

SOLD

FREE HOME WARRANTY

For a limited time you will receive a **FREE** Home Warranty on any property you purchase from us.

TAKE THE WORRYING OUT OF BUYING!



ABSOLUTELY POSITIVELY A GREAT WAY TO AFFORD NEW! \$224,900 - Brandt



TIRED OF BEING CROWDED? Texas size 2300 sqft, 5 bdms, \$249,900 - Susan



OPPORTUNITY KNOCKING - 100 x 120 double residential bldg lot on north main St stonewall \$220,000 - Brandt



LUXURY! QUALITY & WARMTH! [Http://youtu.be/JEJ3n0l_Or0](http://youtu.be/JEJ3n0l_Or0)

Stonewall Teulon Tribune

VOLUME 6 EDITION 35

THURSDAY,
AUGUST 27, 2015

SERVING STONEWALL, BALMORAL, TEULON, WOODLAND, LAKE FRANCIS, WOODLANDS, MARQUETTE, WARREN, ARCYLE, GROSSE ISLE, ROSSER, STONY MOUNTAIN, ST. LAURENT & KOMARNO



Down and dirty

TRIBUNE PHOTO BY ROBERT E. WILSON

In spite of the the battle between human and beast, the Teulon Rodeo had another element thrown into the mix this year — lots of mud. Over the course of the weekend, the rodeo arena turned into a mud pit, making riding, roping and wrestling a slippery enterprise for the cowboys and cowgirls who took part. Pictured, Nathan Holme, a bronc rider from Winnipeg, gets dumped during competition on Sunday.

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

**OPEN HOUSE SAT
SEPT 5TH 11-1**



TEULON \$349,900
99 #7 Hwy

1487 SF, 3+ br, 1.5 bath renovated STUNNER on PRIVATE 1 ac feat incl open KIT & LR w/ GORGEOUS FP, prof fin bsmt, GARAGE & SHED. Close to schools, golf & shopping!



MELEB \$143,900
BE FIRST!

NEWLY RENO'D 962 SF, 3 br home on a scenic 154 Acres w/ older det gar & panoramic views. Recent upgrades incl: firg, kit counter sink & tap, facia, soffits & shingles!

Experience Counts

The **Claudette GRIFFIN** Group

Past Director - Winnipeg Realtors®
Past Chair - Professional Standards

L.J. BARON EST. 1953
- Realty -

Family owned & operated
over 60 years!

**MOST PROPERTIES SOLD in the INTERLAKE
by an INDIVIDUAL in 2013!**

Out of 1500 REALTORS®, most properties in R12 & R19 based on Winnipeg REALTORS® MLS™ Stats



STONEWALL \$495,000
NESTLED AMONG THE TREES

Off a quiet bay, this classic 1952 SF, 3 br, 2.5 bath hm w/geo-thermal htg/cooling on luscious 5.27 AC w/30 x 40 shop w/ in-flr heat, double det & sgl det garages & MORE. Just 10 mins fr Stonewall!



TEULON \$298,000
APPRAISED AT \$340k...

Willing to SACRIFICE this NEWLY RENO'd, 5br, 3 bath home on 7.86 ac w/over 2000 SF LIVING area, main floor laundry, LARGE bsmt w/wrkbench & 220 FOR ONLY \$298,000!

204-886-2393 baron@mts.net www.ljbaron.com

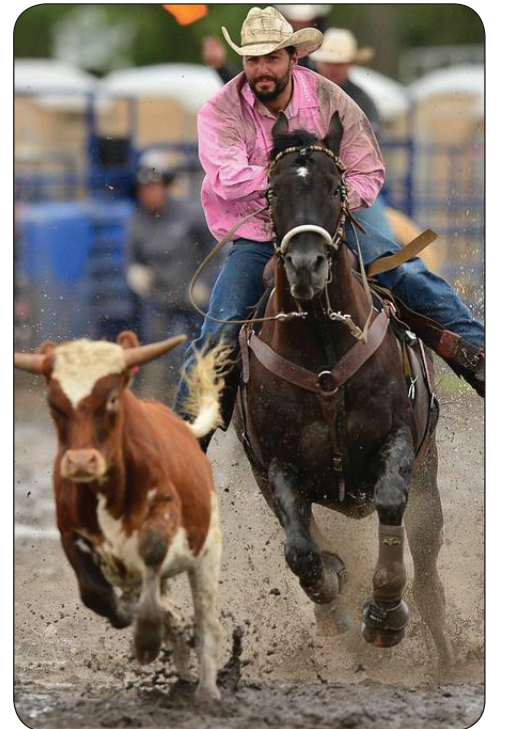
Mud-loving cowboys and cowgirls at Teulon Rodeo

Staff

Over 500 people packed the Teulon Rodeo Grounds on Aug. 22 and 23 to take in a full schedule of rodeo action nearly unhindered by the weekend's stormy skies. Apart from the chariot races and the Tannis Panaschuk Memorial barrel race, all events ran smoothly in Teulon's well-suited arena. The second annual Tannis Panaschuk event had to be cancelled, which has organizers seeking to re-schedule the barrel race for later this fall.



TRIBUNE PHOTOS BY ROBERT E. WILSON



Your Home Your Farm Your Business Your Life
All your protection under ONE

ONE
INSURANCE

International local artist finally gets his due

By Natasha Tersigni

An internationally known and admired Canadian artist who grew up on a farm in the RM of Rockwood finally gets the recognition he deserves.

On Sunday, a celebration was held for the unveiling of the William Kurelek monument at the junction of Highway 67 and Highway 7. The monument includes two Tyndall stone slabs that portray a reproduction of Kurlek's "Manitoba Party" painting and a biographical plaque. On the opposite side of the stones is a sponsorship plaque for those that contributed to the \$35,000 project and another plaque that features a collage of William's prairie-themed paintings.

The monument was the vision of the Rockwood Citizens Kurelek Tribute Committee, made up of Doug Pickell, Merle and Barry Tomyk, Jean Burchuk, Cathy and Steve Kurelek, Brenda Margetts, Michelle Schewe, Janet Meads, Marie Cosens and Roman Yereniuk. The group spent nearly four years fundraising and lobbying various levels of government for funding and the ability to have it built at the Rockwood Park n' Ride.

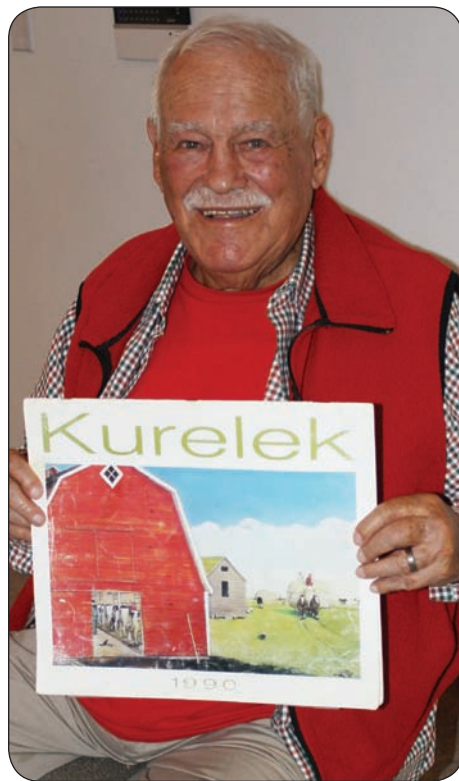
While Sunday afternoon's weather forced the unveiling ceremonies indoors to the Quarry Park Heritage Arts Centre, many dignitaries still had the opportunity to speak on the legacy the painter left behind and the importance of the monument.

"When and if Canadian artists get recognized with public monuments, generally speaking they are in cities — Toronto, Montréal, Winnipeg. The municipality of Rockwood is the first place to recognize Kurelek," said Andrew Kear, curator of historical Canadian art for the Winnipeg Art Gallery. Kear added that the City of Toronto is still working on erecting a plaque in honour of William.

"William Kurelek could paint dirt and sweat, hardship and torment, and do it in such way that is was mesmerizing, exciting and impossible to look away. He told stories in paint that not only captured the attention of the general public, people who may not normally be interested in fine art, but equally the attention of Alfred Barr, one the greatest artistic face makers of the 20th century."

William's sister Nancy Kurelek and his daughter Cathy Kurelek both spoke during the ceremony and told audiences how much the recognition would have meant to William.

"When I saw the monument, my emotion just took over. I wanted to cry. Then I went on the other side of it and there is my favourite self-portrait of my brother in the centre of



Avrom Issacs, a well-known Canadian art dealer who discovered William Kurelek's artistic talent, made the trip from Toronto to attend Sunday's celebration.

a collage of his paints and that, too, brought tears to my eyes," said Nancy. "When I first came here four years ago, I realized that this area is my father's paintings. When you look at his paintings, you realize he was painting what he saw every day living here," said Cathy.

Also in attendance at the celebration event was Canadian art dealer Avrom Issacs, owner of the The Isaacs Gallery in Toronto. Kurelek came to Isaacs looking for a job as a frame maker. Issacs hired him on three days a week to make frames, and soon a friendship was born and Issacs realized Kurelek's artistic talents. Issacs was the first dealer to have an exhibit for Kurelek's works.

"Bill was an amazingly hard worker," said Issacs.

"He was a man who understood the land. He had an intangible ease



TRIBUNE PHOTOS BY NATASHA TERSIGNI

After years of work by the Rockwood Citizens Kurelek Tribute Committee, led by Doug Pickell and Merle and Barry Tomyk, the monument at the Park n' Ride at the junction of Highway 67 and Highway 7 honouring Canadian artist William Kurelek was unveiled last weekend. Pictured left to right, Doug Pickell, William's sister Cathy Kurelek, Merle Tomyk, William's daughter Cathy Kurelek and Barry Tomyk.

at expressing his feeling through his paintings."

Following the formal afternoon speeches, a dinner was held to honour the momentous occasion. Following dinner, two documentaries about Kurelek — one still in production entitled *Out of the Maze* and the other produced by Canada's National Film Board entitled *Kurelek* — were played.

The William Kurelek monument will remain at the Park n' Ride, and through a joint agreement with the Rockwood Citizens Kurelek Tribute Committee, both the RM of Rockwood and Town of Stonewall will assume responsibility for the monument and maintain the upkeep of the grounds.

CALEB'S MARKET
Fresh Corn Now Available
 Onions • Carrots • Potatoes • Pickles & More
Open Saturdays 10 a.m. – 3 p.m.
 at Meridian Trail General Store, Argyle
 For more info call 204-467-2692

Inview
 insurance
Tracey Malone - Financial Advisor
 Inview Insurance, 344 Main Street, Stonewall
 tracey_malone@cooperators.ca
 Phone (204) 467-8927
autopac
 A Manitoba Public Insurance product
 Life & Disability Commercial Home Farm

Mother Nature dampens MS Biking to the Viking

By Natasha Tersigni

Inclement weather on both Saturday and Sunday forced organizers of this year's 26th annual Biking to the Viking, a two-day fundraiser round-trip bike ride from Stonewall to Gimli in support of the MS Society of Manitoba, to shut down the race.

On Saturday morning, the start time was delayed until 10:30 a.m. while organizers waited for the storm to clear. After a few hours of riding, bikers were forced off the road to take shelter at stops along the route due to lightning and heavy rain. While some speedy bikers made it all the way before the route was closed, other participants were transported via bus to Gimli to participate in the evening activities including the ride's gala dinner.

On Sunday, riders never got a chance to hit the pavement as organizers deemed the high winds and wet roads too dangerous for cyclists. Participants and their bikes were transported to Stonewall for the scheduled finish-line barbecue.

Despite the weather dampening a few spirits, this year's ride saw nearly 600 participants, including 200 new riders. Among the cyclists included first-time rider and mayor of Winnipeg Brian Bowman.

At press time this year's ride has raised approximately \$425,000 and counting for the MS Society, a non-profit organization that supports programs and services for the 100,000 Canadians, including the 3,500 Manitobans, that are currently living with Multiple Sclerosis. Pledges from riders are being accepted until Sept. 8, and donations can be made online at mssoc.convio.net.



TRIBUNE PHOTOS BY ROBIN CHESTNUT AND NATASHA TERSIGNI

Approximately 600 riders took part in the 26th annual MS Biking to the Viking Ride, which had to be discontinued due to inclement weather on Saturday. Below, riders were greeted with high winds, rain and sleet and some white stuff when they arrived in Teulon.



PTSD help website could benefit all firefighters, local chief says

By Lindsey Enns

The launch of the United Fire Fighters of Winnipeg post-traumatic stress disorder awareness website will also be beneficial at the local level, according to Selkirk's fire chief.

"Any kind of way you can reach out to somebody that's having issues is beneficial," Selkirk Fire Department chief Dan Thorsteinson said. "Hopefully people are able to deal with it before it turns into something more problematic."

The union representing Winnipeg firefighters recently launched PTSD-

talk.ca to help firefighters and first responders deal with some of the emotional trauma they experience while on the job.

"One thing about firefighters is we deal with stress that is unimaginable. We deal with catastrophes. We deal with death," the union's president Alex Forrest says during the website's opening video. "Sometimes it's unmanageable, and it can result in PTSD and it's so important that we support the individuals that have the ability to

Continued on page 5

SMILE, It's Back-To-School Time!

Beat the Rush - Book your Appointment NOW!

Dr. Stacey Benzick

Dr. Simi Singh

Dr. Carolyn Robertson

ACCEPTING NEW PATIENTS

Creating Smiles for the Entire Family

QUARRY Stonewall Dental Centre

345 Main Street, Stonewall **204-467-2177**

Quarry Physiotherapy amasses funds for MS

By Stefanie Lasuik

To suffer from multiple sclerosis is to undergo an emotionally and physically painful lifestyle and personal change. It is an affliction that affects the families and friends of each patient. The personnel at Quarry Physiotherapy have seen and created relationships with countless MS patients over the years, and that's why, over 12 years ago, they decided to take their fight against the disease to a whole new level.

The physiotherapy staff strapped on their bike helmets and headed to the Viking as a part of the MS Society of Canada's annual fundraising event, which sees 600 to 700 cyclists ride 170 kilometres between Stonewall and Gimli. What began as a small team comprised of clinic staff and ownership has swelled to friends, families and associates of Quarry Physiotherapy employees. Well over \$135,000 later, the Quarry Physio team has become a mainstay at the event, so much so that they offer free massages for tired cyclists after the first leg in Gimli.

Scott Allan, owner of Quarry Physiotherapy, said that the organization decided to donate professional time and services through massage 10 years ago in order to give back to a great cause and to the community. Several cyclists on the team will ride 85 kilometres to the Viking town, exchange their bikes for massage tables and help the physio team provide fellow cyclists with up to 300 massages.

Quarry Physiotherapy team members train throughout the year in preparation of the big event, since 170 kilometres is nothing to shake a hat at.

"I wouldn't call it an easy feat," Gimli branch physiotherapist Myles Willis said, explaining that it usually takes several months to build endurance in order to complete the trek.

This year, 12 team members attempted the route before the event was shut down and the cyclists



TRIBUNE PHOTO SUBMITTED

Team Quarry Physio has been participating in the MS Biking to the viking for the past 12 years while raising over \$135,000.

shuttled through the thunder to Gimli.

Despite the cancellation, the team topped their usual goal of \$7,500 and treaded towards \$8,000. Their fundraising, cycling and massaging have all helped efforts to find a cure for the disease the Quarry Physio staff have come to know first-hand.

"We know how it impacts their lifestyles and their families," explained Allan.

For the team, the decision to stay dedicated to the event has been an easy one.

"We all know someone who has been affected by MS, so it's kind of a no-brainer," said Willis.

"It's a nice way to give back to the community as well as for all the riders because they're donating a lot of time to raise money for such a good cause."

Quarry Physiotherapy has locations in Arborg, Gimli and Stonewall.

> PTSD, FROM PG. 4

talk about these issues."

Videos available on the website show firefighters discussing their own personal stories and experiences with PTSD and how they addressed it. The website also offers information on how to identify symptoms and ways to seek help.

Recently the Manitoba government introduced legislation affecting PTSD claimants under the Workers Compensation Board. Under the Workers' Compensation Act, some injuries are presumably caused by a worker's employment, and this bill extends that

presumption to emergency response workers with PTSD.

Although Thorsteinson said he's not aware of any local members currently struggling with PTSD, he doesn't deny the difficult things they face while on the job.

"It's not easy on anybody, some of the things we see," he said, adding they rely on each other during those difficult times. "We have had some serious incidents ... We have had some stress management sessions and talked things out between us."

New Sound System & Light Show!

BAR MENU - DAILY 8PM-11PM & SUNDAY 1PM-6PM

<p>Chicken Finger Platter</p> <p>Chili Cheese Dip</p> <p>Nacho's with Beef</p> <p>Quesadillas-Chicken or Beef</p>	<p>13" Two Topping Pizza</p> <p>Cheeseburger</p> <p>Turkey Club Sandwich</p> <p>Sweet Potato Fries</p>	<p>Onion Rings</p> <p>Fries</p> <p>Mozza Sticks</p> <p>Calamari</p> <p>Dozen Wings</p>
---	--	---

ROCKWOOD Motor Inn 390 Main St. Stonewall 467-2354

THE Flicks

CINEMA

SHOWTIMES:
Please check individual listings
Due to various picture lengths showtimes vary

319 First Street E., Stonewall, Man.
467-8401

PROGRAM SUBJECT TO CHANGE WITHOUT NOTICE
Cash only

LAST DAY: WED & THURS AUG 26-27 AT 8:00 PM

MISSION IMPOSSIBLE: ROGUE NATION

Not recommended for young children; Violence; Language may offend PG

FRI-THURS AUG 28-SEPT 3	OPEN TUES	FRI-SAT-SUN SEPT 4-5-6	CLOSED MON TO THURS SEPT 7-10
<p style="font-size: 0.7em; margin-top: 5px;">Miles Teller Kate Mara</p> <p style="font-size: 0.7em; margin-top: 5px;">Language may offend; Violence PG</p>	<p style="font-size: 0.7em; margin-top: 5px;">FRI & SAT AT 7:30 & 9:30 PM SUN-THURS AT 8:30 PM</p>	<p style="font-size: 0.7em; margin-top: 5px;">FRI & SAT AT 7:30 & 9:30 PM SUN AT 7:30 PM</p> <p style="font-weight: bold; margin-top: 5px;">BACK AGAIN!</p> <p style="font-size: 0.7em; margin-top: 5px;">Animated</p> <p style="font-size: 0.7em; margin-top: 5px;">Violence PG</p>	

Stonewall Teulon
Tribune



PUBLISHER
Lana Meier



SALES
Brett Mitchell



REPORTER/PHOTOGRAPHER
Natasha Tersigni



SALES
Stephanie Oland Duncan



SPORTS REPORTER
Brian Bowman



DISTRIBUTION
Christy Brown



PRODUCTION
Nicole Kapusta



PRINT
Dan Anderson



PRODUCTION
Reanne Dawson



ADMINISTRATION
Allana Sawatzky



ADMINISTRATION
Carrie Sargent



PRODUCTION
Debbie Strauss



ADMINISTRATION
Tracy Farmer

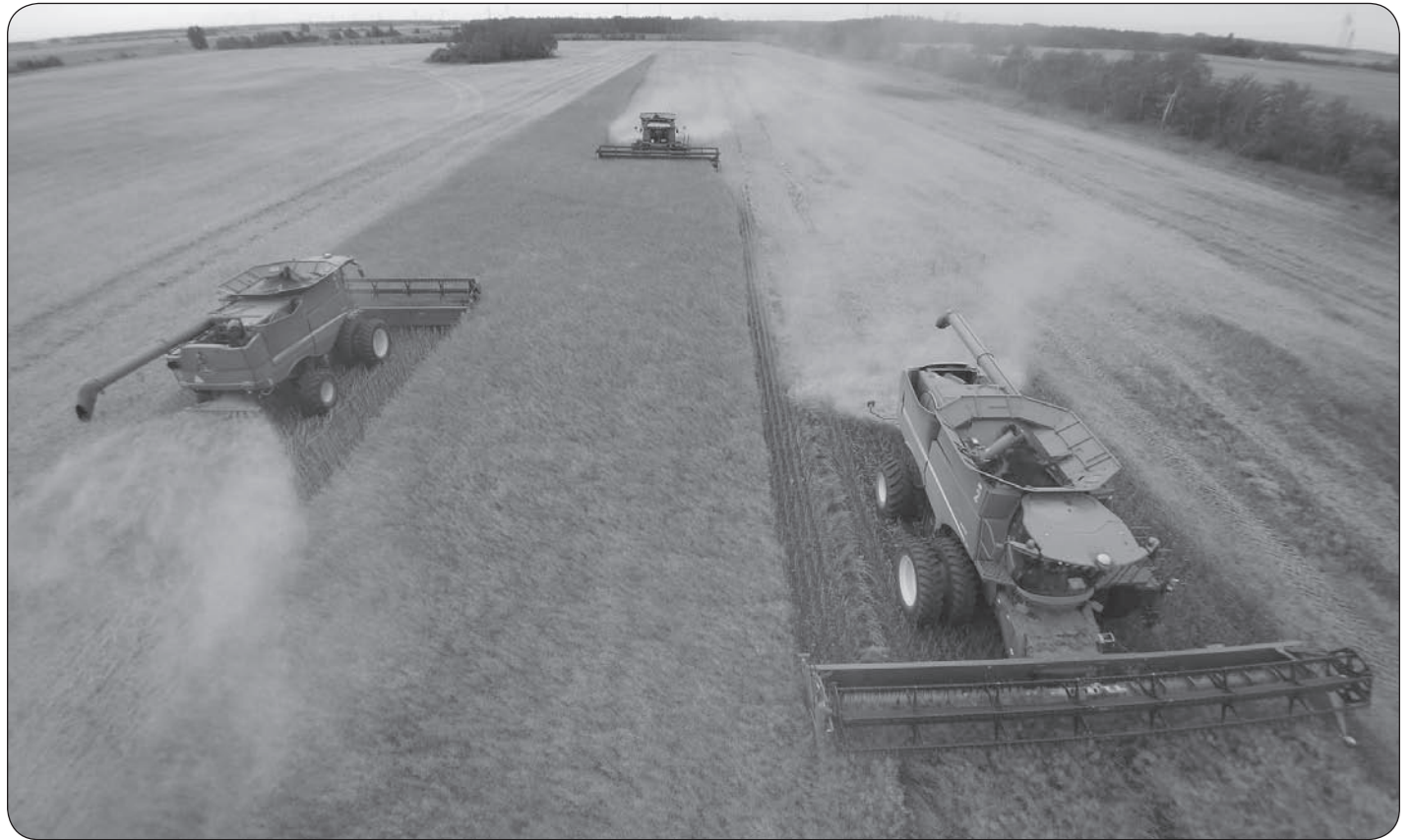


ADMINISTRATION
Jo-Anne Procter



get heard

EDITORIAL > VIEWPOINTS > LETTERS



TRIBUNE PHOTO BY DARRYL LANGRELL

Darryl Langrell of Woodlands took this photo last Friday with a Yuneec Typhoon Q500+ drone with a 1080p camera. The electric radio-controlled drone is made by Yuneec International Co. Ltd. The Elskamps, who own a dairy and grain farm, used three combines to harvest the 100 acres of canola, then sprayed it with Roundup and reseeded it with winter wheat, all in under eight hours.

