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VOLUME 10 EDITION 35

# Stonewall Teulon Tribune

THURSDAY,  
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## Racing history



TRIBUNE PHOTO BY ROBERT E. WILSON

Woodlands' Brent Langrell drives his team in the Thoroughbred Chariot Race at the sixth annual Teulon Rodeo at Green Acres Park last weekend. Chariot racing, in the ancient world, was a popular form of contest between small, 2-wheeled vehicles drawn by 2, 4 or 6 horse teams. See more photos on page 23.

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



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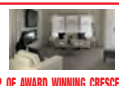
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# Annual coffeehouse brings in highest amount to date

By Jo-Anne Procter

The coffee was strong, as was the support and generosity of guests that attended the ninth annual Coffeehouse to End Cancer at Anderson's Hitch N Post on Aug. 21.

An all-time high of \$22,403 was raised at the event with donations still rolling in. That amount will be added to the over \$110,000 that has been raised to date.

Nine years ago when event founder Paige Procter started the coffeehouse, her thought was to take everyone's mind off cancer, think of positive things, listen to some great local entertainment, eat some homemade dainties — all while raising funds for CancerCare Manitoba to help find a cure.

However, the reality is, it is not always positive.

"Even though sometimes life does suck, we can take an evening like tonight where everyone can come together and celebrate good things that are happening through the research that CancerCare Manitoba is doing through the funds that we are generating here tonight," Procter said as she welcomed everyone.

Sherelle Kwan, community events manager for CancerCare Manitoba Foundation, attended the event and expressed gratitude to Procter and her group of volunteers.

"We are incredibly grateful to Paige, her family, her volunteers,

her sponsors, to all of you for being here tonight," she said. "Paige, you are the definition of taking your passion and giving it a purpose."

Kwan explained that attending and donating to the coffeehouse everyone is making a difference for all Manitobans touched by cancer.

"Your donations help in various ways," she said. "You are helping put people on clinical trials, getting them early access to medications that will potentially save their lives. You are helping patients and families have access to support and services as they navigate their journey with a cancer diagnosis."

Funds raised are used for groundbreaking research.

"Local research and clinical trials are critical and it is funds from events like Coffeehouse to End Cancer that help develop, recruit and retain the best and greatest team, who in turn provides the most leading edge treatment to Manitobans living with cancer," Kwan said.

Guests were treated to eight short musical performances while they enjoyed homemade dainties and beverages.

Special guest this year was self-published author Ryan MacFayden, who wrote *My Magical Moon*, a book of comfort for his friend Marlo Jurkowski, cousin to Procter.

Jurkowski, a 40-year-old mother of two, was diagnosed with aggressive breast cancer after taking a fall on some ice in March 2018.

MacFayden and a group of friends wanted to do something special for Jurkowski and the book came to fruition. It is meant to be a fun read for younger kids, or adults can read it and relate it to their own situation.

Jurkowski's children Quinn and Emmitt joined MacFayden on stage to read the book to those in attendance.

Currently, Jurkowski is on a break from radiation therapy. Her oncologist is happy with how things are going, and she is taking things one day at a time.

Funds were raised at the coffeehouse through donations, variety auction sales, a photo booth as well as donations from other vendors that were in attendance. Performing duo Dantes Lion brought in the most pledges, earning them a \$1,500 recording package donated through L.A. Studio Productions.

Procter thanked everyone for their generous donations of time, money, sponsorship,

**"EVEN THOUGH SOMETIMES LIFE DOES SUCK... EVERYONE CAN COME TOGETHER AND CELEBRATE GOOD THINGS."**



TRIBUNE PHOTOS BY JO-ANNE PROCTER  
My Magical Moon author Ryan MacFayden read his book with the help of Quinn and Emmitt Jurkowski at the 9th annual Coffeehouse to End Cancer on Aug. 21.



Left to right, Coffeehouse to End Cancer founder Paige Procter and volunteers Toni deLaroque, Brett Lawrence and Liz Codville.

prizes and baking that complement the annual fundraising event.

