land as well as needing liability and property insurance on the land.

"If we can maintain the assets, you can derive your taxes, get a net and also have the ability to develop the land as you see fit in the future. You have a natural piece of property that needs to be protected to some degree," said Matheson.

Lawrence added that forming a co-op rather than joining the ACMP would mean that the RM could control a lucrative asset while owning the majority of the land. The pasture

is one of the more profitable pastures in Manitoba, and Matheson reported that 33 per cent of the herd in the pasture comes from patrons, including himself, that live outside of the RM.

"The province has given us their scenario, and their numbers don't work. We are going to subsidize the poorer pastures. It has always bothered me that the money was sent to Ottawa. Under the ACMP, the money is sent out of the RM and it is not coming back. (With the co-op), it is a chance to keep the money here," said Lawrence.

RM of Woodlands Reeve Trevor King said that with this information, the council will meet the committee as a whole to discuss whether the RM should form the co-op or not. A decision and program needs to be put into place before October when the current pasture program running under the federal PFRA program is dissolved. "Whatever happens here, that property has to stay close to the RM. The government can't give us any guarantee on what will happen to that land (under the ACMP)," said King.

2015 federal election Liberals unveil plan for investments into First Nations education

By Lindsey Enns

The Liberal Party of Canada is promising to make new investments in First Nations education if elected in the upcoming federal election, Selkirk-Interlake-Eastman Liberal candidate Joanne Levy said.

"In order for Canada to succeed, we must all succeed. Indigenous Peoples are the fastest growing segment of our population, and it is critical to our shared future that those in Brokenhead Ojibway Nation and Lake Manitoba First Nation have the same education and economic opportunities as everyone else," Levy said in a release on Aug. 13."A Liberal government will immediately engage in a renewed, respectful nation-to-nation process, and make important new investments in First Nations education to close the existing funding gap."

The Liberals' plan includes an immediate new investment of \$515 million per year in core annual funding for First Nations K-12 education, rising to more than \$750 million per year by the end of their first mandate; a new investment of \$500 million over the next three years for First Nations education infrastructure; and \$50 million in additional support for the Post-Secondary Student Support Program, which provides financial assistance to Indigenous students attending postsecondary education.

Levy added their plan also includes new funding commitments to promote, preserve and enhance Indigenous languages and culture in the classroom.

"We will work collaboratively to in-

residential schools, and the contributions of Indigenous Peoples to Canada in classroom learning," she said.

Although a plan for First Nations education is "very necessary," Selkirk-Interlake-Eastman Green Party candidate Wayne James said making new investments won't solve all of the issues.

"We need to go even deeper into it and deal with it right in the communities themselves," James said. "We need to talk to the people down on the ground and let them help them find a way out of it ... we can't do that for them."

Wayne added he believes the best way to address First Nations education is to first deal with the amount of poverty in those remote communities.

"Poverty ... is a source of a lot of discontent and a lot of violence that is coming into play now," he said.

James, who was acclaimed as a candidate for the Green Party in late July, is the third nominated candidate fighting for the Selkirk-Interlake-Eastman MP's seat, which is currently held by Conservative MP James Bezan, who is seeking re-election.

Bezan was unable to provide a comment regarding the Liberals new plan before press time Monday.

An NDP nomination meeting where members of the Selkirk-Interlake-Eastman riding will vote for one of two candidates is set to take place on Aug. 30 in Selkirk.

Deborah Chief, former chief of Brokenhead Ojibway Nation, and Gimli resident Marc Gourdeau, a retired translator, are both running to represent the party.

Voters go to the polls on Oct. 19.





New road proposed for Warren development

By Natasha Tersigni

A public hearing regarding a new road in the RM of Woodlands was held during the council meeting on Aug. 11.

Lyle and Linda MacMillan are developing 42.11 acres of land in the northwestern part of Warren into four residential properties. The lots will be serviced via wells and a septic field, and a public hearing was held to discuss a new public road, which will provide access to their sub-division.

The new road will be at the crossing of the Prairie General Rail line at Railway Avenue near the junction of PTH 6. No opposition was heard at the meeting, and council seemed in favour of the project. A resolution for the MacMillans to proceed with the development, including the construction of the road, will take place at a future council meeting.

The developer will pay for the construction of the road. Then through a development agreement, the road will be transferred to the RM. The RM will then take over the responsibility for continued maintenance and servicing of the road, including grading and snow removal.

Pumping system for Lake Manitoba

Joining other municipalities, the RM of Woodlands passed a resolution to lobby Premier Greg Selinger and the province to consider a pumping system between Lake Winnipegosis and Cedar Lake to control levels on Lake Manitoba.

Instead of the pumping system, the province has proposed to construct a permanent outlet system to manage levels on Lake Manitoba. The resolution that the RM passed states that that outlet system will cost hundreds of millions of dollars and is inadequate in providing proper protection.

"Whereas the Province of Manitoba is currently proposing a series of outlet channels that will only marginally improve the Lake Manitoba levels and cost hundreds of million dollars in construction costs. Where the time frame of this project is five to seven years to allow for the necessary licensing and construction.

"Whereas an alternative solution has been identified to reduce the water entering Lake Manitoba through a pumping system between Lake Winnipegosis and Cedar Lake," read RM of Woodlands Reeve Trevor King from the resolution.

"Whereas the alternate solution has the potential to be more effective in managing Lake Manitoba levels, reducing environmental and human impacts, recovering costs through hydro-electricity generation and the cost of sustainability to implement. Whereas the tax payers and all level of government would benefit from this better, cheaper and faster alternative and further consideration of this option."

Future of geo tubes

The RM will be presenting an idea to the province to cut the geo tubes at Twins Beach and roll the sand into the landscape. Cutting the nylon will allow vegetation to grow in the sand and become part of the landscape while still providing protection to residents land and homes. The idea is to test this project on 200 feet of the geo tubes. Before the RM can proceed, it



A public hearing for a proposed new road in the northwestern part of Warren at the crossing of the Prairie General Rail line at Railway Avenue near the junction of PTH 6 was held at the Aug. 11 council meeting. The road will provide access for a four-home residential sub-division being built by Lyle and Linda MacMillan.

must get permission from the province.

Back in November 2011, after spring flooding and a May 31 windstorm destroyed many homes and cottages on the Twin Lakes Beach shoreline, the province, the RM of Woodlands and the RM of St. Laurent installed temporary geo tubes to act as wave breakers to protect properties from additional flooding.

The geo tubes were originally supposed to be taken down in 2012 and then in June 2013.

Golf tourney supports two good causes

By Jennifer McFee

Calling all golfers — it's time to tee up for two good causes.

The Hack N Smack golf tournament is scheduled for Friday, Sept. 11 at the South Interlake Golf and Country Club to benefit the Winnipeg chapter of Tourette Canada and the Manitoba Police Curling Association.

Lorne Perrin, one of the organizers on behalf of the Tourette chapter, said it's the first time both organizations have teamed up for the event.

"Tourette Canada is the national charity of choice by the Canadian Police Curling across Canada, so the Manitoba chapter is working with our local Winnipeg chapter here to help raise a few added funds through the golf tournament," Perrin said.

"We're targeting about 80 to 100 golfers. We don't know what to expect for the full financial results, but if we did \$1,500 to \$2,000 per organization on the first year, that would be deemed a success. If it's successful, we'll try to do it on an annual basis."

The shotgun start for the Texas Scramble golf tournament is scheduled for 2 p.m. The fee is \$100 per golfer by cash or cheque payable to MB Police Curling.

In addition to the golfing, the fee includes the costs for a cart, meal and a chance to win prizes. Contests include longest drive, a putting contest and closest to the pin.

Golfers can enter as a team of four or as individuals. The deadline to enter is Friday, Sept. 4.



To enter, contact Perrin at lwperrin@ shaw.ca or 204-794-0340, Tyson Langrell at tlangrell@winnipeg.ca or Bill Stewart at hammerhd@shaw.ca.



TTM customer appreciation barbecue



Teulon Tractor and Motor held its annual customer appreciation barbecue lunch sponsored by Piston Ring on Aug. 14 in Teulon.

MP James Bezan visits Teulon council meeting

By Natasha Tersigni

With a summer break from Parliament Hill and a fall federal election looming, Selkirk-Interlake MP James Bezan is making the rounds at local municipal council meetings to discuss any pertinent federal issues that municipalities may have.

At the Aug. 11 Town of Teulon meeting, Bezan met with council and discussed the Building Canada Fund, a grant program that provides money

HONEST TO GOODNESS DOWN-TO-EARTH YUMMY BAKING HAND-MADE PEROGIES - HONEY JAMS - PICKLES GOOD OLD-FASHIONED HEALTHY SALT-OF-THE-EARTH FAT-OF-THE-LAND FRESH VEGGES STRAIGHT FROM LOCAL GARDENS DIRECT TO YOU FRIDAYS 3-7 HWY 7, TEULON to address national, regional and local infrastructure priorities, and local RCMP staffing issues.