More doctors for Manitoba, but no gain for Interlake-Eastman

By Staff

An additional 66 doctors are now providing care to Manitoba families compared to the same time last year, according to a provincial government announcement last week.

Since 2011, there has been a net gain of 276 physicians in Manitoba, which exceeds the commitment to increase the number of doctors working in the province by 200, Health Minister Sharon Blady said on Aug. 19.

In the Interlake-Eastern region, a

few physicians have arrived while others have left, said IERHA chief medical officer Dr. Myron Thiessen.

"I'd say our total number is a bit higher than it was a year ago at this time but not significant enough to really make a big difference in our service delivery across the region. We are still definitely short of physicians and are looking for more," said Thiessen, who is also the region's vice-president of primary health care.

"When we compare ourselves

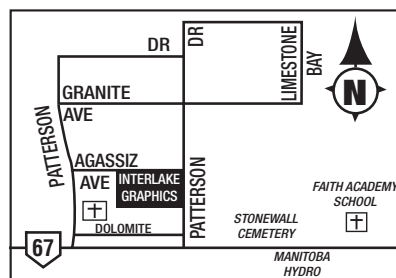
to other health regions across the province, we have fewer physicians per capita than the other regions do."

Ron Van Denakker, chief executive officer for the IERHA, said a recruitment officer would begin working with Thiessen on a formal recruitment process that involves doctors as well.

"The other thing that we're doing is that we're working on off-

Continued on page 10

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



> CONTACT US

Stonewall Teulon Tribune - Interlake Graphics
74 Patterson Drive, Stonewall Industrial Park Phone 467-5836 Fax 467-2679
Letters to the Editor: letters@stonewallteulontribune.ca
Classified: classifieds@stonewallteulontribune.ca
Advertising: ads@stonewallteulontribune.ca
News: news@stonewallteulontribune.ca



"We appreciate the advertising support we receive which enables us to print, publish and distribute our community newspaper. Please shop local"

The Stonewall Teulon Tribune is published Thursdays and distributed thru Canada Post to 7600 homes by BigandColourful Printing and Publishing, a division of Interlake Graphics. Republishing in whole or part without permission is strictly prohibited. Printed in Canada by Prolific Printing. The newspaper is supported 100% by advertising dollars. If you enjoy the paper and would like to see the newspaper grow and prosper visit any of the advertisers and businesses in our rural communities. Keep your dollars working at home and shop locally. Notices, classifieds and advertisements can be purchased by calling our Office at 467-5836 or emailing ads@stonewallteulontribune.ca. our commitment to you, the reader - we will connect our people through articles in the paper to build stronger communities.

Trudeau makes first campaign stop in Manitoba

By Natasha Tersigni

Ready or not, Liberal Party Leader Justin Trudeau brought his message of change for the middle class to Manitoba last week.

Surrounded by Liberal supporters and local candidates, including Selkirk-Interlake-Eastman candidate Joanne Levy, Trudeau made a brief stop in Winnipeg the morning of Aug. 19. The rally was just long enough for him to make a campaign promise, answer a few questions from the media and take pictures with his red supporters.

Citing change for workers in the middle class and those working to become middle-class Canadians, Trudeau said that if the Liberals were elected this fall, his party would introduce legislation to ensure all employees covered by federal labour laws would have the legal right to ask their bosses for flexibility in their workday, including start and finish times and the option to work from home.

Trudeau said that a similar program has been introduced in the United Kingdom with employers granting 80 per cent of flexible work requests from their employees.

"We will make sure that every federally regulated worker has the legal right, without the fear of reprisal, to make a formal request to their employer for more flexible work conditions. That means flexible start or finish times or even the ability to work from home," said Trudeau, who added that if passed, this new legislation would apply to over one million Canadians in federally regulated industries.

"We will amend the Canada labour



Selkirk-Interlake-Eastman Liberal candidate Joanne Levy (left) joined Liberal Party Leader Justin Trudeau during his Manitoba campaign stop last week.

code and work with provincial and territorial governments to put these rights into their labour codes too."

Levy commended the proposed legislation and told the *Tribune* it was a step in recognizing the diverse needs of Canadians who are parents or have other time commitments.

"I think this is a real recognition that the government is in tune with the new ways that people work and how people want to work. I know certainly my children need maximum flexibility to raise their children, my grand-



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Liberal Party Leader Justin Trudeau made his first official campaign stop in Manitoba Aug. 19.

children," said Levy.

"It sends the signal that working parents and others who have to cope with other issues in their life, such as aging parents, that they should get some recognition and have a little bit of leeway. When you work for an employer who is responsive of your needs, you end up giving more. I

think productivity is going to improve on both sides."

Levy said that Trudeau will make several more stops in Manitoba before the Oct. 19 federal election, and she even hinted at the possibility of the leader making an appearance in the Selkirk-Interlake-Eastman riding.

Come visit our 5th annual

BAKE VEGGIE GARAGE SALE

Friday Aug. 28th 10 a.m. to 6 p.m.
Saturday Aug. 29th 9 a.m. to 6 p.m.

Keystone Colony Bake Sale

Traditional Hutterite Foods
 Please come visit us and shop our homemade baking, fresh eggs, canning and much, much *more*.

Also visit our display of patio stones, pavers, retaining wall stones and our stone fire pits.

Come hungry food is available!!

SEE THE WINNIPEG JETS FROM THE FLIGHT DECK

Application deadline September 1st

Your youth sports team could be selected to see a game in the Manitoba Liquor & Lotteries Flight Deck section at the MTS Centre. For more information and details on how to apply, visit www.mbill.ca

Rewarding youth in sport... now that's supporting our communities.

MANITOBA LIQUOR & LOTTERIES
FLIGHT DECK

Supporting Our Communities

www.mbill.ca

Kicking Cancer in the country at bootcamp

By Stefanie Lasuik

Cancer was kicked back-country style on Aug. 17, when 28 Interlake residents shuffled, squatted and star-jumped outside the Warren Memorial Hall in support of CancerCare Manitoba.

Christina Hooper's first time organizing the charity bootcamp was a success, bringing in \$1,250 for the cause that works to eradicate the disease her grandfather, Benjamin Retaler, succumbed to one year ago.

With her bootcamp, she brought community awareness not only to the disease but to the support that families whose loved ones suffer from cancer require from neighbours and friends.

"Family members may have to deal with the emotional part of being sick and tired all of the time. Most people who are diagnosed with cancer cannot work from the time they are diagnosed, so financial stresses come into factor," Hooper said, noting that if loved ones lose the battle, families are left hurt, sad and betrayed that an illness can come in and take those they hold dear.

Through 10 stations of four-minute workouts, participants enhanced their own health while building relationships that can only be fashioned by



TRIBUNE PHOTO BY STEFANIE LASUIK

Pictured from left to right: Christina Hooper leads Lori Henry, Kim King and Caitlyn Henry through an overhead rope lift during Kicking Cancer.

holding sweaty hands to complete a deep squat.

The relationship-building aspect of working out was something Hooper recognized as a strength of the bootcamp from her regularly scheduled classes.

"Members of class would start talking before and after class and building relationships because of bootcamp classes," she explained.

Due to its success, Hooper plans to make Kicking Cancer an annual event. For more information on next year's

Kicking Cancer event or on Hooper's bootcamps, visit Backcountry Fitness & Conditioning with Christina Hooper on Facebook or email Hooper at backcountry4fitness@gmail.com.

Woodlands Hall memorabilia wanted to celebrate anniversary

By Natasha Tersigni

Over the last 100 years, the Woodlands Community Hall has hosted many events including fall suppers, community dances, showers and funerals.

On Nov. 15, the hall board is planning a come-and-go tea to celebrate the important part the hall has played in the community for the last century.

"The event is a chance for people to come visit and reminisce and talk about how things use to be and where they changed to now," said event organizer Wendy Proctor.

For the celebration, the hall board

will be unveiling a special commemorative painting of what the original hall looked like back in 1915.

To help portray the history of the hall over the years, organizers are looking to feature a variety of memorabilia for the anniversary event.

"We are looking for pictures or stories that people would like to send to us so we can display them at the hall," said Proctor.

Items that you want to share with the hall board for the event can be mailed to Woodlands Hall Board, Woodlands, MB, R0C 3H0.



TRIBUNE PHOTO BY NATASHA TERSIGNI


A tea will be held Nov. 15 to celebrate the 100th anniversary of the Woodlands Community Hall.

We are here to make a difficult time easier for your family.

MacKenzie
FUNERAL HOME

204-467-2525 • mackhome@mymts.net

Ford
LINCOLN
Parkside

**Jim Buckle**
Sales Manager
24 Years of Service

Parkside Ford Lincoln, 2000 Main Street, Winnipeg
Bus: (204) 339-2000 ext.264
Toll Free: 1-800-552-4891 • Cell: (204) 792-6025
Email: jbuckle@parksideford.net • www.parksideford.net

Warren Skating Club
ANNUAL GENERAL MEETING
Everyone welcome
Thursday, September 3
8 p.m.
at the Sunova Warren Arena
Phone 204-383-5262 for more information

Liberals seek proportional representation electoral system

By Austin Grabish

The provincial Liberals are promising to make changes to Manitoba's electoral system the party says is "from the dark ages" if elected into the Manitoba legislature next year.

Party leader Rana Bokhari made the announcement last Friday.

"We believe that every vote should count," Bokhari said before telling reporters Manitobans feel their vote doesn't count under the current system, which sees candidates who have received the highest number of votes elected into government.

Bokhari promised if elected, the Liberals would move to a proportional representation system for the electing of MLAs.

The move would mark the end of the voting process that sees citizens choose a candidate by ballot, but Bokhari had few details about how it would all work.

She said the party is promising a proportional representation system, but it would only be enacted after consultation with Manitobans, and its exact form has yet to be decided.

There are many models of proportional representation. The process typically benefits smaller parties that receive a big, but not large enough chunk of votes to win a seat in government.

The objective is to make government house seats more reflective of actual voting numbers.

A provincial spokesperson said the province is carefully listening to debate on electoral reform but said Bokhari failed to give any concrete details on the Liberals' promise.

Naline Rampersad went on to say the province has shown commitment to making democratic representation more effective in Manitoba.

"We banned union and corporate donations to make sure that only individuals residing in Manitoba donate to political parties, we introduced fixed election dates to make election timing transparent and predictable, we made changes at Elections Manitoba to make voting more accessible..." Rampersad said in a statement.

Bokhari's announcement is the third she has made over the last month.

The provincial Liberals hold just one seat in the Manitoba legislature.

Global Garage re-opens at new location



TRIBUNE PHOTO BY NATASHA TERSIGNI

Global Garage and Art House staff are eager to do business at their new location at 307 Main St. in Stonewall (formerly the Home Hardware building). The non-profit social enterprise officially opened at its new location in front of the Association for Community Living centre on Aug. 14.

By Natasha Tersigni

Association for Community Living (ACL) staff and clients have been hard at work this month moving their store, Global Garage and Art House, across the street to its new location at 307 Main St. in Stonewall. The store officially opened Aug. 14, and the new location is the front of the newly renovated ACL centre. The new location offers more space to display merchandise and a closer commute for community-living clients that work in the store gaining valuable hands-on experience.

Global Garage is a non-profit social enterprise that supports people living with disabilities.

Notice of Environment Act Proposal

Conservation and Water Stewardship has received a proposal pursuant to *The Environment Act* from the following operation and invites public participation in the review process:

MANITOBA HYDRO - NORTHWEST GAS TRANSMISSION PROJECT - FILE: 5792.00

A Proposal has been filed by Manitoba Hydro for the Northwest Winnipeg Gas Transmission Project consisting of 39 km of new 12 inch diameter steel pipeline connecting the existing Oak Bluff pipeline located at the Rosser Gate Station in the R.M. of Rosser to the Liss Pipeline located in the R.M. of St. Andrews, 10.5 km of new 12 inch pipeline between Lockport Road in the R.M. of St. Andrews to the existing Selkirk Gate Station located in the City of Selkirk and 9.5 km of new 6 inch pipeline from NW 10-13-2 EPM to the existing Stonewall Gate Station in the town of Stonewall. The project also involves two new valve sites at NW 30-12-2 EPM and SE 5-13-3 EPM.

Anyone likely to be affected by the above operation and who wishes to make a representation either for or against the proposal should contact the Department, in writing or by e-mail (darrell.ouimet@gov.mb.ca), not later than September 28, 2015. Further information is available from the Public Registries located at: Legislative Library, 200 Vaughan St., Winnipeg; Millennium Public Library, 4th Floor, 251 Donald St., Winnipeg; Online registry <http://www.gov.mb.ca/conservation/eal/registries/index.html> or by contacting Darrell Ouimet, Environment Officer at 204-803-1389.

Information submitted in response to this proposal is considered public information and will be made available to the proponent and placed on the public registry established in accordance with Section 17 of *The Environment Act*.

Environmental Approvals Branch
Conservation and Water Stewardship
123 Main Street, Suite 160
Winnipeg, MB R3C 1A5
Toll Free: 1-800-282-8069
Fax: (204) 945-5229

Website: www.gov.mb.ca/conservation/eal



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

CHASE THE QUEEN WEDNESDAY NIGHTS
\$3454.50 as of August 19th

MEMBERS NIGHT SATURDAY Sept 19th at 7:00 pm

THE WINNING NUMBER FROM FRIDAY AUGUST 14TH BEER GARDEN
#5677747
IN THE AMOUNT OF \$450.00

ALL ARE WELCOME

Nashville, Branson, Pigeon Forge
Musical Extravaganza
October 25 - November 7
A special tour for music lovers that journeys through the musical heartland of America.

Hawaiian Adventures
Grand Hawaii Vacation
Feb 11-23, 2016
Hawaii Cruise & Stay
Feb. 3-13, 2016
Explore the Hawaiian Islands and Experience breathtaking scenery.

TROPICAL COSTA RICA Feb 25 - Mar 4, 2016
COSTA RICA - WORLD OF NATURE
Feb 14-25, 2016

MINNEAPOLIS SHOPPING
Black Friday Nov 27 - 30
Fabulous Shopping, Albertville, Twin Cities Outlets, Mall of America and more.

BEST OF BRANSON
Join us on a fun filled tour with fabulous shows and unique sightseeing! Nov 1 | 9 Days

EMBASSY TOURS 757-9383
www.embassytours.ca 1-800-723-8051

2015 federal election

Liberal party candidate launches adopt a sign campaign

By Lindsey Enns

One Selkirk-Interlake-Eastman candidate has officially hit the campaign trail leading up to October's federal election.

Joanne Levy, Liberal candidate for the Selkirk-Interlake-Eastman region, was busy erecting her signs along popular highways in the area last week as part of her campaign kick off.

Levy said instead of spending her budget on community lawn signs, she's inviting her supporters to step up and be a part of her "adopt-a-highway-sign campaign."

"In an area as big as Selkirk-Interlake-Eastman, it strikes me that lawn signs are really going to get lost and they're very costly," Levy said during her stop in Selkirk last Thursday. "We've decided to get our message out by putting up highway signs and larger signs that will be at the exit and entrance to communities."

Community lawn signs for Selkirk-Interlake-Eastman Conservative MP James Bezan, who is seeking re-election, are starting to pop up in and around the Selkirk area. Bezan could not be reached for comment this week regarding his campaign, and he has yet to release any details regarding an official campaign kickoff.

During this "longer than usual campaign," Levy said steering way from lawn signs will help her save money. She added individual candidates can spend up to \$226,000 throughout the campaign, and she "will be spending a small fraction of that."

As another cost-saving measure, Levy said they won't be establishing any formal campaign headquarters



TRIBUNE PHOTO BY LINDSEY ENNS

Joanne Levy, Liberal candidate for the Selkirk-Interlake-Eastman region, and her husband, Henry Vroom, help hang a campaign sign along Highway 9 near the Gimli turnoff last Thursday afternoon. Some candidates in the region have now officially hit the campaign trail leading up to the federal election on Oct. 19.



JAMES BEZAN

and instead will be running everything off mobile devices.

"Because of the size of the constituency, getting tied down to one location doesn't seem to be a very useful



WAYNE JAMES

idea," she said. "We're going to be everywhere digitally."

Wayne James, who was acclaimed as a candidate for the Green Party in late July, is the third nominated can-

didate fighting for the Selkirk-Interlake-Eastman MP's seat. In an earlier interview with the *Tribune*, the farmer from Beausejour said he won't start campaigning for another few weeks.

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

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

The Selkirk-Interlake-Eastman constituency consists of the RMs of Alexander, Armstrong, Bifrost, Brokenhead, Coldwell, Eriksdale, Fisher, Gimli, Grahamdale, Lac du Bonnet, Pinawa, Rockwood, Rosser, St. Andrews, St. Clements, St. Laurent, Siglunes, Victoria Beach and Woodlands. The constituency also encompasses the City of Selkirk, the towns of Arborg, Beausejour, Lac du Bonnet, Powerview-Pine Falls, Stonewall, Teulon and Winnipeg Beach, the villages of Dunnottar and Riverton as well as Brokenhead First Nation and Dog Creek First Nation, according to Elections Canada.

Voters can head to the polls on Oct. 19.

"I encourage anyone who's not sure if they are registered to check online at elections.ca," chief electoral officer Marc Mayrand said in a release last week. "If you're not registered, register now. This way you'll get a voter information card with details about when, where and ways to vote."

> DOCTORS, FROM PG. 6

shore recruitment initiatives. We just recently recruited a doctor from the U.K. that started with us in Pinawa

and we're looking at other avenues as well," Van Denakker said.