Donations can still be made until Nov. 1. As of press time, Procter had donated \$23,307 to CancerCare MB Foundation. To make a donation to support the Coffeehouse to End Cancer, log on to [www.cancercarembfoundation.ca](http://www.cancercarembfoundation.ca), click "Donate Now" and type in event "Coffeehouse to End Cancer."

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# RM of Woodlands proposes a number of reduced speed limits

By Evan Matthews

The Woodlands RM is working to control the speed limits in all of its urban population centres, but when exactly they'll gain that control remains to be seen.

On Thursday Aug. 22, the Woodlands RM hosted an open house to explain what is being proposed and why, in addition to hearing public concerns.

Less than 10 people attended the open house at the Warren Memorial Hall, according to CAO Adam Turner.

### Why make changes?

Back in March 2019, the provincial government introduced the Traffic

and Transportation Modernization Act.

Part of the act and its revised regulations give municipalities "a fair say" by giving local traffic authorities — including municipal councils — control over traffic by setting speed limits on municipal roads.

The new provincial act applies updated "blanket" rules and regulations — rules like 50 kilometres per hour in residential areas unless otherwise posted — to municipal roads, Turner said, but not all urban centres are included in the new legislation.

With the RM of Woodlands being made up of six communities, Turner

said the change in legislation was a good chance to review the RM's speed limits and have communities the province may have missed added to the provincial changes.

The Erinview, Twin Lakes Beach and Lake Francis townsites, for example, were not inately included as part of the new provincial changes, so Turner said the RM is applying to the province to have them included.

"Instead of making an RM bylaw, we're asking the province to include these two communities in its new regulations," said Turner.

"Right now, there is no posted (speed limit) in any of them. They aren't listed anywhere."

If the Woodlands municipality is ever asked to look at a road just outside of Erinview or Lake Francis for speed limit reduction, the fact that the RM proactively added the two urban locations to the provincial changes would also allow the RM to make requested changes to the road, if deemed neces-

sary, according to Turner.

The communities of Warren, Woodlands and Marquette were all originally included in the new legislation.

There is no definite timeline as to when the RM will know if the two communities will be included.

### What about Twin Lake Beaches?

One other requested change is happening at Twin Lake Beaches, according to Turner.

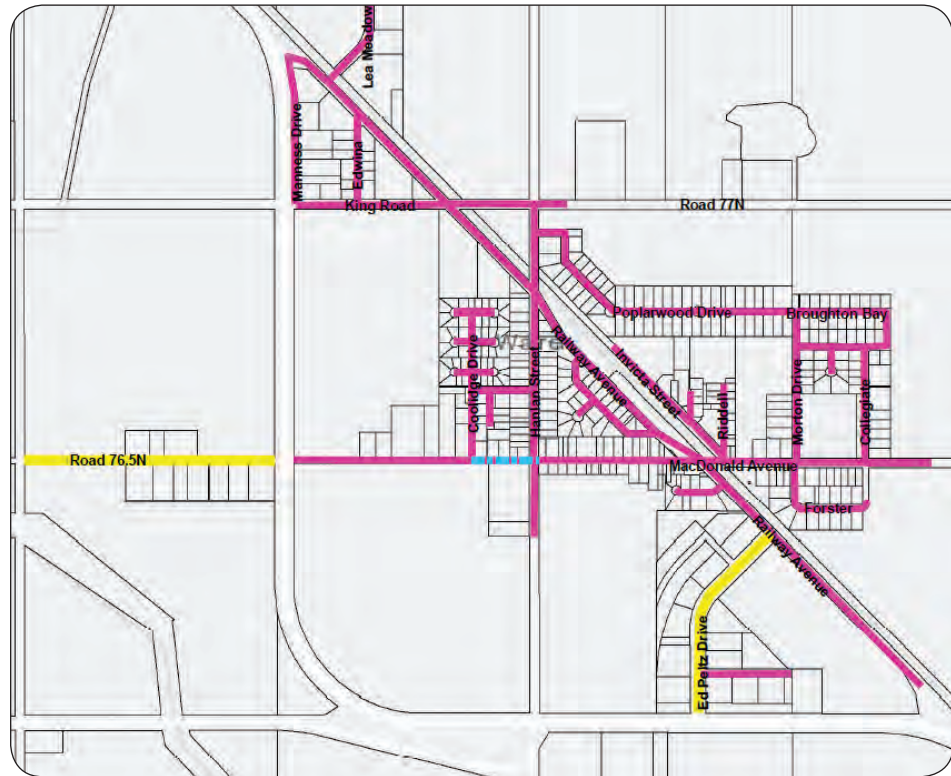
Several years ago, a new development caused the roadway to be extended.

