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Stonewall Teulon Tribune

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Hearts on fire

TRIBUNE PHOTO BY LANA MEIER

Thousands of country music fans came out last Friday to hear award-winner singer, songwriter Chad Brownlee at the Sunova Free Stage during Stonewall's Quarry Days. Brownlee is a well known Canadian country artist who is signed to MDM Recordings Inc, and has such hits as "Listen", "Smoke In The Rain" and "Fallin' Over You". Brownlee has received numerous nominations, including a highly coveted JUNO nomination for Country Album of the Year, as well as Canadian Country Music Association (CCMA) Award nominations for Male Artist of the Year in 2012 & 2013.

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Biking to the Viking attracts nearly 500 cyclists

Staff

Nearly 500 cyclists pedalled across the Interlake last weekend in the Biking to the Viking event to raise funds for the MS Society.

The 170-kilometre ride began in the morning on Saturday, Aug. 15 in Stonewall. From there, participants biked to Gimli, where they spent the night. The next morning, they left Gimli and headed back to Stonewall.

Each participant had to raise at least \$300 to take part, although the average fundraising total was \$813 per person. With 61 teams participating, the event raised more than \$300,000, according to the event website. A sunny success, this year's event also welcomed more than 150 new riders.

Stonewall Mayor Lockie McLean addressed the crowds encouraging them to enjoy the day.

"Someday maybe in our life time for sure we're going to look back and know this weekend for so many years is going to be a big part of finding that cure," said McLean.

All funds raised at the event go towards multiple sclerosis research, programs and services. Canada has one of the highest rates of MS in the world, and more than 3,500 Manitobans live with MS.



Stephanie Rozzi, last year's ambassador for the annual Biking to the Viking MS fundraiser begins her trek.



Over 500 cyclists took part in the 2016 Biking to the Viking event, raising over \$300,000 at this year's ride.

TRIBUNE PHOTOS BY LANA MEIER

Home Hardware offers limited edition Canada 150 tulips

By Jennifer McFee

As Canada prepares to celebrate its 150th birthday next year, Home Hardware will be adding to the festive atmosphere with limited edition red and white tulips.

To celebrate the national milestone, Home Hardware Stores Limited has joined forces with the National Capital Commission, Kingdom of the Netherlands and Communities in Bloom to select and distribute the Canada 150 tulip.

These tulips bear a remarkable resemblance to the Canada flag with a white background brightened up with red flames.

Starting in early September, these tulips will be available at all Home Hardware Stores and Home Hardware Building Centres across the country, including the Stonewall store at 486 Main St.

Steeped in significance, the tulip represents gratitude and a long-standing friendship between Canada and the Netherlands, noted Netherlands ambassador Cees Kole.

These flowers were first planted in Ottawa in 1945 when the Netherlands sent 100,000 tulips as a post-war thank-you gift to Canadian soldiers for the role they played in liberating the Netherlands.

As CEO of Home Hardware Stores Limited, Terry Davis outlines the importance of the Canada 150 initiative.

"As a 100 per cent Canadian owned and operated company, we are proud to bring such a unique offering to our customers to celebrate an important milestone in Canada's history," Davis said.

"We look forward to seeing the tulip blooming in communities across Canada in 2017."

Joanne Hubbard, seasonal manager at the Stonewall location, said the local business ordered 2,000 of the Canada 150 tulips. The festive flowers come in packs of 25 for \$12.97 or 100 for \$44.99.

"You shouldn't be planting your bulbs until fall at the end of September. It should be 60 degrees Fahrenheit (15.5 degrees Celsius) or colder,"



TRIBUNE PHOTO SUBMITTED

Home Hardware will be selling red and white tulips to celebrate Canada's 150th birthday.

Hubbard said. "Then you should be planting them about six inches deep."

The mid-season bloomers will grow to about 22 inches tall. In addition to community and residential gardens, 300,000 Canada 150 tulips will be on display next year in the National Capital Commission's flowerbeds.

Since the Canada 150 tulips are expected to be in high demand, Hubbard is already compiling a list of anyone interested in purchasing the flowers. To add your name to the list, contact Hubbard at the store at 204-467-5589 or drop by 486 Main St. in Stonewall.



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Erinview Campground has room for expansion

By Kaitlin Vitt

Business has been slow at the Erinview Campground, owner Joy Ogilvie said, but this could change with some possible upcoming upgrades.

Lack of power is the main factor affecting business, she said, but 24 of the 31 sites should have power by fall, if Manitoba Hydro approves.

Ogilvie and her husband, Jack, opened the campground to the public in 2013. The campsites are semi-private, and water is available at every site. There are showers and modern bathrooms, an upgrade from the previous outhouses.

There's limestone gravel at each site, which includes a picnic table, fire pit and bush. There is room to add more sites at the campgrounds, which the Ogilvies will do if business takes off, she said.

"If you like quiet, peaceful, into nature, private sites, this is the place to be," she said.

The campground is on the eastern shore of East Shoal Lake, 25 kilometres west of Teulon.

The Ogilvies made a natural sand beach along the lake last year and expanded it this year.

There's a boat lunch at the camp-

ground. People can boat, swim and fish in the lake.

At this time of year, jackfish is a popular catch, she said. In winter, the lake is a major perch spot.

You can see wildlife, including "birds of every kind," along with deer and your common campground creatures, like chipmunks and squirrels.

The campground and beach is pet friendly, as long as owners clean up after them and keep them under control.

There's a volleyball net, play structures for kids and five kilometres of road near the campground to walk and bike.

Water was high this year and washed out the path in a marshy area connecting the main part of the campground to the beach, she said. There's now a wooden bridge over the marsh to connect the areas.

Wild hay used to cover the area — the land was used for agriculture. Water flooded the land a few years ago, and the Ogilvies decided to turn it into a campground, she said.

There have been no flooding problems since then.

"The water cannot possibly get to where we have the campground," she



TRIBUNE PHOTO SUBMITTED

A wood boardwalk connects the main part of the beach to the campground.

said.

The opening and closing dates depend on the weather. The campground is open by May long weekend, if not earlier, and this year will close

by Thanksgiving weekend, at the latest.

To rent a site costs \$25 (GST included) per night and can be reserved by calling 204-278-3385.

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| Wed: | Gentle Yoga | | 8:15 am |
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Participants encouraged to sign up for Relay for Life

By Jennifer McFee

It's history in the making with Stonewall's first ever Relay for Life, which is coming up in less than a month.

On Friday, Sept. 23, crowds will gather at the Stonewall Collegiate Institute track to raise funds for the Canadian Cancer Society. At the same time, the six-hour relay will forge a sense of solidarity in the fight against the disease as teams trudge the track from 6 p.m. to midnight.

Cancer survivor Troy Woods has stepped forward to take on the role of Survivor Chair for the event.

Now 23, Woods was diagnosed with lymphoblastic leukemia at age 17. He underwent a year of intensive chemotherapy and radiation followed by a two-year maintenance protocol that involved oral chemotherapy administered at home.

Since then, his health has improved. "For the last few years, I've been my normal self. There was a three-year period there when that wasn't the case, but since then, it's been good. I got through university and I'm working full time now and living in the city," said Woods, who is working towards his Chartered Professional Accountant designation.

"Every six months, I still go in for a check up. They take my blood and vitals and anything else that might

have come up in the last six months that we want to chat about. But ever since I have gotten through the treatment part, I haven't had any scares, so to speak. It's more of a safety net and comfort for myself to know that it's still OK and they're keeping a close eye on it. Just in case something was to come up, they'd be able to catch it quick."

Although he lives in Winnipeg now, Woods said he's back in the Interlake nearly every weekend to visit family and friends. His strong connection to the community propelled his decision to get involved with the Relay for Life.

"I did the event in 2011 and it's a very awesome experience to be out there with other survivors, doing the survivor lap together. You're in the situation where you're with people who went through what you went through and they understand it as well as anyone does," he said.

"It's a good opportunity to honour those people and make them realize that there's a lot of support in the community for them if they are currently battling or just to acknowledge what they did go through."

He encourages people to get involved in the inaugural Stonewall relay, particularly other survivors.

"I've gone through the whole journey myself, and I know that there are

other people who are going through it now and are going to be going through it in the future," he said.

"It's nice to give back and it's a local event. It's not something in Winnipeg or far away from home. It's my community and it's filled with the people who were there when I went through the same stuff as well."

On Sept. 23, registration will take place at 5 p.m. Then the survivors' reception will be held from 5 to 6 p.m., followed by an opening lap for cancer survivors led by bagpiper Jimm Simon.

Luminaries cost \$5 apiece. These lanterns can be bought and placed around the track in honour of someone battling cancer or in memory of a loved one lost to the disease.

The goal is to have 12 teams register for Stonewall's relay, and registration will be accepted right up until the event. Registration costs \$15 per person, and volunteers and survivors can register for free.

Entertainment will be ongoing throughout the evening, featuring Aidan Mulvihill and juggler Robin Chestnut from 5 to 6 p.m. The event will also feature face painting, henna tattoos, live local music and Zumba dancing, and food will be available for purchase.

The fundraiser supports cancer re-



TRIBUNE PHOTO SUBMITTED

Troy Woods will be the Survivor Chair for Stonewall's first ever Relay for Life on Sept. 23.

search as well as programs for people living with cancer.

For more information or to register a team for the Relay for Life, visit the *Stonewall Teulon Tribune* office at 74 Patterson Dr. in Stonewall or call 204-467-5836.

Winnipeg Beach festivals combine for traditional arts weekend

By Kaitlin Vitt

Two annual festivals in Winnipeg Beach are combining to host the BeachScape Harvest Festival Weekend Sept. 10 and 11.

For the past two years, SCAPE (Stronger Communities through Arts Participation for Everyone) put on the BeachScape Traditional Music and Arts Festival. Both years events were scheduled for outside, but the weather required organizers to move festivities indoors.

This year, BeachScape is combining with the Winnipeg Beach Fall Harvest Fest for a free two-day event. The festival runs 10 a.m. to 5 p.m. Sept. 10 and 11.

BeachScape fits with Harvest Fest, since there are many harvest traditions, said Susan Hammer, the festival's artistic director.

The BeachScape Harvest Festival celebrates traditional music, dance and arts. There are more than 25 performance and arts groups participating.

"I don't know of any other festival

that is specifically traditional arts," Hammer said. "These are our roots. We're going back and we're looking at our roots and exploring that."

There will be music and dance from countries including Japan, Africa and Ireland. Arts groups participating in the festival include WAVE artists and the Lake Winnipeg Writers Group.

The groups involved will put on workshops and demonstrations audience members can participate in.

Performances will be around town, including at the outdoor bandstand, the second-hand store and the legion. There will be a market on Main Street and one in the legion.

"People can sort of wander around and go to see lots of different things," she said.

If it rains, events will be in the recreation centre.

Events run from 9 a.m. until 5 p.m. Saturday and Sunday. There are kids' activities, including a petting zoo and scarecrow-building contest.

There is a pancake breakfast Sept. 10 from 9 a.m. until noon at the com-



TRIBUNE PHOTO SUBMITTED

There will be traditional music and dance performances during the BeachScape Harvest Festival Weekend.

munity centre. Adults can eat for \$5 and kids under 12 for \$3. Proceeds go toward the Age Friendly community garden project.

New building replaces Woodlands Pioneer Museum's Coupe home

By Kaitlin Vitt

A new building is replacing the Coupe family home at the Woodlands Pioneer Museum, allowing people to continue to learn about the history of the area.

"In our busy world today, you just don't realize how simply people lived," museum president Lorelee Proctor said. "It's really good to revisit and honour that lifestyle."

Richard Coupe from Lake Francis built the original home in the 1880s. He used grass and moss for the roof and logs from his bush, a document from the museum explains.

The Coupe home moved to the Woodlands Pioneer Museum site along Highway 6 in 1974.

In recent years, the home had a hole through the back. Looking through the front window, you could see daylight coming through the hole.

The building became unsafe to allow the public inside. The building was left standing, but the museum's board worried animals might make the building their home, Proctor said.

For about seven years, the museum's board went back and forth about trying to fix the building, she said.

"We tried so hard to hold onto it. It was just heart wrenching to let it



Richard Coupe built his home in the 1880s.

go, but when you're running a public property, you have to think about safety, and so we just felt it wasn't something we could afford to fix."