Mayor Bert Campbell explained to Bezan that the town has put in two separate grant applications, both for the Teulon-Rockwood Fire Department hall expansion. The first one was denied and the second one is still pending.

Bezan told council that the program is a 10-year investment by the Conservative government with annual intakes.

"Any project that is in there can be updated at anytime. If there are any changes to the plan, you can swap out projects or add to it as needed. With the Teulon RCMP detachment understaffed due to a hard vacancy, council inquired about when, if ever, that position would be filled.

While RCMP staffing falls under the provincial government, Bezan told council that the Conservative government has doubled the number of graduates from the RCMP school in Regina, with half the graduates being sent to work in B.C. For the last three years, depot has been producing 1,000 RCMP officers a year, up from 500.

"The problem is B.C. is gobbling them up. The city of Surrey uses the RCMP as their base policing and they have such a spree of crime going on there, they are continuing to grab half

— not just Surrey but B.C. as a whole, — of the graduates from Regina," said Bezan.

"The RCMP are under a provincial contract, so we work closely with the province to make sure we maintain the number of officers that the people are paying for."

Public works

Coun. Michael Ledarney discussed a few projects that will be started shortly by town workers. The trees on the corner of 1st Street SW will be trimmed to improve sightlines. Ditch cleanup will be conducted on Third Avenue SW, as there is a small drainage issue due to a hump in the ditch.

Provincial Dutch elm program

Since the province did not set- up a meeting with the town regarding the changes in their Dutch elm program, the Town of Teulon will receive services for diseased Dutch trees this year, including identifying those that have Dutch elm disease, trimming and removal if needed.

"They said they were going to set up a meeting to discuss it and they never did. They contacted (Town of Teulon CAO) Jeff (Precourt) again and said because that never happened, they are going to continue on with the program this year as if nothing had happened," reported Ledarney.

"They will be coming around with their survey teams and do some trimming as well."

Starting in 2015, the Manitoba Conservation and Water Stewardship has advised that the reimbursement for removing a tree with Dutch elm will only be \$180.32 per tree. The average cost of removing diseased elm trees is \$700 to \$1,000 per tree. Council had stated at their July 2015 council meeting that they would not run a Dutch elm disease program because the cost to the town was too high.



INTEGRITY AUTO

The Mechanic's Perspective

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as if we would mind or take offense to his question. To those of you who ARE uncomfortable asking questions about your repair or the price...DON'T BE! Asking us these questions gives us the opportunity to explain everything we do, and why we do it a certain way.

In this customer's specific case, he owned a luxury European automobile that needed 8 liters of pure synthetic oil, along with a pricier filter than average. His car also required the removal of undercar shields to access the oil drain and filter which added labor time. The above items more than doubled the price compared to an "average" oil change.

He was quite satisfied once he understood that his car needed certain specified products and services that were not "average"...and did not fall into "average" pricing for oil changes. We were happy that he asked because it gave us the opportunity to explain everything and have a satisfied customer.

Remember, any business owner cannot read minds. If you have questions, PLEASE ASK!!! Most reputable businesses have no problem explaining their service quality!

270 5th Ave SE, Teulon, MB 886-2365

Woodlands Childcare Centre officially opens

By Natasha Tersigni

After a few delays the Woodlands Childcare Centre officially opened its doors to its young charges on Aug. 10.

Attached to the new Woodlands School, the brand new 2,000-squarefoot facility can accommodate four infants and 24 preschool-aged children.

The centre was originally supposed to open in July but was postponed due to a few construction delays. Despite its outdoor play area still needing to be landscaped, the centre's director Rachelle McKay is thankful the anticipation is over.

"It is so exciting that it is finally here; we are actually opened," said McKay.

Currently the centre has four infant and four preschool spots filled. McKay says gradually they will continue to fill spots to reach the allocated space capacity and staff to child ratio. "We are starting off slow. We want to ensure we transition the current children to starting at a new place. We will gradually increase our numbers," said McKay, who added the response from the community has been overwhelming.

"We are getting calls every other day from people who are inquiring about our centre and program."

By December, the centre will be at 14 preschoolers and four infants.

For more information on the Woodlands Childcare Centre programming, call 204-383-7503 or email Rachelle McKay at woodlandschildcare@ gmail.com.

To resister for a spot on the centre's waitlist, go to the provincial Online Child Care Registry at www.gov. mb.ca/fs/parentupdate/index.html.



TRIBUNE PHOTO BY NATASHA TERSIGNI

Woodlands Childcare Centre, a brand new facility attached to the new Woodlands School, finally opened its doors on Aug. 10. Pictured above, Lilyanna shows off the play area in the centre's preschool room.

Flood houses one solution to the dearth of rental units in St. Laurent

By Patricia Barrett

The RM of St. Laurent refers to them as "flood houses"— 15 ready-to-move (RTM) houses the provincial government delivered to the community after the 2011 flood.

They served as temporary accommodation for residents whose homes were destroyed when western flood waters were diverted into Lake Manitoba. About 700 properties were damaged.

All but one of the 15 RTMs are now vacant, and the municipality, with virtually no spare housing to rent, would like to see their owner — Manitoba Housing — convert them into rental units.

"The RM office gets quite a few calls Laurent. from people looking for rental housing," said Reeve Cheryl Smith, who grew up in St. Laurent. She herself was homeless for about 13 months after the flood and had to live in hotels in Winnipeg until she found an apartment.

The RTMs are scattered throughout the municipality like pieces on a Monopoly board. The government put them on private land after negotiating with landowners. It pays so much a month to rent the land.

"The most recent was vacated in March 2015," said Dwayne Rewniak, Manitoba Housing's executive director of housing delivery and land development.

Vacate dates varied depending on when the families' claims were sent in





TRIBUNE PHOTOS BY PATRICIA BARRETT Vacant social housing units along Buffalo Drive in St.

and the work completed on their new homes, he explained.

"It was a short-term arrangement," he said. "Now they have to be moved to a permanent location because they're on rented land."

As the houses were vacated, the Crown corporation considered selling them to flood evacuees, selling them to the landowner or bringing them into their social housing stock, said Rewniak.

Landowners who looked at purchasing them said the asking price was beyond what they could afford, Smith said. The government initially wanted to move them onto RM property, but the RM has no property.

Turning them into social housing, however, is something Smith thinks could go some way to solving the rental housing shortage.

Manitoba Housing is currently looking at the RM's needs. Depending on the situation, "some units could be moved outside the RM,"said Rewniak. Smith said council suggested the RTMs be moved onto land Manitoba Housing owns in the RM, and on which it has an existing stock of social housing — or rather had one.

All along Buffalo Drive is a ghost town of about 20 boarded-up social housing units, nestled between the depanneur on Highway 6 and a dike protecting them from a wide expanse of marsh and lagoon.

From the outside, the houses look sound: the stucco firm, satellite dishes erect and shingles in seemingly fine condition. From far off, when the sun crosses the lake in late afternoon and peers back at the town, they gleam like a row of straight white teeth. Manitoba Hydro hasn't unhooked them from the grid — at least not the lines. One has a cluster of bright red hollyhocks flanking its front step. Their lawns are Lincoln green. Hay bales in a field close to the highway give the area a picture-postcard feel. Apart from the weathered plywood nailed across doors and windows, you'd be hardpressed to pronounce them derelict.

But Rewniak said they were damaged and had to be evacuated as a result of the flooding in 2011.

They sit on ground that is in places

One of 15 ready-to-move houses that were provided by the province after the flood of 2011. It is vacant.

Antique tractors still pulling their weight

Wally Finnbogason a mainstay at the annual Teulon Tractor Pull

By Stefanie Lasuik

Wally Finnbogason's antique tractors have been a part of Manitoba's tractor pulls for over 30 years. He delights the crowd by packing up fanfavourites and smokers and steering them, weighted sled equipped, stubbornly down dirt tracks until the machine quits and cannot pull any further.

The Stonewall resident, originally from Hnausa just east of Arborg, took a brand new 1979 Allis-Chalmers to the Arborg Fair and was hooked. In 1983, Wally purchased a 1950 Cockshutt 40 that he and his wife, Linda, named Beulah. The couple has been coming to the Teulon pull ever since. They love the event so much, they've decided to sponsor a class, the Antique Tractors 5500 lbs.

Wally no longer rides for the trophies, of which his basement is chockfull, but for the pleasure it brings both him and the fans, who gather to watch the old machines smoke, buck and succeed in pulling enormous amounts of weight.

"We're just doing it for the fun,"Wally said.

"Going down the track satisfies me as much as it satisfies the spectators."

And spectators were sure satisfied over the weekend, as 800 fans stuck through stormy weather Saturday,



TRIBUNE PHOTOS BY STEFANIE LASUIK

Wally Finnbogason, and his wife, Linda, have been longtime participants in tractor pulls across Manitoba, even making some appearances south of the border.

and 1,500 gathered on Sunday for 15 different classes that included modified and non-modified tractors and trucks.