"We're not just sitting back waiting to see whether or not our physician situation is going to improve."

The IERHA doesn't currently have a formal residency program for family doctors, but plans are in the works to develop an initiative.

"When students are going into other regions, they're putting significant amounts of time working with doctors' groups and mentors there and then are choosing to work in

those regions. We don't have that at this point, so we're in discussions with our physicians as well as with the University of Manitoba to work towards developing those programs," Van Denakker said.

"It's longer range. It doesn't meet our needs today, but we're trying to create processes where local graduates — particularly those from rural Manitoba — will want to practise and live in rural Manitoba and particularly in our region."

In the interim, Thiessen notes, interest in the region continues to grow.

"Our present manager of medical services has had contact with physicians, so we are getting more and more interest from locally graduating physicians coming to our region," Thiessen said.

"We have had some more interest on that level, but our long-term vision is to enhance things that we're doing to create better relationships and better opportunities for medical students."

According to the provincial government, the total number of doctors is at an all-time high with 2,748 across the province — 2,116 in Winnipeg plus another 632 in Brandon, rural Manitoba and northern Manitoba.

STARTING BLOCKS

Annual General Meeting

Sept 8, 2015
7:00 pm

510 3rd Street West

All parents are welcomed to attend

For more information please call Brenda at 467-5522

Gauthier

Cadillac BUICK GMC

2400 McPHILLIPS ST.
Call

JERRY VANDE
Sales Manager

Ph: 204-633-8833

SHOP ONLINE AT
WWW.JIMGAUTHIERGMC.COM



Another successful flower show in the books

By Jo-Anne Procter

The weather last Saturday may have kept many indoors, but those with green thumbs and interested gardeners of all ages dropped in at the South Interlake Garden Club's 54th annual Flower, Fruit and Vegetable Show held at the 55 Plus Centre in Stonewall to see the large selection of creative entries in the many categories of plants, vegetables and photography.

Judges Frances Werschler and Roger Brown spent the morning judging the flower and vegetable entrants while Carmen Matthews of Photography by Carmen judged the photography class.

"I think it was an excellent show. The exhibits may have been down a bit, but the quality was certainly up," Garden Club chairperson Linda Dzendzeluk-Girard said.

"We had the most kids entered than we have had in years, and it was so nice to see so many people sitting and enjoying our show tea."

Dzendzeluk-Girard stated that the show would not be possible without the help of the many dedicated volunteers that spend countless hours before, during and after the show and the Rocklake Hutterite Colony, which made a generous donation to the farmers market.

After close to 20 years of entering the show, Jo-Anne Procter won the Grand Aggregate award for most points overall and Lorraine Dnistransky won the Reserve Aggregate award. Dnistransky has been in the top two awards position for many years running and

this year was the reserve winner due to a long-standing rule that states that the same exhibitor cannot win Grand Aggregate two years in a row. Dnistransky had many of her exhibits showcased in the Court of Honour including her foliage hanging basket, specialty arrangement, unique arrangement, best display of vegetables, as well as collecting the most points in the vegetable class, best fruit and her winning photo of a young girl in the garden amongst colourful delphiniums. Procter had the best gladiolus in the Court of Honour and collected the majority of her points in the vegetable and garden flowers categories.

Special awards were handed out to Kathy Simard for most points in the garden flower section, best begonia and best rose; Joan Hunter for best dahlia; Verne Slater for best house plant; Linda-Faye Chapman for best four tomatoes and most points in the senior citizen's section; Kiptyn Slater for most points in the six years old and under section; Sarah Daher for most points in the seven to nine years category; and Noah Harold in the 10-16 years category.

Next up for the South Interlake Garden Club is the annual potluck dinner and a fall arrangement class, which will be instructed by Tami of Stonewall Florist on Thursday, Oct. 8. For more information on the club, contact Dzendzeluk-Girard at girards1@mymts.net or 204-809-0423 or vice-chairperson Tanya Daher at daherstone@shaw.ca or 204-467-2253.



TRIBUNE PHOTO BY DONNA RIDGEWAY
Top awards from the show went to Lorraine Dnistransky, left, and Jo-Anne Procter for collecting the most points.



TRIBUNE PHOTO BY JO-ANNE PROCTER
Kiptyn Slater (left) and his sister Halle were very excited with all the ribbons they won for their first time participating in the show.

Manitobans jeopardizing safety of emergency personnel

Studies show drivers fail to slow down for emergency vehicles

By Stefanie Lasuik

On Aug. 13, RCMP Traffic Services released the results of two separate analysis conducted in the fall of 2015 and the spring of 2014. The studies examined the speed and volume of vehicles passing staged police traffic stops and came to the disturbing realization that the majority of Manitobans fail to slow down for stopped emergency vehicles.

The amendment to the Highway Traffic Act passed in 2014 states that

when drivers on either side of an undivided highway pass stationary emergency and other designated vehicles, such as tow trucks, roadside assistants, and vehicles operated by government enforcement officers, with beacons flashing, they must proceed with caution and pass only when it is safe to do so. Drivers travelling on multi-lane highways are also required to move to a lane farther from emergency vehicles.

All drivers must slow down when passing such vehicles. Highways with speed limits below 80 km/h require the driver to slow to 40 km/h, and highways with speed limits of 80 km/h or higher require the driver to proceed at 60 km/h.

However, in the RCMP analysis, over 90 per cent of motorists failed to slow down, an act punishable by a \$300 fine

and two demerits.

While the majority of vehicles moved to farther lanes, the motorists who did slow down were comprised of 60 per cent of commercial vehicles.

Furthermore, one out of every six drivers passed emergency vehicles at speeds of 100 kilometres per hour or more.

RCMP Sgt. Kelly Glaspey of the Stonewall detachment deemed this a safety issue, explaining that anything can happen when emergency personnel are on the side of a highway. If they have to step backwards for any reason, approaching vehicles don't have time to react appropriately.

"Every year across Canada, there's a number of unfortunate accidents where emergency people are struck by oncoming cars," he said.

He cautioned citizens to think of the

emergency personnel as their own sons and daughters, for whom they would want drivers to slow down.

And the people who are requiring emergency personnel on roadsides could very well be loved ones.

"The possibility is greater," Glaspey said of highways surrounding small communities.

Provincial highways 6 and 7 are high-traffic areas, Glaspey said, explaining that there isn't always room for RCMP officers to operate. This makes not slowing down especially dangerous.

For the safety of emergency personnel, who may be volunteers and who give up a lot to help others, the inconvenience seems especially minor.

"It's going to be mere seconds out of their day," Glaspey said.

Marquette vegetable farm makes its mark

Co-op proudly supporting Manitoba local producer Itzke River Farm

By Jennifer McFee

Since the business took root 60 years ago, Itzke River Farm has established itself as the cream of the crop.

Now the third-generation family farm is in the spotlight for Red River Co-op food stores' Grown at Home promotion, which highlights local Manitoba producers.

The Marquette area farm spans 1,200 acres, where the main production focuses on broccoli, cabbage, sweet corn, celery and cauliflower, plus a large volume of cucumbers and lettuce.

Astrid Itzke-Meilleur and her brother Uwe co-own the farm, which their father Johannes started after moving to Manitoba from Germany in the 1950s.

Along with plates full of healthy vegetables, the Itzke clan was raised with a hearty work ethic.

"When we were younger, we didn't have a choice — we just worked. Our friends went camping and we went to the field. Spring break was more like spring work," Itzke-Meilleur recalls.

"But my dad never made us stay. We could leave if we wanted to, but we always stayed. He was very good to us, and the business was lucrative. It was a healthy lifestyle and a good work ethic. It was just something that we loved to do."

The family tradition continues today with her oldest sons Mats and Lars, who maintain pivotal roles in the company that employs 140 workers for the peak season.

"We're a very close family and we all get along. We just work together and everybody takes on their share of the operation. Even the younger two, who aren't here all year, they also pull a bit of their weight during the summer," said the mother of four.

"I guess it's a combined enjoyment of being with family and living a healthy lifestyle and providing healthy products for people. There's nothing you could do that you would enjoy more than that."

In addition to homegrown knowledge, the family supports their expertise with university education and agriculture diplomas.

"We are probably the largest family vegetable farm in Western Canada. We provide a product that is top quality. We do a lot of seed variety testing. We don't have any GMOs," Itzke-Meilleur said.



Lars Meilleur, who takes charges of sales, marketing and human resources at Itzke River Farm, shows off a selection of home-grown fresh lettuce.

"We are not organic, but we do the least amount of spraying that you could possibly do. We are a quality product that's very loyal to our customers and that would be exactly why we are set apart from any other farm."

And that's exactly why Co-op Foods chose to highlight Itzke River Farm to its members.

Kristin Collins, marketing and community relations manager for Red River Cooperative Ltd., said they are committed to supporting local vendors, growers and producers within the community.

"With Itzke Farm, we chose them based on their commitment to quality. They are a truly local organization and they're able to connect with their customers. They're actually one of our major producers in our grocery stores — and not just in our grocery stores here in Winnipeg. We're part of a larger Co-op system that works across Western Canada, and they actually supply their vegetables to those organizations as well," Collins said.

"They're a local organization, but they're a considerable size in their ability to provide not only quality but consistent produce for us. With them



TRIBUNE PHOTOS SUBMITTED

The Itzke River Farm is now in its third generation. In the front, co-owner Uwe Itzke (field and greenhouse operations manager) crouches beside his nephew Mats Meilleur (irrigation management). Behind them, Itzke's nephew Lars Meilleur (sales and marketing/human resource management) stands beside his father, Gerry Meilleur (field operations/pest management).



Meike (left) and Lars Meilleur are the third generation working at Itzke River Farm. Lars designed the logo for the company's clothing line, which includes the shirts they are wearing. All proceeds from apparel sales are donated to The Children's Hospital Foundation of Manitoba.

being just so close to Winnipeg, we thought it was a great opportunity for a lot of people to know what's really in their backyard. With Itzke, they do such a great job at promoting their story and telling their story that it was a great fit for us as well."

In an initiative to connect consumers with producers, Red River Co-op featured local farmers at its Winnipeg-based food stores last Friday.

"This is a great opportunity for our members to connect with where their

food comes from and talk to those vendors and get to know them. With that, we hope to really build community so that people understand that when they're purchasing that food, they're purchasing it from Lars and Mats," Collins said.

"It's that ease of helping people shop locally. We know that it's really important for people. We're trying to find a simple way for them to find those local products in store and be able to know where their food comes from."

Dragonfly Fest at the marsh



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Despite a few activities being forced indoors due to rain showers, families still flocked to Oak Hammock Marsh on Saturday for the centre's annual summer Dragonfly Festival. A variety of children-friendly activities were held, including two performances by entertainer Al Simmons, while visitors got an up-close look at few dragonflies, thanks to marsh volunteer Barry Konzelman (above). Konzelman shared a few interesting facts with the audience, including that there are 5,000 known species of dragonflies in the world and that the expert fliers can eat hundreds of mosquitoes a day.

CIB Yard of the week



TRIBUNE PHOTO BY NATASHA TERSIGNI

Melody Becker (right) and her son Jack show off their beautifully landscaped yard at 624 First St. East in Stonewall. Melody and her husband, Dan, built the house 13 years ago and landscaped the yard themselves. This is the third time that have had the honour of Yard of the Week.

Next week will be the last Stonewall's Community in Bloom Yard of the Week for the season. Thank you to all that took time to nominate the beautiful yards in our community.

Lower your energy bills with **FREE** water & energy saving devices.

We'll be in your area for a limited time to install water and energy saving devices in your home at no charge.

Call now or visit hydro.mb.ca/watersaving to book a 20-minute installation appointment.

1-877-326-3488



Manitoba Hydro
POWER SMART

*Manitoba Hydro is a licensee of the Trademark and Official Mark.

QUARRY
PHYSIOTHERAPY
SPORTS INJURY & MASSAGE CLINIC

Stonewall 204.467.9101
QUARRYPHYSIO.CA



Fall SPECIAL!!!

PERSONAL TRAINING

Sign up before September 15, 2015 and receive your 2nd training session absolutely **FREE**

- Individualized exercise prescription based on your needs and goals
- One to one personalized exercise instruction or group instruction by a qualified exercise kinesiologist
- Baseline measurements and re-assessment
- Motivating • Challenging • Fun

Contact us to customize a package just for you!

Palliative Care and ICF score

TRIBUNE PHOTO SUBMITTED

The 11th Annual Ralph Eichler Charity Golf Tournament was a great day and raised \$7,226.59 for the Interlake Community Foundation and Southwest District Palliative Care. The funds will be used to help both organizations continue to do what they do best — serve the community. A huge thank you to participants, donors, volunteers and organizers for another successful tournament. Pictured with Lakeside MLA Ralph Eichler (middle) is Jim Penner (right) of the Interlake Community Foundation and Chuck McClure representing Southwest District Palliative Care.



The 2015 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 Lori Vandal. 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**.



*Thank you,
-The 2015 Stonewall Quarry Days Committee*

<p>EXCLUSIVE LEVEL - FIREWORKS SPONSOR - \$5000</p> <p>STANDARD LIMESTONE QUARRIES</p>	<p>GOLD LEVEL SPONSOR - \$750</p> <p>LAFARGE NORTH AMERICA</p>	<p>BRONZE LEVEL SPONSOR - \$250</p> <p>GRANTHAM LAW OFFICES (Lawyer & Notary Public) THE KILN DRIVING NOLIN'S (garden & landscape supply) QUARRY PHYSIOTHERAPY (SPORTS INJURY & MASSAGE CLINIC)</p>
<p>EXECUTIVE LEVEL SPONSOR - \$1000+</p> <p>FAMILY FOODS (From our family to yours) Esso (QUARRY VIEW ESSO) Tribune (Stonewall Teulon) YOUR PRAIRIE RAM RETAILERS Inview (Insurance) INTERLAKE SALVAGE & RECYCLING INC. CO-OP (Red River) Canada Trust Red River Stonewall Argus Manitoba (Culture, Heritage Tourism and Sport) sunova CREDIT UNION RM OF ROCKWOOD</p>	<p>SILVER LEVEL SPONSOR - \$500</p> <p>CIBC Marketplace at Stonewall MicroPilot COMMERCIAL COMFORT (461-HEAT) STONEWALL TIRE & AUTOMOTIVE REPAIR MAPLE LEAF CONSTRUCTION LTD. (HIGHWAY APPOINT DIVISION) comco (PIPE & SUPPLY COMPANY) VISIONARY HOMES TMC Cellular & Satellite (a division of TSC Distribution) THOMPSON DOREMAN SWEATMAN LLP Dr. Dumore & Team (ORTHODONTICS) Stonewall Home Hardware Doctor DECAL LEO'S (TIRE & SERVICE, LTD.) counterwise Stonewall Pharmacy Rockwood Landscaping & Tree Service BADGER WARKENTIN (CUSTOM HOMES)</p>	<p>ROCKWOOD PHARMACY SOUTHSIDE SERVICE QUARRY Stonewall Dental Centre APPLY PLACE MCKILLOP TEAM GENSTAR (BRINGING LAND TO LIFE) Interlake Pharmacy TAPLIN EARTHWORKS DR. HEATHER McCRAE (Optometrist) ONE INSURANCE (oneinsurancegroup.ca) BORLAND CONSTRUCTION INC. BRONZE LEVEL SPONSOR - \$250 QUARRY FURNISHINGS (ROCK SOLID SAVINGS) G&A Rentals Json Mechanical Beyond Bread (Artisan Breads and Pastries) FULLHOUSE MOVERS (CALL 467-2419 461-2332) ROCKWOOD MOTOR INN DRIVE BRONZE LEVEL SPONSOR - \$250 QUARRY FURNISHINGS (ROCK SOLID SAVINGS) G&A Rentals Json Mechanical Beyond Bread (Artisan Breads and Pastries) FULLHOUSE MOVERS (CALL 467-2419 461-2332) ROCKWOOD MOTOR INN DRIVE</p>
<p>FRIEND SPONSOR - \$100+</p> <p>Brake Family Auto Sales & Service</p>		



fall registration 2015-2016

Walking, running, cycling: join the club!



Practising a sport is a good thing. Doing it with people who are as enthusiastic as you is even better. Fans of walking, running and cycling will be happy to know that more and more sports groups are being created to bring together like-minded souls. Here are four good reasons to join the club nearest you.

1. MAINTAIN YOUR MOTIVATION

Staying motivated is one of the main challenges that an athlete has to face. Joining a club means having

Continued on page 19

Highway 6 Youth Soccer Warren

Registration for **September 2nd and 8th at the Warren Curling Club**
kids ages 3-10 is \$40 Plus a \$50 refundable volunteer fee
7:00 - 8:00 pm

Season begins September 14th and runs
Monday's and Thursday's at 6:15 - 7:15 pm
 (September 14, 17, 21, 24, 28 & October 1, 5, 8, 15, 19, 22)
We are also looking for volunteer coaches for all age groups.
 For info please contact Lisa at sund_lisa@yahoo.ca or Karen at tristram@mts.net

TEULON MINOR HOCKEY ONLINE REGISTRATION

Deadline: September 10, 2015

www.hockeymanitoba.ca/members/associations/interlake/teulon

ALL PLAYERS MUST REGISTER ONLINE

INITIATION ('09 + later)	KidSport Funding Available
1 st Time Players	\$100
Returning Players	\$220
NOVICE ('07 + '08)	\$330
ATOM ('05 + '06)	\$350
PEE WEE ('03 + '04)	\$370
BANTAM ('01 + '02)	\$430
MIDGET ('98 + '99 + '00)	\$460



New Players require copy of birth certificate. Fees are payable by credit card or cheque. 50% is payable at time of registration. Balance payable by credit card or postdated cheque for November 15, 2015. Each family is required to purchase a \$42.00 raffle book.

RESPECT IN SPORT FOR PARENTS

At least one parent or legal guardian is required to take this \$12.00 online course. (Course is attached to the registration link)

Applications being accepted for coaches and booth convener.

Copies of Birth Certificates and cheques can be mailed to the address on the registration website.

For more information email ROBIN at robin.teulonminorhockey@gmail.com or KYLE at williskyle@yahoo.ca

Warren Skating Club

Learn to skate - 4-6 year olds
 Powerskating (level 1) 6 and 7 year olds
 Powerskating (level 2) 8 and 9 year olds
(ages are a guideline, skaters will be evaluated at first class)

Wednesday Evenings
 Oct. 14 - March 9
 \$235 for 20 weeks
 (45 minute classes)

REGISTRATION

Thursday, Sept. 17 6:30-8 p.m.
at the Sunova Warren Arena
 or call Tara-Lee 204-383-5262
 or email tara-lee@mymts.net
 or call
 Brette 204-461-1705
 or brettepark@gmail.com
Sticks and helmets with a mask are mandatory for this program

Fun - Fast - Friends

RINGETTE

INTERLAKE RINGETTE ASSOCIATION

To find out how to be part of the "fastest game on ice" in your community, go to

www.interlakeringette.com



Classes Start September 11/12, 2015
 TEULON ELEMENTARY SCHOOL

For Information Contact:
teulongymnastics@gmail.com
 Dayna 204-886-3032, Kim 204-886-3419
 Lindsay 204-886-2022

CLASS DETAILS

Parent & Tot - Boys & Girls	45 Minutes	Ages 2 - 4	Saturday	9:15 - 10:00 am
Kinder Gym - Boys & Girls	45 Minutes	Ages 3 - 5	Saturday	9:15 - 10:00 am
Recreational Boys 1	60 minutes	Ages 6+	Friday	6:00 - 7:00 pm
Recreational Girls 2	90 minutes	Ages 6+	Friday	7:00 - 8:30 pm
Recreational Girls 1	60 minutes	Ages 6+	Saturday	10:00 - 11:00 am
Competitive Division Beginner	90 minutes	Ages 6+	Saturday	11:00 - 12:30 pm
Competitive Division Intermediate / Advanced	150 minutes	Ages 6+	Saturday	12:30 - 3:00 pm

Warren Curling Club 2015/2016 Season Registration

The Warren Curling Club is also looking to hire for the tendered positions of

PLEASE CALL
Ladies League
 Nadine 322-5260
Mens League
 Lawrence 383-5005
 or Chad 322-5494
Mixed League
 Joan 322-5257 or
 Karen 383-5808
Stick League
 Jim 461-2477

Bar Manager
Ice Maker
**Club Cleaner/
 Kitchen Manager**
All tenders to be submitted no later than September 25th, 2015.