The new building will cost less than the price to fix the old building or build a log home replica.

The new building is not a replica of the Coupe home, but rather the new one will be a representation. It will have faux log on the exterior and interior, rather than being a true log cabin. The new building will also be a



TRIBUNE PHOTOS SUBMITTED

The Coupe home replacement building will be a bit larger and will have faux wood.

bit bigger than the old one.

The items from inside the original home will go into the new building. The home allows people to learn about the life of a pioneer family, Proctor said.

The outside of the building will be complete by winter. The museum will have to seek out grants and donations throughout winter and spring to finish the inside of the building, she said.

The other buildings at the museum are in good shape. Proctor said some require painting, but the only building that needed major attention was the Coupe home.

Not enough school children come to the museum, she said, but they should since it features local history.

"It's important that people remember that this place is here because it has so much within the walls."

People lead guests on guided tours through the museum. Each build-

ing features multiple displays, like a general store, a medical area and a schoolroom.

"The stories are told because somebody's telling you the stories. You're not just tapping a button and reading it yourself."

People could spend an entire day at the museum, but Proctor said for the price — the entry fee is only a couple dollars — it's an inexpensive way to spend an hour or two, perhaps for a break from driving. The museum is open Thursday to Monday from 11 a.m. to 5 p.m.

To operate, the museum relies on visitor fees, donations and fundraisers. The church building at the museum will become an escape room for a fundraiser Aug. 18 to 21. There are still some spots available, and those interested in attending can contact Proctor at leproctr@mymts.net or 204-383-0007.

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> ARNIE WEIDL **Sharing is caring but not for the birds**

Hi folks. Glad you could join me.

One of the places in Selkirk that makes fishing a bit easier on the pocketbook is Rosalie Shantz's Big Dollar store. I was in there looking at an angler's vest sometime ago when Rosalie began talking about one of her favourite Selkirk customers, Chris Tonn, who eats, sleeps and breathes fishing. I felt I had to meet this lady, so I reached out and soon we were sitting across from each other at Roxl's at the Selkirk Hotel.

Talk about a happy bundle of energy full of fishing stories. Wearing her Manitoba Master Angler bracelets and T-shirt, she shared a story where she was boat fishing in Malachi Lake with her mom, dad and her young daughter.

Dad caught a tiny pickerel, and as he was reeling it in, a big jack came streaking in trying to steal it but lost its grip. Seeing an opportunity, he cast the pickerel out again and, sure enough, the jack clamped onto it. Dad smiled at his craftiness as he reeled in the huge fish.

In the meantime, on the other side of the boat, mom and granddaughter were dealing with the little girl's twisted-up line in her reel but the baited hook was still in the water. Suddenly, there was a terrific pull on her rig. Grandma and granddaughter both forgot about the fouled line. With their hands fumbling over each other, they grabbed the line and together landed a jack even bigger than granddad's.

Later, before we parted company, I had to do something a little different to get us a picture of Chris with a fish she had caught. She had brought a lot of them, so I selected one and she held it up while I snapped a picture. She chuckled, remembering hanging on to that sturgeon was worse than handling



TRIBUNE PHOTO BY ARNIE WEIDL
Chris Tonn with a photo of herself holding a sturgeon she caught in the Red off the Selkirk Park.

an angry baby.

Finding someone fishing along the Winnipeg River last week was quite the chore, but eventually I found Joel Salalaga, an affable fellow in his 40s from Winnipeg at McArthur Falls. He shared an experience of when he came here from the Philippines and went fishing for the first time at Lockport.

He began catching fish after fish and was convinced he had found the greatest fishing spot in the world. The guys around him tried to tell him it was just a fluke but he wasn't listening.

Day after day, he would come back to the same place catching only a few fish. Finally, he said it sunk in and today he still shakes his head over being naïve.

Every time I ran over to the Hnausa pier last week, the wind was kicking the waves up, keeping anglers away.

Back there on Wednesday, I met a tall, grey-haired chap, Ron Schmecht from Arborg, who had a humorous habit of talking while his tongue played with a toothpick in his mouth. We casually talked fishing and he told me something interesting.

I had heard lately that the perch weren't biting and Ron told me that an old Islander from Riverton told him that when the fishflies seed their eggs in the water, the perch will eat little else.

On Friday, I went back to the Hnausa pier to fish and again a coo, hard wind made restless waves. The sun was bright, though, and I met a most delightful couple, Norm and Pat Pruden from Selkirk.

As we discussed fishing, they had also heard that perch apparently do like to eat fishfly eggs. Norm remembered when he and his friend were boat fishing in Catherine Lake and they had noticed a huge eagle and its young one flying overhead all afternoon.

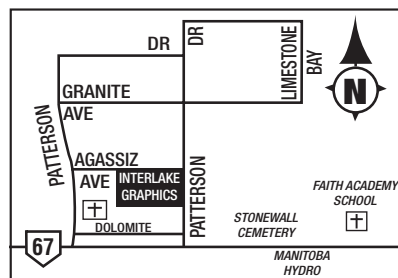
At the end of the day, they decided to catch one more fish and throw it to the eagles for a feed. They caught a pickerel, and Norm asked his friend Keith to back the boat up so he could toss the fish where the eagles could get it. Keith started to back the boat up but soon there was an agonizing squeal and snapping sound as the motor's prop cut the thin rope holding the men's day's catch.

In wide-eyed shock, the guys watched as their loose fish either dove for the depths or were scooped up by the eagles.

Gosh, I guess being considerate at times can be costly.

Well, hope you come by next week. Bye for now.

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



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Province reminds travellers to be wary of Zika virus

Submitted

Manitobans travelling to locations in Africa, southeast Asia, the Ocean Pacific Islands, South America, Central America, southern Florida and the Caribbean are reminded to take precautions to avoid contracting the Zika virus.

Zika virus infection is caused by a virus related to dengue and West Nile virus. It is primarily transmitted from the bite of an infected Aedes mosquito, in particular species such as Aedes aegypti and Aedes albopictus (Asian tiger mosquito) commonly found in tropical and sub-tropical regions.

While most spread is linked to the bite of an infected mosquito, less common types of spread have been reported. These include mother-to-child transmission, transmission via transfusion of infected blood and sexual transmission. Further research regarding these types of spread is still ongoing.

Common symptoms may include a low-grade fever, rash, muscle pain, short-term joint pain, con-

junctivitis (red eyes), eye pain, chills and headache. Less common non-specific symptoms may include weakness, lack of energy, sore throat, diarrhea and nausea/vomiting.

Only 20 per cent of infected individuals develop symptoms and these usually appear between three and 12 days after the bite of an infected mosquito. Symptoms are typically mild and last between two and seven days.

Preventing mosquito bites is key to limit the risk of infection with Zika virus. Travellers to regions affected by the current outbreak should use appropriate insect repellents (e.g., those containing DEET and Icaridin), wear protective clothing, use bed nets and make every effort to keep mosquitoes out of living areas by keeping doors closed, window screens in good repair and using air conditioning.

Given the association between Zika virus and the elevated risk of serious health effects on unborn children, it is recommended that pregnant women

avoid travel to areas where Zika virus is presently circulating.

Those attempting to become pregnant who cannot delay travel are encouraged to discuss their risk with their health-care provider. In situations where travel cannot be avoided or postponed, individuals are encouraged to adopt strict mosquito prevention measures.

Presently, it is unknown whether local mosquito species could play a role in Zika virus transmission. However, research is ongoing.

For a current list of countries with reported locally-acquired Zika virus, see the Public Health Agency of Canada's Zika site: healthycanadians.gc.ca/diseases-conditions-maladies-affections/maladie/zika-virus/risks-countries-pays-risques-eng.php. For more information on Zika virus, visit gov.mb.ca/health/publichealth/diseases/zika.html.

Newborn hearing screening program coming to all RHAs

Staff

A universal hearing screening program for all Manitoba newborns is being implemented in all regional health authorities as of Sept. 1.

"Early detection and diagnosis helps children with congenital hearing loss get the treatment they need as early as possible," Health, Seniors and Active Living Minister Kelvin Goertzen stated in a release last week.

"Manitoba families will benefit from a universal program with consistent screening services across the province, so children with congenital hearing loss have the opportunity to develop strong cognitive, speech-processing and learning skills."

There are between 16,000 and 17,000 births in Manitoba each year, and every year between 17 and 102 children are born with some hearing loss, according to the province.

The hearing screening program is now available at 13 health-care facilities across the province including:

- Selkirk and District General Hospital in the Interlake-Eastern Regional Health Authority;
- Health Sciences Centre Winnipeg and St. Boniface General Hospital in Winnipeg;
- Portage District General Hospital, Bethesda Hospital in Steinbach, Ste. Anne Hospital and Boundary Trails Health Centre in Morden-Winkler in the Southern Health – Santé Sud health region;
- Brandon Regional Health Centre, Dauphin Health Centre and the Neepawa Health Centre in the Prairie Mountain Health region; and
- Thompson General Hospital, St. Anthony's General Hospital in The

Pas and the Flin Flon General Hospital in the Northern Regional Health Authority.

"The first two years of a child's life are the most important for language development," said Diana Dinon, regional manager, Universal Newborn Hearing Screening Program, Winnipeg Regional Health Authority. "Providing hearing screening to all babies born in Manitoba and referring those at need for early intervention will help to ensure the best outcomes as they grow."

Infants born at home or in facilities with fewer than 75 births per year will be referred to the nearest outpatient hearing centre for screening. A common database will ensure individuals born in one region and living in another will have co-ordinated care.

The Universal Newborn Hearing Screening Act was introduced in 2013 and received all-party support. Since that time, regulations, standard processes and procedures

were developed and the necessary equipment was installed throughout the province to provide services, the minister noted.

The province has invested more than \$3 million in the program to date including equipment, staff, training and operating costs.

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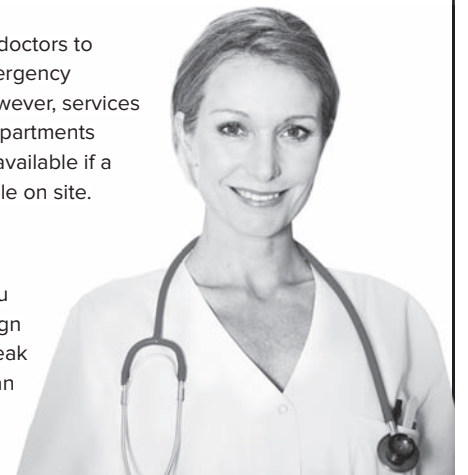
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 Interlake-Eastern
Regional Health Authority

Art tour draws interest from near and far

By Jennifer McFee

Art enthusiasts are marking their calendars for the 2016 South of the Lakes Art Tour, which showcases the talents of local artists.

The 14th annual event is coming up on Sept. 17 and 18 with venues in Stonewall, Teulon, Balmoral, Rosser and Selkirk. The Prairie Oak Regional Arts Council presents the tour, which is sponsored by Culture, Heritage and Tourism.

Photographer Liz Harkness is helping to organize the event this year along with artists Hermina Hildebrand and Dolly Dennis, since past-president Bev Galbraith stepped down from her role.

"There's a lot of work to be done in a short time, but it's going to be a great event," said Harkness, vice-president of the Prairie Oak Regional Arts Council.

Harkness first developed an interest in photography after moving to Balmoral in 1992.

"That's when I got interested in the wildflowers. I mostly like flowers, old buildings, birds — if they ever stay still long enough for me to take a picture," she said. "That's my forte, I suppose."

The self-taught photographer grew up surrounded with artistic influences, so it's no surprise that she followed suit.

"I guess it's just the artist in me. I've

had family that are very artistic and they passed down the love of art to me, so I think that's where it comes from," she said.

"When we're travelling, I usually take my camera with me. I see something and I just have to take a picture of it, no matter what it is. And, of course, driving is a little more difficult to stop for a sunset or an old building."

Now a Stonewall resident, Harkness will be displaying her work during the art tour at her home at 328 3rd St. West, which is wheelchair accessible.

In addition to photography, the art tour features a little bit of everything from jewelry to painting to carving — and much more.

New to the tour this year is Margaret Dignard, who will be showing her stepping stones, bird houses, mason jar creations and hand-painted signs at 228 4th St. West in Stonewall.