The Children's Wish Foundation, the Teulon Lions, the Teulon Curling Club, the Recreation Commission, the Teulon Rockwood Firefighters Association, the Teulon and District Museum and others all benefit from the event that has filled the town for over 40 years. Organizer Bert Campbell would like to thank all the sponsors who made the event possible. Local winners over the two days include:

Stock 4x4 Gas Pickups: Grant Mac-Donell, Matt Shendroski and Travis Skorupski;

Antique Tractors 6500 lbs: Lawrence Goodmanson, Wally Finnbogason and Wally Finnbogason;

Highway Tractor: Brandt Palmer, Daryl Broker and Cody Woodrow;

Antique Tractors 5500 lbs: Lawrence Goodmanson, Ed Helwer and Daryl Broker;



Wally Finnbogason sent up smoke to the crowd's delight in his 1950 Cockshutt 40, with which he received 3rd place.

Street Diesel Pickup: Cody Woodrow, Kim Klangerause and Shaun Stefischmen;

4x4 Stock Trucks Diesel: Shane Symington, R.J. Dziedzic and Dustin Slobian;

Stock 4x4 Gas Pickup Trucks: Clint Dzuba, Matt Shendroski and Curtis Chartrand;

Antique Tractor 6500 lbs: Lawrence Goodmanson, Ed Helwer and Daryl Brocker.

> RENTAL UNITS IN ST. LAURENT, FROM PG. 11

somewhat spongy. At one boardedup house, a mini-swamp has bubbled up from the ground a few feet from the front door.

Inside, conditions are downright dangerous, according to the reeve. They were built in the 1970s and contain asbestos. Back then, asbestos was considered a safe insulating material. They also have mould. The government plans to demolish them. A tender will be put out soon, Smith said.

She said there is enough government-owned land in that area closer to the recreation centre near the highway — to accommodate the RTMs. "If we have low-income houses, it would appeal to young families," said Smith.

Despite a lack of rental housing, there is a lot of private land up for grabs in the municipality, according the RM's newly hired economic development officer.

Maurice Allard, who's only a few weeks into his job, had difficulty finding a place to rent in town. He presently commutes to and from Winnipeg every day. He said he considered purchasing a home, but some were selling for as much as \$400,000.

"I've tentatively rented at Twin Lakes Beach south, just on the border of Woodlands," said Allard, who will be able to move in September. When he was a boy, he spent his summers at his grandmother's cottage on Laurentia Beach. Wishing to return to the community, he started looking for jobs a few years ago.

He will be responsible for finding ways to attract business to the RM. But with no rental properties, that may pose an added challenge. He said economic development "works hand in hand" with housing.

"If you build it, they will come," he said. "But where are we going to put them?"

He said his job is to give people a reason to stop and stay in St. Laurent. Smith said having rental housing would enable people to do just that — or at least give them a chance to "try it out" without having to commit to home ownership.

The post-flood years had a huge economic impact on the area. People lost homes and cottages. And many residents were depressed. The community is beginning to spring back to life, thanks in part to the work of the RM's many non-profit organizations, Smith said.

"If we had rental facilities, we'd have more families moving into the community," she said, "and it would stimulate new businesses."

Knitters knocking needles at Teulon Library

By Natasha Tersigni

Good conservation, ideas for new projects and help with the current ones are just a few benefits of South Interlake Regional library's knitting circle held at the Teulon branch every Thursday evening.

Initiated by librarian June Makowski eight months ago and headed by local veteran knitter Kim Streker, the circle has grown to more than a dozen members that have the same great hobby in common: knitting.

"Some evenings we just knit our own individual projects and bounce ideas off each other when there are problems, and other times we all work on a planned project or learn a new technique," said Streker, who added knitters of all skill levels, including those who have never picked up a set of needles before, are welcome.

"Our next project as a group we are going to work on in the fall. It will be a shirt and we will work on it in sections and each evening we will tackle a different part of it."

The group is also working on items such as mitts, scarves, toques, socks and slippers that will be donated to Teulon and District Christmas Cheer Board to be added to the hampers that will be disturbed at Christmas time.

The knitting circle is held every Thursday evening at the South Interlake Regional library in Teulon beginning at 6 p.m.



TRIBUNE PHOTO BY NATASH TERSIGNI

Completing a variety of projects and learning new techniques are just some of what happens at the knitting circle held at the South Interlake Regional library in Teulon every Thursday evening. Knitters, pictured left to right, Angela MacDonald, Darlene Schlamann, Audrey Hartmann and Kim Streker.

Special dedication to long-serving lioness

By Jo-Anne Procter

A very shocked and honoured member of the Stonewall and District Lions club was surprised by a special dedication and ceremony held last Thursday afternoon. The Lions unveiled a new bench at the corner of highways 236 and 67 in appreciation of Lion Mary Boyd for her years of dedicated service.

Boyd has been an active volunteer and secretary treasurer for the club for more than 12 years.

Mel Harrison, chairman for Zone 13, said the club — which contributes a large amount of dollars to groups and individuals in the community — relies on dedicated and passionate volunteers. "Volunteers that should be recognized for going that extra mile and demonstrating the true meaning of 'Lionism,' "he said.

"We, as Lions, rely on our dedicated members, one and all, in order to make the club function as a group, and Lion Mary is one that has gone above the expectations that we as members appreciate," said Stonewall and District president Ralph Sinclair.



TRIBUNE PHOTOS BY JO-ANNE PROCTER Right, The Stonewall and District Lions unveiled a bench dedicated to long-time volunteer Mary Boyd last Thursday at the corner of highways 236 and 67. Above, District governor Lion Louise Kernested had the honours of presenting Boyd with a district governor's award pin.

"She has contributed to both the Lions Club and Lions Manor and is always ready to serve."

A very humbled Boyd told the *Tribune*, "I just cant get over this. I just do what everybody else does. I just love



working with people. I like helping. I am just a helper. I don't do it for the appreciation. I just like to help."

District governor Lion Louise Kernested, also presented Boyd with a district governor's award pin for Lions that serve above and beyond."She has done more things in those years than we as Lions would expect. She has been an extraordinary Lion."

Annual Quarry Days festival sees record numbers



By Jo-Anne Procter

Despite the sweltering heat, the rain, and Sunday's cooler temperatures, Stonewall's 31st Quarry Days saw thousands of visitors hit the streets for a weekend full of celebrations, activities and entertainment.

Friday evening, The Violet Lillies, Stonewall's own Ellen Stafford and Morgan Ponton, opened up for Canadian country favorite Jake Mathews where fans converged on the hill on blankets and lawnchairs at the VMSC while others danced to the music. A magnificent fireworks display capped off the evening. And for those who weren't ready to call it a night, the party contin-



ued in the Legion parking lot with Past the Perimeter entertaining.

Main Street was lined with vendors, food booths, an antique tractor display, the Wonder Shows midway, a beer garden, free stage and the Sunday the Show and Shine Car Show with 300 cars.

Other weekend events included a fund raising slow pitch tournament for Mackenzie's Hope, the hole-in one golf and the ever popular petting zoo.

Saturday's parade included approximately 40 entrants who made their way down the streets lead by the local RCMP Parade.

























TRIBUNE PHOTOS BY JO-ANNE PROCTER



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Getting a head start before school be your daughter has difficulty in starts is always the right way to go. distinguishing between different in his or her development. An an-Here are some ways to make sure sounds when you talk to her. If your children are ready for their your children give you the impression that they don't want to listen or are unmotivated, it may be because they have difficulty hearing. An audiologist will be able to identify any problems.

Fall is a good time for your children to have a complete oral checkup at the dentist's. You can also ask for advice adapted to their needs, concerning both oral hygiene and diet. With healthy teeth they'll discover the power of a beautiful smile.

Research has proven that good posture will prevent children from becoming overtired and will help to improve academic results. A visit to a chiropractor will not only result in some sound advice but also some valuable preventive measures.

A child's growing period is crucial nual visit to your children's healthcare specialists before school begins in the fall will allow you to benefit from some valuable advice. It will also be an opportunity to detect any incipient problems.



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The 54th annual South Interlake Garden Club Flower, Fruit & Vegetable Show is happening this Saturday with viewing for the public from 1 to 4 p.m. at the Stonewall's South Interlake Fifty-Five Plus Centre. There will be coffee, tea and dainties, along with a Farmer's Market and variety auction.

Mother Nature has been more than generous with rain and sunshine this year making for an optimal growing season.

If anyone is interested in participating, it's not too late. Entries can be dropped off between 6 and 9 p.m. Friday. No pre-registration is required and everyone is welcome.

TRIBUNE PHOTO BY LANA MEIER Pictured, Vivian Good has been growing zinnias for years, but this year she has several that measure over four inches across.