Or call Tyson at 461-1409 or email ty12mm@hotmail.com

Send via email to ty12mm@hotmail.com



fall registration 2015-2016

Stonewall Community Registration Evening, Tuesday, September 8, 2015, 6:30-9:00 p.m. at the Sunova Curling Rink

Injury prevention tips for school-aged athletes

The dawn of a new school year is an exciting for school-aged youngsters. Though many kids may not look forward to homework or getting up early, a new school year is often exciting for young athletes who long to get back on the playing fields and compete with their teammates.

able, and the following tips can help school-aged athletes ensure their return to competition is as painless as it is pleasurable.

* Condition your muscles in the weeks leading up to tryouts or the start of the school year. Many fall sports feature tryouts near the end of summer or at the very beginning of the school year. That means athletes must start conditioning their muscles early. Discuss with your parents, coaches and physicians which muscles you will be working when playing a particular sport. Adults should help you develop a conditioning program that gets the right muscle groups ready for the rigors of your sport. A properly conditioned athlete has a much lesser risk of injury than one who is not. Your off-season conditioning program should begin slowly and gradually grow more challenging as you draw closer to the school year.

* Stretch, stretch, stretch. Always stretch your muscles before any strenuous activities, whether it's an off-season conditioning pro-

As valuable and exciting as participating in team sports can be, they can just as easily prove dangerous for athletes who aren't prepared for the rigors of physical activity. A summer spent lounging poolside might be just what kids need after a long school year, but that relaxation can put youngsters in jeopardy of suffering an injury when they return to team sports in the fall. Many a young athlete has pulled a hamstring or suffered a shin splint when returning to athletic competition after a long layoff. But such injuries are largely prevent-

Continued on page 17



Stonewall Karate

Veterans Memorial Club
(White Stucco Building beside the soccer fields)
Stonewall, MB
Contact: Sensei Deborah Hinds
Phone: 467-5787 email: drhinds@mts.net
www.ikdmanitoba.ca

Benefits:

- Physical Conditioning – endurance, strength, speed, flexibility
- Mental – concentration, stress control, perseverance
- Social – friendly supportive approach, **family oriented**

Shotokan Karate: family oriented, lifetime activity non-contact, men, women, boys, girls, all ages (8 to 65)

First Regular Class Free!
(Please arrive 10 minutes before class)

Membership in Budo IKD MB

Little Tigers:

Tuesdays for 7 weeks
Girls & Boys ages 4 - 7
Starts Sept. 22nd - Nov. 3rd



SIGN UP TONIGHT AT THE SONOVA CURLING RINK TUESDAY SEPTEMBER 8TH SEE YOU THERE.

Attire: Shorts, T-Shirt, sweats or Karate "gi" (no shoes)



Power Skaters Wanted

Are you interested in becoming a powerful, agile skater?

Registration Night Tuesday, September 8th 6:30-9:00 p.m. at Sunova Curling Rink
Session to run October 13, 2015 to March 8, 2016 (20 weeks)

BEGINNER • INTERMEDIATE • ADVANCED LEVELS

TUESDAYS

- Level 1...** 3:45 to 4:30 (5, 6 & 7 yrs)
- Level 2...** 4:30 to 5:15 (7, 8 & 9 yrs)
- Level 3...** 5:15 to 6:00 (8, 9 & 10 yrs)
- Level 4...** 6:15 to 7:00 (9 & 10 yrs)
- Level 5...** 7:00 to 7:45 (11 & 12 yrs)

*ages are only a guideline, skaters are evaluated & classed on ability

Cost: \$235 for 20 weeks

Powerskating teaches skaters how to change direction quickly, maneuver easily and sustain their energy during the game.

HELMETS (WITH MASKS) & STICKS ARE REQUIRED FOR THIS PROGRAM

Questions: Contact Brock Couch at brockcouch@gmail.com

Jazz
Hip Hop
Tap
Pre-School
Lyrical
Ballet

Jansen School of Dance

Stonewall Location

Ages 3-Adult
Registration for 2015-2016
Tuesday, September 8, 2015
6:30 - 9:00 pm
Sunova Curling Club
Under the direction of Patsy Newman

Classes run Saturdays from October to May
Year End Recital

For information
Call 831-0760



fall registration 2015-2016

Stonewall Community Registration Evening, Tuesday, September 8, 2015, 6:30-9:00 p.m. at the Sunova Curling Rink

> PREVENTION TIPS, FROM PG. 16



program or an in-season competition. Stretching significantly reduces your risk of injury and can improve your performance on the field.

* Get geared up. The right gear is essential for young athletes looking to avoid injury. Though summer might seem tailor-made for flip-flops, such footwear should never be worn when exercising and preparing for the coming sports season. Athletic shoes specific to your sport are made to provide the support you will need as you train and compete. The same goes for the clothing you should wear when getting ready for the season. Wear the appropriate athletic attire to reduce your risk of injury.

* Weight train in the presence of your coaches or parents. Many athletes begin weight training for the first time when they are in high school. Weight training can be beneficial to young athletes, but such athletes should never lift weights unsupervised. Parents, trainers and coaches can explain the equipment to young athletes while ensuring they don't overdo it in the weight room. Lifting too much weight or having bad form when weightlifting can cause serious injury that can sideline youngsters for the coming season, if not longer. So young athletes should always weight train in the presence of an adult and always work with a spotter to help them should they struggle to finish a repetition.

* Don't try to match your fellow athletes. The human body develops differently for everyone. Young athletes must recognize that there's a chance their classmates and teammates may be developing more quickly than they are. These classmates may be more capable of performing certain physical activities. For example, a teammate might be able to lift more weight than you. Do not try to match your fellow athletes if your body is uncomfortable performing a certain exercise. If you must endure substantial pain to per-

form a given exercise, then your body is likely telling you it simply isn't ready for that exercise. Don't force the body to do something just to keep up with your teammates.

* Take a break. Even if you rested for most of summer, you still will need to rest when you begin getting ready for the upcoming athletic season. Take at least one day off per week to allow your body to recover and recharge. Your body needs that recovery time to reduce its risk of injury.

School-aged athletes often look forward to a new school year as a chance to get back on the playing fields. But such athletes should emphasize safe training as the season draws closer.

BALMORAL JUDO CLUB

REGISTRATION:

STONEWALL COLLEGIATE GYM

Monday September 14 &

Thursday September 17

7:00 to 8:30 pm

SUNOVA CURLING CLUB

Tuesday, September 8

6:30 - 9:00 pm

Ages 7 years and up



For further information please contact:

Milton Good 467-8854 or Jason Rogowsky 467-9869

STONEWALL CURLING CLUB

MEN'S LEAGUE:
TUESDAY

LADIES LEAGUE:
MONDAY & WEDNESDAY

MIXED LEAGUE:
THURSDAY

STICK CURLING:
MONDAY MORNINGS
\$5.00 Drop In Fee

REGISTRATION NIGHT

TUES. SEPT 8TH, SUNOVA CURLING RINK

ONE LEAGUE REGISTRATION COST

\$235 + GST + \$4.00 CURLMB FEE + \$20.00 PROGRESSIVE 50/50 TICKETS

TOTAL \$270⁷⁵ / JUNIORS PAY ONLY 50% DISCOUNT ON SECOND NIGHT

SENIOR CURLING FRIDAY AM

(RATES TO BE DETERMINED BY THE SENIORS)

NEW FOR THE FALL:

Open Doubles - Friday Night Drop-In

Check website for dates

STONEWALLCURLING.COM

Curves A Total Body Workout in Just 30 Minutes

Join us at Sunova Curling Rink
Tuesday, Sept. 8 6:30-9 pm

Call 204-467-8683
for more information

312 Main St, Stonewall



STONEWALL SCOUTING

Cubs (Co-Ed ages 8-10) Meet Tuesdays 6:30-8:00

Beavers (Co-Ed ages 5-7) Meet Wednesdays 6:30-7:30

Scouts (Co-Ed ages 11-13) Meet Mondays 7:00-9:00

Venturers (Co-Ed ages 14-17) Meet Tuesdays 7:00-9:00

REGISTRATION NIGHT

Fall Registration Tuesday, September 8, 2015
6:30 - 9:00 p.m. - Sunova Curling Club



Soar the skies with 301 Air Cadets.

Air Cadets are for boys and girls ages 12 to 19 years of age. We offer a dynamic youth program emphasizing on Citizenship, Leadership and physical fitness. We offer Scholarships for Gliding and Power flying and fun summer camps in Gimli MB, Penhold AB, and Cold Lake AB. We parade on Thursday nights between 6:30 and 9:30 pm at the Stonewall Legion Hall. There is no cost to join cadets. If you would like more information, please call 995-1502 (after 5pm please), or come on down Thursday nights and check us out. (cadets start up on September 10)



fall registration 2015-2016

Stonewall Community Registration Evening, Tuesday, September 8, 2015, 6:30-9:00 p.m. at the Sunova Curling Rink

Join Now

Visit us at Registration Night
Sunova Curling Rink, Stonewall
Tuesday, September 8th 6:30 - 9 pm

**Sparks K-Gr. 1 ♦ Brownies Gr. 2 & 3
Guides Gr. 4-6 ♦ Pathfinders Gr. 7-9**

• **Adult Volunteers Needed** •

1-800-565-8111

www.girlguides.ca



Girl Guides
of Canada
Guides
du Canada

Units meet in
Stonewall, St. Andrews
& Clandeboye



KIDS connect

Kindergarten to grade 4

* Assembly * Bible story * Craft * Snack * Games *

New Life Church, Stonewall, 6106E Hwy 67

Wednesdays 6:45 - 8 p.m.

Sept. 16th thru March 23rd



Cost \$20
register online at
www.newlifestonewall.com

Grades 5 and 6
* Crazy games * Food *

Sessions on a variety of issues facing preteen today

Balmoral Power Skating Saturdays

9 a.m. - Learn to skate (4, 5, and 6 year olds)

9:45 am. - Level 1 power skating (6, 7 and 8 year olds)

10:30 a.m. - Level 2 power skating (8, 9 and 10 year olds)

\$235 - 20 weeks

Balmoral Recreation Centre

October 17, 2015 to March 12, 2016

A stick and helmet with a mask are required for this program.

To register contact Kelly Farmer @ 204-467-8884

or register September 8 at VMSC 6:30-9 p.m.

The benefits of music lessons

Music has many benefits. Multidisciplinary and versatile, it has the ability to soothe as much as stimulate an audience. In fact, it's very unlikely that you'll ever hear someone say they don't like music, since it has positive associations for most people. But in practical terms, what are the benefits of music in the school context?

1. IT FACILITATES LEARNING

There is an undeniable correlation between ease of learning and music instruction in schools. In fact, learning to play music usually encourages the assimilation of reading concepts, among other things. This relationship can be explained by the rhythms, sounds and tones that are also detected when reading.

2. IT INCREASES MOTIVATION

For many students with a below-average academic performance, learning music in school is a real life saver that

Continued on page 19

TEULON CROSS COUNTRY SKI CLUB

Early Bird Membership
Single Adult \$65 Family \$85 Child \$45

LEARN TO SKI PROGRAMS
SATURDAYS 10:30 TO NOON

BUNNYRABBIT (3-5) \$10
JACKRABBIT (6-8) \$10
TRACK ATTACK (9 AND OLDER) \$30

STONY MOUNTAIN SKI AREA

Cool Since 1966

Snowphone
(204) 344-5977
www.skistony.com
(buy online)
info@skistony.com

2014/2015 Season Passes on Sale Now! Buy before October 1st!

Season Passes	Regular Rate	Fall Sale
Junior (12 & under)	\$325.00	\$265.00
Adult/Student	\$350.00	\$299.00
Family	\$750.00	\$599.00

Watch for Open House & Opening Day Dates

Stonewall Skating Club Registration for the 2015 - 2016 Season

All programs are taught by certified professional coaches

Learn to Skate - October 15th to March 3rd
(For children ages 4 and up) Born 2011 or earlier
These programs provide basic skating instruction in a group situation. Helmets and mittens are required.

Program	Time	Cost
Thursdays (18 - 45 minute sessions) (30 minute sessions for beginners)	6:15 - 7:00 PM	\$170 plus Skate Canada fee \$32.70

Would your child like to learn figure skating? Join the Junior Rising Stars or Rising Stars Program starting October 1st to March 24th. Registration covers ice costs and group coaching fees for the season.

Program	Time	Cost
Junior Rising Stars		\$305 plus Skate Canada fee \$32.70
Thursdays	5:00 - 6:00 PM	
Saturday	8:15 - 9:30 AM	
Rising Stars		\$450 plus Skate Canada fee \$32.70
Mondays	4:45 - 6:00 PM	
Thursdays	4:45 - 6:00 PM	
Saturdays	8:00 - 10:00 AM	
Synchro		\$100.00 (must skate at least one other time slot)
Mondays	6:00 - 7:00 PM	
Senior Program (Begins Thurs. Oct. 1st to March 24th)		Registration covers ice costs for the season.
Mondays	4:15 - 6:00 PM	\$510 plus Skate Canada fee \$32.70
Thursdays	4:15 - 6:00 PM	
Saturdays	8:00 - 10:00 AM	

Time payments are available - Please bring 1 additional deposit cheque for fundraising to be payable at registration. Programs may be cancelled if registration does not meet minimum requirements.

For further information, contact stonewallskatingclub@gmail.com



fall registration 2015-2016

Stonewall Community Registration Evening, Tuesday, September 8, 2015, 6:30-9:00 p.m. at the Sunova Curling Rink

> MUSIC LESSONS, FROM PG. 18

keeps them from dropping out. It's a source of motivation, maybe even a real passion, which compels them to give their best for the benefit of the group they belong to.

3. IT HEIGHTENS A SENSE OF BELONGING

Learning music in a school context can also provide a social haven for some students who typically find themselves excluded. Music can be a common interest that bridges diverse individuals and groups of friends. The positive impact of this is immeasurable.

School music teachers are faced with the huge challenge of getting students interested in music, while awakening their critical thinking. Those are long-term goals, but they are ones that benefit students throughout their entire lives.

Teulon Veselha Ukrainian Dance Club

Looking for dancers of all ages - no experience necessary
Welcome, have fun and learn the art of Ukrainian dancing

Registration Dates:
 Sept 8/15 @ Sunova Curling Rink-Stonewall
 Sept 17/15 @ Green Acres Art Centre-Teulon
 Ph 204-886-2983/204-461-3132 Tudc14@gmail.com

Jazz • Hip Hop • Musical Theatre

REGISTER NOW

Through the Interlake School Division!
 Contact info@xcompany.net for more details!

XCOMPANY
 PHYSICAL ARTS & FITNESS

BALMORAL REC HOCKEY PROGRAM

Open to Boys & Girls – Birth Years 1999 - 2010
 \$170 per player. One hour once a week in Balmoral.

Starting mid October and ending in mid March.

REGISTRATION NIGHT
 Sunova Curling Club
 Tuesday, September 8th, 2015
 6:30 - 9:00 pm

For more information email balmoralrechockey@hotmail.ca

> JOIN THE CLUB!, FROM PG. 15



Classes starting week of Sept. 21st

To register:
 Call: 204-294-8620
 Email: esrp7@hotmail.com
www.erikazumbafitnessclub.com



KEYBOARD VENTURES Music Centre

Books, Karaoke, and Accessories Available

Private one on one lessons with professional instructors in

- Guitar • Bass • Violin
- Mandolin • Keyboard
- Piano • Banjo
- Accordion • Ukelele
- Voice & Drums

6 Week \$85 Free Keyboard Rental Intro Offer

Currently renovating to serve you better!
 324 Main St., Stonewall
 See us at Registration Night
 Sept. 8th, 6:30 - 9:00 pm
 Sunova Curling Club

694-3131 or 955-5428
www.keyboardventures.com

2. ATTAIN YOUR PERSONAL OBJECTIVES

One of the most tenacious myths concerning sports clubs is that you have to be performing at an advanced level to join. For most clubs, however, the goal is personal improvement. Some people are there simply to get in better shape, while others want to refine their performance.

3. PARTICIPATE IN OUTINGS

Another advantage of joining a club is having access to outings and events, which are usually organized on weekends. Special events are an occasion to practise your favourite sport on breathtaking tracks and trails.

4. PERFECT YOUR TECHNIQUE

That's right: walking, running or cycling properly has to be learned. As a member of a club, you'll have the opportunity to improve your technique and your efficiency, as well as considerably reduce the risk of injury. Some sports clubs make the services of health professionals (such as a massage therapist, physiotherapist or kinesiologist) available to their members.

Sing with the **Quarry Choristers**

Info Night Tues, Sept 8th
 6:30-9:00 pm Sunova Curling Club
Registration Night
 Sun, Sept 13th 6:00 pm
 Stonewall United Church
 Any questions call (204) 470-8735

Day & Evening leagues, Youth league Saturday Morning, 55+ leagues available

We do Birthday Parties / Groups Open bowl

QUARRY LANES
 369 - 1st Street East, 204-467-8218

MUSIC LESSONS

FOR THE FESTIVE FIDDLERS, PERKY PIANISTS & VIOLIN VIRTUOSOS IN MANITOBA!

- High quality & experienced teaching methods
- Meet & Greet session to get to know Carolina
- Music Exam preparation
- Open to ALL ages & levels

REGISTER NOW!

Carolina Nagy
 (204) 404-7273
www.vivalamusica.ca vivalamusica22@gmail.com

Harvesting hope for a world without hunger

By Jennifer McFee

Antique threshing machines are getting in gear to break a world record for the largest pioneer harvest, all the while helping to end world hunger.

On July 31, 2016, masses of vintage threshing machines will converge near Austin, Man., for an event called Harvesting Hope: A World Record to Help the Hungry. Jointly organized by the Canadian Foodgrains Bank and the Manitoba Agricultural Museum, the initiative aims to set a new record for the most antique threshing machines to harvest a 70-acre field of wheat.

The current record was set earlier this month when 111 machines operated at the same during the St. Albert Curd Festival in Ontario.

Ayn Wilcox, spokesperson for Harvesting Hope, said more than 500 volunteers from nearly 100 Manitoban communities will participate in next year's event, with others travelling from as far as Ontario and Iowa.

The vintage threshing machines are expected to span more than four football fields.

"Already we have machines and volunteers from as far away as Edmonton and Minneapolis signing up to be part of this very exciting event," Wilcox said at the launch last Tuesday.

"For those of you who might not be familiar with these machines, they were the precursor to the modern combine and were in operation between the 1890s and the early 1950s."

The machines will be powered by steam engines, many of which are more than 100 years old, as well as early tractors or stationary engines built prior to 1955. To set the world record, all machines must operate at the same time for at least 15 minutes continually.

At last week's announcement, volunteers from the Manitoba Agricultural Museum operated a 1916 Case 65-horsepower steam engine, the original machine that started the museum. Museum founder Don Carrothers toured the machine across the province in the 1940s at fairs and parades to raise awareness about the need to create a museum to preserve prairie heritage.

Fittingly, the steam engine was raising awareness once again at the Aug. 18 event by running a vintage separator. The standard-size 1952 McCormick-Deering 28-inch separator was one of the latest models ever made, complete with factory rubber tires rather than steel wheels.

Reaping the rewards of this unique initiative, the Canadian Foodgrains



TRIBUNE PHOTOS BY JENNIFER MCFEE

As spokesperson for Harvesting Hope, Ayn Wilcox said there is already an outpouring of support for the event, which is scheduled for July 31, 2016. In the background, Manitoba Agricultural Museum volunteers Ryan Down, Erron Leafloor and Lisa Roy operated a vintage separator.



Manitoba Agricultural Museum volunteer Bruce Eberling operated a 1916 Case 65-horsepower steam engine, the original machine that started the museum to preserve prairie heritage.

Bank and the Manitoba Agricultural Museum will receive the proceeds from the event.

Amanda Thorsteinsson, communications officer for the Canadian Foodgrains Bank, explained that the goal of the organization is a world without hunger. The Winnipeg-based partnership brings together 15 churches and church-based agencies that are working to end hunger in 40 countries.

"Through the support of many generous Canadians, we provide emergency food in times of drought or



Manitoba Agricultural Museum volunteers Lisa Roy and Erron Leafloor toil in the sun in a demonstration of how to operate a 1952 McCormick-Deering 28-inch separator.

conflict, help people learn to help themselves by growing more and better food, and provide nutrition education and supplementary food to pregnant and nursing mothers and young children," Thorsteinsson said.