Dignard's artistic touch extends to the literary realm, since she is an author of poetry and children's books such as *A Mouse in My House* and *Harold's Manitoba Adventure*.

Grande Bazaar is another new addition, and the whole store will be open for visitors to peruse. Based at 310 Main St. in Stonewall, this wheelchair-accessible venue will showcase paintings and illustrations by Candice Ferguson plus paintings by Spencer

"I ALWAYS HAVE PEOPLE THAT COME FROM THE CITY. IT'S NOT JUST LOCALS THAT COME."



TRIBUNE PHOTO BY JO-ANNE PROCTER

Artists Hermina Hildebrand and Liz Harkness are gearing up for the 2016 South of the Lakes Art Tour.

Rear.

In Balmoral, The Robertsons Emporium and Bakery (5123E Rd. 85) is another newcomer to the tour, featuring works of Lillian Robertson that incorporate recycled and repurposed materials and natural fibres. Visitors can also look forward to discovering one-of-a-kind sewn items, soaps, mosaics and paintings.

With 11 stops on the 2016 South of the Lakes Art Tour, the talented local artists continue to draw interest from

near and far for the anticipated annual event.

"I always have people that come from the city," Harkness said. "It's not just locals that come."

The 2016 South Interlake Arts Tour takes place Saturday, Sept. 17 from 10 a.m. to 5 p.m. and Sunday, Sept. 18 from noon to 5 p.m.

Anyone who would like more information can contact Harkness at 204-467-9029.

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Time: 6:30 PM Registration | 7:00 PM AGM begins

Place: Ag Society Red Barn, Stonewall, MB

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For further information contact:

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> WINNIPEG BEACH, FROM PG. 4

Visit www.scape.name for information updated regularly about the festival.

Hammer started the festival in 2014. She plays traditional music from the United Kingdom. She said she had connections to others in the traditional arts community and thought it would be a good idea to host a festival.

She is also the co-chair of SCAPE, the group partnering with Winnipeg Beach to host the festival.

"We are a not-for-profit group that believes in building stronger communities through making arts participation available for everyone," she said.

SCAPE hosts events throughout the year, including arts and music classes.

Barn quilt on display

By Kaitlin Vitt

There's a new site to see at Steep Rock Beach Park.

Brenda Wood, a seasonal camper at Steep Rock, designed and painted a wood barn quilt square for the outside of the park's café. Steep Rock is now included on the Interlake Barn Quilt Trail.

The Interlake Barn Quilt Trail started in 2014. A barn quilt is a replica of a quilt square but made of plywood, not fabric, the Interlake Barn Quilt Trail website explains. People hang them on barns in their community.

"It gets (Steep Rock) on another tourism map, which is important," Wood said.

Some people visit various communities in search of these Interlake Barn Quilts to check them off their list, she added.

Lana Iwanchuk, a manager at Steep Rock Beach Park, phoned Wood during the winter about the project. They went back and forth, sharing ideas.

Wood worked on the quilt in the park's café.

"People would come in, sit down and paint a few blocks with me. It was just a real good community effort," she said.

It took six weeks to complete the quilt. There are four coats of every colour, and painters had to wait four days between coats.

In the centre of the quilt, there's a

sailboat on water, a stylized version of the Steep Rock logo. The quilt colours represent the area — green for the forests, beige for the limestone cliffs, blue for the water, yellow for the sun and red for the sunsets.

"It's a little more rewarding (than sewing quilts), I think, because it's a community thing, and it's going up for everyone to see," Wood said.

Wood has been a sewer for years and started quilting about five years ago. People from Steep Rock taught her how to quilt.

She said the response to the barn quilt has been positive, and people find their own meaning in it.

Someone said the yellow and green are like the John Greene colours. Someone else said the colours are like those on an indigenous flag.

"I would like to see more communities do this," Wood said. "It's so much fun, and it's really rewarding."

Iwanchuk said she thought people in Steep Rock would like the quilt, since there is a large community of quilters in the area.

"I think it's generated quite a bit of excitement for our area," Iwanchuk said. "It's one more thing that's really cool."

There are 24 quilts along the Interlake trail. Visit interlakebarnquilts.com for locations and descriptions of the quilts.



TRIBUNE PHOTO COURTESY OF LANA IWANCHUK

Brenda Wood (left) designed and painted the barn quilt on Steep Rock Beach Park's café. Park managers Trevor Gabbs and Lana Iwanchuk organized creating and displaying the quilt.

Sexual assault crisis centre seeks volunteers in Selkirk

Staff

The Survivor's Hope Crisis Centre is seeking volunteers in Selkirk and area to train as sexual assault crisis intervention workers.

"We are happy to share that we are expanding the SARAH Program into the Selkirk area in 2017 through a pilot project at the Selkirk Hospital," a release last week stated. "Women living and working near any of our support centres are invited to find out more about volunteering as SARAH

Workers.

"Our workers offer respectful support as they validate a victim's experience with sexual violence and help them navigate the many decisions that follow such a traumatic event."

While offering emotional support, the program also helps survivors sort through their options as they gather their strength to move forward in a healthy manner.

The program is unique in rural Manitoba since it is the only rural support

service specifically dedicated to supporting victims of sexual assault and have been providing support services in eastern Manitoba since 2003.

The program is established in Powerview-Pine Falls, Pinawa/Lac du Bonnet and Beausejour/Oakbank through the local hospitals, RCMP detachments and two drop-in offices. The program also supports victims coming from many surrounding communities.

Training takes place over 40 hours

in October (weekends and evenings). Interested women can contact their office at 204-753-5353 or email director@survivors-hope.ca for more information and the application package.

The application process must be completed by Sept. 18.

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> MEAL IDEAS

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One Potato, Two Potato Double-Layered Mash



1-1/2 lbs/750 g)
 2 sweet potatoes, (about 2 lbs/1 kg)
 3 cloves garlic
 1 cup (250 mL) 1% milk
 1/2 tsp (2 mL) pepper
 1/2 cup (125 mL) non-fat plain Greek yogurt, divided
 1/2 cup (125 mL) fresh whole wheat bread crumbs
 1 cup (250 mL) shredded lower fat Canadian old Cheddar or Swiss cheese or 1/2 cup (125 mL) shredded regular Canadian old Cheddar or Swiss cheese
 2 tbsp (25 mL) chopped fresh parsley
Directions

Peel yellow and sweet potatoes and cut into chunks (keep separate). Combine yellow potatoes and garlic in one saucepan; add cold water to

cover. Repeat with sweet potatoes in another saucepan. Bring both pans to a boil over high heat. Reduce heat and boil gently for 10 to 15 minutes or until fork tender. Drain; return potatoes to pans.

Meanwhile, in a saucepan or in a microwave-safe measuring cup, combine milk and pepper. Heat over medium heat on stovetop or on Medium (50%) power in microwave until steaming, for about 3 minutes.

Lightly oil an 11 x 7-inch (28 x 18 cm) or 8-inch (20 cm) square glass baking dish.

Mash yellow potatoes and garlic while gradually adding 3/4 cup (175 mL) of the warmed milk and half of the Greek yogurt. Spread into baking dish. Mash sweet potatoes while gradually adding remaining warmed milk and remaining Greek yogurt. Spoon on top of yellow potatoes and gently spread to cover. (Can be cooled, covered and refrigerated up to 2 days).

If casserole has been refrigerated, preheat oven to 350°F (180°C). Cover baking dish with foil and bake for 45 minutes to 1 hour or until heated through.

Preheat broiler. In a bowl, combine bread crumbs, cheese and parsley; sprinkle over hot potatoes in dish. Broil for about 3 minutes or until topping is crisp and golden.

Leave Work Behind When Getting To Sleep



Having trouble sleeping? Nothing can be more frustrating than being tired and wanting to sleep, but instead being wide awake, aware that the hours are ticking away. Sometimes sleep is difficult because of health conditions, a noisy or restless partner, or a fussing baby. These things are beyond your control, and you have to make the best accommodations that you can in your situation.

Perhaps even more frustrating is the absence of external distractions, but instead an internal chatter that we just cannot seem to control. You tell yourself to just relax and get some sleep. You empty your mind, prepared to slip into dreamland. Then it starts.

Your mind starts working on problems or creating new ones. It is like a twenty-four hour movie is playing in your head. You slip out of the theater of your mind once in a while to look at the clock, becoming increasingly anxious as the available hours for sleep dwindle away.

Why does this happen? There are many reasons, including genuine worries or ongoing life difficulties,

or too much coffee during the day. Most often though, it is because we do not know how to slow down our minds. Imagine that you have just run a mile or two uphill. Your heart rate will rise, and it will take some time for it to return to its normal resting rate.

If, throughout the day, your mind is running a mile a minute, it is highly stimulated and is not going to settle down just because you lie down. Some people "unwind" in front of the television. While that may be relaxing for the body, even the most mindless program is stimulating brain cells, though not necessarily the thinking ones. The number of changing images, colors and sounds in a one hour program is a lot of sensory input.

What is helpful is to take some time for real relaxation before going to bed. This might be a nice warm bath, listening to soft music, or just sitting in quiet contemplation or even watching the stars. What is essential is that you do not think about the things you were thinking about all day, or what will be happening the next day. It can also be helpful to cultivate a quiet mind throughout the day. Take five minutes of every hour and sit still, clear your mind, and breathe deeply.

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

Sliced Steak With Crispy Polenta

1 1-pound lean flank steak, trimmed
 1/2 teaspoon ancho or regular chili powder
 1/2 teaspoon salt
 1 16-ounce tube fat-free polenta, cut into 12 slices
 1 1/2 cups fresh or thawed frozen corn kernels
 1 red bell pepper, chopped
 1/2 red onion, chopped
 1 jalapeño pepper, seeded and minced
 2 tablespoons chopped fresh cilantro

1. Spray ridged grill pan with nonstick spray and set over medium-high heat. Sprinkle steak with chili powder and salt. Place steak in pan and cook until an instant-read thermometer inserted into side of steak registers 145 F for medium, about 5 minutes on each side.

Transfer steak to cutting board and let stand 5 minutes. Cut on a diagonal into 16 slices.

2. Meanwhile, spray boiler rack with nonstick spray and preheat boiler. Arrange slices of polenta on rack and broil 5 inches from heat until crispy and heated through, about 2 minutes on each side.

3. Spray medium skillet with nonstick spray and set over medium heat. Add corn, bell pepper, onion, and jalapeño pepper; cook, stirring, until softened, about 5 minutes. Remove skillet from heat and stir in cilantro.

4. Place 3 slices of polenta on each of 4 plates and top each serving with 4 slices of steak. Divide corn mixture evenly among plates.

Do it faster: To neatly and quickly remove the kernels from an ear of corn, place a bowl in the sink, stand the corn on end inside the bowl, and cut off the kernels with a knife. Any fly-away kernels will end up in the sink.

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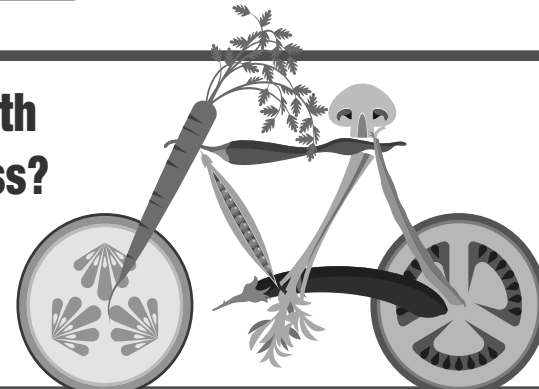
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Teulon Senior Resource hosts barbecue and car boot sale

By Kaitlin Vitt

Teulon and District Senior Resource Council hosted a barbecue and car boot sale next to its building at Main Street and Second Avenue SE on Aug. 19. The council provides services including shopping, running errands and visits to people in Teulon and the surrounding areas, its website says.

There was also a pie auction, raising \$472. Lakeside MLA Ralph Eichler auctioned off the 11 pies that Janet Dyrda from Blue Skies Pastry Shop baked.

Proceeds from the barbecue and pie auction go to the Teulon and District Senior Resource Council and Bethel Rays of Hope, a charity that focuses on supporting orphaned and vulnerable children in Kisumu, Kenya, the organization's website says.

In total, the event raised more than \$1,000. Money raised from 50/50 sales was donated to the Green Acres Art Centre.



Blue Skies Pastry Shop's Janet Dyrda baked the pies.