Dr. Tim Dumore & Team 2541 Portage Avenue Winnipeg, MB 204-832-3910 www.drdumore.com



Down and dirty for the kids



TRIBUNE PHOTO SUBMITTED

Pictured from left, Garrett Labelle, Marcel Labelle, Ian Lyner, Alex Lyner, Sylvia Labelle, Taryn Labelle and Rayden Labelle took part in the Dirty Donkey Mud Run last weekend at the Assinboine Downs. The 5 km run combines trail running with an obstacle course while hundreds of people covered in mud from head to toe crawl under fences, make their way through tunnels and up and over walls on the very muddy course.

Proceeds from the run go to the Children's Hospital Foundation of Manitoba.



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Stonewall rider brings home gold from National Show Jumping competition



Brennan McCullagh stands with his proud mom and coach, Catherine, upon receiving his national gold medal.

By Stefanie Lasuik

Horse riding so often depends on the relationship between the horse and rider. But when a rider is no longer permitted to mount his own horse, he must rely solely on personal skill and finesse in the saddle. Brennan McCullagh's skill and finesse led him all the way to a national gold medal.

McCullagh, who rides out of the Quarry Ridge Pony Club, has been riding horses for 10 of his 16 years. He was one of the youngest competitors to travel to Ebon Stables in Saskatoon from July 23 to 26 to partake in the Canadian Pony Club National Show Jumping Championship, where riders utilize borrowed horses to exhibit their excellence in ability.

Judges in medal-type jumper format assessed the nation's top 11 riders in a flat phase, a gymnastics phase, and two jumping courses. Prowess in execution was key, and McCullagh feared for his placing early on when his horse jumped the ring in the first phase. McCullagh, however, recovered and rode excellently for the remainder of the weekend.

"He rode with a lot of maturity and really showed his experience. I am very proud of him," McCullagh's mother and coach, Catherine explained.

McCullagh knew he was atop the standings going into the final jumping phase, but the final course's requirement to change horses evoked the young rider's nerves.

"You can't predict what will happen as easily," McCullagh said of competing with a horse he had only ridden for 15 practice minutes.

McCullagh completed the course strongly, posting a 76, and winning the first national championship he had ever attended.

"I was really happy. It was a really big accomplishment to place first at a national event," McCullagh said.

McCullagh had earned the right to compete nationally after winning regionals at the Red River Exhibition Grounds in Winnipeg last August and now has a title that many sought but none can take from him: the 2015 Canadian Pony Club National Show Jumping Champion.

McCullagh guides foreign horse "Autobot" over a jump during competition.



TRIBUNE PHOTOS SUBMITTED McCullagh (right) receives his championship medal, ribbon and cooler from the mayor of Saskatoon, Donald Aitchison.





Rocking Stonewall country style with Jake Mathews

The man behind the music that pervaded Stonewall from the curling rink to the Kiln

By Stefanie Lasuik

His hit singles "If I had it my way" and "Beer Necessities" consistently fill cars tuned in to QX104, but on Friday night, his WCMA-nominated songs and CCMA-nominated sound rang through the town of Stonewall.

Jake Mathews made his first-ever appearance in the community by getting locals of all ages dancing on the streets during last weekend's Quarry Days. His big-time sound delighted Stonewall as much as his small-town attitude.

A native of Sudbury, Ont., Mathews thoroughly enjoys meeting and getting to know people, which he demonstrated by signing autographs and snapping pictures with fans after the show. Young fans to old lined up to introduce themselves to the selfdescribed laid back, reserved smalltown artist.

Mathews picked up the guitar at the age of 14 and mixed melodies with his large and extended family. At that point, his interest in music was sparked by the desire to be a part of the family's hobby.

"I don't think I ever really thought of it at that point that this is going to be my career. I just loved to do it," explained Mathews.

Two Western Country Music nominations for outstanding recordings, four Canadian Country Music nominations for artist of the year and rising star, and a Country News' Best Album title later, Mathews is a widely-loved Canadian country star, churning out six albums and currently writing for his next. He released his latest single, "Road and the Radio," in February of this year.

With his music, Mathews attempts to create pieces that others can relate to.

"It's trying to have that connection. I think you do that by performing songs and writing songs that will make people feel something," he explained.

Whether the emotion evoked is sadness or joy, Mathews believes in moving the audience to feel his music and its message. Mathews creates the message in his songwriting — another great talent that has seen him produce lyrics for country music stars Gord Bamford and Autumn Hill. He sees himself writing more and more in the future.

For now, he enjoys the on-the-road

The kids have taken over



TRIBUNE PHOTO BY CHANELE MEIER Brother and sister team Taylor (pictured left) and Colton Letkeman held a grand reopening of Laser Jungle on Aug. 6 with cake and hotdogs along with \$1.99 laser tag games for guests. The duo celebrated the purchase of the business that they officially took over from their parents July 1.



TRIBUNE PHOTO BY STEFANIE LASUIK

Pictured left to right: Sarah Snively (10) and Kaylee Steen (9) from Stonewall were excited to meet one of their favourite singers, Jake Mathews, after his show Friday night during Quarry Days.

lifestyle his career demands and especially enjoyed visiting Stonewall.

"It was awesome. It's just a really cool little place," Mathews said, dubbing noteworthy the way small-town people carry themselves and treat each other.



CIB Yard of the Week

TRIBUNE PHOTO BY JO-ANNE PROCTER

Elaine and Jim Vnuk spend their spare time working in their gardens and their yard at 22 Oak Park Dr. Their lush lawn has been overseeded with droughttolerant eco-turf, and perennials surround the yard with a few annuals for bursts of colour. Jim claims that Elaine is the architect and mastermind and Elaine says Jim is responsible for doing the grunt work. The couple were honoured to have their yard recognized.

Stonewall's CIB Yard of the Weeks will continue to run until the end of August, and the public can nominate a yard by filling out a ballot at Home Hardware.





worship



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

Sundays 10:30 a.m. - Stonewall #2 Dolomite Ave., Stonewall Teulon 41 Beach St. E, Teulon Phone 467-2870 www.alivefamilychurch.ca Warren & Meadow Lea United Church Services Joint Services Alt. Sundays at 10:00 am

Call 322-5752 for location of service.

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







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



> FAITH

One beautiful summer day recently, I took the dog for a walk at Quarry Park – just to get out and enjoy the day. We had finished our nice little walk and had sat down on a grassy hillside, when I found myself waxing thoughtful. (It happens sometimes!) As I sat there, enjoying the beautiful blue sky and fluffy 'cartoon' clouds, a question came to my mind – a prayer, really – and so I articulated the thought that came so suddenly and unbidden on that sun-drenched hillside: "God, what do you want from me?"



We had just about then closed the deal on the sale of our church building, and

my mind was turning to the future of the church and what exactly I should do now that the long-awaited sale was completed. What changes would be coming? This would be a completely fresh start in the life of our church – a real pivotal point - and I wanted some guidance. What I got instead surprised me.

Where I had wanted some specific plans (preferably a fax or email from God!), a single, solitary Bible verse popped into my head, like some kind of unexpected, distant memory: "But he's already made it plain how to live, what to do, what God is looking for in men and women. It's quite simple: Do what is fair and just to your neighbor, be compassionate and loyal in your love, And don't take yourself too seriously— take God seriously." (Micah 6:8, MSG)

Be just, love people, and stay humble. Hmmm."Not exactly what I was looking for, God, got something a little more specific?" But the more I thought of it, the more I realized that the entire Christian faith is summed up in this small verse, kind of like 'spiritual standing orders': "When in doubt, Jeff, refer to Micah 6:8."

I recall the summer the farmer (aka, "The Slave Driver") I was working for showed me a mountain of firewood, and said, "When you're not busy, split and pile this." Standing orders: when in doubt, head to the woodpile.

Standing orders: when in doubt, be just, love people, and stay humble. Good advice on a beautiful, sunny, summer afternoon.

Jeff Andrews Lead Pastor Alive Family Church www.alivefamilychurch.ca



Church of the Annunciation Woodlands Service 12:00 noon Father Michel Nault



Phone 467-9016

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



Sportsærecreation INSIDE > OUTSIDE > UPSIDE DOWN Blue Jays play .500 ball at Western Canadians

By Brian Bowman

The Stonewall Blue Jays showed they belong quite nicely with the best Pee-Wee "AA" teams in western Canada.

Stonewall finished with a 2-2 record at the westerns last weekend in Alberta after defeating host St. Albert 19-17 last Sunday.

"It was about what I expected, I think," said Stonewall head coach Ryan Fines."Our boys held their own."

The Blue Jays started action last Friday morning with a tough 9-8 loss to the Swift Current Indians. Stonewall trailed 7-0 early in this one but fought back to take an 8-7 lead.

Swift Current then scored twice in the bottom of the final inning for the nail-biting win.