The speed limit on the original section of road was always 50 kilometres per hour,

Turner said, but there hadn't been any legislation or bylaws passed to reduce the speed on the new section.

"We're extending the speed limit of the original section as part of these changes," said Turner. "It's just a bit of tidying up."

**"RIGHT NOW THERE IS NO POSTED (SPEED LIMIT) IN ANY OF THEM. THEY AREN'T LISTED ANYWHERE."**



TRIBUNE PHOTOS SUBMITTED

The RM of Woodlands is proposing a reduced school zone speed of 30 km/hr for Warren, above, and Woodlands, below. The blue line represents 30 km/hr; pink, 50 km/hr; and yellow, 70 km/hr.



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# CIB Yard of the Week



TRIBUNE PHOTO BY JO-ANNE PROCTER

The last CIB Yard of the Week for 2019 was awarded to The Schneider family at 74 Stoneridge Dr. Odette and Dave — with the help of their children Matthew, Amber and Ashley (pictured with Odette and Dave) — keep the yard manicured for great curb appeal. The front flowerbed is currently bursting with colour as the zinnias are in full bloom. Mixed in are geraniums, marigolds, blue spruce, hydrangeas, potentilla, sedum and dogwood. Tall cedars can be seen on the west wall of the house.

# Coffee with a Cop



TRIBUNE PHOTO BY STEPHANIE DUNCAN

RCMP Const. Paul Human, left, stopped in at Tim Horton's in Stonewall last Wednesday to have coffee with locals Henry Hiebert, Don MacDonald and Mel Sine.

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call 204-292-2128 or go to [relayforlife.ca](http://relayforlife.ca)

## The Liliane Baron - South Interlake Breast Cancer Support Group

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**October is Breast Cancer Awareness Month  
Together We'll Help Find a Cure!**



# Local riders trekking for a good cause



**TRIBUNE PHOTOS SUBMITTED**  
Grace Stewart will ride Echo for cancer fundraiser.



Jacob Stewart will be riding Faith to The Kiln in honour of his grandma.



Madison Gagne will be riding for her friend that she lost recently.



Renee Bourque will be riding Tony in memory of her dad Gilles.

By Jennifer McFee

Four young horseback riders are embarking on a 13-mile fundraising ride next week.

On Sept. 7, the four RW Ridgeway Ranch students — Grace Stewart, Jacob Stewart, Madison Gagne and Renee Bourque — will depart from the Ranch, located on Road 87 North near Balmoral. Along with their teacher Jaime Margetts, they'll make their way to The Kiln, with plans to arrive around noon.

The goal of the event is to raise funds for CancerCare Manitoba with a specific focus on pediatric cancer.

Margetts explained that the students participated in the ride last year, but this is the first time they'll be raising funds for charity. The students brainstormed on what charity they'd like to support, and they soon agreed on CancerCare.

They each decided to collect at least \$100 in pledges, with a goal of raising as much money as possible.

For Jacob, the cause is close to his heart. Although he only started riding seven months ago, he has worked hard to prepare for the upcoming ride.

"My grandma had cancer and my grandma beat cancer so I wanted to do it for her," said Jacob, who recently turned 12.

His family also has a friend whose child had cancer, which makes it hit home for Jacob. At school last year, he and a friend made bracelets to sell as a fundraiser for CancerCare. His teacher and other students got involved, raising an impressive \$500.

For Renee, she has a very personal reason to get involved since she lost her dad to cancer earlier this year. While he was receiving care, he often came home with sad stories about all the kids waiting for treatment. Renee, who has been riding for seven years, hopes that kids with cancer will not only be cared for but cured as well.