TRIBUNE PHOTOS BY KAITLIN VITT

Cathy Mackie, left, and Janet Dyrda sit at the table for Bethel Rays of Hope. Dyrda baked the pies in the auction.



Edith and Bill Docking sell items at the car boot sale. They said they were going to have a garage sale but instead came to this sale. They wanted to get rid of some items as they approach their senior years.



Lakeside MLA Ralph Eichler (left) auctioned off the 11 pies.

Interlake to host WAVE Artist Studio Tours next month

By Lindsey Enns

WAVE Artist Studio Tours are inviting the public to meet Interlake artists face to face in their own creative spaces next month.

Warren Wenzel, the tour's chairperson, said the two-day event is all about giving those interested in art a rare experience.

"Artists open their studios so people can come and see what they do for entertainment and for fun," Wenzel said. "They get to see how their work is done in some places. They get to experience all of it."

Dozens of artists inspired by the Interlake including painters, photographers, jewelry makers, sculptors and more are taking part in the tours scheduled for Sept. 3 and 4.

Studios will be open from 10 a.m. to 6 p.m. both days. For more information, visit watchthewave.ca.

Wenzel said this will be the last tour of the season and they are hoping for larger crowds than what they saw in June.

"It's a great idea," he said. "It's a great entertainment idea for the weekend."

Ride for a Child's Wish raises over \$82,000

By Jo-Anne Procter

All it takes is a little hope to make a wish come true.

Five-year-old Hope allowed people to open their hearts and their wallets to raise funds for the Children's Wish Foundation. Hope is this year's recipient of a wish sponsored by the annual Woodlands Ride for a Child's Wish.

Last Saturday, Gary and Silver Peltier and their team of volunteers hosted 103 horseback riders, eight wagons and 42 motorcycles in the 28th annual event in Woodlands.

At press time, the event had raised a total of \$82,462, which is the second highest amount raised to date. Funds were raised through pledges, with Wally Finnbogason's \$2,790 being the highest. Other contributions came from a 50/50, a variety auction that included a registered palomino colt donated by Fred West, Calvin Stanley, and Guy Dearman and several business, plus personal donations. Middleton's 7/6 Ranch & Friends Lobsterfest held in Carman also donated \$32,000 of their fundraising efforts to the ride this year.

Gary Peltier introduced Hope and her mother, Heather, who explained Hope's journey to guests as she held Peltier's hand to calm her nerves. Within minutes of her birth, Hope struggled to breathe and was immediately taken to the neonatal intensive care unit. Shortly after, she was flown to Stollery Children's Hospital in Edmonton where she had open-heart surgery to have a central shunt put in her chest. Hope was diagnosed with a serious congenital heart defect called pulmonary atresia that makes it hard for her to breathe.

"From the beginning, we were told Hope would have to undergo additional surgeries, but fortunately Hope is headstrong and stubborn and has defied those odds and hasn't needed surgery yet," her mother said.

Heather describes Hope as a very happy, funny, smart five-year-old girl who is not shy at all. She is still on medication to keep her blood thin and she continues to be followed by a pediatric cardiologist and receives great care at the Children's Variety Heart Centre.

"My family and I are so grateful that Hope has been granted a wish. Although she hasn't chosen what that wish will be, she loves to be actively involved with the Children's Wish by participating in concerts, events and activities such as the Wish Maker Walk where she held Queen Elsa's hand for the entire way."

Hope has some really fun and interesting ideas for a wish, including taking a rocket ship to the moon with queen Elsa, unicorns and minions.

"No matter what Hope chooses for her wish, I know it will become one of her fondest memories," Heather said. "Please know that the Children's Wish Foundation really does make a difference, not only in children's lives but for entire families. Hope and I are extremely grateful to the Wish Foundation and to everyone who generously donates their time and money and everyone here today, please know that you truly make a difference in our lives."

Keith, a previous wish recipient's father, also took to the stage to reiterate how a wish can affect a family. His son Chase was born with a terminal brain disorder and was totally disabled. In 1999, they were granted a wish to go to Disney World to visit his fa-



Miss World Hooters 2016 Megan Pugh placed her tiara on Hope's head, making her feel like a princess.



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Five year old Hope, this year's Woodland's Ride for a Child's Wish recipient, waved at her daddy from the stage as her mom Heather spoke of Hope's journey with organizer Gary Peltier standing by for support.



John Peltier, right, was first in line to be served dinner by his son Gary. The Peltiers and their team of volunteers served 650 guests their popular dinner of pork, chicken, corn on the cob, baked beans, baked potatoes, coleslaw and homemade buns.



TRIBUNE PHOTO BY DONNA RIDGEWAY
Andie Soroka, riding Jet, took a photograph of former wish recipient and family friend Pasley Amyott along on the 10-mile trail ride.

vourite character, Mickey Mouse.

"Whether it is \$1, \$5, \$20, every dollar helps to send these children on their wish," he said.

Chase was seven years old when his wish was granted, and it changed his life for the next two years until he passed.

"Thank you for supporting. Spread the word," he said. "You do make a difference. You made a difference in my life, in my son's life."

Twenty-eight years ago, Gary and Silver Peltier went to the Home Expressions Show in Winnipeg, and the Children's Wish had just started their chapter in Manitoba. After explaining what they would like to do, a gentleman in the military told the Peltiers, "If you give me a dime today, it is a dime I didn't have yesterday."

That first year, they had 11 riders and 26 people, Gary told the crowd, and \$750 was raised.

"We are approaching \$1.3 million now and we are not quitting," he said.

"There are more kids like Hope, more kids around that need us. You people are wonderful. I take my hat off to all of you for your continued support."



For the past two years, Wally Finnbogason, left, has raised the most money in pledges as well as been the oldest rider. Organizer Silver Peltier recognized him along with their youngest rider, five-year-old Jocelyn Calvo Krentz.

CIB Yards of the Week



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Stonewall Communities in Bloom Yard of the Week honours for the week of Aug. 18 were awarded to Lori and Rick Glucki of 325 2nd St. West. For 34 years, the Gluckis have kept their yard appealing to all who pass by. Their house is lined with planters filled with sweet potato vine, dracena spikes and colourful petunias.



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Stonewall Communities in Bloom Yard of the Week honours for the week of Aug. 25 was awarded to Carl and Pearl Boonstra at 25 Keith Cosens Dr. The Boonstras have been perfecting their yard since 2009. This year, their children and grandchildren have helped out with planting and watering. They choose to plant red geraniums and yellow marigolds for their hardiness and brilliant show of colour. The Yard of the Week runs July through August. To nominate a yard in Stonewall that you feel deserves recognition, be sure to fill out a ballot at Home Hardware.

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Stonewall Teulon Tribune
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Annual festival rocks

Staff

Stonewall's 32nd annual Quarry Days saw thousands of visitors hit the streets for a weekend full of celebrations, activities and entertainment. Record numbers converged on the VMSC hill with their blankets and lawn chairs and packed the parking lot to hear Chad Brownlee and Rhia Rae and the Rubies Friday night to kick off this year's celebrations. The fireworks were magnificent and the entertainment at the Legion and the free stage was well attended and enjoyed by all.

Children flocked to the petting zoo to see the donkey, alpacas, ponies, bunnies and feathered friends all weekend long. Main Street was lined with vendors, food booths and local organizations selling everything including hot, buttered corn on the cob, mini donuts, perogies, raffle tickets, furniture and even hot tubs. The midway was alive with music and laughter,

The Show and Shine Car Show on Sunday, with over 300 automobiles, was a car enthusiast's dream. Other weekend events included quarry tours, a farmer's market, a fund raising 36-team slow pitch tournament for MacKenzie's Hope, the Stonewall Curling Club Hole-in-one contest, and the annual parade with over 40 floats.





**Stonewall
QUARRY
DAYS**



Teulon's adventure camp gets kids outside



Ayden Borlase (left) and Reece Wong cut off a branch to include in their fort. Earlier in the day, the kids at camp learned how to safely use tools for the outdoors.



(From left to right) Kelvyn Knor, Reece Wong, Ethan Wong, Nhien Hutchinson, Aiden Miller and Ayden Borlase show the fort they built at Green Acres Art Centre's Outdoor Adventure Camp in Teulon on Aug. 19. Twenty-two kids participated in the camp, which ran from Aug. 15 to 18.



Emily McMahon scrapes the bark off a branch to make a walking stick.

TRIBUNE PHOTOS BY KAITLIN VITT

The 2016 Stonewall Quarry Days Committee would like to thank the residents and businesses in Stonewall for their support of our weekend activities. The street closures and detours help ensure a safer weekend for all of our visitors and we appreciate your understanding and patience during those times. Quarry Days weekend takes many people to make it happen. We are organized completely by volunteers that start planning every fall. These committee members are all volunteers that either work or live in our town and surrounding area, and come together to plan an amazing weekend of events to show off our community. Without these volunteers, this weekend would not happen. So, thank you to our committee members - Andrew Kirk, Stephanie Duncan, Sandra Smith, Tanya Swanson, Danelle Guenther, Shirley Campbell, Lana Hintz, Christy Brown, Derek Bodnarchuk, Bonnie Brennan, Gord Goresky, Dustin Davidson, Barb Kaminski, Nancy Drad and Charlene McKay. It couldn't happen without you. We appreciate your time and energy you have given to this annual event. A thank you also goes out to all of the Town of Stonewall employees for their many hours of hard work setting up, tearing down and cleaning of Main Street so that we all could enjoy the weekend.

We had an amazing weekend of fantastic events and those events would not have happened without the support from our sponsors. The very generous businesses listed below enable us to plan a fabulous weekend for our residents and thousands of visitors to Stonewall. We sincerely appreciate your financial support of our annual event and recognize again that without **you**, there is no **us**.



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McLeod House gardens recognized

TRIBUNE PHOTO BY JO-ANNE PROCTER

Stonewall Communities in Bloom co-chair Jacquie Derewianchuk, left, presented Leanne Stewart and Pam Hurl of the McLeod House Tea Room & Gift Shop with the Miracle Grow Best Garden Award on Aug. 16. The tea room, located at 292 Main St., received two containers of fertilizer to help beautify the lovely yard filled with perennials.



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8 a.m. both days

Barley Gardens
Noon - 8 pm

**MPCCA Manitoba
Chuck Wagon
& Chariot Races**

Children's Activities
Noon - 3 pm each day

Rodeo Dance
Featuring Quinton Blair
Saturday at 8 p.m.

Thoroughbred Chariot Races, Ruff House Dog Show,
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Check our website teulonrodeo.com for full schedule.

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Filmmaker looking for participants for Stonewall movie



TRIBUNE PHOTO SUBMITTED
Independent filmmaker Aaron Peters is seeking participants for his latest project entitled *Stonewall: The Movie*.

By Jennifer McFee
Lights! Camera! Action!
A Winnipeg-based filmmaker is seeking people to share their stories about Stonewall for his latest project entitled *Stonewall: The Movie*.
Aaron Peters hopes to make films to highlight many different communities across the province, starting with Stonewall.
“Stonewall is a stone’s throw away, so I figured it wouldn’t be hard for anybody from Stonewall to come in and be filmed in the studio in Winnipeg,” he said. “The main criteria is to have people who care about their community.”
The independent filmmaker started off his search by posting a Kijiji ad looking for people from Stonewall who wanted to be involved. As a result, two people came in to be filmed at the Logan Avenue studio. Peters took the footage and turned it into a preview that is posted under his Facebook profile “Coffee Rawk.”