"They had some seeing-eye singles to beat us," Fines recalled. "They walked us off in that game, which is a tough way to start a tournament."

The Blue Jays evened their record by outslugging the Okotoks Outlaws 15-12. The first four innings were played Friday with Stonewall leading 10-5 before the game was called due to darkness and resumed Saturday.

"That was a must (win), for sure," Fines stressed. "We really hit the ball well that game...but they just kept coming back and put a lot of pressure on us."

While Stonewall's second game produced 27 runs, the third one only had three. The Blue Jays' bats were

silenced by the Coquitlam Moody Reds' pitchers in a 3-0 loss. Coquitlam scored one run in the fourth and then added a pair of insurance markers in the sixth.

"That game was fun for the kids," Fines said. "It was a different type of game, for sure."

Stonewall generated scoring threats in the fourth, fifth, and sixth innings but failed to score.

Jake Unger pitched a fantastic game for Stonewall as all three of B.C.'s runs were unearned.

"He was automatic," Fines noted. "It was pretty impressive. And there were a lot of defensive plays, which is darn good for 12 or 13 year olds to be making. The boys really played well behind Jake."

With the Blue Jays already knowing that they would not advance to the finals, Stonewall finished off the tournament with a wild 19-17 victory over the St. Albert Cardinals.

The experience of playing at a western championship will only help the Blue Jays' players in the future.

"All of the boys were saying that they were choked that they had to leave and they can't wait to be back," Fines said."It will make our jobs as coaches a little easier with this group because these guys know what it takes to get here now.

"It will give them motivation in the future."



The Blue Jays' Kian Bell gets the out in a rundown against Alberta.



Stonewall's Jake Unger is safe on third base after a successful steal.



Jays' catcher Rhett Woods gets the out at home plate.



Cody McMillan snags the ball on first to get the out against Alberta.



Boisvert wins soccer silver at WCSG

By Brian Bowman

Eryka Boisvert had quite the experience at the Western Canada Summer Games.

The young soccer star scored a penalty-kick goal in one game, recorded a hat trick in another, and also won a silver medal after a 3-1 loss to B.C. in the gold-medal game in Wood Buffalo, Alta.

"B.C. just came out on top," said Boisvert Monday afternoon."They got an early goal but we didn't put our heads down because we came back and scored. But they were super on top of things and their passing was on."

Boisvert said B.C. did a good job passing the ball between Manitoba defenders.

Manitoba reached the goldmedal game after edging Alberta 4-3 in penalty kicks. The two teams were scoreless after regulation time and two 10-minute overtime periods.

Boisvert scored the first penalty-kick goal, blasting a high shot off the goal post that slid past the Alberta goalkeeper. Manitoba's keeper made three clutch saves late in the penalty kicks for the win

"It was really a nervous game," Boisvert recalled. "Alberta really doesn't respect us but we came and showed them how to play. We came through – it was really good."

Boisvert said the game against Alberta was a tough battle.

"We beat them last year, so we have a rivalry with them," Boisvert explained."They were physical and, after the first 10 minutes, our nerves went away. As

the game went on, we organized ourselves and did really (well)."

Manitoba opened WCSG action with a dominating 7-0 victory over Yukon. Boisvert scored three goals in the win.

"It was cool and an unreal feeling to represent your province," she exclaimed. "I didn't open the scoring, but I assisted (on the goal) and we just kept going on from there."

Boisvert had a great three games out west and was also selected as a team captain. That's a real nice honour for the local soccer player that has already

verbally committed to become a student-athlete at the University of Texas-El Paso. She plans to play soccer there in 2017.

"I was honoured to be chosen (as a captain)," she said. "Anyone on our team could have been picked, all of the girls are so good and we lead by example.

"It was a dream of a lifetime for me (to compete at the Western Canada Summer Games). The hosts treated us so good and the villages (were great). We met so many people – it was cool."

Meanwhile, Manitoba's softball team – which featured Stonewall's Amber Schneider and Teulon's Jade Ledochowski — placed fourth at the WCSG. Manitoba was doubled 6-3 by Saskatchewan in the bronze-medal game.

In baseball, Manitoba won a bronze after downing Alberta 5-1. Winnipeg's Trey Fortin was part of Team Manitoba. He is the son of Troy Fortin, who attended Lundar School.



Eryka Boisvert

Manitoba places fourth at 16U girls' baseball nationals



Kaitlyn Holod

By Brian Bowman

Team Manitoba placed fourth at the 2015 16U Girls Invitational Baseball Championships in Saguenay, Que.

Manitoba missed out on a bronze medal after losing 12-8 to Alberta last Sunday.

Trailing 9-1 in the sixth inning, Manitoba closed the gap to just a single run after scoring seven times in the top of the inning. But Alberta came right back with three runs in the bottom of the sixth.

Garson's Brittney Langlais was 2-for-4 with two runs scored in the bronzemedal game. Arborg's Jamie Johnson finished 1-for-3 with a walk and a run scored.

Kaitlyn Holod of Grosse Isle and Laura Kilbrei of Arborg were each 0-for-2 at the plate. Holod also pitched in the game, giving up four hits and three earned runs in 2 2/3 innings. She also issued four walks and struck out one.

Earlier Sunday, Manitoba was shut out 10-0 by Quebec 1 in five innings. Manitoba had just three hits in the game and committed five errors.

Manitoba started the nationals with a 9-3 loss to Ontario. Trailing 2-0 in the third inning, Ontario scored five runs and then added three more in the fourth.

Langlais had a hit and an RBI while Johnson and Holod also had a hit apiece. Kilbrei was 0-for-2 with a walk. Langlais and Holod both pitched in the loss.

Manitoba rebounded nicely from

that defeat, however, to trounce Quebec 2 16-3 the next day.

Langlais had another good game at the plate, going 3-for-4 with three runs scored. Johnson was 2-for-3 with a run scored and pair of RBI. Holod had a hit, a run scored, and an RBI in her lone plate appearance in the game.

Johnson earned the win on the mound, surrendering a hit and two runs in 3 2/3 innings. She also walked one and had four strikeouts.

On Saturday, Manitoba beat B.C. 11-1 in six innings. Johnson scored twice and had an RBI while Langlais also crossed the plate for a run. Kilbrei had a hit in the game while Holod earned a walk.



Midget Thunder collar Coyotes in weekend play

By Brian Bowman

The Interlake Thunder could not have asked for a better start to their Midget Football League of Manitoba season.

Interlake destroyed the Sunrise Coyotes 47-0 in the season opener for both teams last Saturday in Stonewall.

"It's always huge to win your home opener, but not only that, Quarry Days is a really big community event," said Thunder head coach Kris Johnston. "To be part of that was really huge. We loved being part of that and we always get a great fan turnout."

Interlake led 7-0 after the first quarter and then exploded for 27 points in the second stanza to turn a close game into a rout.

"The guys really came alive in the second quarter," Johnston recalled, noting every healthy player saw the playing field in the lopsided win. "We were playing well in the first but we were still getting our feet under us, so to speak. We only had one controlled scrimmage prior to the game, so there were various different kinks that we were working out with regards to special teams, offence, and defence."

Thunder quarterback Declan Kubel of Selkirk was very effective in the win, finishing 10-for-17 for 122 yards and four touchdown passes. Three of those TD throws went to Thunder receiver Kurtis Janzen. The 6-foot-4 Janzen, a dynamic playmaker, hauled in five passes for 122 yards.

The other TD pass was caught by Thomas Dunlop.

"The players on the field and our offensive coaching staff did an outstanding job," Johnston praised. "We did a very good job throwing the football, short, medium, and long. We attacked all three phases of their secondary with our passing game."

Interlake was also very effective running the ball. David Aisicovich rushed the ball 14 times for 102 yards and two scores. The Warren product had a fantastic game for the Thunder.

"We ran the ball very well on the perimeter and between the tackles," Johnston noted. "We were very balanced all day."

Defensively, the Thunder were strong right from the opening whistle. Austin deLaroque, a linebacker, had a great game for the Thunder, finishing with a team-high seven tackles while also getting a sack.

Trayton Smith and Mike Tillett also had very good games, dominating the interior line.

"They snuffed out pretty much any attempts to run up the middle and they collapsed the pocket on every single passing down,' Johnston said.

Interlake was also very good in shutting down Sunrise's passing game. The Thunder finished the game with seven interceptions. Dunlop and de-Laroque had two picks each while Smith, Matt Thoresby and Dakota Holden also had interceptions.

Holden's interception was returned for a touchdown.

The Thunder (1-0) have a tough matchup this Saturday when they



TRIBUNE PHOTO BY JO-ANNE PROCTER

Warren's David Aisicovich (27) rushed the ball 14 times for 102 yards and two scores in the Interlake Thunder's 47-0 season-opening win over the Sunrise Coyotes.

host the Transcona Nationals (1-0) at the Selkirk Rec Complex (4:30 p.m.). Transcona shut out the St. Vital Mustangs 22-0 in their season opener last Saturday.