Grace, who has been riding for three years, hopes to help people get better

from cancer so that they can do the things that they love.

Madison has also been riding for three years. She strives to be a part of helping find a cure for cancer, especially since she recently lost a friend to the disease.

"I'm very proud of all my students partaking in this event," Margetts said.

"It's a great cause worth supporting."

If anyone would like to make a donation towards this fundraiser, they can drop off a pledge at Korner Kuts, located at 364 Main St. in Stonewall, or contact Jaime Margetts at 204-513-1035. Donations of \$15 or more can receive a tax receipt from the Cancer-Care Manitoba Foundation.

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## NFL all out of Luck

By Evan Matthews

The sports world stopped for just a few minutes on Saturday night when Indianapolis Colts superstar quarterback Andrew Luck abruptly retired.

Players retire all the time, so what makes this big news?

Luck is 29 years old. For context, other great National Football League quarterbacks like the New England Patriots' Tom Brady is 42 or the New Orleans Saints' Drew Brees is 40.

Luck made his decision to leave the game and the team he loves because, simply, he felt he had to.

Football's extremely rough nature had put Luck in what he called a "cycle of injury, pain and then rehab," and he called the cycle "unceasing and unrelenting."

Over six NFL seasons — it should be seven, but Luck missed all of the 2017 season due to injury — the Colts' quarterback sustained a plethora of injuries.

Luck's injuries included torn cartilage in two of his ribs, a partially torn abdomen, a lacerated kidney (which left him peeing blood), at least one concussion, a torn labrum in his

throwing shoulder and, most recently, this season's calf and/or ankle issue.

While Luck choked back tears during his retirement speech, as he made the most significant change in his life to date, the sports world immediately shifted its focus.

How will Luck's retirement impact Fantasy Football teams? Will Andrew Luck make the NFL's Hall of Fame? How will the Indianapolis Colts fair without Luck?

Many Colts' fans slammed Luck for his decision to "abandon his teammates" and to leave the team without its best player. At the Colts' preseason game, fans went so far as to "boo" Luck off the field.

"I'll be honest, that really hurt," Luck said to media after the game.

Without going into the specifics, if you read Luck's career stat lines, he was on pace to be one of the greatest quarterbacks of all time.

Though he never brought a Superbowl to Indianapolis, he did a fantastic job creating a culture of winning for the team.

All of this to say, none of the specifics matter. Andrew Luck is a human be-

ing first and an athlete second.

Luck did what he had to do, what he thought was right, for himself.

"The injuries have taken my joy of this game away. I've been stuck in this process, haven't been able to live the life I want to live," Luck told reporters.

"This is the hardest decision of my life, but it is the right decision for me."

How often has anyone heard a public figure, in any platform — whether it be politics, sports, acting or singing — be so candid and honest.

In a time when most football conversations centre on brain injuries (and CTE), we have a man who has made the choice to get out with a full life in front of him. He made \$95 million over seven years, and he wants to enjoy his life.

The lesson we can all take away from Andrew Luck is that no matter how many millions of people idolize you, no matter how many millions of dollars are to be made, no matter what, you only get one life.

What you do with it is up to you.

## letter to the editor

Letters to the Editor:  
letters@stonewallteulontribune.ca

### A bouquet to the Quarry Days Festival committee and volunteers

During the weekend of Aug. 16 to 18 the Town of Stonewall hosted the 35th Annual Quarry Days Festival. The event was a tremendous success bringing thousands of people to our community to experience Stonewall hospitality.

To the Quarry Days Committee and the numerous volunteers providing countless hours in preparation for and during the event, you should be very proud of what you have accomplished. Because of your efforts, Quarry Days has become the signa-

ture event of the community.

On behalf of council and the residents of Stonewall, I would like to extend my gratitude to everyone involved in Quarry Days. Congratulations on a job well done! It is because of your efforts that Quarry Days 2019 was truly a success; and now onto Quarry Days 2020.