In total, he is hoping to find three more people to get involved, for a total of five participants. If more people come forward, then he’ll work with them towards Part 2 of the film.
“There’s no reason why there couldn’t be a series of films,” he said. “I’m looking for anybody that has anything positive to say about Stonewall, which is everybody because it’s a great place.”
It’s a green screen film, Peters explained, so he films the participants in front of the screen and he inserts the background later.
“I’m going to be asking businesses to sponsor segments of the film,” he said. “Any businesses that choose to sponsor the film will have their storefront shown in the background behind the person. So it’s a way of getting community businesses and community stories together.”
Once the film is complete, Peters will post it on Facebook, on YouTube and on his website at www.fansmagnetic.tv.
Peters honed his filmmaking skills during his time spent as a professional musician when he learned the ins and outs of making music videos. From there, he went on to work on documentary-style films in Manitoba, Ontario and Saskatchewan.
“It’s fun. I like meeting the people. The people are the best part of it because everybody gets to tell their story,” he said.
“Everybody gets excited when a camera gets put on them and they get to speak into a microphone. So you get to see that excitement and it’s really fun.”
Participants in *Stonewall: The Movie* can expect to spend about 20 minutes at the studio for the filming process. The footage will be edited down for the final film.
“It’s really conversational and I ask the same questions of everyone. It’s basically about what the town is like seasonally — winter, summer, spring, fall. I ask what type of shopping you can do in Stonewall, what’s the best thing about living in Stonewall, stuff like that,” he said.
“People like to tell stories about their places. They’re proud of where they grew up. That’s what it’s about — hometown pride.”
Anyone who would like to get involved in *Stonewall: The Movie* can contact Peters at 204-807-0540 or brownjovi@yahoo.com. They can also find him on Facebook under “Coffee Rawk” or visit his website www.fansmagnetic.tv.

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| Royal Canadian Legion Branch No. 52 \$33-\$38 member/year depending when dues are paid. The Royal Canadian Legion is dedicated to the service of veterans and their dependents, as well as to raise funds for the community. The Legion is open to all Canadian Citizens. Meetings are held on the 2nd Tuesday of the month at Stonewall Legion Club Room. | South Interlake Ag Society Janice Rutherford 467-5612 Hwy #236 and Rockwood Road \$10/member/year It encompasses the needs of the three municipalities that it serves – Rockwood, Rosser and Woodlands. Monthly meetings are held the 3rd Tuesday of each month at 7:30 at the Ag grounds. | Teulon Women’s Institute Phone 886-2216 Fee: Nominal membership may apply Motto: “Home and Country” The TWI has approximately 14 members that work hard to raise money throughout the year to donate to local and regional charities and community projects. Meet 3rd Tuesday of the month 7:30pm Farview Place Teulon. New members always welcome. | 1 Snow Goose Bay on Hwy 220 Stonewall, Manitoba 1-888-50MARSH (62774) ohmic@ducks.ca oakhammockmarsh.ca The Oak Hammock Marsh Interpretive Centre is a non-profit organization. Its mission is to foster public awareness and knowledge of the inherent values of wetlands and associated ecosystems, and to encourage public support for their conservation through innovative education and outreach programs. | Quarry Toastmasters Brenda 467-5088 Quarry Toastmasters meet every Tuesday 7:15 – 8:45pm at the Stonewall Collegiate in the Library. We work to build up your confidence in public speaking – individually or in a group. We help you plan what to say and to have fun doing it. | Kin Clubs of Stonewall Motto “Serving the Communities” Kin Canada is a dynamic volunteer organization enriching our communities through service while embracing national pride, positive values, personal development and lasting friendships. Kinsmen President Chris Luellman 467-8770 Kinette President Jean Burchuk 204-467-2925 | |
| Teulon & District Agricultural Society Lana Knor, President 467-0740 The Teulon & District Ag Society meet on the fourth Thursday of each month from February to November at the Agricultural Building at 7:30pm. The Ag Society sponsors the Teulon & District Ag Fair and the Annual Teulon Pumpkinfest. | Interlake Community Foundation, Inc. 204-467-5634 www.interlakefoundation.ca The Interlake Community Foundation provides the citizens of Rockwood, Rosser, Stonewall, Teulon and Woodlands with the opportunity to invest in the future of their community and region forever. The Foundation pools donations in a capital fund that remains in perpetuity. The income generated from the capital is distributed as grants to registered charities in the region. Grant applications are due by February 28th of each year. | Stony Mountain Stonewall Masonic Lodge #12 Call 204-467-2788 for Information Stony Mountain Stonewall Masonic Lodge #12 is the oldest organization in Stonewall (1880) and part of the oldest and largest fraternity in the world. Although a belief in one God is necessary to join, Freemasonry is non-secular and prohibits discussion of religion and politics in its Lodges. Freemasonry focuses on the reinforcement of morality into the daily lives of our members and of charity, a giving back to our communities through our Lodges and by our charitable activities as well as in our personal lives, which we believe makes GOOD MEN BETTER. Monthly Meetings 2 B 1 ASK 1 | Stonewall Ladies Auxiliary Committed to the wellbeing of our community and raising funds for the ongoing mutual support provided by the Stonewall Legion Branch #52. Meetings are held on the second Thursday of the month. New memberships are welcome. Yearly membership fee 10.00. Volunteers often required for events at the Legion hall. | South Interlake Seniors Resource Council Inc. Darcy or Corinna @ 467-2719 sisrc@shaw.ca SISRC is a non-profit organization that offers services for seniors and those with disabilities. These services include; Transportation; Mobility Aid Lending Service; Caregiver Support Group; Health Education Presentations; Resource Information/Form Completion; Telephone Buddy/Friendly Visiting; Handy Helper/Housecleaning. We also distribute the ERIK (emergency response information kit) and we are Lifeline Representatives. | The Liliane Baron South Interlake Breast Cancer Support Group Claudette 886-2393 Joyce 467- 2473 The group is a non profit grass roots organization founded by women in the South Interlake Area diagnosed with breast cancer. Our mandate is to assist others who may find themselves with a similar diagnosis and to provide a variety of support, assistance and friendship where needed within the confines of privacy, respect and caring. The group meets for positive encouragement and support on the third Tuesday of each month at 7PM at the office of LJ Baron Realty, Main Street in Teulon. Anyone seeking information or services is always welcome. | |
| Knights of Columbus Stonewall Dave Couprie 467-9548 \$40/member/year The Knights of Columbus raise funds for charities within the community. The Knights are open to all Catholic men, 18 yrs or older. Meetings are held 1st Monday of the month September through June at the Christ the King Church in Stonewall. | South Interlake 55+ Inc 467-2582 www.si55plus.org \$20/member/year si55plus@mts.net This non-profit organization provides education and activities for persons age 55 plus. Many activities and events are held on a regular basis. Newsletters are published monthly and available to pick up at the 55+ Centre in Stonewall. | Stonewall & District Lions Ralph Sinclair 622 Centre Avenue, Stonewall 467-9600 Motto: “We Serve” Membership is open to anyone over eighteen with an interest in providing assistance to those people or projects in our community in greater need than ourselves. Meetings every 2nd and 4th Wednesday of the month at 7:30pm September thru June. | Independent Order of Odd Fellows Stonewall Lodge #49 Larry O'Dell 467-8882 Ross Thompson 467-2438 www.ioofmb.ca Yearly nominal membership fee The Odd Fellows Lodge is a fraternal organization based on the fatherhood of God and the brotherhood of man. We do charitable work through various projects in the local community, the province and internationally. We seek to elevate the character of man and thereby make the world a better place to live. Meetings every 1st and 3rd Monday of the month at 8:00pm at the Odd Fellows Hall. | Stonewall & District Health Centre Ladies Auxiliary Marg Bond 467-8732 The auxiliary's goal is to raise funds for the purpose of enhancing the care and comforts of patients, residents and clients served by the Health Centre. Meetings are held the first Monday of each month at Rosewood Lodge. New members welcome. | Grosse Isle Women's Institute Phone 204-467-9376 Motto: “Home and Country” The GIWI has approximately 14 members that work hard to raise money throughout the year to donate to local and regional charities and community projects. Meet 2nd Tuesday of the month 7:00pm Grosse Isle Hall. New members always welcome. | |
| Warren Horizons District Lions Club President: Irene Tully 204-375-6522 Meetings are held the first and third Wednesday of each month at the Warren Fire Hall Sept. thru June. | | Warren & District Lions President Stu Bangle 204-322-5381 “We Serve” Membership is open to anyone over 18 interested in giving something back to their community through direct action, meeting humanitarian needs, encouraging peace, and promoting international understanding. Meetings are held the 1st and 3rd Wednesday of the month at 7:00pm at the Warren Fire Hall from Sept-June. | | | | |

Falun Gong practitioners raise awareness for live organ harvesting

By Jeff Ward

A small group of Canadian Falun Gong practitioners is asking the Canadian Government to publicly call for an end to the imprisonment, torture and live organ harvesting of Chinese nationals.

The group staged a press conference outside the Town of Stonewall office on Monday, Aug. 22 and asked for signatures on their petition of anyone passing by.

The cross-country awareness tour comes only a few months after a nearly 800-page report, *An Update to Bloody Harvest & the Slaughter*, detailed the systematic targeting and imprisonment of approximately 1.5 million Falun Gong practitioners in China. David Matas, David Kilgour and Ethan Gutmann, who worked for more than decade to expose the atrocities, wrote the report. Kilgour, a human-rights activist, Nobel Prize nominee and former Canadian MP, spoke to the *Globe and Mail* in June when the report was released and said that "an industrial-scale crime against humanity is going on in China."

David Matas, a Winnipeg human-rights lawyer and Nobel Prize nominee, also said to the *Globe and Mail* that "what's different about China is it's institutionalized, it's state-run, it's party-directed. It's not a few criminals in back alleys trying to make a fast buck."

Lie explained that since 1999, approximately 1.5 million Chinese nationals have been murdered for the specific purpose of having their organs harvested for sale to the Chinese elite and for foreigners who travel to China to skip waiting periods at home. Lie said that in Canada, the median wait times for a kidney transplant is between two and five years. In China, that wait time is approximately 15 days. Anyone who has travelled to China for a transplant has no way of knowing if that organ has been forcefully harvested from a prisoner or not.

"This is genocide. It is the new form of evil on this planet," said Lie at the demonstration.



TRIBUNE PHOTO BY JEFF WARD

Falun Gong practitioners are traveling across Canada to raise awareness for the live organ harvesting and torture of Chinese nationals who follow the spiritual practice. They stopped in Stonewall this week to circulate their petition.

"Over the past 16 years, more than 3,800 Falun Gong practitioners in China have been confirmed tortured to death. The real number is likely much higher as the information is tightly censored in China. Jiang Zemin is directly responsible for the inception and continuation of the brutal persecution."

Zemin was the president of China from 1993 to 2003 and, according to Lie, he began his persecution of Falun Gong after the widespread popularity of the practice began to overshadow his own legacy. Falun Gong had more than 70 million practitioners in China then and, according to the report, more than 1.5 million of those have been killed for their organs. The number of active followers in China today is difficult to confirm due to many living in fear of being imprisoned.

Falun Gong is a Chinese spiritual practice that combines meditation and qigong exercises with a moral philosophy centred on the tenets of truthfulness, compassion and forbearance.

The researchers estimate that one Chinese hospital in particular, the Oriental Organ Transplant Centre at the Tianjin First Centre Hospital, is likely doing more than 6,000 transplants a year. That's a rate of 16.6 transplants every day. The researchers estimate between 60,000 and 100,000 transplants are done each year in China, a number they explain far surpasses the volume of organs available from voluntary donors. The researchers believe that upwards of 80 per cent of those transplants are from Falun Gong practitioners.

Lie wants people to know that their signature and support mean they get one step closer to ending the persecution and bring Jiang Zemin to justice.

"Talk to your friends and let them know this is happening, call your Prime Minister, the Minister of Foreign Affairs and your MP, and sign our petition. We will continue to do everything that we can to bring and end to this genocide," said Lie.

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Recognizing the Dignity of Everyone

A priceless and insightful gem, the book of Philemon represents the only truly personal letter in the Christian scriptures, addressed from one individual to another and occasioned by personal concerns. Philemon was a prominent member of the church at Colossae; the community there met in his home for prayer and fellowship. Onesimus, a slave in Philemon's household, had run away and may have been guilty of stealing something of value (vv. 11, 18). Onesimus made his way to Paul, who was in prison, probably in Ephesus (ca. 54-55 C.E.), and while they were together, the slave was converted to Christ. The bond between Paul and Onesimus grew, such that the apostle referred to Onesimus as "my child whose father I have become in my imprisonment" (v. 10). Onesimus, whose name means "use-

ful," had indeed become so, and Paul wished him to stay on in order to assist him in his ministry.

Nevertheless, Paul acknowledged Philemon's prerogative as the slave's master and sent him back. However, Paul appealed to Philemon to accept Onesimus no longer as a slave but as a beloved brother in the Lord. Paul understood that if an institution like slavery is to be abolished, it must begin with small steps, one person, one heart at a time.