"We have a big game at home in Selkirk," Johnson said. "We know (Transcona) is big, physical and they play quality defence. They run the football and they're pretty balanced, at least that's my understanding from preliminary scouting reports."

In Week 3, the Thunder will host the Mustangs on Aug. 29. The next two games will pose a tough challenge for the Thunder.

"We go into every game looking to compete and we want to put the best product on the field that we can," Johnston said.

"We'll learn a lot about ourselves in the next two weeks."

Charlie Cooke remembered by fellow officials

By Jo-Anne Procter

Members of the Manitoba Football Officials Association (MFOA) took a few moments before the Interlake Thunder game against the Sunrise Coyotes in Stonewall last Saturday to honour the memory of former official Charlie Cooke. Cooke passed away after a brief battle with cancer earlier this spring.

MFOA member Ryan Ratte reminisced about Cooke joining the official's "family" before presenting Cooke's wife, Bernadette, with a commemorative plaque. "The MFOA has lost a great official and a brother. In Charlie's honour, this year the MFOA will be wearing his No. 30 on our left arm," said Ratte.

The Interlake Thunder midget team

will also remember Cooke by wearing a decal with the initials CC and Cooke's officiating number.

The Thunder will also be introducing a scholarship that will be given to a graduating Midget player who demonstrates leadership, sportsmanship and dedication that will be presented at the year-end banquet annually in Cooke's memory.

"I know Charlie loved his refereeing and all the people he worked with. I feel very honoured that Charlie's spirit continues to live on," Bernadette said.

After a moment of silence, Cooke's son, Jessie Gair, joined the officials and team captains for a ceremonial coin toss.



TRIBUNE PHOTO BY JO-ANNE PROCTER

On behalf of the Manitoba Football Officials Association, Ryan Ratte (left) presented Bernadette Cooke with a commemorative plaque in memory of her late husband Charlie Cooke last Saturday before the Interlake Thunder Midget football game in Stonewall.

Spontside > UPSIDE DOWN

Blue Jays bash their way to WSBL final



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Blue Jays' Taylor Hagen smacked a key two-run single with the bases loaded to tie the score at 4-4 during his team's 5-4 win against St. Boniface Legionaires last Thursday.

By Brian Bowman

It wasn't easy, but the Stonewall Blue Jays have advanced to the Winnipeg Senior Baseball League championship series. Stonewall earned a spot in the big dance after overcoming a 2-0 series deficit to win their best-of-five series with the St. Boniface Legionaires.

The Blue Jays capped off the terrific

comeback by edging St. Boniface 5-4 last Thursday at Whittier Park in Winnipeg. Stonewall scored three runs in the top of the seventh inning to cap the impressive comeback.

"St. B got up on themselves a little bit as they were up two games and they beat us in extra innings in our own barn," said the Blue Jays' Adam Kirk. "Things didn't look too good for us but the boys had a talk and we said, 'We have to keep doing the things that we're doing and shape up just a little bit better.'

"And it was a good recipe to winning the series."

St. Boniface, much like they had the entire season, scored early in Game 5 as the Legionaires plated three runs in the first inning. Stonewall replied with a run in the third but the Legionaires came right back with one in the fourth to lead 4-1.

In the fifth, Stonewall scored a run and then exploded for the three runs in the seventh to lead for the first time in the game.

Taylor Hagen smacked a key tworun single with the bases loaded to tie the score at 4-4 and then Scott Harris drove in the game-winning run on a base hit.

Harris also did another great job on the mound for Stonewall, earning the win. He pitched 20 of 35 innings in the series, including complete-game wins in Games 3 and 5.

"Scottie Harris was pretty much St. B's kryptonite," Kirk said. "He started two games and threw in another game of the series and only gave up five runs the whole series."

In the bottom of the seventh, St. Boniface made thing interesting and managed to put runners on first and second with two outs. But Blue Jays' third baseman Orrin Hogue made a spectacular diving snag on a hard grounder down the line, got up, and stepped on third for the final out.

Down 2-0 in the series, the Blue Jays staved off elimination with a 7-3 victory over the Legionaires on Aug. 11.

St. Boniface took a 2-0 lead after the first inning but Stonewall came back with a run in the fifth and a five-spot in the sixth. Both teams traded runs in the seventh and final inning.

Harris earned the win on the mound for the Blue Jays.

Stonewall then evened the series at two games apiece after another 7-3 win the following evening.

The game was wild early as St. Boniface scored three runs in the top of the first inning but Stonewall replied with six of their own in the bottom of the inning.

The Blue Jays - who banged out 17 hits in the game - then added an insurance run in the fourth.

Kirk, a right-hander, posted the win. A very interesting stat in the series was the fact St. Boniface scored 16 runs in the first inning of the fivegame series. After that first inning, however, the Legionaires only mustered 11 more runs in the entire series.

In the other WSBL "A"-side semifinal series, the Elmwood Giants were deadlocked at 2-2 with the Kildonan Mudcats in their best-of-five semifinal series heading into Monday's series-deciding Game 5.

It was unknown at press time which team Stonewall would be playing in the WSBL finals. However, due to the upcoming western and national tournaments, the finals were expected to start around Aug. 25 or Aug. 26.



Thunder Atoms have awesome football experiences

By Brian Bowman

The Interlake Thunder Atom football team has had quite a beginning to their season.

After starting with an impressive 59-8 victory over the Transcona Nationals, the Thunder won tickets from the Manitoba Lotteries Flight Deck program for their entire team to go to the Winnipeg Blue Bombers' game last Friday against the Toronto Argos.

The Thunder also received an on-field experience where they were able to be in the tunnel and highfive players. As a bonus, Bombers' receiver Nick Moore gave Thunder quarterback Brett Gascoigne a football.

Thunder head coach Darcy Gascoigne said the Bombers were able to expand their experience by providing a deal on additional tickets so more parents and siblings could take in the game.

"We had 42 thunder faithful on the bus," Darcy Gascoigne said. "It was a fabulous experience for all."

The next day, a tired group of Thunder players battled the Valour Patriots. Trailing 20-0 early in the game, Interlake stormed back to win 39-33 in a stifling 35 C heat.

"I don't think I have ever been prouder of a team," Darcy Gascoigne said. "We were down 20-0 early (and) it would have been easy for these kids to quit. They were tired, it was 35 degrees outside, but they didn't (quit) led by the play of our quarterback Brett Gascoigne on offence and the hard tackling of Jon Melsted on defence."

The Thunder were able to orchestrate a gamewinning drive despite multiple penalties called on them. Interlake was penalized 30 yards, making it first and 40 but Brett Gascoigne ran the ball, breaking multiple tackles and running over several players to get 41 yards and a first down before eventually scoring the winning touchdown.



TRIBUNE PHOTO BY AUSTIN GRABISH

The Interlake Thunder's Atom team were treated to a Blue Bombers' game in Winnipeg last Friday. The Blue and Gold didn't do so well, but the Thunder prevailed the following day with a 39-33 win against the Valour Patriots in Stonewall.

"I believe these kids learned a huge life lesson here," Darcy Gascoigne said. "They learned that if you don't give up, winning is possible and that's special. This is why we put our kids in sport, not only for exercise, but to learn these important life lessons and how to be part of a team and believe in

themselves."

The Thunder's next game is at home this Saturday (2 p.m.) at the Selkirk Recreation Complex.

All five of the Thunder teams will be playing, starting with the Bantams at 9 a.m. and ending with the Midget and Cruncher teams at 4:30 p.m.

Granberg great at Legion national

By Brian Bowman

Josh Granberg is one of those athletes that have the potential to be great in his respective sport.

The budding track and field star had an outstanding performance at the 2015 Canadian Legion Youth Track and Field Championships in St. Therese, Que., back on Aug. 7-9.

Representing Manitoba, Granberg placed fifth in Canada in the triple jump after a leap of 13.15 metres. He was also ninth in the long jump after landing in the sand at 6.32m.

Both of those jumps were exceptional - and personal bests - for Granberg.

"I was really happy (with the results)," said Granberg, 17, who will be heading into Grade 12 at Warren Collegiate in a couple of weeks."I was thinking that this was crazy because it was against all of Canada. I'm not upset (with the results) whatsoever."

Granberg said the experience of competing in Quebec was a pretty cool one.

"It was absolutely phenomenal," he exclaimed. "It was nothing like I had ever experienced. It was so beautiful and the whole track thing was all overwhelming — it was hard to take in."

Granberg qualified for the Legion nationals after performing well at the International Peace Gardens Camp.

Granberg, an avid volleyball player, has the potential to become even better in the sport of track and field. He would like to see how far he can go in his track career and is willing to train harder to get better.