- Mayor Clive Hinds  
Town of Stonewall

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# getinformed

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## Lifting people out of poverty: The Manitoba Liberals plan for jobs and fair incomes

Submitted by Manitoba Liberals

Manitoba Liberal Leader Dougald Lamont announced a major plank in his party's platform to end decades of neglect and inaction on poverty in Manitoba under the PCs and NDP alike with a series of measures designed to ensure all Manitobans receive a livable income by 2024.

For many years, Manitoba has had some of the deepest poverty in Canada and the number of people on welfare has been rising steadily since 2008 to an all-time high of over 71,000 people. Twenty per cent of Manitobans have not seen an increase in their incomes in 40 years.

Many basic income supports have

not increased since 1993, when Brian Pallister voted to roll them to 1986 levels. Under the PCs and NDP alike, the social housing allowance stayed frozen at \$285 a month for over 20 years. Lamont said the Employment and Income Assistance (EIA) system in Manitoba is sadistic and ineffective because it seeks to punish people out of being poor, whether they are young, old, have children or are disabled.

"This is a province with enormous opportunities and resources and there is no need for anyone to be living in poverty when there is so much work to be done," said Lamont. "We have an

opportunity and an obligation to end poverty in Manitoba and to provide people with tools and opportunities to lift themselves up."

In addition to reforming EIA, Manitoba Liberals will introduce three complementary programs to help lift people out of poverty that provides individuals with choice as well as job opportunities:

- A minimum basic income based on a "negative income tax" model, that tops up income
- Raising minimum wage to \$15 within two years of being elected
- A voluntary "Manitoba Works for Good" jobs program that would pay

individuals who find themselves out of work with to do jobs in the public interest, as an alternative to EIA or basic income.

Liberals say there is abundant evidence showing that these measures will not just hugely improve lives, but benefit the economy.

"It's time to put an end to the failed 40-year experiment in trickle-down economics that both the NDP and PCs have pursued and invest in grassroots economic growth," said Lamont. "We're all better off when we're all better off, and this plan gives people dignity and opportunity they have been denied for years."

## Manitoba PC party shines spotlight on growing film industry with \$25m

Submitted by Manitoba PC

A re-elected Progressive Conservative government will increase investments in the Manitoba Film and Video Production Tax Credit by \$25 million over the next four years.

"Our film industry puts a spotlight on our province, and this commitment shines the light right back," Pallister said. "We maintained our investment in this surging industry because it's proven to create jobs and drive economic growth. Now we'll move it forward by growing that investment even more."

Expansion of the tax credit will encourage more post-production work

— things like computer-generated imagery, video editing, special effects — and infrastructure investments, so companies producing everything from big-budget movies to award-winning documentaries will have even more reasons to do business in Manitoba.

Industry analysis estimated the Manitoba Film and Video Production Tax Credit generates upwards of \$90 million in tax revenue annually. The industry also creates jobs and drives economic growth with an estimated five-year GDP impact of nearly half a billion dollars.

"In addition, our government will

invest an additional \$1.5 million in training and education for film crews and industry workers over the next five years," said Pallister. "Through partnership with our post-secondary institutions, we'll continue to develop our local workforce — already approaching 2,000 skilled workers — and keep growing Manitoba's film industry."

Production in Manitoba more than doubled its annual investment in the last decade, hitting approximately \$200 million last year alone.

The reach of new investment in the tax credit and training goes beyond job creation and investment attrac-

tion. In 2017-18, production took place right across Manitoba, giving exposure to Winnipeg, Selkirk, St. Andrews and 45 rural and northern communities. Film production is a full-time industry in Manitoba now, as production trucks and filming locations are continually active across the province.

"Setting the stage for this industry's success puts our beautiful province centre stage, creates jobs, and drives economic growth. It's a win-win-win," said Pallister.

## Kinew would improve women's health care after Pallister's cuts

Submitted by NDP

As part of his key commitment to fixing Brian Pallister's health crisis, Wab Kinew would give more expectant moms access to midwives, restore the lactation consultant services cut by Pallister, and fund free universal access to menstrual products in all schools in Manitoba.

Research shows that nearly one in seven Canadian girls have missed school or left early because they did not have access to menstrual products. An NDP government would require all schools to install dispensing machines in washrooms in order to provide free menstrual products and would fund the cost of purchasing and operating the machines.