Slavery was a major institution in the ancient world. There were royal or crown slaves who served kings and emperors. There were also temple slaves who served the cultic officials. Even ordinary people had slaves who served as domestic help. Most slaves were taken as booty in war; others were forced into slavery due to debt. Still others sold themselves into slavery in order to earn a living, pay debts, etc. (Lev

25:39; Exod 21:5-6; Deut 15:16-17; 1 Kings 9:21; Num 31:25-47). Whatever the reason Onesimus became enslaved, it is clear that Paul loved him as an equal, and he urged Philemon to do likewise.

By calling upon Philemon to accept Onesimus as a brother, Paul sought to transform their relationship from one of legality to love. Slaves were regarded as living property throughout the Roman Empire. As such, their masters had absolute power over them, even as to whether they were allowed to live or not. Legally, Philemon could have put Onesimus to death or, at the very least, could have branded the runaway with an "F" for fugitivus on his forehead so that all might see and know his "crime." But Paul challenged the slave owner to look beyond the worldly law and to allow his faith in Jesus to let him see the slave with new eyes, the eyes of love. Paul's words also challenge each of us to allow our belonging to Christ to inspire our actions so that we might make peace, forgive and reconcile with any sister or brother who may have wronged us. Moreover, Paul's words challenge us to see one another not through categories or an arbitrary measure of worthiness but to see one another always as human persons; brothers and sisters walking together on the journey of life.

Fr. James deBeer
Christ the King Church

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Taylor tackles rugby at U16 nationals

By Brian Bowman

Team Manitoba, which featured Balmoral's Colby Taylor, finished with a 1-3-1 record recently at the U16 rugby nationals in Toronto.

Manitoba's lone win came against New Brunswick and they also tied Ontario.

"The games were competitive," said Taylor Monday evening. "(The level of competition) was definitely a lot higher. The other teams play very, very well. They line up differently for certain things."

Some of the players at nationals were big enough to play in the U18 nationals, said Taylor, who is just 14 years old.

It's remarkable that Taylor is a member of Team Manitoba considering he just took up the sport back in April. He's tall for his age as he stands 5-foot-9 and weighs about 160 pounds.

"He came with a lot of enthusiasm and has added some spunk to the program, so that's why he was (invited) to come out on this trip," said Manitoba rugby coach Rob Bernard. "He actually didn't make the original cut and was long listed as a reserve."

"But a couple of the guys backed out at the last minute, so he ended up making the trip."

Bernard said the experience of competing at the nationals will only help Taylor in his rugby career.

"It was good for him because he'll now have a head start for next year and the year after," Bernard said, adding he wanted to congratulate the en-

tire Team Manitoba squad for a great effort at nationals. "We're going to have a player who is going to come back the following year...and be an ambassador for the sport."

Taylor said his five years spent training with the Balmoral Judo Club has helped him immensely in rugby.

"(Judo) has helped because it allows you to use your opponent's weight against them," he said. "For tackling, it teaches you to get lower and take them down."

Taylor said the experience of heading east to Toronto representing our province was a real good one.

"It was good," he said. "It was a lot of fun and very interesting."

Meanwhile, Colby's father, Miles, is looking to start up a U16 rugby program in the Interlake. Miles said Rugby Manitoba has been extremely supportive of a rugby program starting up in our area.

"We're thinking that we could get a community-based team here if we get the word out to kids in Warren, Woodlands, Stonewall and Teulon," said Miles. "Similar to what they do with the Interlake Thunder."

Miles said he has already approached Stonewall Collegiate about getting a boys' team for next season. That would involve getting coaches and a school representative to be at the games, he said.

Anyone interested in playing U16 rugby can contact Myles at 204-461-3032.



TRIBUNE PHOTO SUBMITTED

Balmoral's Colby Taylor was a member of Team Manitoba's rugby team which competed at the U16 nationals in Toronto.

Phillies finish strong at fastpitch nationals

By Brian Bowman

The South Interlake Phillies finished with a 2-4 record while winning the gold in the Lucie Carmichael Division at the 2016 U16 Canadian Girls' Fastpitch Championship in Montreal.

South Interlake won its final game of the tournament on the consolation side last Saturday, defeating the Rebelles U15 team from Quebec 8-3. The Phillies scored four runs in the top of the third inning and then added two more in the fourth and seventh.

The Rebelles scored all three of their

runs in the third.

"It was a nice way to end the season," said Phillies' head coach Blaine Shewchuk. "The girls won a bronze medal at provincials and they got a silver medal at the Manitoba Summer Games."

"To finish with a win was a nice way to end off the season, for sure."

Madison Towle led the Phillies with three RBI while Kyra Shewchuk had a hit and two RBI. Sarah Fines finished with a game-high three hits, a run scored, and an RBI.

Shewchuk pitched five innings, giving up three runs (none earned) while striking out a pair.

The Thunder was relegated to the lowest of the three divisions in the playoffs after finishing their pool play with an 0-4 record. Errors often proved costly for South Interlake in the round robin, which featured five pools of five teams.

"We started off with some pretty bad footing after going 0-4," Shewchuk said, noting B.C. and Ontario fielded strong teams. "We had way too many

errors and we didn't have timely hits. We left way too many runners in scoring position ... and just could not produce any runs from the middle of our lineup."

Shewchuk said the trip east to Montreal was a real good one for the girls.

"For a lot of the girls, it was their first time there," he noted. "There wasn't a lot of down time and it was a long week. We went down on (Aug.) 16 and most of us got home late (Sunday) night. "It was a full week out there and lots of ball."

Local volunteer vies for votes in online contest

Online voting is open until Oct. 15

By Jennifer McFee

A volunteer is vying for votes to be crowned the AGF Community Coach of the Year through an online contest.

Bob Beck, an investment advisor at Credential Securities in Stonewall, is one of five finalists from across the country in a contest put on by the mutual fund company AGF Investments in partnership with the CFL. The contest aims to recognize financial planners and advisors who volunteer to coach amateur sports teams while also promoting the ideals of dedication, sportsmanship and teamwork.

"They were looking for volunteer community coaches. My assistant volunteered me for this award. They were collecting applications for investment advisors from across Canada," said Beck, who has worked as an investment advisor for 20 years.

"The narrowed it down to a list of people and now it's up to the voting to see who wins the competition."

For more than a dozen years, Beck has been actively involved in the community by coaching soccer, first for his

son's team for 11 years and now for his daughter's team for the past three years.

"When my son wanted to play soccer, they were looking for coaches and I know a little bit about soccer. I played it for school and I decided it would be a good way to be involved from the sidelines with the kids," he said.

"It's fun. That's what I like about it. The kids are great and I have a lot of fun with them. I've enjoyed every year of it."

For Beck, the most important lesson is respect for all — including for oneself, for teammates, for coaches and for opposing teams.

"While winning is fun, developing your skills, both on and off the field, are what is really important," Beck said in his online contest profile.

"Give everything your full effort and the results will speak for themselves. If you can come off the field at the end of the game and say to yourself, 'I gave it my best effort,' the game result is

secondary."

Drawing parallels between the sporting world and the professional realm, Beck sees a correlation between coaching and career skills.

"Coaching has become a great way to relax away from the office. I look forward to spending the time on the sidelines, watching the game and cheering the play," he said in his profile.

"The same concept of developing your skills also applies to my career. The more you put into developing your skills, the better the rewards for the clients and yourself."

Now Beck is earning nationwide attention for his coaching efforts through the AGF competition. At publication time, he ranked second out of the five finalists.

And if Beck wins the competition, he will be able to give back even more, since part of the prize includes a \$5,000 donation to a charity of the winner's choice.

In addition, the winner will receive a trip for two to Toronto to watch the 2016 Grey Cup.

To vote for Beck, visit www.agf.com/communitycoach. Voting is open until Oct. 15.

"THE KIDS ARE GREAT AND I HAVE A LOT OF FUN WITH THEM."



TRIBUNE PHOTO BY JO-ANNE PROCTER
Bob Beck is a finalist in the AGF Community Coach of the Year contest. He needs your votes to win the competition.

Selkirk FC stops Stonewall Impact FC

By Brian Bowman

Tanner Markevich had a game he probably will never forget.

Markevich scored five goals in Selkirk FC's 7-0 road win over Stonewall Impact FC last Thursday evening in Stonewall.

"It was evident right from the start of the game this was going to be Selkirk's night," said Selkirk FC head coach Michael Bruenig in an email. "Before the game, I switched Tanner's position to a striker position, putting him up front with Yaya Adam."

Adam also scored while Marshall Carter netted his first goal of the season.

At the other end, Selkirk FC keeper Devin Racicot made some unbelievable saves to preserve the shutout.

"Although the score didn't show it, Stonewall has a good team with qual-

ity to which they can (and) should build on," Bruenig said.

With the loss, Stonewall Impact FC was 2-10-2 in the Division 2 standings heading into this past Monday's home contest with United Weston FC (no score was available). The local club will wrap up their schedule this month with a pair of road games.

Tonight, Stonewall Impact FC will play AC Fiorentina and then they'll take on Dunvegan Castle next Wednesday. Both games will be played at Buhler Recreation Park in Winnipeg.

Start times for both games will be 6:30 p.m.

Stonewall Impact FC will then host Scorpions FC in their final regular-season game on Sept. 5. That game begins at 6 p.m.



TRIBUNE PHOTO BY JO-ANNE PROCTER
The Stonewall FC goalkeeper makes a save during Selkirk FC's 7-0 win last Thursday.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Schneider wins pair of major awards at nationals

By Brian Bowman

Amber Schneider was named the top pitcher and was selected as the most valuable player at the 2016 U16 Canadian Girls' Fastpitch Championships in Montreal.

The talented right-hander from Stonewall was dominant on the mound for the Manitoba Thunder. She recorded 19 strikeouts in 14 innings of work during the round robin while posting a 0.00 earned-run average.

"I was pretty happy (to get the two awards) but it also means I have to keep working harder to get better," said Schneider Monday afternoon. "My off-speed and movement (on my pitches was good) and I had a lot of help from my fielders and our offence was very strong."

Schneider was both a starting pitcher and a reliever at nationals

The Thunder was also very good at the nationals, sitting atop their pool after the round robin. They finished with a 4-2 record, which included a tournament-ending loss to B.C.

"This was my second time at nationals and our team this year was really good," Schneider said. "We had the



TRIBUNE PHOTO BY LANA MEIER

Amber Schneider recorded 19 strikeouts in 14 innings during the round robin while posting a 0.00 earned-run average.

potential to win this year and it was like playing with your family.

"We had a really good team and it was a good experience (at nationals)."



TRIBUNE PHOTO SUBMITTED

Amber Schneider was named the top pitcher and was selected as the most valuable player at the 2016 U16 Canadian Girls' Fastpitch Championships in Montreal this past weekend.

Thunder shuts out Southwest in weekend action

By Brian Bowman

For the third consecutive week to start the 2016 Midget Football League of Manitoba season, the Interlake Thunder have been involved in a game that ended in a shutout.

And, for the second straight week, the Thunder have been on the winning end of the final score.

Interlake continues to play some outstanding defensive football as it crushed the Southwest Wolves 35-0 on Saturday in Stonewall.

"We continue to play very good football on the offensive side of the ball, defensive side of the ball, and special teams," said Thunder head coach Kris Johnston.

The Thunder jumped out to a commanding 21-0 halftime lead and continued to dominate in the second half.

Thomas Dunlop had a great game

at quarterback, finishing 11-for-16 through the air for 155 yards and a pair of touchdowns. On the ground, he rushed six times for 43 yards and a TD.

"He's really growing into his role as the quarterback on our team," Johnston said. "He had an opportunity to throw the ball a little more and he made good decisions."

Southwest made a major commitment to stopping the run and they did a good job of that. But the Thunder countered nicely by exploiting the Wolves' secondary as Southwest was so focused on containing Interlake's running attack.

Thunder receiver Germain Waldner had a strong game, finishing with five catches for 86 yards and a TD. Alex France hauled in six catches for 46 yards while Mitchell Rogoza had an

18-yard TD reception.

"Waldner and France had really good games," Johnston noted.

The Thunder's special teams, meanwhile, were also real good. Austin deLaroque raced in for a touchdown from about 25 yards after recovering a fumble on a kickoff in the second half while the Thunder also blocked a punt.