"At the high school level, I'm kind of limited so I have been talking to coaches from my Legion camp at Peace Gardens and they're going to get me into a few indoor meets and a few bigger (events)," said the 5-foot-10, 150-pounder. "There's a Tri-Province (meet) with Alberta, Manitoba and Saskatchewan — coaches are going to try to get me into some more meets to show off my potential, I guess."



TRIBUNE PHOTO SUBMITTED Josh Granberg placed fifth in Canada in the triple jump and ninth in the long jump at the 2015 Canadian Legion Youth Track and Field Championships earlier this month.



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Marine Engineering and Deck Officers required for civilian positions with the Department of National Defence Canadian Forces Auxiliary Fleet in Victoria and Nanoose Bay BC. Online applications only through the Government of Canada website jobs.gc.ca. Applicants must meet all essential qualifications.

Engineer Reference# DND15J-009781-000048, Selection Process# 15-DND-EA-ESQ-394701. Link https://emploisfp-psjobs.cfp-psc.gc.ca/ psrs-srfp/applicant/page1800?poster=820743 Deck Officer Reference# DND15J-013566-000006. Selection Process# 15-DND-EA-ESQ-394258, Link https://emploisfp-psiobs.cfp-psc.gc.ca/psrs-srfp/applicant/ page1800?poster=817589&toggleLanguage=

Possibilités d'emploi

Mécaniciens de marine et officies de pont requis pour des postes civils à la flotte auxiliaire des Forces canadiennes du ministère de la Défense nationale à Victoria et à Nanoose Bay en Colombie-Britannique. Postuler en ligne seulement par le site emplois.gc.ca du gouvernement du Canada. Les candidats doivent posséder toutes les qualifications essentielles. Mécanicien: n o de référence DND15J-009781-000048, n o de processus de sélection 15-DND-EA-ESQ-394701, lien https://emploisfp-psjobs.cfp-psc.gc.ca/psrssrfp/applicant/page1800?poster=820743&tog gleLanguage=fr

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LEGAL SECRETARY

Grantham Law Offices requires a legal secretary for a full-time position, preferably with legal experience but not required. Duties will include preparing legal documents and dealing with clients. Specific training will be provided. Salary will commensurate with experience. Please forward your resume to: Grantham Law Offices, Box 1400, Stonewall, Manitoba ROC 2Z0, Attention: Doug Grantham.

TREATMENT WORKERS

Interlake School Division invites applications for full-time (6.0 hours per day) MALE treatment workers for Stony Mountain School and Warren Collegiate.

The successful applicants will be at least 18 years of age and must possess the following:

- Para –educator diploma or equivalent
- The ability to work independently and as part of a team.
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Stony Mountain

Mr. M. Blahut, Principal

Phone: 204-344-5459

Email: mblahut@isd21.mb.ca

Please direct applications, including complete resume and three references to:

Warren Collegiate

Mrs. L. Perrella, Principal Phone: 204-322-5586 Email: lperrella@isd21.mb.ca

Closing date for applications is August 27, 2015, 4:00 p.m.

ing, Writing and Math Upgrading Classes. Free! Free! Free! Afternoons and evenings. Selkirk Adult Learning Program Call Marcey at 204-482-7525 or email mcherniak@lssd.ca

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CRAFT SALES

Calling all crafters we have a few tables left for our annual Craft Sale that is held the last Saturday of October, the 31st, at the Odd Fellows Hall in Stonewall. Please call Lynda at 1-204-256-1486 if you would like to receive a registration form or obtain more information.

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The next Regular Meeting of the Board of Trustees will be held on Monday, August 31, 2015 at 7:00 p.m. at 192 – 2nd Avenue N. Stonewall, Manitoba



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FOUND

I found a chocolate brown wicker ottoman on Hwy #67, Sunday, Aug. 16th, about 6 p.m., 1 mile west of Stonewall. If someone lost it please call Andrea at . 204-375-6755.

HEALTH Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewall Elk

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> MEAL IDEAS

Ingredients

- 2 cups (500 mL) water 3/4 cup (175 mL) uncooked whole wheat
- or regular pearl couscous 1 medium red bell pepper, seeded and
- diced
- 1 medium cucumber, seeded and diced 1/3 cup (75 mL) finely chopped red onion
- 1 cup (250 mL) lightly packed spinach, coarsely chopped
- 1/2 can (15-oz/426 mL) no-salt-added navy or cannellini beans, rinsed and drained
- 1 tbsp (15 mL) fresh chopped rosemary
- 1 medium garlic clove, minced
- 2 tbsp (25 mL) canola oil
- 1 tsp (5 mL) grated lemon zest
- 2 tbsp (25 mL) fresh lemon juice
- 1 tbsp (15 mL) cider vinegar 1/4 tsp (1 mL) coarsely ground black
- pepper 3/4 cup (175 mL) reduced fat fata ch
- 3/4 cup (175 mL) reduced-fat feta cheese, crumbled



Ingredients

- 1 boneless beef chuck shoulder pot roast or bottom round rump roast (3 to 3-1/2 pounds)
- 1 envelope (0.7 ounces) Italian dressing mix
- 2 large onions, each cut into 8 wedges
- 2 cloves garlic, peeled
- 2 red bell peppers, cut into 1-1/2-inch pieces
- 1/2 cup ready-to-serve beef broth
- 2 zucchini, cut into 1/4-inch thick slices 2-1/2 tablespoons cornstarch dissolved in
- 2 tablespoons water
- Salt and pepper

Preparation

Press dressing mix evenly onto all surfaces of beef pot roast. Place onions and garlic in 4-1/2 to 5-1/2- quart Crock-Pot slow cooker; top with pot roast. Add





467-8469

AT STONEWALL

Directions

PLUSDIPP!

In a medium saucepan, bring water to boil over high heat. Stir in couscous, return to a boil, reduce heat, cover tightly and simmer 10-12 minutes or until tender. Drain in fine mesh sieve and run under cold water to cool completely. Shake off excess liquid.

Meanwhile, in a large bowl, combine pepper, cucumber, onion, spinach, beans, rosemary, garlic, canola oil, lemon zest and juice, vinegar and pepper.

Stir in couscous and toss until well blended. Gently stir in feta.

Prep time: 10 min | Cook time: 15 min Makes: 10 servings

www.heartandstroke.mb.ca



bell peppers and broth. Cover and cook on HIGH 5 hours or on LOW 8 hours. Add zucchini. Continue cooking, covered, 30 minutes or until pot roast is fork-tender.

Remove pot roast and vegetables. Strain cooking liquid; skim fat. Combine 2 cups cooking liquid and cornstarch mixture in medium saucepan. Bring to a boil, stirring constantly; cook and stir 1 minute or until thickened.

Carve pot roast into slices; season with salt and pepper, as desired. Serve with vegetables and gravy.

Preparation and Cooking Time High setting: 6 hours Low setting: 9 hours Makes 6 to 8 servings



Cooking Healthfully



The truth is that healthy cooking doesn't have to be a timeconsuming, laborintensive process. In fact, research from UCLA suggests that it takes on average only

about 1en minutes longer to prepare a wholesome, home-cooked dinner than to serve convenience foods. And if you make enough of the home-cooked stuff so that there are leftovers, you'll be ahead of the game, because you'll actually save time the next day. It costs less than ordering takeout, too! The key is to learn some quick, reliable strategies, so that preparing home-cooked meals will become easier for you. Whether you're new to cooking or you want to upgrade your usual cooking methods to make them healthier, you can learn to prepare tasty, satisfying meals that are good for your health and your waistline-in a matter of minutes.

When it comes right down to it, you can either spend a bit of time now cooking delicious, nutritious meals that you (and your family) can enjoy, or spend days, weeks, or longer on the doctor visits that may become necessary down the road if you develop diabetes, hypertension, heart disease, or other health problems

Grilled Herb Potatoes

Ingredients

- 2 1/2 pounds medium red potatoes, cut in 1/4-inch-thick slices
- 2 medium shallots, thinly sliced
- 2 tablespoons olive oil
- 2 teaspoons minced fresh thyme or 1/2 teaspoon dried thyme leaves
- 1 teaspoon salt
- 1/4 teaspoon coarsely ground black pepper
- 1/2 cup loosely packed fresh parsley, chopped

Preparation

In large bowl, toss all ingredients except parsley until potatoes are evenly coated.



that stem from eating poorly. After all, studies suggest that when people dine out at restaurants, they consume meals with 50 percent more calories, fat, and sodium than when they prepare meals at home. It's also much less expensive to prepare meals at home. While dinner for a family of four at a fast-food chain runs about twenty-eight dollars, preparing a dinner for four of roasted chicken, veggies, salad, and milk costs about half that much. When you look at it from these angles, it's not much of a choice, is it?

For the sake of your health and waistline, it's far better to bake, sauté, broil, braise, poach, steam, or roast than it is to boil, char, or fry your food. Boiling certain foods (such as vegetables) destroys a higher proportion of nutrients than some of the other techniques. Charring (or blackening) meats, poultry, vegetables, or other foods on a grill can produce carcinogens, so it should be avoided. And frying any food simply adds to much fat.