"The Foodgrains Bank actually got its start in rural Manitoba over 30 years ago during the time of the Ethiopian famine. Local grain farmers had an excess of wheat sitting on their field and they were looking for a way to get their crop to people far away who desperately needed food. The same spirit of generosity continues today through

events like this one."

The Harvesting Hope event will be held in conjunction with the 62nd annual Manitoba Threshermen's Reunion and Stampede, which is scheduled from July 28 to 31 next year. Lead-up events for Harvesting Hope will take place from July 28 to 30, with more than 15,000 people expected over the course of the weekend.

To get involved or to make a donation to Harvesting Hope, visit www.harvestinghope.ca or find the latest news on Twitter at @harvesthope2016.

worship *with us*

> FAITH

Care for Mother Earth: our common home

Pope Francis' revolutionary new encyclical "Laudato Si" (translated "Praise to the Lord") calls for a "broad cultural revolution" to confront the environmental crises of our days — particularly climate change. Here are the top nine ideas I took away from this document, which is also a call to celebrate our "sister": Mother Earth.

1) The spiritual perspective is now part of the discussion on the environment.

The greatest contribution of "Laudato Si" to the environmental dialogue is its systematic overview of the crisis from a religious point of view. Until now, the environmental dialogue has been framed mainly with political, scientific and economic language. With this new encyclical, the language of faith enters the discussion — clearly, decisively and systematically. This does not mean that Pope Francis is imposing his beliefs on those concerned about the environment. Nonetheless, the encyclical firmly grounds the discussion in a spiritual perspective and invites others to listen to a religious point of view, particularly its understanding of creation as a holy and precious gift from God to be revered by all men and women. But the pope also hopes to offer "ample motivation" to Christians and other believers "to care for nature" (No. 64).

2) The poor are disproportionately affected by climate change.

The disproportionate effect of environmental change on the poor and on the developing world is highlighted in almost every section of the encyclical. Indeed, near the beginning of "Laudato Si," the pope states that focus on the poor is one of the central themes of the encyclical, and he provides many baneful examples of the effects of climate change, whose "worse impacts" are felt by those living in the developing countries. This is not simply the result of the power of the rich to make decisions that do not take the poor into account but because the poor themselves have fewer financial resources that enable them to adapt to climate change.

3) Less is more.

Pope Francis takes aim at what he calls the "technocratic" mindset in which technology is seen as the "principal key" to human existence (No. 110). He critiques an unthinking reliance on market forces, in which every technological, scientific or industrial advancement is embraced before considering how it will affect the environment and "without concern for its potential negative impact on human

beings" (No. 109). Francis goes out of his way to praise technological advances but resists the idea that every increase in technology is good for the earth and for humanity. "Laudato Si" also diagnoses a society of "extreme consumerism" in which people are unable to resist what the market places before them, the earth is despoiled, and billions are left impoverished (No. 203). That is why it is the time, he says, to accept "decreased growth in some part of the world, in order to provide recourse for other places to experience healthy growth" (No. 193). In contrast with the consumerist mindset, Christian spirituality offers a growth marked by "moderation and the capacity to be happy with little" (No. 222). It is a matter of nothing less than a redefinition of our notion of progress.

4) Discussions about ecology can be grounded in the Bible and church tradition.

In Chapter 2, he turns towards "The Gospel of Creation," in which he leads readers, step by step, through the call to care for creation that extends as far back as the Book of Genesis, when humankind was called to "till and keep" the earth. But we have done, to summarize his approach, too much tilling and not enough keeping. In a masterful overview, Pope Francis traces the theme of love for creation through both the Old and New Testaments. He reminds us, for example, that God, in Jesus Christ, became not only human but part of the natural world. Moreover, Jesus himself appreciated the natural world, as is evident in the Gospel passages in which he praises creation.

5) Everything is connected — including the economy.







One of the greatest contributions of "Laudato Si" is that it offers what theologians call a "systematic" approach to an issue. First, he links all of

us to creation: "We are part of nature, included in it, and thus in constant interaction with it" (No. 139). But our decisions, particularly about production and consumption, have an inevitable effect on the environment. Needless to say, a heedless pursuit of money that sets aside the interests of the marginalized and leads to the ruination of the planet are connected. Far from offering a naïve condemnation of capitalism, Pope Francis provides an intelligent critique of the limits of the market, especially where it fails to provide for the poor. "Profit," he says, "cannot be the sole criterion" of our decisions (No. 187).

6) Scientific research on the environment is to be praised and used.

Pope Francis does not try to "prove" anything about climate change in this document. He frankly admits that the

Continued on page 22

SERVICE CLUBS - Serving our Communities					Tribune	
 <p>Royal Canadian Legion Branch No. 52</p> <p>\$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.</p>	<p>South Interlake Ag Society</p> <p>Janice Rutherford 467-5612 Hwy #236 and Rockwood Road \$10/member/year</p> <p>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.</p>	<p>Teulon Women's Institute Phone 886-2216</p> <p>Fee: Nominal membership may apply Motto: "Home and Country"</p> <p>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.</p>	 <p>1 Snow Goose Bay on Hwy 220 Stonewall, Manitoba 1-888-50MARSH (62774) ohmic@ducks.ca oakhammockmarsh.ca</p> <p>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.</p>	<p>Quarry Toastmasters</p> <p>Brenda 467-5088</p> <p>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.</p>	<p>Kin Clubs of Stonewall Motto "Serving the Communities"</p> <p>Kin Canada is a dynamic volunteer organization enriching our communities through service while embracing national pride, positive values, personal development and lasting friendships.</p> <p>Kinsmen President Chris Luellman 467-8770</p> <p>Kinette President Joanne Hubbard 204-467-9360</p>	
<p>Teulon & District Agricultural Society</p> <p>Ralph Trombo, President 886-2098</p> <p>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.</p>	<p>Interlake Community Foundation, Inc. 204-467-5634 www.interlakefoundation.ca</p> <p>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.</p>	<p>Stony Mountain Stonewall Masonic Lodge #12</p> <p>Call 204-467-2788 for Information</p> <p>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</p>	 <p>Stonewall Ladies Auxiliary</p> <p>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.</p>	<p>South Interlake Seniors Resource Council Inc. Darcy or Corinna @ 467-2719 sisrc@shaw.ca</p> <p>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.</p>	<p>The Liliane Baron South Interlake Breast Cancer Support Group Claudette 886-2393 Joyce 467-2473</p> <p>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.</p> <p>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.</p>	
 <p>Knights of Columbus Stonewall</p> <p>Dave Couprie 467-9548 \$40/member/year</p> <p>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.</p>	<p>South Interlake 55+ Inc</p> <p>Cheryl Cathers 467-2582 www.si55plus.org \$15/member/year</p> <p>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.</p>	<p>Stonewall & District Lions</p> <p>Ralph Sinclair 622 Centre Avenue, Stonewall 467-9600 Motto: "We Serve"</p> <p>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.</p>	 <p>Independent Order of Odd Fellows Stonewall Lodge #49 Larry O'Dell 467-8882 Ross Thompson 467-2438 www.ioofmb.ca</p> <p>Yearly nominal membership fee</p> <p>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.</p>	<p>Stonewall & District Health Centre Ladies Auxiliary</p> <p>Marg Bond 467-8732</p> <p>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.</p>	<p>Please call 204-467-5836 if you would like your service club included in this section.</p>	
<p>Warren Horizons District Lions Club President: Sharon Neely</p> <p>Meetings are held the first and third Wednesday of each month at the Warren Fire Hall Sept. thru June.</p>	 <p>Warren & District Lions President Murray Scott 204-322-5201 mursansc@mymts.net "We Serve"</p> <p>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.</p>					

Driving to the doctor from the Interlake not easy

By Patricia Barrett

Attending health-care appointments in faraway towns or in Winnipeg is a challenge for some seniors living in the Interlake region.

For Rita Clay, who has lived in St. Laurent for 34 years, trying to find someone to drive her to her medical appointments has become somewhat of a trial.

"I'm not sleeping. I'm not eating. I'm not breathing," said the 84-year-old senior who has chronic obstructive pulmonary disease, asthma and emphysema. "I can't keep doing this."

Over the past four years, Clay has hired a number of different drivers to take her for tests in Eriksdale, Selkirk and Winnipeg. But her supply has run dry, and she has to rely on family in south Winnipeg to drive her to and from appointments.

"My son has to come here after work the night before, drop me at the hospital the next day and go to work," said Clay, who was born in Glasgow, Scotland, and came to Canada when she was 36.

Clay lives in an apartment managed by Manitoba Housing. Prior to that, she lived at Laurentia Beach in a house she and her husband, Frank, bought in 1981.

She became homeless a year after he died.

Western floodwaters diverted into Lake Manitoba in 2011 laid waste to the home the Clays had upgraded over the years. Clay decided to sell the land rather than rebuild.

"I had to let it go down," she said, referring to the selling price.

She said St. Laurent has been home for so long that she doesn't want to

move, even if it means being closer to specialists. As of late, her medical condition has worsened: she has been diagnosed with gallstones and a hernia.

For "quite a wee while," Clay said she has been feeling poorly. She has been sent to a number of different centres for diagnostic tests and has more coming up.

Although Clay has many friends in St. Laurent, she said "a lot of them are getting older and either can't or don't want to drive."

Highway 6 is the major artery linking Winnipeg to the northwestern Interlake region, and it's not for those faint of heart. It's a shipping route, chock-a-block with semi-trailers.

"It's like you're begging people," said Clay.

She said she called the St. Laurent Seniors Resource Council (which helps local seniors find transportation) to inquire after drivers for hire, but they told her they didn't have any.

Many small communities have seniors' councils. The councils apply for funding from the Interlake-Eastern Regional Health Authority (IERHA). The majority of the money goes towards the salaries of their co-ordinators, who help connect rural seniors with vital services such as immunization clinics, income tax preparation, social events, exercise programs, foot-care clinics, housekeeping and transportation.

The IERHA is aware that transportation is a challenge for seniors.

"Finding volunteers is a big thing for seniors' resource centres in our rural areas," said Maureen Tully, services to seniors specialist for the IERHA's

western region.

If the councils are able to link a volunteer driver with a senior, the two parties negotiate their own payment, either a flat rate or the cost of gas. The same thing goes for housekeeping services — the senior and the cleaner negotiate their own rate. But the councils do suggest an acceptable hourly rate, said Tully.

In the last little while, the driver base is shrinking, she said. "A lot of volunteers are getting older and they don't want to drive to Winnipeg."

The Cancer Society runs its own transportation service for people who need chemotherapy or radiation, and it, too, can experience a shortage of drivers, Tully said.

Clay said a lot of the seniors she knows have to rely on relatives and friends or handi-van services to take them to appointments. She said she called an Eriksdale man who said he could take her to and from Winnipeg in his handi-van for \$125.

That service is the West Interlake Handivan, which covers Eriksdale, Lundar and St. Laurent. Although it is one option for getting to and from Winnipeg, it can be prohibitive to seniors on a fixed income, something the health authority recognizes.

"Doctors in Winnipeg may not understand that," said Tully. "They'll say, 'You'll have to come back in two weeks,' not realizing they can't afford to do that."

She said realizes the important role transportation plays in rural health care. "If we can find volunteer drivers, it would really help."

Even if volunteer drivers charge less than a handi-van service, seniors



TRIBUNE PHOTO SUBMITTED
Rita Clay outside her apartment building in St. Laurent.

might still feel the pinch.

"I'm on a pension," said Clay, whose rent is calculated in accordance with her income. "I'm no a millionaire."

At different times, she said she has had no choice but to pay \$125 in order to get to Winnipeg and \$95 to get to Eriksdale.

With winter approaching, Clay worries that it might be even harder to find a driver.

"I just want someone I can depend on," she said.

Anyone wishing to become a driver can contact their local Seniors Resource Council office. The St. Laurent office can be reached at 204-646-2504, ext. 4, the Lundar office at 204-762-5378, and the Eriksdale office at 204-739-2697.

> WORSHIP, FROM PG. 21

church does not "presume to settle scientific questions" (No. 188). And while he clearly states that there are disputes over current science, his encyclical accepts the "best scientific research available today" and builds on it, rather than entering into a specialist's debate (No. 15). Speaking of the great forests of the Amazon and Congo, and of glaciers and aquifers, for example, he simply says, "We know how important these are for the earth ..." (No. 38)

7) Widespread indifference and selfishness worsen environmental problems.

Pope Francis reserves his strongest criticism for the wealthy who ignore the problem of climate change,

and especially its effect on the poor. "Many of those who possess more resources seem mostly to be concerned with masking the problems or concealing their symptoms ..." (No. 26). Selfishness also leads to the evaporation of the notion of the common good. In the world of "Laudato Si," there is no room for selfishness or indifference. One cannot care for the rest of nature "if our hearts lack tenderness, compassion and concern for our fellow human beings" (No. 91).

8) Global dialogue and solidarity are needed.

Perhaps more than any encyclical, Pope Francis draws from the experiences of people around the world,

using the insights of bishops' conferences from Brazil, New Zealand, Southern Africa, Bolivia, Portugal, Germany, Argentina, the Dominican Republic, the Philippines, Australia and the United States, among other places. Moreover, the "new dialogue" and "honest debate" he calls for is not simply one within the Catholic Church (No. 14, 16). Patriarch Bartholomew, the leader of the Eastern Orthodox Church, enters into the encyclical, as does a Sufi poet. In fact, the pope calls into dialogue and debate "all people" about our "common home" (No. 62, 155). A global dialogue is also needed because there are "no uniform recipes." What works in one region may not in another (No. 180).

9) A change of heart is required
At heart, this document, addressed

to "every person on the planet," is a call for a new way of looking at things, a "bold cultural revolution" (No. 3, 114). We face an urgent crisis, when, thanks to our actions, the earth has begun to look more and more like, in Francis' vivid language, "an immense pile of filth" (No. 21). Still, the document is hopeful, reminding us that because God is with us, we can strive both individually and corporately to change course. We can awaken our hearts and move towards an "ecological conversion" in which we see the intimate connection between God and all beings, and more readily listen to the "cry of the earth and the cry of the poor" (No. 49).

James deBeer
Christ the King Church

Running for the future of Canadian indigenous women

By Natasha Tersigni

Putting her best foot forward for 115 kilometres, a Winnipeg teen's four-day run last week down Highway 6 to Winnipeg aims to send a big message to Parliament Hill: it is time to call a national inquiry into Canada's missing and murdered indigenous women and girls.

The high number of missing and murdered indigenous women and girls in Canada is a reality that does not sit well with 16-year-old Tracie Léost. The Métis competitive runner began her four-day Journey of Hope on Aug. 19, with the hope that her run from Oak Point to The Forks in Winnipeg would bring much-needed awareness to the issue.

According to a 2014 University of Ottawa Law School thesis, there are currently 824 cases of missing or murdered Inuit, Métis or First Nations women in Canada. Of those cases, 111 are from Manitoba. Despite public perceptions, the thesis found that 80 per cent of the 824 women were not involved in the sex trade or in high-risk behaviors.

"I can definitely stand behind a national inquiry. It will answer questions. It will not answer them all, but if it can answer a couple questions on why this is happening, then that is going to put us ahead of where we are right now," said Léost.

Last summer, Léost attended the 2014 North American Indigenous Games in Regina. Along with bringing home three bronze medals for running, she all also brought home the important message that it is her generation of indigenous Canadians that must create change for their people.

"At the opening ceremonies, the people speaking were telling us that 'You are the generation of people that are going to pick up the broken pieces because our nation of indigenous people has been broken down,'" said Léost.

"That is when it hit me, standing around 2,000 athletes from across North America, that if I am going to make a change for North American indigenous people, these are the people that are going to support me but also the people that it is going to impact."

When she returned to school in the fall at Garden City Collegiate, Léost, who was in Grade 11, took two Native Studies courses. During one of the classes, the teacher tasked all the students with an assignment to choose a woman from the national database of missing and murdered indigenous women to research. The project was



not to find out how the woman died or the details into the missing person's case; it was intended to put a real person in front of the statistic.

After researching Ramona Wilson, who was one of the 49 women that Robert William Pickton murdered, Léost became increasingly interested in finding more information on missing and murdered indigenous women in Canada. She found out that more than half of Pickton's victims were indigenous women.

"Eventually I was falling behind in my classes because I was coming home and just searching maps of where these woman were being attacked, murdered or where they were last seen," said Léost, who added she often spoke with her Native Studies teacher about her research and the frustration she felt on the issue of missing and murdered indigenous women.

"My Native Studies teacher told me 'Why don't you make the change that you want to see?'"

Léost, whose grandparents live in Oak Point, has driven down Highway 6 many times. She often thought about running from Oak Point to Winnipeg, but now with a serious issue that needed more attention, the thought turned from an idea to a reality.

After months of training and preparations, Léost set out on her Journey of Hope on Aug. 19. Throughout her run, she raised money on a GoFundMe page for Families First Foundation, a non-profit organization that supports the families of missing and murdered indigenous women.

Over four days, Léost ran down Highway 6, along the North Perimeter, and made her way through the streets of Winnipeg to her finish line at The Forks where there is a monument honouring missing and murdered indigenous women. With help along the



TRIBUNE PHOTO SUBMITTED

Last week, 16-year-old Tracie Léost ran from her grandparents' home in Oak Point to Winnipeg raising awareness of the growing issue of missing and murdered indigenous women in Canada. Léost's Journey of Hope took four days and spanned 115 kilometres.

way from family and friends, Léost reached her final destination on Saturday afternoon.

"This journey just blew up. I didn't expect to be short just a couple hundred of dollars on my GoFundMe page. I didn't expect people to stop on the highway to give me money or honk in support. I didn't expect to get this much attention on social media," said Léost, who added she has had media interviews from across the country and has even been asked to speak at a fashion show fundraiser for missing and murdered indigenous women in Kamloops, B.C.

"I didn't expect to have the support from this many people, but I am beyond grateful for it. The more awareness I bring to this issue, the easier it will be to create change."

While at times tiring and not without pain, including one point in the run where blisters on her feet were so bad she chose instead to run in moc-

casins, the gruelling run allowed time for Léost to reflect on the issues that indigenous women and girls in this country face on a regular basis.

Although Léost does not have plans to strap on her runners again anytime soon for a multi-day run such as the one she just completed, she notes her journey is far from over.

"I am not sure if I want to run 115 kilometres again, but I definitely don't see The Journey of Hope ending here. I shot for the moon with this one, and now that I am there, there is a galaxy of opportunities that have come with this," said Léost.

"I am only going up from here and I don't planning on stopping."

By Sunday evening, Léost's GoFundMe page in support of the Families First Foundation had surpassed her goal of \$2,000. Donations are still being accepted, and the page can be accessed at www.gofundme.com/mmiwjourneyofhope.

Friends and family of Rutherford set up GoFundMe account

By Jennifer McFee

A former Stonewall resident faces mounting medical costs for his wife's cancer treatments, but friends and family of the couple are finding ways to ease the financial burden.

Josh Rutherford left the Interlake to attend college and play hockey in the United States. While he was there, he met Caitlin Brown of Minot, N.D., and the pair married last summer. The couple has an eight-year-old girl named Lili, who is Josh's step-daughter.

After Josh was offered a job in Alberta, the couple lived apart from August to December while Caitlin waited for approval to come to Canada.

Soon after arriving, Caitlin became pregnant, and after four and a half months, doctors discovered that it was a molar pregnancy.

Not only did she lose the pregnancy, 26-year-old Caitlin was diagnosed with a rare form of cancer called gestational trophoblastic neoplasia in June. Although she has already undergone two surgeries, the disease has spread to her lungs, her uterus and one of her ovaries.

Caitlin, an American, is not covered by the Canadian medical system, so she and Josh must pay

for the treatments themselves. They had already accrued more than \$30,000 in medical bills before her first round of chemotherapy began last week.

In an effort to help, Caitlin's friends and family launched a GoFundMe account to raise money for the couple. After five days, 134 people had contributed a total of more than \$15,040 to the cause — a number that continues to grow.

Josh's parents, Bruce and Bambi Rutherford (both teachers in the Interlake School Division), say they are grateful for the support the couple is receiving.

"I'm amazed at how many people give," Bruce said. "Josh said that he is humbled."

Josh is well known throughout the Interlake for his athletic accomplishments as a hockey player with the Stonewall Flyers, the Selkirk Steelers and the Steinbach Pistons.

He also played basketball and baseball and was an assistant pro at Bel Acres Golf and Country Club.

To contribute to the cause, visit the GoFundMe page called "Caitlin (Brown) Rutherford's Benefit" at www.gofundme.com/vs2cjvdc.