Manitoba's NDP would also hire six

more midwives in the first year and restore the lactation consultant programs at Winnipeg hospitals that Pallister cut.

"As Manitobans are painfully aware, Brian Pallister's health-care cuts have thrown the system into chaos," said Kinew. "Those cuts included cuts to women's health care. We will undo the damage he has caused to the system. And we are not just reversing the cuts but making improvements. No student should have to miss a day of school because of lack of access to menstrual products. We are proud to say we would not let that happen any more."

This summer the media reported that 10 of the 12 midwives who graduated in Manitoba this year could not

get jobs as midwives because Pallister refuses to hire more midwives — even though the demand for midwives exceeds the services available, especially in rural and northern communities. And the evidence is overwhelming that midwife services are low-risk, efficient, and in some ways — such as postpartum supports — can be even better for some women than clinical alternatives.

"When I gave birth to my first child, I struggled to breastfeed. No one had told me what that would be like and I felt very alone," said Amalia Zurzolo.

"I was referred to a lactation consultant who was able to diagnose what the public health nurse hadn't been able to understand. The experience was incredibly validating and encour-

aging during an overwhelming and difficult time. With the help of a lactation consultant, I was able to continue breastfeeding my baby."

"Pallister's choice to cut lactation consultants was narrow-minded. He promised not to cut front-line services, but that is as front-line as you can get," said NDP candidate Lisa Naylor.

"I think offering universal access to free menstrual products is a great idea," said high school student Courtney Tosh. "It will normalize menstruation and make it more accepted."

These commitments are included in the Manitoba NDP's fully costed platform. Total cost of the three commitments when fully implemented is budgeted at \$1.2 million annually.



# getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG > NORRIS LAKE

> Fish tales?

Call Arnie Weidl at 204-641-2210  
sanarn@mymts.net



## Fishing blessed with a little luck

Hi folks.

One of the most satisfying fall rituals I have is collecting the apples each morning that have fallen from my trees. That and the changing of the colours of the trees leaves alerts me to the eventual coming of invigorating winter fishing days once more. Though an enjoyable afternoon of catching fish from an ice hole in your shack might be many weeks away, our sister angler Belinda Vinette gave me such a great winter story for us last week I felt I had to pass it along.

It was a sunny, not-too-cold afternoon a few winters ago as Belinda, her husband Darren, brother Drew and his wife Brenda sat in their ice shack fishing on the Netley Creek by Petersfield. The sun streamed through the small windows, brightening the already white walls. Their heater filled the shelter with warmth. The floor, which was mostly ice, had melted to the point that shadows of swimming fish could be seen.

"Oh my gosh!" Belinda cried out as she saw a long, dark shadow slowly glide under the ice from one end of the shack to the other. Just as it was about to disappear, it turned and the line on Belinda's short rod took a nosedive into the water. She fell from her chair to one knee, desperately holding onto her rod that was being pulled away with frightening force. She was almost face to face with the screen of their underwater camera where she could see mud being churned up by

a monster jackfish. Its pointed green teeth-filled mouth struck the camera as it swept from side to side trying to rid itself of Belinda's hook.

Quickly she regained her chair and let line out as the fish ran. When it stopped, she reeled in slowly. Three times it ran and three times Belinda reeled it in, coming to rest by her ice hole. Drew was ready and plunged his hand down into the hole's icy water, grabbing the fish by its gill. He got lucky; the whole head of the jack cleared the hole in one pull. After hand-over-hand yanking on its slimy sides, the jack finally lay across the ice floor of the shack. They took pictures of the fish then quickly released it.

Belinda and her gang aren't the only ones who like to use electronics when fishing or who are blessed with a little luck. Last week I met Guy Proulx and his buddy Charlie Reuther who had just come off the lake after boat fishing in the Lake Winnipeg south basin. It seems they were cruising a kilometre off the west shore. Guy, watching his fish finder, suddenly shouted at Chuck, "Stop! The bottom's structure's rough and full of fish!" They anchored and cast out. Immediately they began hauling in small walleye and throwing them back.