Disease-Proof: "The Remarkable Truth About What Makes Us Well" by David L. Katz, MD, MPH, FACPM, FACP

Brenda Stafford - Juice Plus – Team Pursuit Find us on FACEBOOK



Wrap potato mixture in foil packet. Place packet on grill over medium heat and cook 30 minutes or until potatoes are fork-tender, turning packet over halfway through grilling.

Sprinkle with parsley before serving.

Makes 6 servings

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The Stonewall Teulon Tribune, Selkirk Record, Express Weekly News and Winkler Morden Voice is looking for a full time graphic designer to work in our Stonewall office. The applicant must have a minimum three years MacIntosh experience using InDesign CS5 or later, Adobe Photoshop and Adobe Illustrator. Must possess the ability to create print ready PDF files. Microsoft Word an asset. A strong feel for typography - tracking/ kerning/leading and a strong sense for detail would be beneficial. Work week is Friday to Tuesday. Must be able to work independently in a fast paced environment with a multitude of deadlines.

Please email resume and three samples of work to: Nicole Kapusta - Production Manager adproofsrtv@mymts.net



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ANNOUNCEMENTS CARD OF THANKS

The Teulon Ladies Golf Tournament would like to thank the following sponsors: Stonewall Florist; Polman Heating & Air Conditioning Ltd.; Oke Doke's Driving Range; Dale and John Fox; Jim Buckle Parkside Ford Lincoln; Jerry Vande Gauthier Cadillac Buick GMC; Doctor Decal Logo's Graphics Signs; Da Zired Keepsakes Donna Grieve; Creative Cart Covers E. Ardelle Luke; Danny's Whole Hog; Jasperson's Greenhouse/Landscapes; Tuesday morning Ladies Golf; Stonewall Home Hardware; McLeod House Tea Room & Gift Shop; K-Indu Ltd. and Bev Galbraith Portrait & Wildlife Artist.

ANNOUNCEMENTS CARD OF THANKS

MYJC Closing for the Season! - As summer begins to slowly wind down, so does the program at the Stonewall and Teulon Manitoba Youth Job Centres (MYJC). As the Youth Engagement Leaders, we'd like to thank a number of people for their support throughout our successful season. To begin with, a big thank-you goes out to our Sponsoring Committees, who have been very supportive of the MYJC Program. As well, many thanks are due to the numerous employers, both businesses and homeowners, who have placed job orders with the centre this summer. Your participation in the job referral service provides youth and students in our community with the opportunity to gain work experience and an income! Thank-you to all of the volunteers who helped out at any of our events, and to the community members who attended our events! The MYJC Program depends on the partnership with community members, and our success is due largely to you! Thanks! Last but not least, a huge thank-you goes out to the students and youth who registered with the centre. We hope that your job search continues to be successful! The MYJC Offices close for the season on Friday, August 21st. We will re-open in May of 2016, so be sure to look for us in spring! Enjoy the rest of your summer!

-Paolo and Nicole



Maci Don Vandal

Maci Don Vandal born Sunday, May 31st, 2015 weighing 6 lbs 7oz and 20 inches long. Big sisters (and best helpers) Madison and Mylie, along with their wonderful parents Megan and Keith, will make sure Maci survives! Proud grandparents are Lori and Don Vandal and Sheryl and Bill Clyde.

ANNOUNCEMENTS

BIRTH ANNOUNCEMENT



Powroznik (nee Hamaberg)

Melissa, Michael and proud big sister Raeanna, are thrilled to announce the safe arrival of their daughter and little sister, Jocelyn Joan Powroznik. Jocelyn arrived on July 30, 2015 at 8:20 a.m., weighing 7 pounds, 11 ounces and measuring 20.5 inches long. Tickled pink are second time grandparents, Allan and Heather Hamaberg and eighth time grandparents, Tony and Donna Powroznik. Also welcoming Jocelyn is proud great-grandmother, Irene Hamaberg.

ANNOUNCEMENTS





Aiden Gerard Versavel

Proud parents Valerie Millette and Neil Versavel, and big sister Melodie Rose are overjoyed with the new addition to the family: Aiden Gerard Versavel. He was born Thursday, July 16, 2015. The excitement is shared with grandparents Rose and Bruce Kinshella (Red Deer, AB), and Hilary and Luc Versavel, as well as with the rest of our family and friends.

ANNOUNCEMENTS

BIRTHDAY

90th Birthday Helen Porteous In celebration of her 90th birthday, the family of Helen Porteous invite family and friends to a Come and Go Tea in her honour. 1:00 – 4:00 p.m. Saturday, August 29, 2015 Woodlands Hall Woodlands, Manitoba NO GIFTS PLEASE

Booking deadline is Monday at 4 p.m. prior to Thursday's publication.

Announcements

Call 467-5836 or Email igraphic@mts.net

ANNOUNCEMENTS IN MEMORIAM



In loving memory of Victor Yeo March 4, 1944 – August 22, 2014 We think of you in silence, We often speak your name; All we have are memories, And your picture in our frame. Your memory is our keepsake, With which we will never part; God has you in His keeping, We have you in our hearts.

-Sadly missed and forever loved by your wife Donna, children Tracey, Tammy, Travis and families

Remember Your Loved Ones

with an Announcement in the







David Peters - "Dad and Poppa" June 24, 1949 - August 22, 2011 Those we love don't go away, They walk beside us every day; Unseen, unheard, but always near, Still loved, still missed and very dear.

-Lovingly missed, Jo-Anne, Lyle, Dylan and Gavin Donna, Robert and Blake Darryl, Erin and Elliott

Stonewall Teulon



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OBITUARY

Margaret Stewart (nee Price)

June 5, 1925 - August 13, 2015

Margaret Stewart (nee Price) aged 90, suddenly passed away in the loving company of her children, grandchildren, nieces and nephews. Her beloved husband of 45 years John Stewart and daughter-in-law Joanne Stewart predeceased Margaret.

Margaret is survived by daughter Shelley (Leonard) McKnight; son Kelvin Stewart; daughters Dawne (Allan) Grenkow and Pam Stewart (Dan Christle); and many cherished grandchildren and great-grandchildren, nieces, nephews, relatives, friends and lifelong friend Eleanor Adams.

Margaret was born June 5, 1925 and lived on the Price farm west of Warren MB.

Margaret received her early education at Warren travelling to

and from the school by horse and van. Due to a shortage of teachers during WW II, she enrolled in a six week course to become a "permit teacher" as soon as she finished high school. After teaching at her first small school in Whitemouth, she then completed Normal School (Teacher's College) in Winnipeg. She taught in rural one-room schools and was one of the first teachers at River Heights Elementary.

Margaret loved to travel and encouraged her grandchildren to travel the world. At 26 years old she sailed on the Empress of Britain to Europe and established connections with extended family that continue to this day. She enjoyed travelling with her husband and had a special trip back to Wales as well as trips with her children and grandchildren.

She was the last of a close-knit family, her sister and best friend Eleanor (Ed Langrell) and their brother Lloyd (Dorothy nee Stewart) predeceased her.

She typified her generation. After a career, she married and stopped working outside the home to raise a family as a farm wife and she welcomed her mother-in-law into her new home to live. She continued to be involved in curling (where she had met her husband), joined the Lilyfield United Church, played the organ, was a lifelong member of the UCW and was involved in writing the "First 100 Years of the Rosser Municipality" history. She enjoyed the activities and was a great support during the years John was a Municipal Councilor, considered her neighbours friends, and was committed to serving her community and her family. Throughout the years Margaret cheered on her children, grandchildren, nieces, nephews, and great-grandchildren in all their various pursuits and celebrated their milestones. Margaret was noted for her baking, had a generous spirit and was willing to feed any who crossed her door or was working in the field. She instilled the importance of family, friends and service to the community that has been passed on to the next generations.

The family wishes to thank the staff of Red River Place, Selkirk Hospital, the EMT's and all who cared for her and provided comfort.

Prayers will take place on Thursday, August 20, 2015 at 7:00 p.m. at MacKenzie Funeral Home in Stonewall. Funeral service will be held on Friday, August 21, 2015 at 2:00 p.m. at MacKenzie Funeral Home in Stonewall. Interment to take place at Lilyfield Cemetery.

In lieu of flowers the family requests donation, to Lilyfield Cemetery Fund (in care of the RM of Rosser PO Box 131 Rosser, MB R0H 1E0), Lilyfield United Church at Memorial Fund (in care of Box 22, RR2 Winnipeg, R3C 2E6) or a charity of one's choice. She was deeply loved and will be missed by us all, forever,

> MACKENZIE FUNERAL HOME STONEWALL (204) 467-2525 •mack home@mts.net

MacKenzíe



32 The Stonewall Teulon Tribune Thursday, August 20, 2015