On another punt attempt, Interlake had great pressure which forced the Southwest punter to fumble the ball to give the Thunder tremendous field position.

Defensively, the Thunder continues to play some outstanding football as evident by the two consecutive shutouts. Interlake's speed on defence has really been noticeable the past two games.

"They continue to play lights out,"

Johnston stressed. "Defensive-wise, they are playing fantastic football right now. But we're still growing as a defence ... and there is still room for improvement."

With last Saturday's win, the Thunder is now 2-1 and is tied for second place with the Falcons Football Club in the five-team league behind the unbeaten St. Vital Mustangs (2-0).

The Thunder has a bye this weekend and then will host St. Vital in Stonewall on Sept. 3. Kickoff is 3:30 p.m.

"The bye could potentially be a huge advantage or it could be a curse," Johnston admitted. "It's a double-edged sword coming out of a bye. The bye gives us the opportunity to have five practices leading up to the Mustangs, which is an advantage compared to our normal three."

Stonewall bodybuilder places second at nationals

By Kaitlin Vitt

Athena Rovere stood on a stage in New Westminster, B.C., on Aug. 13 in front of judges marking her from head to toe — her physique, presentation, makeup and hair.

"It's the most amazing feeling being up there," Rovere, 29, said.

She was one of 350 competitors at bodybuilding nationals in Westminster. Out of the 13 in her class, she placed second.

"I go into these shows with no expectations because I do it for me," she said. "I don't really compete to place. I compete because I like competing, and I like what I do."

Rovere, who lives in Stonewall, trains throughout the year, calling this her lifestyle, whereas some bodybuilders scale back training during the off-season.

This wasn't always Rovere's lifestyle. She started training five years ago. As a teenager, she suffered from anorexia and bulimia.

At one point, she was 77 pounds and in the hospital.

"I was a very sick girl," she said. "I didn't really know anything about nutrition or food or anything."

Six months after meeting her husband, Rovere became pregnant with their daughter.

"I just knew that I needed to change my life, and I needed to kind of figure out what I wanted to do to learn to love myself and take care of myself because I needed to be a strong role model for her."

A year later, she became pregnant with twins. She started training while she was pregnant, and the following year, competed in her first show.

The transition to the bodybuilding lifestyle was difficult, she said, since she had to be OK with gaining weight.

"I was so scared of food," she said. "At first, it was a really big struggle."

She kept herself encouraged by reading motivational books and talking with herself.

"I remember telling myself at one point that either I push through the emotions, I push through what is going on, and I see if this is going to work for me," she said. "If it does, great, and if it doesn't, then I go back to my lifestyle that I'm used to."



PHOTO COURTESY OF ATHENA ROVERE
Athena Rovere from Stonewall placed second in her class at the bodybuilding nationals in B.C. Aug. 13.

"But I knew that a change needed to happen, so I kept going. And I was, like, this is different than anything that I know, so I got to see what it's about. I kept going, kept pushing."

Support from her husband and family also played a big role. They had seen her at one extreme when she was underweight, so for them to see her motivated in her new lifestyle helped, she said.

Rovere trains seven days a week in her basement, which is converted into a gym, and does cardio

twice per day. She eats six times a day, her meals every couple of hours.

"It's something that when you get into it, your body is always changing, so you're always learning. You're always growing," she said. "If something stays the same, I get bored very easily."

Between two four-year-olds and a six-year-old, a full-time job at Stonewall's MTS Connect, an additional personal training job and her own training, she said she can get tired, but keeping a balanced life is key.

"At the end of the day, I love what I do, so you have to make sure you get enough rest as to how much you're training."

She said her kids think her training is great. During the day, they will go down to the gym to do their own routine.

"They think it's fun. They think it's a game."

The body building community is supportive and full of positivity, she said, especially when you are positive yourself.

"You are going to get some of the people there that get a chip on their shoulder and think they're better than other people, but it's about who you surround yourself (with)," she said. "What you put out is what you attract."

Rovere heads to the North American championships in Pittsburgh at the end of the month.

Jets set to start training camp

By Brian Bowman

It seems just like yesterday that the Stonewall Jets were celebrating a Manitoba Major Junior Hockey League Championship.

But everyone knows summers here in Manitoba are so very short and another hockey season is right around the corner.

The Jets will open their 2016-17 training camp at the Veterans Memorial Sports Complex this Monday with ice time from 8-9:15 p.m.

"With a number of returning players, we expect a competitive training camp," said Jets' general manager Ryan Margetts in a text message Tuesday afternoon.

Stonewall will hit the ice on Tuesday, Wednesday, and Thursday of next week (each practice begin-

ning at 8 p.m.) and then will hold practices on Sept. 6 (8:45 p.m.), and Sept. 7 (8:15 p.m.).

The Jets will then play three exhibition games, hosted by the Transcona Railer Express, at the East End Arena. Stonewall will play the Raiders Jr. Hockey Club on Sept. 9 (6 p.m.), the St. Vital Victorias the next day (3:30 p.m.), and then the St. Boniface Riels on Sept. 11 (1 p.m.).

Stonewall also has exhibition games slated for Sept. 14 and Sept. 18.

The camp fee is \$100.

Interested players can contact Margetts by phone at 204-461-2793 or via email rmargetts@isd21.mb.ca.

The Jets will begin their regular season on Sept. 19 against St. Boniface in Winnipeg.

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METAL RECYCLING

Autos, farm scrap, brass, copper & batteries wanted. 47 Patterson Dr. Stonewall Industrial Park. Interlake Salvage & Recycling Inc. 204-467-9344.

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55+ Apartment Building, INWOOD SENIORS LODGE. Bachelor suites, 1 bdrm. apartments. Capped rent facility, utilities included. Meal program & activities on site. Inwood, MB. Contact Tina: 204-278-3534.

ROOM FOR RENT

Room for rent in furnished home in Kormarno. 15 minutes north of Teulon, 45 minutes from the city. Must like cats. For rent ASAP. \$500/mo. Close to lakes. Ph 204-886-3380 (home) or text 204-886-8661.

MOBILE HOMES

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GARAGE SALE

Pop Up Garage Sale - glorious merchandise/fabulous dustables. #117 Hwy. 67 Watersong Farms, Saturday Sept. 27th, 2016 from 10 a.m. - 1 p.m.

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THE RURAL MUNICIPALITY OF ROCKWOOD

PUBLIC NOTICE

BOARD OF REVISION

2017 GENERAL ASSESSMENT, BUSINESS ASSESSMENT AND PERSONAL PROPERTY ASSESSMENT

PUBLIC NOTICE is hereby given that the 2017 General Assessment, Business Assessment and Personal Property Assessment Rolls to be revised was deposited in my office on May 29, 2016 and is open to Public Inspection.

THE BOARD OF REVISION will sit to hear complaints of the various assessments on WEDNESDAY, OCTOBER 12, 2016 at the hour of 3:00 p.m. in the Council Chambers of the Rural Municipality of Rockwood at 285 Main Street, Stonewall, Manitoba.

ANY PERSON who believes that an assessment ought to be revised may make application in accordance with Sections 42 and 43 of The Municipal Assessment Act hereinafter referred to as "The Act" which provides as follows:

APPLICATION FOR REVISION:

Section 42(1) A person, including an assessor, may make application for the revision of an assessment roll with respect to:

- liability to taxation;
- amount of an assessed value;
- classification of property; or
- a refusal by an assessor to amend the assessment roll under Subsection 13(2).

Before filing an application against the amount of the assessment, liability to taxation, or classification of the property, Applicants should:

- examine municipal assessment rolls for comparable properties;
- select comparable properties from the rolls; and
- discuss the matter with the Provincial Assessment Branch, Selkirk, 204-785-5092.

APPLICATION REQUIREMENTS:

Section 43(1) An application for revision must:

- be made in writing;
- set out the roll number and legal description of the assessable property for which a revision is sought;
- state the grounds on which the application is based; and
- be filed by
 - delivering it or causing it to be delivered to the Municipal Office indicated in the Public Notice given under Subsection 41(2); or
 - serving it upon the secretary,

AT LEAST FIFTEEN (15) DAYS BEFORE THE SCHEDULED SITTING DATE OF THE BOARD AS INDICATED IN THE PUBLIC NOTICE; DEADLINE FOR APPEALS IS 4:30 P.M., LOCAL STONEWALL TIME, MONDAY, SEPTEMBER 26, 2016 - NO LATE EXCEPTIONS WILL BE ALLOWED. PURSUANT TO SUBSECTION 43(2), APPLICATIONS WHICH DO NOT COMPLY WITH THE ABOVE WILL NOT BE CONSIDERED BY THE BOARD.

Applications should be addressed to the Secretary, Board of Revision, the Rural Municipality of Rockwood, Box 902, Stonewall, Manitoba R0C 2Z0, email to info@rockwood.ca, or fax to: 204-467-5329. Where an application is received in accordance with this Notice and of The Municipal Assessment Act, applicants will be notified in writing of the date, time and place of the hearing of their application.

Roberta Van Caeyzele, Secretary
Board of Revision
The Rural Municipality of Rockwood
Box 902
285 Main Street
Stonewall, Manitoba R0C 2Z0

DATED this 16th day of August, 2016.

EMPLOYMENT OPPORTUNITY ICE ATTENDANT- CURLING

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

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

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

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

Applications will be accepted until 4:00 P.M. on Tuesday, September 6th.

Apply by email to teulonrockwoodrec@gmail.com, in person at the Teulon Civic Centre, fax 204-886-3918 or by mail Teulon-Rockwood Recreation Commission, Box 69, Teulon, MB, R0C 3B0

Watersong Farms Inc.

Is seeking a full time

AQUACULTURE TECHNICIAN

To work within our land based Steelhead Trout facility.

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Responsible for all daily operational activities as directed and overseen by management

Qualifications:

- Previous aquaculture and or animal husbandry experience an asset, a strong work ethic, positive attitude and a commitment to the ongoing development of land based aquaculture is a priority.
- Ability to assess and manage key environmental conditions, enforce biosecurity and adhere to protocols is required.
- Successful applicant will be required to live within 15-20 minutes of facility as there will be on call duties.
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Please apply with resume to info@watersongfarms.com

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Only those interviewed will be contacted

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HELP WANTED

PT/FT Housekeeping-Days staff required. Call Sheri at Rockwood Motor Inn, Stonewall 204-467-2354.

Experienced baker, required immediately at very busy bakery in Selkirk. Drop resume in person to Upper Crust Bakery, 315 Manitoba Ave.

Grade 12 credit volunteer opportunity. The Selkirk Adult Learning Program welcomes an adult interested in volunteering 110 hours, by offering: admin. support, tutoring, and publicity. Great experience and opportunity. Email Marcey, mcherniak@lssd.ca

HELP WANTED

Woodlands Child-care Inc. is currently accepting applications for a part time CCA position. We are looking for individuals who are enthusiastic, motivated, flexible, nurturing, fun-loving, and creative. They must also enjoy working with others and have a passion for working with children. Applicants must have current First Aid and CPR, as well as clear Criminal Records and Child Abuse Registry checks. Please forward resume to Rachel McKay at woodlandschild-care@gmail.com by August 31.

Medical Transcription! In-demand career! Employers have work-at-home positions available. Get online training you need from an employer-trusted program. Visit: CareerStep.ca/MT or 1-855-768-3362 to start training for your work-at-home career today!

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ADULT EDUCATION

Adults Only - Reading, Writing and Math Up-grading 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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JOB OPPORTUNITY

For part-time medical office assistant for busy walk-in clinic.

Evening and weekend hours. Seeking a self-motivated individual who enjoys interacting with the public and can work in a fast paced environment. Familiarity with Accuro Program an asset but will train the right candidate. Resumes can be dropped off at Stonewall Medical Group, 589-3rd Avenue South, or faxed to 204-467-5576 by Tuesday, September 6th, 2016.

SCHOOL HEAD CUSTODIAN

Interlake School Division invites applications for the following Head Custodian position:

• WARREN ELEMENTARY SCHOOL,

6.0 hours per day

Hours of Work: 7:45 am - 2:15 pm with a ½ hour lunch break

Current salary is \$20.74 per hour.