PHOTO COURTESY OF GOFUNDME
Family and friends of Josh Rutherford are looking to help the young family.

Travelling photo exhibit tackles mental health stigma

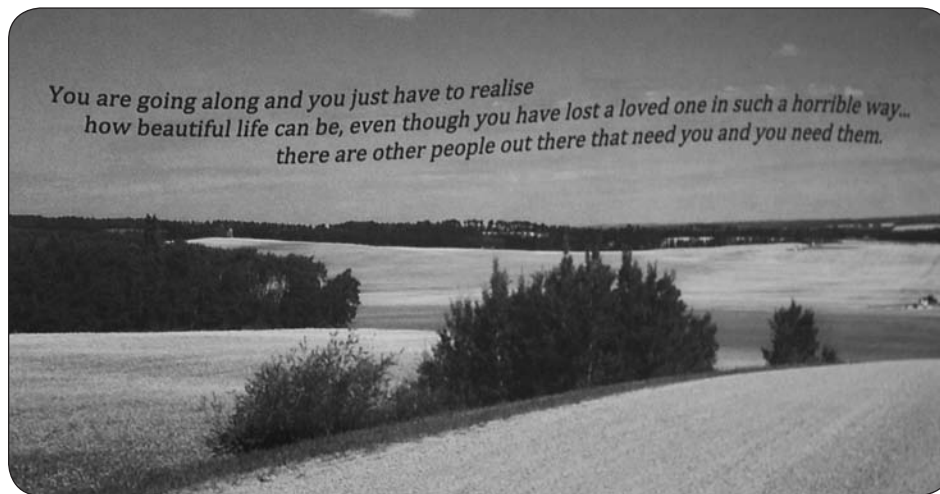
Man-Up Against Suicide art show on display until Aug. 28

By Natasha Tersigni

An emotionally moving art exhibit that uncovers issues surrounding men's mental health has come to Stonewall.

Using captions overlaid on photographs the Man-Up Against Suicide travelling art exhibit strives to decrease the stigma surrounding men's mental illness and raise awareness about male suicide. Families and the men who have or still are struggling with depression and suicide created each piece in the exhibit.

"We get people to take a picture



TRIBUNE PHOTOS BY NATASHA TERSIGNI

The Man-Up Against Suicide exhibit at Quarry Park Heritage Arts Centre on now until Aug. 28 uses photographs overlaid with narrative to bring awareness to men's mental health issues and suicide.

of how they would depict their experience. After the picture was captured, there was a team of people that helped to put their caption or narra-

tive on the pictures to create the art in the exhibit," said Kerstin Roger, University of Manitoba assistant professor in the department of family social

science. Roger was an integral part of bringing the national project, which is funded by The Movember Foundation and the University of British Columbia, to Manitoba.

Roger is leading the Manitoba facilitation of the art tour and has arranged for it to be in four Manitoba communities. One of her focuses was ensuring that the exhibit was not shown just in major cities.

"I have worked with people who are suicidal and in crisis and I know how much stigma there is anywhere to talk about your feelings if you are depressed or suicidal. There is the potential for even more isolation and even more stigma when you are in rural communities and it makes it much harder for people to talk about it," said Roger.

"I believe this show can help make it more normal and help people to feel that it is possible to talk about this and it doesn't make it worse."

A common misconception surrounding the exhibit, Roger told the *Tribune*, is that the images are graphic and unsettling.

"People are scared that they will see something graphic, but it is not like that. It is really about the emotion that people are experiencing. There are some positive images in the exhibit as well. It is not all negative. I find some of the pictures are really hopeful," said Roger.

The exhibit will be available for public viewing at the Quarry Park Heritage Arts Centre until Aug. 28.

A fast, fun means of raising funds for clubs, associations and groups is a GREY CUP POOL.

No matter what the season, Pool Tickets are a great way to raise money for your sports team, club, or charity. Whether its Hockey, CFL, or NFL football, pool tickets are a favourite for all types of fundraisers.

Order your clubs today!

Phone Interlake Graphics, 467-5836 or email igraphic@mts.net

Name:	Name of Organization
Address:	GREY CUP POOL
Phone:	Sunday, November 30, 2014
E	1st Quarter \$100 \$25
W	2nd Quarter \$100 \$25
	3rd Quarter \$100 \$25
	Final Score \$250 \$100
	Score over 29 reverts to zero
	Tickets \$2.00 each
	Lic. #

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Midget Pirates 1-4 at Western Championships

By Brian Bowman

The North Winnipeg Pirates finished with a 1-4 record at the Midget "AAA" Western Baseball Championships last weekend in Yorkton, Sask.

But the Pirates were competitive in every game, said North Winnipeg head coach Gary Dear.

"The difference was that we just didn't hit this weekend," said Dear, a St. Andrews native. "We met up with a lot of really good pitchers and it definitely showed out there. With the top pitchers from each area, it makes a difference."

After opening the tournament with a 4-3 comeback win over the North West Prairie Pirates last Thursday, North Winnipeg then lost its next four games. In the win over North West,

the Pirates scored all four of their runs in the bottom of the sixth inning.

North Winnipeg was then defeated 7-3 by the Parkville Royals and 10-3 by the St. James A's on Friday. Parkville later won the Midget "AAA" championship with a 2-1 win over St. Albert on Sunday.

On Saturday, North Winnipeg was shut out by the St. Albert Cardinals 4-0 and then was beaten 7-2 by the Parkland Expos.

Dear said the Pirates had trouble scoring with runners on base throughout the westerns. Key hits were few and far between as North Winnipeg faced top-level pitching.

"We just never got hits when we needed them," Dear lamented. "I think we had bases loaded three times with

less than two outs and then we would get a strikeout or two."

Dear said the Pirates struggled to hit throughout their lineup but he noted that Stonewall's Ryan Humeniuk had a very good offensive weekend. Humeniuk was 7-for-15 with three walks.

"He was, by far, my most productive hitter," Dear said.

North Winnipeg's lineup at the westerns consisted of players from north Winnipeg, the Tri-S area, and Humeniuk and Matt Schneider from Stonewall. The Pirates also called up Jason Peltz of Warren and Emerson Klimpke of Stonewall.

Other teams at westerns, said Dear, had picked up talented players from across their respective provinces.

"(That happened) even in our last

game against the host team, which should be a local team to the area," Dear noted. "But they had seven guys on that team that were on the Saskatchewan provincial team.

"It doesn't look good how we finished, but knowing who we were up against, it feels good for the boys that they could compete with these guys."

Looking back at this season, Dear felt it was a highly successful one for the Midget Pirates' program.

"I'm very happy," Dear said. "Any time you can go represent your province, that's nice to happen. And for the kids that want to go to the next level, they got to see what it takes to get there."

Steelers' rookie camp set for this weekend

By Brian Bowman

With the weather turning colder recently, it's a sign that the end of summer is almost here.

And that means hockey season is right around the corner. In fact, the Selkirk Steelers' season begins this weekend when they open their 2015 Fall Rookie Camp at the Selkirk Rec

Complex.

The camp will take place on Saturday and Sunday before the Steelers' play a Rookie Game this Monday against the Pistons in Steinbach.

Selkirk will begin its exhibition schedule Sept. 6 in Steinbach and then will host the Winnipeg Blues on Sept. 11 (7 p.m.).

The Blues and Steelers will hook up Sept. 12 at the MTS Iceplex.

Selkirk will also play pre-season road games against Winkler (Sept. 15) and Steinbach (Sept. 18 in Beausejour) before a home game against Winkler (Sept. 20). The Steelers will begin their 2015-16 MJHL regular season on Sept. 25 at home against the Blues.

Kessler begins university soccer career at North Dakota

By Brian Bowman

The University of North Dakota women's soccer team, which includes former Stonewall Collegiate Rams' star Veronica Kessler, split a pair of games last weekend in Illinois.

Last Friday, UND loss 2-0 to the Northwestern University Huskies in Wilmette, Ill.. UND gave up two goals in the last 18 minutes of play.

Kessler, who chose to wear No. 30 in memory of longtime SCI teacher and coach Charlie Cooke, played about 60 minutes in the loss.

On Sunday, UND edged Northern Illinois University 2-1 in Dekalb, Ill. UND trailed 1-0 but then scored a pair of unanswered goals.

Kessler, a team captain for the Rams for three seasons, was in the starting

lineup for the game and, once again, played about 60 minutes.

UND played a pair of home exhibition games earlier this month, defeating Viterbo 4-3 before losing 1-0 to U-Mary.

UND plays their home opener this Sunday at 1 p.m. against South Dakota at Bronson Field.

Boisvert headed to nationals

By Brian Bowman


The FC Northwest U16 girls' soccer team earned a trip to the nationals after edging Bonivital FC 3-2 in overtime last Saturday in the MSA Cup finals.

FC Northwest was a perfect 4-0 before the final, outscoring their opponents by an 11-0 margin.


FC Northwest started play with a 4-0 shutout win over Bonivital on June 20 and then edged Phoenix 1-0 the following day.

On July 11, FC Northwest blasted WSEU 3-0 and then blanked SCF 3-0 on July 18.

Stonewall's Eryka Boisvert is a member of the FC Northwest team, which now advances to the nationals in Surrey, B.C. in October.



Come out and support your
Stonewall Blue Jays



2015

**Best of 7 Series
vs Elmwood Giants
Game 2
Thursday, August 27
7:30 pm
at Koskie Field**

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Lions roar past Bantam Thunder

By Brian Bowman

The bye week could not have come at a better time for the Interlake Thunder Bantam football team.

The Thunder suffered its second consecutive blowout loss last Saturday – getting shut out 40-0 by the Fort Garry Lions – in Selkirk.

“They were very strong on both sides of the ball,” said Thunder head coach Joel McDonald. “They’ve got a veteran team and two or three really good ball players on both sides of the ball and we just weren’t able to handle them.”

The Thunder struggled to move the ball against the Lions in the loss. Interlake, at times, gained yardage but could not put enough positive plays together to score any points.

“We have a young team,” McDonald warned. “We have less than 10 returning Bantams from last year, so the rest of them are either first-year Bantams and a large number of first-year football players.

“There’s a big learning curve that is going on right now

with these guys.”

The Thunder has this Saturday off from game action which will give them a few more days of rest and/or practice. But the Interlake will play a rare Tuesday evening game Sept. 1 when they visit the Nomads in north Winnipeg.

“It’s a very short bye week,” McDonald noted. “It’s not a full legitimate bye week but we have a few bumps and bruises that we want to get looked after.”

Interlake opened its season with a solid 38-8 victory over North Winnipeg on Aug. 8. The Thunder would love to have that same type of result in their next game but McDonald said their goal is to improve each week leading up to the playoffs.

“We have to continue to progress,” McDonald said. “Against Valour, we really didn’t show a lot of signs of life. Against the Lions, we started to show some life of offence and defence. The defence is really starting to come around a little bit.”

Thunder loses first Atom game of the season

By Brian Bowman

The Thunder Atom football team suffered its first loss of the season as the St. James Rods doubled the Interlake 48-24 last Saturday in Selkirk.

Interlake took an early 12-6 first-quarter lead but St. James led 20-18 at the half.

“Our offensive line had a tough job missing starting right guard Reilly Olafson,” said Thunder head coach Darcy Gascoigne in an email. “And the defence was also in tough missing starting corner Bryce Myers and nose

tackle Cain Romanchuk.”

The Rods increased their lead to 27-18 after three quarters and then outscored the Thunder 21-6 in the fourth.

“Late in the game, our offence took some chances that didn’t work out and they scored three late touchdowns to beat us 48-24,” Gascoigne noted. “But I would say the score did not reflect the quality of the game.”

The Thunder Atom team is back in action this Saturday when it travels south to take on the St. Vital Mustangs – Red in Winnipeg. Game time is 12:30 p.m.

Thunder test Transcona in home loss

By Brian Bowman

The Interlake Thunder had a tough test early in their Midget Football League of Manitoba season.

And they passed that test with flying colours.

The Thunder were shutout 14-0 by a very good Transcona Nationals team Saturday in Selkirk but Interlake proved, without a doubt, that they can play with the top team in their league.

“I came away from the game very, very proud of our players and how they played,” said Thunder head coach Kris Johnston. “(Transcona) is a very tough opponent and they are physical, especially their front seven. They stifled

our offence at times.”

One week after the Thunder scored 47 points in a lopsided win over the expansion Sunrise Coyotes, the Thunder was blanked on the sloppy and muddy field conditions in Selkirk.

“It was definitely a battle between two great defences,” Johnston said. “We struggled (offensively) and you know that on certain days, units are going to struggle. (Saturday) was definitely one of them where we struggled offensively.”

Interlake did score a touchdown but it was called back on a punt return at the end of the first half. The Thunder was flagged for an illegal block on the play.

The game remained scoreless until the final play of the third quarter when Transcona’s star running back Brandon Urciuoli scored his first of two touchdowns on the day. The 5-foot-11 210-pound back then scored his second major of the game with 46 seconds left in the fourth.

Urciuoli finished the game with 133 yards on 23 carries. “He’s a very good running back and he seems like an excellent well-rounded football player,” Johnston complimented. “He’s a big, strong, physical running back but our defence was able to contain him for basically three quarters.”

Wiebe places second in duathlon



Christopher Wiebe

By Brian Bowman

For most people, Kildonan Park is a nice place to go for a walk.

But for Christopher Wiebe, he did much more than simply head out for a stroll in a park.

Wiebe competed in a duathlon competition in Winnipeg last month (a competition of triathlon Manitoba) and had a very good showing, placing second.

“It was a close (race),” Wiebe recalled, noting he couldn’t remember his final time.

In a duathlon, competitors run 2 km, bicycle 4km, and then run 2km again.

“It was fun,” Wiebe said. “I wasn’t expecting to do that well because I wasn’t really training too much. I did the occasional run or bike (ride) – biking was my strong point.”

Wiebe said he liked the Kildonan Park course, which is a very flat terrain without any hills or trouble spots. The bike portion of the event took place on the main road inside the park.

Wiebe said he is tinkering with the idea of competing in a triathlon soon. He said his swimming has gotten a lot better recently — and that’s almost always the toughest part of a triathlon for athletes.

Wiebe, 13, will be entering Grade 9 at Stonewall Collegiate next month. He hopes to be part of the Rams’ cross-country program. Wiebe, who lives in the RM of Rockwood, ran cross country in middle school, he noted.

He is also an avid badminton, soccer, volleyball, and basketball player, which he said helped him with his endurance in the duathlon.

“It helped me with my stamina,” he said. “I was in B.C. training for two weeks (in badminton) this summer.”

South Interlake Phillies

Registration & Try Out Camp

U12

Sunday Sept 13th 4 – 6 pm
Registration 3:30

Alternate date if required
Sept 16th, 6 – 8 pm

Location: Quarry Park diamond 3
Contact: Curtis Fines 204.782.2794

U14

Monday Sept 14th 6 – 8pm
Registration 5:30

Alternate date if required
Sept 15th, 6 – 8 pm

Location: Quarry Park diamond 3
Contact: Stu Bremner 204.330.0684

Power Smart Manitoba Games releases information for athletes

By Brian Bowman

The Power Smart Manitoba Games are the province's largest ongoing multi-sport program, bringing together participants from across Manitoba.

The Games are held every two years and alternate between summer and winter sports events. Each set of Games involve upwards of 7,500 athletes, coaches, officials and volunteers.

Participation in the Power Smart Manitoba Games begins with regional tryouts. Regional teams of approximately 200 athletes, coaches and managers go on to participate in the provincial finals. In 2016, the Power Smart Manitoba Summer Games will take place in Steinbach from Aug. 7 to 13.

For more information about the Power Smart Manitoba Games, visit www.manitobagames.ca.

Below you will find an update on each sport in the 2016 Power Smart Manitoba Games.

Athletics -

Age Category: Bantam 2003 or 200, Midget 2001 or 2002

Team Size: 10 males and 10 females in each age category (40), plus three coaches and two managers

Training Opportunities

Athletics Manitoba established a School Outreach Program in 2015 that, in future years, will be used as a feeder system for the Manitoba Games and other regional and provincial competitions. Athletics Manitoba will provide interested schools with a six-week training program to follow to prepare their athletes for outdoor meets.

Qualifying Event

A qualifying track meet will be held in each region between May 15 and June 15, 2016. The head coach and their coaching staff will be present at the meet to observe performances and make team selections.

Provincial Events

Individual Events:

i. Bantam Athletes may compete in 80m hurdles and high jump

ii. Midget athletes may compete in 80m female hurdles, 100m male hurdles and high jump.

Relay Events:

i. 8x50m, 4x100m, 4x200m, 4x800m, Spring Medley (TBA), Distance Medley (TBA), Heptathlon Relay

ii. Long Jump Relay, Ball Throw Relay, Shot Put Relay

iii. Two relay teams per region may be entered in each relay except the Heptathlon.

For more information, contact Donna Harris at Athletics Manitoba at

204-925-5744 or execdirector@athleticsmanitoba.com.

Baseball -

Age Category: Open to males and/or females 14 years of age or younger as of Dec. 31, 2016. Year of birth is 2002 and 2003.

Team Size: 13 athletes and three coaches

Coaches Head Coaches:

Eastman - Jamieson Krentz from Steinbach

Interlake - Darrell Humeniuk from Stonewall

Training Opportunities (All TBA):

- two fall camps - August/September

- two winter camps - November '15 - March '16

- spring training - April '16

- open identification camp - May 2016

Final Selection Camp - June 4-5 weekend

This camp will be by invitation only, unless numbers allow for all to attend.

Regional Teams

Regional Teams will have two to three practices prior to the Manitoba Games, which could include exhibition games.

For more information, please contact Jason Miller at Baseball Manitoba at 204-925-5764 or baseball.jason@sportmanitoba.ca. You can also visit the Manitoba Games page on their website at www.baseballmanitoba.ca/manitoba_summer_games.php.

Basketball -

Age Category: 16U Cadet - Born in 2000 or later (ages 16 and under as of 2016)

Team Size: Minimum 10 to a maximum of 12 players on both the female and male teams. Each team will have a head coach, assistant coach and a manager.

Coaches:

Eastman - Male- Dwayne Penner, Female- Mary-Jo Hovorka

Interlake - TBD

Training Opportunities

A development camp will be held in the fall. Date and location are still to be determined.

Team Tryouts

Open tryouts will be held for both the male and female teams in April 2016.

For more information, please contact Ian Dickey at Basketball Manitoba at 204-925-5775 or ian@basketballmanitoba.ca. Feel free to visit Basketball Manitoba's Manitoba Games page on their website.

Golf -

Age Category: 15 and under as of

Aug. 9, 2016

Team Size: four males and four females plus one coach and one manager

Coaches:

Eastman - Brian Guenther from the Steinbach Fly-In Golf Club at 204-320-4653.

Interlake - Brad Poleschuk from the Selkirk Golf and Country Club at 204-482-2050.

Training Opportunities:

Training squads will be formed in each region and will work with their coaches up until the qualifying event.

Qualifying Event:

A regional competition will be held in each region. A minimum of 36 holes of individual stroke play will determine the members of the regional teams.

For more information, please contact Garth Goodbranson at Golf Manitoba at 204-291-4458 or garth@golfmanitoba.mb.ca.

Sailing -

Age Categories:

10-14 years of age - Optimist Class (born 2006-2002)

13-17 years of age - Laser and Radial Class (born 2003-1999)

10-17 years of age - Windsurfing (born 2006-1999)

Team Size: One male and one female in each of the optimist and laser/radial class and 1 windsurfing athlete (can be male or female). The team will also have one coach and one manager.

Coaches:

Eastman - Brennan Agar at 204-612-6616 or brennanagar@shaw.ca

Interlake - Luke Boguski at 204-390-0242 or lukeknott@gmail.com

Qualifying Events:

A qualifying event will be held either in 2015 or 2016 in every region. Dates and locations will be announced via Sail Manitoba email, e-newsletter and at www.sailmanitoba.com.

For more information, please contact Brigitte Smutny of Sail Manitoba at 204-925-5650 or sailing@sportmanitoba.ca.

Soccer (male and female) -

Age Category: Born in the year 2003 or later. That is, under 13 years of age as of Jan. 1, 2016.