Forward applications including the names of 3 references by August 31, 2016, 12:00 noon to:

Human Resources

Interlake School Division

192-2nd Avenue North

Stonewall, MB R0C 2Z0

Phone: 467-5100 / Fax: 467-8334

Email: hr@isd21.mb.ca



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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 Products Ltd., 204-467-8428 or e-mail stonewoodelk@hotmail.com

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WANTED

Wanted: old tube audio equipment. 40 years or older. Amplifier stereo, recording and theatre sound equipment. Hammond organs, any condition. Call toll-free 1-800-947-0393.

COMING EVENTS

Honey, garlic & maple syrup festival. September 9 & 10, Manitou, MB. Free admission - family fun. Info. 204-242-2703 www.pembina.ca (visitors section).

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Fresh honey & eggs for sale. Call 204-461-1267.

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Responsible for the financial affairs of the Municipality including budget development, financial reporting, revenue collection, etc.

Deadline: September 12, 2016
Please see www.killarney.ca for a full job posting.

For more information:
Jim Dowsett, CMMA
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Phone: 204-523-7247
Email: tmkly1@mts.net

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ANNOUNCEMENT

CARDS OF THANKS

On behalf of the late Gordon Moffat, the late Dennis Clare, the late Braxton Ducharme, the late Vicki Ducharme and now healed Cam Moffat. We feel it's safe finally to send an official huge THANK YOU to everyone for all the help and support our families have received during this profound time of loss.

To all of our many friends and family, we thank you from the bottom of our hearts. To the Stonewall and Selkirk Hospitals for ALL the assistance and care that was given to each of our family members. Dr. Venter, Dr. Pinnagger and Dr. Pine. To the many nurses, but especially Sharon, Kaitlyn and of course Ellen Frank who always does an amazing job with her care and concern for all patients! THANK YOU! Dr. Kinsley and nurse Krystal at Selkirk Hospital for all the help and caring for Cam each time he was there THANK YOU! We would like to also thank the many Paramedics who attended our home when the emergencies arose, you all were compassionate in each case and very professional in your care, THANK YOU. We would also like to thank Rosewood Lodge staff for all the great care for Dad, (Gordon Moffat) it really gave us peace of mind he was well taken care of while he was there THANK YOU!

Our Lynch's Point lake family, THANK YOU for taking time out of your days to cut our grass and keep a watchful eye on our spots. It was so comforting to know we didn't have to worry about anything out there!

Now to our community, WOW! To the Woodlands Hall members, Woodlands Legion members and Lake Francis Hall ladies in the setting up for all the funeral services and for the great lunches served THANK YOU! Rev. James Bardsley for his wonderful services for both Braxton and Vicki and for the extra blessings and prayers to my Mom and Dad (Dennis and Phyllis Clare) THANK YOU!

Woodlands and Warren Elementary Schools THANK YOU for all the food, calls, text messages and cards.

I am sorry if I have missed anyone in this, but do know everything that was done to help our families get through each day during this horrible time, has not gone un-noticed and is appreciated more than you will ever know.

Now Gordon, Dennis, Braxton and Vicki are all with mom. Their watching down on us, protecting us and guiding us every day. We love and miss you all!!!!

-So long for now,
Love forever and a day,
Your families

The Moffats, Berghthorsons,
Ducharmes, Waluks and Clares

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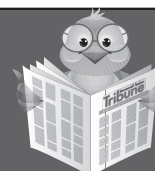
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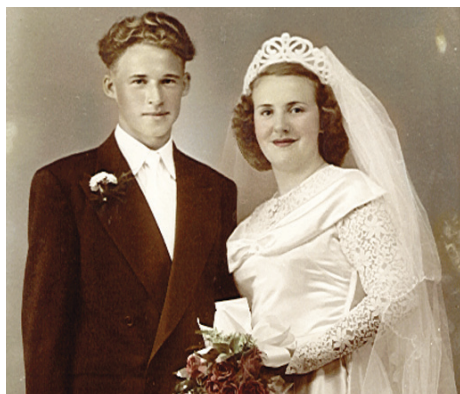
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ANNOUNCEMENT

ANNIVERSARY



66th Wedding Anniversary
1950 - September 2 - 2016

Best wishes go out to
Florence and Bill Chitz
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Wish you love, health and happiness on your very special day
-Gail, Garry, Joyce, Donna,
your grandchildren Bill (Hazel), Cory (Stef)
and great-grandson Zayne



ANNOUNCEMENT

ENGAGEMENT



MacLean - Zebrun
The families of Megan MacLean and Jess Zebrun are excited to announce their engagement. A community bridal shower will take place this Sunday, August 28, at the Argyle Community Hall, 1:00-3:00 p.m. A September wedding is planned.

ANNOUNCEMENT

BIRTH ANNOUNCEMENT



Ritchie/Lethbridge
Matt, Alexis, big brothers Charlie and Johnny are thrilled to announce the birth of their new baby girl,
Violet Carol Ann Ritchie
on April 13, 2016.

Very proud grandparents are Randy and Carol Ritchie, Dave and Cathy Lethbridge, great-grandparents Bill and Lois Ritchie, Shirley Nolin (late Denis Nolin), Margaret Lodge and many proud uncles, aunts and cousins.

ANNOUNCEMENT

IN MEMORIAM

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

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

Don't forget to send your special wishes to your friends and family.

Stonewall Teulon Tribune
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OBITUARY

David Russell (Russ) Oliver
Sept 12, 1938- August 21, 2016



On Sunday, August 21, 2016 after a four-year courageous battle with cancer Russ passed away at Stonewall Hospital with family at his side. He is survived by his wife, Myrna, of 54 years, his son, Wayne (Bonny), and daughter, Cheryl (Ron), grandchildren, Brandi (Tyler), Sara (Ethan), Alysha, Melissa (Matt), Makayla and Avery, great grandchildren, Brynlee, Zachary, Natalie, Bentley and Taylah, his brother, Ernie (Clare), sister Deidre Smith, sister-in-law Luella Farmer, and many nieces, nephews and cousins.

He was predeceased by his parents, Albert and Hazel Oliver, his brother-in-law's Angus Smith and Mervin Farmer, and his in-laws Ernest and Ada Farmer.

Russ was born and raised in the Poplar Heights district where he attended school and worked on the family farm. After school he worked in Winnipeg before marrying the love of his life Myrna on August 26th, 1961 and purchasing their own farm. In the early 1960's Russ played fastball and hockey on the local Meadow Lea teams, and loved umping in the local fastball tournaments. He loved the outdoor life and could always be found fishing or hunting with many great tales to share with family and friends.

Russ was an active member of his community in his younger years where he sat on the Meadow Lea Hall Board, and was also president of the Marquette Curling Club. He spent many hours hauling water from the Assiniboine River to flood the ice before installing artificial ice in the curling club. Russ loved to curl alongside his family where he taught Wayne and Cheryl the sport. He was actively involved in creating the kids curling program which is currently running today.

His son Wayne farmed alongside him for years until his declining health kept him from being in the field. Russ was a great sports enthusiast, you could always find him watching sports on TV with the volume cranked, supporting the local sports teams, and cheering on his grandchildren in curling, ringette, hockey or softball.

The family would like to thank Dr. Kotb and the nurses at Cancer Care. Dr. Pannu and the nurses at the Stonewall Hospital for their passionate care. All of the Palliative and Home Care workers over the four years, and to MacKenzie Funeral Home.

Funeral Service will be held at Meadow Lea Hall, junction 227 and 248 on August 26, 2016 at 1:30 pm with Rev. Patricia Baker officiating. In lieu of flowers, donations may be made at Cancer Care (675 McDermot Ave, Winnipeg, MB R3E 0V9), or Meadow Lea United Church c/o Tammy Mathew (Box 52, Marquette, MB R0H 0V0).

OBITUARY

James David "Dave" Robertson
April 11, 1929 - August 14, 2016

Dave passed away peacefully on August 14th while listening to his favourite old time fiddle music at Rosewood Lodge.

A celebration of his life will be held at Meadow Lea Hall after harvest. Longer obituary will follow closer to the confirmed date.

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OBITUARY

Mae Lenore MacGillivray
1935 - 2016

With heavy hearts, the family of Mae Lenore MacGillivray (nee Olson) announces her passing on August 14, 2016 at Stonewall, Manitoba.

Mae was mother to three children, Lynn (Kevin) Chesney of Abbotsford, BC, Bill (Shelley) MacGillivray of Warren, MB, and Carla (John DePhyffer) MacGillivray of Victoria, BC; and Amma to four grandchildren, Rhys Chesney of Edmonton, AB, Conor MacGillivray of Winnipeg, MB, and Kelsey and Caitlyn MacGillivray of Victoria BC.

Mae was born in Lundar, MB to Bill and Violet Olson. She was the third of the four Olson sisters - Joy, Lil, Mae and Hope. Mae married Carl MacGillivray in May, 1954, living her married life in Warren before moving to Winnipeg after Carl's death. She was the last of her generation in her immediate Olson and MacGillivray families.

Family always came first with Mae. She will be remembered by all of us for her unconditional love. Mae had many interests throughout her life including travel, sewing, knitting, cooking and baking. To this day, her chocolate log recipe remains the birthday cake of choice. Mae had fond memories of her time as secretary at Warren Collegiate and as a tour escort for Fehrway Tours, careers well suited to Mae as she was a "people person" in the truest sense.

According to Mae's wishes, cremation has taken place. A private interment will be held at a later date in Warren, MB.

In lieu of flowers, if friends so desire, donations in Mae's memory can be made to a charity of their choice.

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OBITUARY



Jean Lillian Senga
May 2, 1940 – August 16, 2016

It is with deep sadness that we announce the sudden passing of Jean, aged 76.

She will be deeply missed by her husband Joseph of 57 years; children Glen (Barb), Marie (Leonard), Philip (Pam), Adam (Lori); grandchildren Justin (Shannon), Christine (Josh), Joey (Tashina), Tim, Meagan, Dillon, Brooklyn, Jacob, Ashley; great-grandchildren Peyton, Hayden, Benjamin; brother Jim; sister-in-law Anne; as well as nieces, nephews and cousins.

Jean was predeceased by her parents William and Tillie Lewkun.

Jean was born on May 2, 1940. She met and married the love of her life Joseph on June 20, 1959. They made a life in Malonton, Manitoba where they built a loving home and farm and raised their family. She was a devoted mother and wife, caring for Joseph for

over 23 years after he suffered a stroke. Over the years she entertained many with her musical talents at various social/family gatherings. She took great pride in her vegetable and flower gardens, spending many hours tending to them.

Jean treasured her husband, children and grandchildren. Baba was proud of each and every one of their accomplishments and had a special relationship with each of them. Her chocolate chip cookies were legendary with the whole family and she was constantly sending one of the kids home with a fresh batch - no one ever left her house without a full stomach.

Funeral service was held on Tuesday, August 23, 2016 at 11:00 a.m., MacKenzie Funeral Chapel, Teulon, Manitoba. Interment followed at Zbruch Cemetery.

Pallbearers were Jacob, Joey, Justin, Dillon and Lawrence Senga, Josh Herlevsen and Mark Chorney. In lieu of flowers, donations can be made to Zbruch Cemetery, c/o Box 32, Malonton, MB, R0C 1Z0.

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OBITUARY



Sharon Lee Strong
November 29, 1957 – August 15, 2016

It is with great sadness that we announce the tragic passing of Sharon Lee Strong on August 15, 2016.

Sharon was born on November 29, 1957 in Stonewall, MB. Her early childhood years were spent in Argyle, MB and then her high school years were spent in Stonewall. She then moved to Winnipeg where she lived until her passing. Sharon was predeceased by her father, Elmer in 2000 and her mother, Jean in 2005. Sharon is survived by her brothers Barry (Melissa), Doug and Ken; sister Lori Combott (Jerry); nephews Brady, Riley and Wray; nieces Caitlin, Kylie and Kerri. Sharon will be truly missed by her best friends Debbie and Kim along with many other relatives, friends and co-workers.

Sharon worked for the Salvation Army Community Ventures going onto her 22nd year. During that time, she worked both the front line and in management positions. Sharon took great pride in her work and the people she worked with adored her. Sharon was always there to lend a helping hand, however big or small.

A memorial service and a celebration of Sharon's life will be held on Saturday, August 27, 2016 at 11:00 a.m. at MacKenzie Funeral Chapel in Stonewall, MB. Interment will follow at the Argyle Cemetery.

Rest in peace our dear Sharon. We will always love you to the moon and back.

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