Team Size: 16 players and three coaching staff per team (both male and female)

Coaches/Contacts:

Eastman North Training Group - Casey Cameron and Assistant Michelle Ramsden

Coaches - TBA

Interlake Male Team - Head Coach Manny Gomes, Manager Dan Racicot

Female Team - Tannis Catellier, Dave Thorne and Jeff Hurschman

Training Opportunities:-

Interlake ID/Development Camp #2 - Monday, Aug. 24 in Arborg at 6:30 p.m.

MSA Regional Festival - September 4-6, 2015 in Carman, Man. - (Registration is closed)

Winter Training - TBA

MSA Regional Festival - May 2016 ID/Development Camp #3 - June 2016

Team Selection:

Athletes are invited to three ID/Development camps organized by the Manitoba Soccer Association in conjunction with the region's coaching staff. A final camp will take place in June 2016 at which time the players that will make up the team in each gender will be finalized.

Player Camps:

Train the "Whitecaps Way" with Caps Coaching Staff

Aug. 24 - 27 - BOYS AND GIRLS U-9 TO U-12

Eastman - co-hosted by Hanover Soccer Club - Registration forms must be filled out online at www.manitoba-soccer.ca.

Interlake - co-hosted by Tri S Soccer Club - Registration forms must be filled out online at www.trissoccer.com.

For more information, please contact Scott Ansell at Soccer Manitoba at 204-925-5670 or sansell@manitoba-soccer.ca and visit their website.

Softball -

Age Category:

Year of Birth 2000-2001 (U16 Category of 2016) - Under 16 years of age prior to Jan. 1, 2016.

Team Size: 13 athletes and coaching staff of three.

Eastman Region Tryouts - August 29 and 30 from 12 to 6 p.m. at Mitchell Ball Diamonds (Stahn Field)

Fee is \$20.00.

Contact Bob Fowle by phone or e-mail to register.

Head Coach - Bob Fowle at 204-918-0939 or fowle@mymts.net

Assistant Coach - Mandy Thiessen at 204-371-1440 or mandyathiessen@gmail.com

Assistant Coach - Erin Fowle at 204-793-4856 or fowle125@umn.edu

Interlake Region Tryout - Monday, Sept. 14 (Registration at 5:30 p.m., Camp from 6 to 8 p.m.), Tuesday, Sept. 15 (Camp from 6 to 8 p.m.), location: Quarry Park

Head Coach - Blaine Shewchuk at 204-467-7685 or shewcb1@gmail.com

Assistant Coach - Taylor Studler at 204-461-2577 or tj_studler@hotmail.com

For more information, please contact the head coach in your region.

Classifieds

Stonewall Teulon
Tribune

Book Your Classified Ad Today - Call 467-5836 or Email igrphic@mts.net

AUCTIONS

Meyers Small Animal & Bird Auction. 10 a.m. Saturday, Sept. 12 Arden MB. To consign call 204-476-6262. Bradley Meyers Auctioneer. www.meyersauctions.com

AUCTIONS

Aero Auctions Upcoming Auctions. Thurs., Aug. 27 & Oct. 22, Edmonton. Live & online bidding. Mining excavation & transportation equipment, rock trucks, excavators, dozers, graders, trucks, trailers, misc. attachments & more! Consignments welcome! Visit: aeroauctions.ca. 1-888-600-9005.

METAL RECYCLING

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

MOTORCYCLES FOR SALE

Kawasaki KX100 Excel. Cond., includes trail bike stand. \$1,950. Ph. 204-485-0010.

MOBILE HOMES FOR SALE

To be moved - 1974 mobile home, includes 6 appliances, certified woodstove, newer electric furnace, \$7500; also, 24x28 addition, 2x6 walls, 4-12 pitch roof with new shingles, \$16,500 obo. Ph 204-467-8537.

TRAILERS

4 horse trailer with living compartment. Sink, stove, table and stools included. Ph. 204-471-2117.

AUTO PARTS

1995 Astro Van "for parts". Includes 4 new ice radials, summer tires on mags, steel leaf springs, new injector spider and more. Ph. 204-485-0010.



HOUSES FOR SALE

NEW SHOW HOME - Now available for viewing 14 Prairie Gate South, Balmoral. For appt call: Henry Vroom 204-295-2866 or visit, www.houseforsale-balmoral.com

MANUFACTURED HOMES

Don't overpay! rmi-homes.com "Your Smart Housing Solution" Canada's Largest provider of manufactured housing. Text or call (844-334-2960). In stock 16'/20'/22' homes on sale now!

MOBILE HOMES

6 new 16 x 80, 3 bed, 2 bath, starting at \$83,000. Altona Mobile Homes, 1-800-582-4036, 1-204-324-6776 Email: amhl@mymts.net

REAL ESTATE

House for sale. Sifton, MB. 1.5 storey house. 3 bedrooms, 1.5 bathrooms. Attached insulated garage, central air. Appliances included \$65,000 obo. 204-655-3399.

STEEL BUILDINGS

Steel buildings... "Summer Madness Sale!" All buildings, all models. You'll think we've gone mad deals. Call now and get your deal. Pioneer Steel 1-800-668-5422 www.pioneersteel.ca

OFFICE SPACE FOR RENT

Office space for rent at 217 Clandeboye Ave., Selkirk. Shared switchboard. Phone 204-485-0010.

HOUSE FOR RENT

Stonewall- 2 bdrm. bungalow, 1000 sq. ft., basement, large yard, deck, great location - available Sept. 1; or sooner. \$1200 per month. No pets or smoking. Susan at ReMax Town & Country 204-467-8000.

GARAGE SALE

Moving sale - Friday, Aug. 28th, 1 p.m. - 8 p.m.; Sat., Aug. 29 starting at 10 a.m. #7 & Rd. 86. Watch for signs. No early birds!



Is your Company looking to recruit Aboriginal job seekers?

Our Canadian wide Aboriginal recruitment website www.firstnationsjobsonline.com is now affiliated with 130 newspapers. By advertising on our website we can get your job posting and location to 950,000 circulated newspapers throughout Saskatchewan and Manitoba.

Email: danbushly@sasktel.net for more information

First Nations Jobs Online

Great Northern Growers Inc.
The Grassroots Choice

Diquash Dessiccant
• Quick even dry down

Smoke Glyphosate
• Premium surfactant

Take control of harvest
Maximize your yield

Best Herbicide Prices
Delivered to Yard

306.477.4007
info@gng.ag
www.GNG.ag

HOUSE FOR SALE
Town of Stonewall

Approx 1450 sq. ft. 3 bdrm 1 1/2 bath bung. Dble att garage, stone siding, mature trees, great location

Must see!
Ph: 204-467-2483

HOUSE CLEANING

Clean 90% of your home with just water-saving you time, money and the environment. Radically reduce the amount of chemicals in your home with Norwex. Ask me how. Call Stephanie 204-896-3980 or cleanwithwater15@gmail.com

HELP WANTED

Class 1 driver needed for weekly scheduled run from Winnipeg to North Western Ontario. Call 204-785-3984.

Casual work required on Alpaca farm west of Balmoral. Ph 204-383-5739.

Kletke Seed Farm Ltd has openings for self-motivated individuals for full time year round positions in our automated seed processing plant/grain farm near Teulon Mb. There are 2 shifts to be filled. The day shift is from 7 a.m. to 4 p.m. and the evening shift is from 3 p.m. to midnight. Duties are multi diversified including operating computerized bagging and seed treating equipment, seed cleaning mills, forklift, and grain farm equipment. Assets include Individuals that work well in a team atmosphere, take responsibility, show leadership. We offer a great work environment, competitive wages and benefit plan. Please e-mail resumes to Attn. Glenn at ddkletke2@mymts.net or fax 204-886-3446.

HELP WANTED

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!

Assistant Farm Manager wanted for hog and grain farm near East Selkirk. We are looking for a motivated person with at least 5 years experience in all aspects of hog and grain production. Must be able to operate all farm equipment related to crop production. Education in business or financial management and experience in supervising others is a definite advantage. Drivers license and criminal record check required. Weekend and holiday work required. \$17 per hour plus overtime. Reply to dvs@highspeedcrow.ca

BUSINESS OPPORTUNITY

Get free vending machines. Can earn \$100,000 + per year. All cash - locations provided. Protected territories. Interest free financing. Full details call now 1-866-668-6629 website www.tcvcend.com

Great Canadian Dollar Store franchise opportunities are available in your area. Explore your future with a dollar store leader. Call today 1-877-388-0123 ext. 229; www.dollarstores.com.

CAREER TRAINING

Medical Transcriptionists are in huge demand! Train with Canada's top Medical Transcription school. Learn from home and work from home. Call today! 1-800-466-1535 www.canscribe.com. info@canscribe.com.

Hip or Knee Replacement?

Problems with Mobility?

The Disability Tax Credit

\$2,000 Yearly Tax Credit

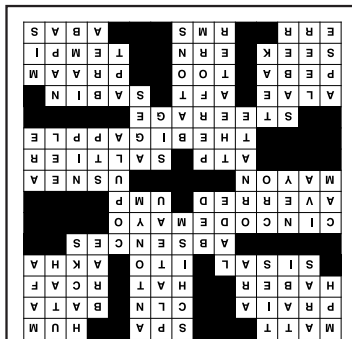
\$20,000 Lump Sum Refund

For Assistance Call: 204-453-5372



SPORTS TIPS

Call 467-5836



Crossword Answer

take a break
> GAMES

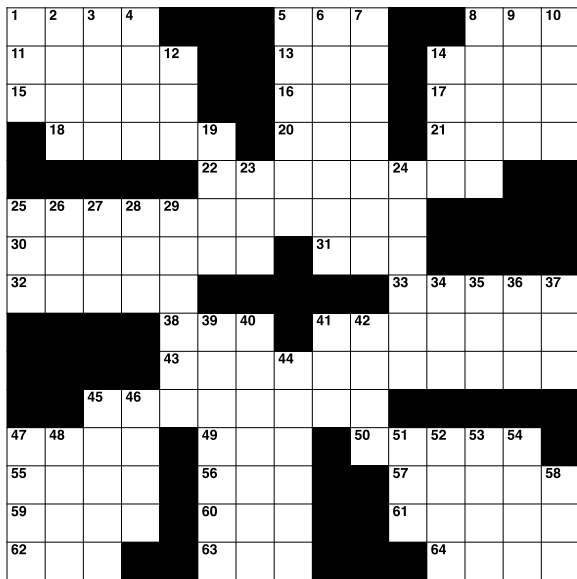
CROSSWORD

CLUES ACROSS

1. Actor Damon
5. Resort
8. Low continuous tones
11. Cape Verde capital
13. Abbreviation for clean
14. Shoe retailer
15. Dashery
16. Head covering
17. Canadian flyers
18. A plant fiber used for making rope
20. Prime Minister ___ Hirobumi
21. Hani
22. Nonexistences
25. Mexican victory holiday
30. Avowed
31. Ref
32. 2013 Philip. volcano eruption
33. Beard lichen genus
38. Tennis player organization
41. More saline
43. New York City
45. A ship's cheapest fare
47. A winglike part
49. At the stern
50. Oral polio vaccine
55. Tatouhou
56. In addition
57. Baltic flat-bottomed boat (alt. sp.)
59. Search for
60. Gray sea eagle
61. Music timings
62. Make a mistake
63. Root mean square (abbr.)
64. Sleeveless Arab garments

CLUES DOWN

1. Speedometer rate
2. Turkish/Iranian river
3. Japanese socks



4. Drawstrings
5. Formal separation over doctrine
6. Tableland
7. Word with opposite meaning
8. Cabs
9. 45th state
10. Matakam
12. Macaws
14. Scottish hillside
19. Load for shipment
23. Sleeping place
24. Linking verb
25. Br. University punting river
26. Marsh elder
27. Horse noise
28. Contract research organization (abbr.)
29. Excessively ornamented
34. Engine additive
35. Small bite
36. Snakelike fish
37. They ___
39. Performance arena
40. Enact before an audience
41. Special interest group
42. Grows old
44. Conductor's implements
45. A heavy cavalry sword
46. Tropical ship's wood
47. A domed or vaulted recess
48. Lascivious look
51. Mentally quick and resourceful
52. La ___ Tar Pits, Hollywood
53. Unstressed-stressed
54. Celery cabbage
58. Wrong prefix

get inspired

> MEAL IDEAS



Greek Lentil Salad

Ingredients

Salad:

- 2 cups (500 mL) cooked lentils or use canned lentils, drained and rinsed
- 1 cup (250 mL) chopped cucumber
- 1/2 cup (125 mL) chopped red onion
- 2 tomatoes, chopped
- 1 yellow pepper, chopped
- 1 cup (250 mL) chopped cauliflower
- 1/2 cup (125 mL) chopped parsley
- 1/4 cup (50 mL) feta cheese, crumbled
- 1/2 cup (125 mL) sliced black olives

Vinaigrette:

- 2 tbsp (25 mL) lemon juice
- 1/2 tsp (2 mL) ground black pepper
- 1 tbsp (15 mL) red wine vinegar
- 2 cloves garlic, minced
- 2 tsp (10 mL) dried oregano, crumbled
- 2 tsp (10 mL) dried mint, crumbled
- 2 tsp (10 mL) dried basil, crumbled
- 1/3 cup (75 mL) canola oil



Directions

Combine salad ingredients. In a separate bowl combine vinaigrette ingredients. Pour over salad mixture. Stir to combine.

Prep time: 15 min | Cook time: 0 min
Makes: 16 servings

www.heartandstroke.mb.ca



The Skill: Healthy Cooking Methods



Baking and roasting:

Both methods use dry heat in the oven and can be used for cooking fish, poultry, potatoes, casseroles, lasagna, egg dishes, and more. Baking doesn't require

adding fat to the food, and with this technique, you avoid charring your food while allowing it to brown on top. With roasting, meat, poultry, or vegetables cook under the oven's dry heat-usually over 400 degrees-so that the outside of the food gets crisp while the inside cooks slowly. You'll want to use a meat thermometer to make sure meat or poultry is completely cooked through-to an internal temperature of 145 degrees for steaks and chops, 160 degrees for ground meats, and 165 for poultry.

Braising: A variation on simmering, braising calls for the main ingredient to be browned in butter (which isn't healthy) or olive oil (a healthier choice), then uses liquid-such as water, broth, or wine-to cook the food in an open or covered pan, on the stovetop or in the oven. The cooking liquids keeps everything moist and tender, and the natural juices from the cabbage, pork, chicken, pot roast, or other food adds flavor to the liquid. It's a round robin that leads to a tasty result.

Broiling: With broiling, only a thin layer of air separates the heat source from the steak, chicken, or fish that sits on the broiler pan in your oven. Food cooks quickly on the outside, while allowing the flavor and moistness to be retained inside. Another perk: Broiling allows fat to drip into the pan, rather than be reabsorbed by the food.

Grilling: A relatively quick way to cook meat, poultry, fish, or vegetables, grilling uses direct heat: The food is cooked on a rack above hot coals or a flame, which

gives it a smoky flavor and a crisp exterior. As with broiling, fat tends to drip away from the food as it cooks. Just make sure you don't char or blacken the food!

Poaching: With poaching, fish, eggs, or fruit are gently simmered in water, broth, fruit juice, or wine on the stovetop or in the oven until the food becomes tender. Poaching locks in subtle flavors and tenderizes the food as it cooks, without adding fat.

Sautéing and stir-frying: Sautéing involves adding some fat, such as health-promoting olive oil, to a hot pan, then cooking the meat, chicken, or vegetables quickly over direct heat on the stovetop. Using a good-quality nonstick pan will minimize the need for oil. Stir-frying uses less oil than deep-frying but still allows foods to get browned. Simply heat up a wok or large, deep skillet, drizzle a small amount of olive or sesame oil or spritz some cooking spray into it, turn up the heat on the burner, then add chopped veggies, chunks of chicken or meat, or whatever you want to stir-fry. Keep all the ingredients within reach because the key to stir-frying effectively is to cook the food quickly, continuously moving it around, over high heat.

Steaming: Because it cooks foods over, rather than in, simmering liquid, steaming preserves more of the nutrients and natural texture in foods that boiling does, making it a healthy way to cook fish, poultry, and vegetables fairly quickly. You can use a collapsible steamer insert or a bamboo steamer in an ordinary pot with a top.

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

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

Mexican Style Steak

Ingredients

- 2 pounds beef chuck, cut into strips
- 5 garlic cloves, minced
- 1/2 teaspoon fresh ground black pepper
- 1/4 teaspoon ground cumin
- 2 teaspoons salt
- 2 tablespoons canola oil
- 1 medium onion, finely chopped
- 3 pounds ripe Roma tomatoes, peeled and finely chopped
- 6 serrano peppers

Preparation

Marinate steak with 3 minced garlic cloves, pepper, cumin and 1 teaspoon salt. Cover and refrigerate at least 2 hours. In large saucepan, heat oil on high heat,



add onion and sauté for about 4 minutes. Add 2 minced garlic cloves and marinated steak; sauté constantly about 7 to 10 minutes.

When meat is cooked, add tomatoes, serrano peppers and 1 teaspoon salt.

Reduce to medium heat and cook uncovered for about 10 minutes.

Serves 6

Sesame-Ginger Noodles

Ingredients

- 1 pound uncooked fresh Chinese-style thin egg noodles, spaghetti, vermicelli or linguine
- 1/4 cup Soy Sauce
- 2 tablespoons distilled white vinegar
- 1 tablespoon grated fresh ginger
- 1 tablespoon sugar
- 1 teaspoon cornstarch



- 1/2 cup water
- 2 tablespoons vegetable oil
- 3/4 cup sliced green onions and tops
- 2 tablespoons Asian sesame oil
- 1 tablespoon toasted sesame seeds

Preparation

Cook noodles according to package directions, omitting salt; drain, rinse under cold water and drain thoroughly.

Combine soy sauce, vinegar, ginger, sugar,

cornstarch and water. Heat vegetable oil in hot wok or large skillet over high heat. Add green onions and stir-fry 10 seconds. Add soy sauce mixture; cook, stirring, until sauce comes to a boil. Add noodles; cook, stirring, 1 minute or until sauce returns to boil and noodles are evenly coated with sauce. Remove from heat. Add sesame oil and sesame seeds; toss well to combine.

Makes 4 servings

Juice PLUS+
WHOLE FOOD NUTRITION
17 fruits, vegetables, grains
and 9 berries in capsule form

Brenda Stafford
bstaffordjuiceplus@mts.net

Sandy Lefley
sleflay@highspeedcrow.ca

Shelley Schaeffer
curveappeal@shaw.ca

Jocelyn Derksen
jjderksen@me.com

www.canada.juiceplus.com

Live life to its fullest with

USANA
INDEPENDENT ASSOCIATES

Nutritional Supplements Energy & Weight Loss Skin Care Nutrition for Skin

Al Sanche - 461-1223
Madge Meakin - 467-9806
Bill & Shelley Kelly - 467-5372
Bruce & Bambi Rutherford - 467-2102

ISAGENIX
Weightloss • Energy & Performance • Healthy Aging

— **Allana Sawatzky** isaallana@hotmail.com —
— **Janice Karaim** jkaraim@mymts.net —
— **Rose Sawatzky** isa.rose1957@gmail.com —

www.isaproduct.com

Learn how to create a safe haven.
We help you radically reduce chemicals in your home

Norwex
Ask me how
Stephanie 204-896-3980
Independent Sales Consultant
cleanwithwater15@gmail.com

Announcements

Stonewall Teulon
Tribune

Book Your Classified Ad Today - Call 467-5836 or Email igraphic@mts.net

ADULT EDUCATION

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

TENDER

Stonewall Curling Club is accepting tenders for the Ice Maker position for the 2015-2016 Curling Season. The club requires an ice technician to perform the ice making and ice maintenance operations of this full-service curling facility. Tenders will be accepted until September 4th or until the position is filled. Please e-mail your Tender to info@stonewallcurling.com Questions can be directed to Stonewall Curling Club President Nancy Drad at the above e-mail address or by calling 204-467-5800.

McSherry Auction Service Ltd

AUCTION SALE ESTATE OF ROSE DUDAR

Saturday August 29 @ 10:00 am

Fraserwood, MB
Jct Hwy #7 & 231
Go West 4 Miles Then South 2 Miles
Then 1 Mile West on Dudar Rd.
Contact: Kathy (204) 275-5008

Ford 7710 MFWA 3PH
FEL 7531 Hrs. -Needs Engine Repair * Deutz D7206 Cab w FEL 7250 Hrs. * JD 4020 * JD 1010 Crawler * JD Mt Row Crop Eagle Hitch * Case 630 * Case 430 * Case DC 4 * Hutchmaster 8' Disc * Along w Haying Equip, Vehicles, Livestock Equip, Recreation, Antiques - Go To Web *

Stuart McSherry
(204) 467-1858 or
(204) 886-7027
www.mcsherryauction.com

CRAFT SALES

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

MISCELLANEOUS

Province-wide classifieds. Reach over 400,000 readers weekly. Call 1-204-467-5836 or email classifieds@mcna.com for details.

McSherry Auction Service Ltd

AUCTION SALE ESTATE OF DAVE ONESCHUK

Sunday August 30 @ 11:00 am

Garson, MB
#19 Poplar St.

Building, Yard, Tools & Recreation 14' x 10' Storage Building on Skids, Insulated * 78 Yamaha GT 80 Dirt Bike * Crafts Snowblower * Roto Tiller * Gas Mower * Rem Pole Saw * Chain Saw * Air Comp * Wood Lathe * Table Saw * Planer * Drill Press * Welder * Power Tools * Hand Tools * Shop Supply * Antiques Pantry * Cedar Chest * Radio * Carnival * Garden Seeder * Water Pump * Cream Can * Steel Wheels * Oil Cans * Die Cast Tractors * Household Fridges * Deep Freeze * 4 Pc BR Suite * China Cabinet * Flat Screen TV * Air Cond * Dehumidifier * Various Household *

Stuart McSherry
Stonewall, Manitoba
(204) 467-1858 or
(204) 886-7027
www.mcsherryauction.com

MISCELLANEOUS

Batteries for everything. Automotive, farm, construction, ATV, marine, motorcycle, golf carts, phones, tools, radios, computers etc. Reconditioned, obsolete and hard-to-find batteries. SOLAR equipment. The Battery Man. Winnipeg. 1-877-775-8271 www.batteryman.ca

WANTED

Firearms. All types wanted, estates, collections, single items, military. We handle all paperwork and transportation. Licensed dealer. 1-866-960-0045 www.dollars4guns.com.

HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewall Elk Products Ltd., 204-467-8428 or e-mail stonewoodelk@hotmail.com

McSherry Auction Service Ltd

MOVING & ESTATE

Wed Sept 2nd @ 4:00 pm

Stonewall, MB #12
Patterson Drive

Yard Items, Tools, Antiques, Household, Always Lots of Exciting Items!

Stuart McSherry
(204) 467-1858 or
(204) 886-7027
www.mcsherryauction.com

POTATOES FOR SALE

NEW POTATOES avail. Corn, onions, cabbage, beets, turnips & carrots as well. Call 204-886-2676, Interlake Potato Farm.

FEED AND SEED

Looking for organic grain from organic certified growers, contact Jason Charles at 1-763-999-7550 or Tom Sawatzky at 1-204-272-5514.

HAY FOR SALE

1st crop hay in round bales, 1st cut mixed hay in small square bales, 1st cut timothy hay in small sq. bales and 2nd cut alfalfa in small sq. & round bales. Call 204-467-2636.

NOTICE TO CREDITORS

IN THE MATTER OF: The Estate of Ralph Moeller, late of the Town of Teulon, in Manitoba, deceased. All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 3rd day of October, 2015.

DATED at Stonewall, Manitoba this 18th day of August, 2015.

GRANTHAM LAW OFFICES

Solicitor for the Executors

ANNOUNCEMENTS

BIRTHDAY



Happy Birthday to
Ruby Hogg
who will be 100 years old
on August 26th

-Love and thanks from
all her family

ANNOUNCEMENTS

CARD OF THANKS

We would like to take this opportunity to thank all of our family, friends, neighbours and co-workers for the sympathy cards, flowers, phone calls, visits, acts of kindness and donations to charities in memory of the recent passing of our husband, father and grandfather. Thank you all so much.

-Sincerely,
The family of the late
Peter Breul

ANNOUNCEMENTS

IN MEMORIAM

In Loving Memory of
Merv Rurak

September 16, 1944 – August 31, 2014

Lonely is our home without you,
Life to us is not the same;
This world would be like heaven,
Just to have you back again.

-Miss and love you forever,
Shirley, Tammy, Shawna, Dylan, Daryl,
Emalia and Lilly

OBITUARY

Elsie de Laroque

April 6, 1926 – August 18, 2015

Peacefully on August 18, 2015, Mum passed away with family at her side at the age of 89 years.

Elsie was born on April 6, 1926 at Woodridge, Manitoba.

She is survived by son Charlie (Lynda); daughters Donna, Linda (Rob); grandchildren Ed (Kim) Donnie (Toni), Cathy (Stan), Ian (Tracy), Kevin (Leeann), Todd, David (Sandra); 16 great-grandchildren; sisters Alice (Dale) Bowman, Phyllis (Ian) Smith; brother Ken Munckton and sister-in-law Jean de Laroque.

She was predeceased by husband Percy; parents Roland and Rhoda Munckton; daughter Mary and granddaughter Julie.

Mum loved spending time with her grandchildren, gardening, cooking, playing crib and serving the community. She was a volunteer driver for the Cancer Society, a life time member of the Woodlands Legion, and a founding member of the Woodlands Museum Committee. Many enjoyable hours were spent serving with the ACW at Woodlands. Mum was proud to be awarded the South Interlake Visionary Award for her volunteer work.



Thanks to Dr. Graham and staff of Rosewood Lodge for their care and compassion.

Cremation has taken place. A memorial service was held on Monday, August 24, 2015 at 1:00 p.m. at MacKenzie Funeral Home in Stonewall, MB.

In lieu of flowers, donations may be made to St. Oswald's Cemetery Fund, Box 64, Argyle, MB R0C 0B0 or a charity of one's choice.

MACKENZIE FUNERAL HOME STONEWALL
(204) 467-2525 • mackhome@mts.net



Everything you need to promote your business

FLYERS

BROCHURES

BUSINESS CARDS

STICKERS

POST CARDS

PRESENTATION FOLDERS

SIGNS

SOCIAL TICKETS

DOOR HANGERS

LETTERHEAD

ENVELOPES

INVOICES

ESTIMATE SHEETS

POSTERS

MEMO PADS

And MORE...

Call 467-5836



For all your printing
and publishing needs



Providing quality mineral sod for commercial and residential applications

Both field pick up and convenient delivery available. Farm located 15 minutes NE of Stonewall on Rd 84N

For pricing and information,
please contact our office at 204-895-4329

Announcements

Stonewall Teulon
Tribune

Book Your Classified Ad Today - Call 467-5836 or Email igraphic@mts.net

OBITUARY



Bonita Linda Marie Buckle
(nee Vandekerckhove)

August 1, 1944 - August 18, 2015

Peacefully with her family by her side, Bonnie passed away at the Stonewall Hospital on Tuesday, August 18, 2015.

Left to cherish her memory is her loving husband of 52 years Jim, her children Kimberley (Howard), Jim (Susan), Jack (Ashley), Gerri-Lynne (Trevor) and grandchildren Breanna (Matt), Nicole, Chelsey (Calvin), Mitchel, and Daniel. Along with brothers Dennis (Kerry), Jerry (Tammy), Ed (Dawn), sisters in law Shirley (Ted), Cathy (Devon), brother in law Jack (Rosalie) and numerous nieces, nephews, cousins and friends.

Bonnie was predeceased by her parents Leon and Evelyn and sister Judy.

Bonnie was born in Stonewall in 1944. She married the love of her life Jim in 1963. With the births of her four children her happiness grew, as her love for her husband, children and grandchildren were her greatest joy!

Bonnie's love for cooking and socializing with friends and family extended beyond the home to the Mountain Inn where she managed the restaurant for nine years.

The next chapter of Bonnie's life evolved around loving and cherishing her grandchildren. Wanting to know and be involved in all the details and events of their lives.

Bonnie had her own special way of making everyone feel welcome in her home, to many she was a second "Mom". Her loving, caring and generous personality will be fondly remembered and truly missed.

The family would like to thank Dr. Graham Kerr, nurses and caregivers at Stonewall Hospital and Rosewood Lodge.

Memorial Service was held on Tuesday, August 25th, 2015 at 2:00 p.m. at MacKenzie Funeral Chapel Stonewall.

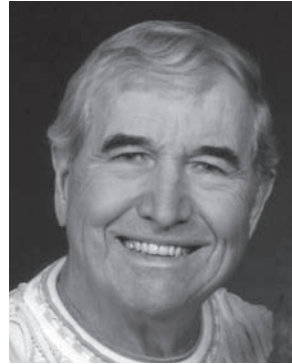
In lieu of flowers, donations may be made to the Alzheimer Society of Manitoba, 10-120 Donald Street, Winnipeg, MB R3C 4G2.

"Mom.... Forever in our hearts, love you always!"

MACKENZIE FUNERAL HOME STONEWALL
(204) 467-2525 • mack_home@mts.net



OBITUARY



Tom Armstrong

June 12, 1939 - August 16, 2015

Tom passed away peacefully on August 16, 2015 with family by his side at the Stonewall and District Hospital.

Tom is survived by his wife Mabel (Ukrainec) of 53 years; his sons Tom Jr., Keith, Todd, Darryl (Liz); three lovely granddaughters who he truly enjoyed Marlowe, Annika and Sun; his sister Barb (Ed Chapiel); brothers Terry and Lawrie; sisters-in-law Theresa (Peter), Marcia (Sam) and Myrtle; nephews, nieces and cousins.

He was predeceased by his parents Carman and Olive; brother Keith; sister-in-law Pat; in-laws Peter and Natalie Ukrainec; brother-in-law Eugene Ukrainec and many other close family and friends whose company he always appreciated.

Tom retired in 1995 as supervisor with MTS. He enjoyed his time there and especially 1972 to 1978 in The Pas. The family went mushroom picking and fishing. Tom always felt it was the best six years for the family.

Tom played various sports in his younger days. At West Kildonan Collegiate it was track and field, volleyball and basketball. Later some of the teams he played with were Mercury's, Carlings, Madison Chimneys, St. John's Lions, and St. Vital Bulldogs. (Canadian Champions 1962, '68, '69 and inducted into the Manitoba Sports and Football Hall of Fame)

Tom enjoyed entertaining family and friends. His hobbies included: gardening, making sauerkraut perogies, reading and using his chain saw.

The family would like to thank the staff at CancerCare including Drs. Szwajcer, Johnston, Houston, the nurses and "Angels" of the chemo department, and family and friends for their support over the past decade.

In lieu of flowers, donations may be made in memory of Tom to Canadian Blood Services, 777 William Ave., Winnipeg, MB., R3E 3R4, CancerCare Manitoba, 1160-675 McDermot Ave, Winnipeg, MB, R3E 0V9 or South Interlake Library, 419 Main Street, Stonewall, MB R0C 2Z0.

Memorial service was held on Saturday, August 22, 2015 at 11:00 a.m. at MacKenzie Funeral Chapel, Stonewall, MB.

MACKENZIE FUNERAL HOME STONEWALL
(204) 467-2525 • mack_home@mts.net



Don't forget to send your special wishes to your friends and family
Call 467-5836 or email igraphic@mts.net

Stonewall Teulon
Tribune



Biz Cards
Call 467-5836 or
ads@stonewallteulontribune.ca

EDDIE'S GRAVEL SUPPLY LTD.
Chem Free Topsoil
Sand-Gravel-Stone
Holding Tanks/Field Installs
Specializing in Asphalt Paving
& Lakeshore Rehabilitation
(204) 389-2023 Winnipeg Beach

Auto Transponder KEYS
CUSTOM REMOTE STARTERS
John Kobak
Cruise Control • Remote Starts
We can replace all lost vehicle keys!
204-482-5252 • 204-481-2070

JTconcrete Services
Jim: 204-451-4998
jj.tyler@icloud.com
Your Stonewall Concrete Contractor
Specializing in: Garage Pads, Driveways, Sidewalks, Patios, Floors, Exposed Concrete, Bobcat Services & Hourly Rate available upon request, Over 30 Years Experience
All work done by qualified red seal journeyman cement finisher

H.D. REPAIR & WELDING
Heavy Duty Repairs
Truck/Trailer Safeties
CWB Welding
Metal Fabrication
Hydraulic Hoses
Equipment Rentals
Serving the Interlake since 2002
369 Walker Ave (at Hwy 4) 482-3209

J & L ELECTRONICS
jl-electronics.ca
Control4 Home Automation • Lighting Control/LED Lighting
Pre-Wire (New Home Construction) • Satellite
Multi-room Audio • Outdoor A/V • Surveillance
Custom Seating Solutions • Motorized Window Coverings
Lyle Holod / Joel Bouvier, Owners
Email: info@jl-electronics.ca
Call: 204-471-6666
Office: 204-467-8663
Toll Free: 1-877-767-6004

Ritchie & Perron PLUMBING HEATING LTD.
ritchie_perron@live.ca
Stonewall, MB
Red Seal Certified
Certified gas fitter
Residential/Commercial
Ryan 230-4674 Trevor 232-6263

Rockwood Landscaping & Tree Service
*Complete Landscaping
*Barkman Concrete Products
*Concrete Breaking
*Aerial Tree Pruning & Removal
*Chipping
*Stump Grinding
*Tree Planting
*24HR Storm Service
*Snow Removal
*Skid-Steer
*Excavator
*Compact Track Loader
*Bucket Truck
Manitoba Certified Arborist
467-7646
Free Estimates

Proudly Serving Stonewall, Warren & Surrounding Areas
COUNTRY TOWING
CAA MPI
countrytowing@mymts.net 204-990-4718

McLeod Mechanical Services
RESIDENTIAL & COMMERCIAL
Plumbing
Heating
Gas Fitting
Air Conditioning
Backflow Testing & Installations
Grosse Isle, MB 204-513-1154
mcleodmechanicalservices@highspeedcrow.ca

A King's Comfort Infloor Heating
A DIVISION OF MELAINE SERVICES INC.
All infloor heating built and maintained for:
Residential, Industrial, Workshops
Darryl Harrison
Mobile: (204) 461-4216
Email: darryl@akingscomfort.com
website: www.akingscomfort.com
FREE Quotes

Big Cards

Call 204-467-5836

**3 SEASONS
TENT RENTALS AND MORE**
Stonewall, MB
Dave 204-781-3307 Jenn 204-461-1045

**INTERLAKE
TOWING**



24 Hour Service
& MPIC Approved
204-278-3444

FULLHOUSE MOVERS

ALEX FOTTY
HOME: 204-467-2419
CELL: 204-461-2352
NOTHING BEATS A
FULLHOUSE MOVE



DARLENE BIBLOW
Truck Sales Associate

MACK

MACK SALES & SERVICES OF MANITOBA LTD.
www.biblow.com Cell 204-330-9504

FABRIC COVERED BUILDINGS

**DURA DOME
INC**

— Industrial • Ag • Residential —
204-292-8175 www.duradome.ca

stonewall
chiropractic
centre

Also:
Acupuncture • Custom Orthotics • Massage Therapy

Billing to Autopac,
Blue Cross, WCB **204-467-5523**

**GROSSE ISLE
CAR & TRUCK WASH**

Custom Order of
Cars & Trucks for Sale

3 Bay Car Wash
Call Bernie 513-0055 • Jim 513-0555

Odd Fellows Hall

- Weddings • Socials • Showers • Meetings
- Capacity 220 persons • Kitchen available

374 1st St. West
Stonewall
Del Phillips 204-791-0564
Text if possible
Hall 204-467-5556

**MAXWELL'S
PROFESSIONAL PAINTING**

COMMERCIAL/RESIDENTIAL

Cell: (204) 792-0675 or (204) 467-5008
Email: maxpro@mts.net
Box 275, Stonewall, MB R0C 2Z0

Ralph Tanchak..Artist - murals

- commission paintings
- art instruction
- caricature parties

phone: 204-461-0160
Colour-Splash Artist Ralph Tanchak

BOONSTRA FARMS

RV Sales
204-941-0228
204-467-8480 • www.boonstrafarms.com

Murray's
Painting
& Decorating

Mark Murray

Bus. 204-467-5242

Laura Novak
Aesthetically Yours

Esthetician @ Evolve Esthetics
3104-B Portage Ave
204-832-9633
Mobile Spray Tan Specialist
204-880-0703 • laura_anna_novak@yahoo.com

Electro
Wright

Derek Fotty
Ph. (204) 467-RITE(7483)
Fax. (204) 467-2000
Email. electrowright@mts.net

24 HR
Emergency
Services
Electrical Contractors

Balmoral Hall

Catering Available / Capacity 200
Anniversaries • Family Birthdays
Special Occasions
Contact Brenda 467-2730

**Vic's Autobody
& Towing**

CAA **24 Hr. Towing**
204-886-2972

**ROCKWOOD
MOTORSPORTS**

PARTS & ACCESSORIES FOR:
• ATVs • SNOWMOBILES • DIRT BIKES

www.rockwoodmoto.com
467-9222
4 Granite Ave. Stonewall

ISAGENIX

Weightloss • Energy & Performance • Healthy Aging

Allana Sawatzky
Independent Associate
isaallana@hotmail.com • www.isaproduct.com

**KEN'S
CARPENTRY**

Smaller Buildings Cottages Decks
Fences

Reasonable Prices **204-886-7467**

**WOODLANDS
HVAC**

Heating
Ventilation
Air conditioning
Commercial/Residential

CURTIS OLIVER
1.204.461.1678 • woodlandshvac@gmail.com

**SHERLOCK
TREE REMOVAL**

Pruning • Stump Grinding
Fully Insured - Claim Free
25 years Experience

Vince 861-0487
Darren 861-0028

**GRANTHAM
LAW OFFICES**

Lawyer & Notary Public

STONEWALL OFFICE:
#1-278 Main St., Stonewall 467-5527

**WALSH
ELECTRICAL SERVICES**

Residential & Commercial
Service Upgrades
FREE ESTIMATES
204-461-4217
walshservices@gmail.com

**Stonewall
Glass**

Res. & Comm. Windows • Doors & Garage Doors
Siding • Soffits • Fascia • Eavestroughs & Roofing
Sealed Units • Mirror • Shelving & Glass

2 Patterson Dr. 467-8929

PLUMBING

Commercial & Residential
New Installation & Service
Plumbing & In-Floor Heating
Water Softener Installations
Water Filtration/
Reverse Osmosis

RILEY PATTERSON
Journeyman Plumber
Cell 204-461-0035

Roof Express Ltd.

Complete Roofing Services
Licensed & Insured • Argyle, MB
Residential • Agricultural

204-774-2030
www.roofexpress.ca

Heating & Cooling • Refrigeration

REFRIGERATION • HEATING & COOLING

**COMMERCIAL
COMFORT INC.**

Residential & Commercial

Owner:
Jeff Meier
461-HEAT (4328) commercialcomfort16@gmail.com

ALICE ROOFING LTD

Complete Roofing Services
• Residential • Agricultural
Licensed and Insured

204-757-9092
www.aliceroofing.ca

Sudden Impact Construction

SINCE 1997

- Concrete Pads • Framing • Roofing
- Siding • Ag Buildings • Windows/Doors
- Skid Steer Services • Post Hole Drilling
- Custom Building - Homes, Decks, Garages

- FREE ESTIMATES - FULLY INSURED
TEULON, MB PH: 204-886-7743
suddenimpact@highspeedcrow.ca
www.suddenimpactconstruction.com

Mike Simcoe

**PERIMETER
DRILLING LTD.**

*Water Wells *Pressure Systems
* Repairs *Septic Systems

Phone: 204.632.6426
Email: pdl1@mymts.net

FREE CONSULTATIONS
Servicing the Community for Five Generations

Prairie Earthworks Ltd.

Excavator & Dozer
Services

Screened Topsoil
For Sale

204 **461-0815**

**INTERLAKE
EAVESTROUGHING
& SIDING INC.**

Siding, Eavestroughing, Soffit,
Fascia, Capping, Windows

Free Estimates • 781-0533
www.interlakeinc.ca

**You'll Be Glad
You Called Sure-Clad**

for your

siding • soffit • fascia • metal roof & wall sheets
windows & capping • continuous eavestroughing
roof top snow removal • spring gutter cleaning

Call 204-467-5109 • 204-467-5749 • Cell 204-461-0860
surecladconst@gmail.com

GOLIATH TECH

SCREW PILE SYSTEM
Strong. Durable. Precise.

The ELITE Screw Pile Solution
for Decks, Fences & Additions

MANITOBA@GOLIATHTECHPILES.COM
Kelvin or Rob TEL.: 204.461.4443
WWW.GOLIATHTECHPILES.COM

FAST & AFFORDABLE