Then suddenly the fish stopped biting. The guys relaxed, waiting. Then again, Guy checking the finder's display and shouted, "Wow! There's something big down there."

As he said it, Chuck got a vicious

strike that bent his rod, smacking it on the gunwale of the boat. He braced his feet against the side of the boat and started hauling up. As he brought the fish to the side of the boat, the long green back of a metre-long jack broke cover. They landed it, flopping into the boat, as Guy noticed renewed movement on his finder.

"There are all kinds of fish under us again!" he exclaimed.

"Guess what?" Charlie shouted, "Now the jack's gone. Our luck will change."

I got a picture of Guy's catch. It looks pretty lucky to me!

Late last week, I met Shane Gosnell, a thin chap with brown hair, a grey moustache and a sense of humour about his sometimes absent luck. He told of a time when he and wife were young. She and the rest of the family left him fishing on the Red River to go play in the Selkirk Park. That would have been fine except they also left him with their six-month-old baby.

There he sat, his fishing rod between his bare feet, holding the baby with one arm and a sandwich in the other hand. Without warning, he caught a big cat that just kept rolling on top of the water, slowly dragging his rod into the river! He tried as best he could to hold his rod with his bare feet while screaming for the family to come help. They didn't! He lost the fish with the rod to the river and his sandwich to the riverbank mud.

His luck was also absent a few years



TRIBUNE PHOTO BY ARNIE WEIDL  
Guy Proulx of Matlock with his great catch from the Lake Winnipeg south basin.

later when fishing with family on the Red and got his hook caught in the branch of a huge tree that hung over the river. He climbed up the branch upside-down to claim his hook and lost his grip. As he fell toward the water, his son said to his grandfather, "I guess we're going to be fishing for 'dads' today!"

Till next week. Bye for now, friends.

## From the files of Rockwood's reeve

Submitted by Reeve Wes Taplin

Hi everyone. This is the first installment of the Rockwood Files.

Since being elected in October 2018, I've been taking time to be brought up to speed with what is going on in the Rockwood municipality. I have now had time to get a feeling for everyone's personalities on council and staff and it has made my job much easier. During the past 10 months, we have dealt with public hearings, involving rezoning and re-designation of quarries, dairy expansions and subdivisions in co-operation with the South Interlake

Planning District.

One of the major focuses going forward is the development of the Stony Mountain industrial park. Since the new wastewater treatment plant and lagoon expansion in Stony Mountain has been completed, we can now look forward to expanding the industrial park and also residential development in that area. We all know that you need to have growth to add to the tax base and with this as one of our main focuses, to promote industry, which in turn will attract residential growth.

The RM of Rockwood is partners with three municipalities involving recreation. In turn, we have hired recreation director Laine Wilson, who has been doing a phenomenal job.

As reeve, along with all my co-council, I believe that we have done our best to address issues brought forward to us promptly and with the idea of those decisions being what is best for Rockwood as a whole.

I would like to take this opportunity to thank all of the staff and councillors for the tremendous work they put into this municipality.



Wes Taplin



# A final reflection on reporting in the Interlake



Gabrielle Piche

By Gabrielle Piche

Nervous — that was the first thing I felt last February when I got hired for a summertime reporting position at the *Stonewall Teulon Tribune*.

I'd never been a full-time reporter before, and I was unfamiliar with the Interlake area. Naturally, I was unsure how I would fare at my new job.

Thanks to the people I've met in the Interlake, my past four months at the *Stonewall Teulon Tribune*, the *Selkirk Record* and the *Express Weekly News* have been incredible.

I've met countless numbers of people who are kind, compassionate and open to sharing their stories. There are so many fascinating individuals in the Interlake.

I was struck by the sense of community some areas of the Interlake display. People devote hundreds of hours to volunteering in their community — and the work shows.

I saw community pride in the town parades I attended, where locals drove floats down their Main Streets or cheered from the sidelines. I saw community pride in local events run by volunteers or organizations, whether it was a new garden opening or an annual festival.

I never ran out of story ideas because there was always something going on.

The staff at the *Tribune* and the *Record* were a huge help to me this summer. They gave useful feedback and showed immense patience as I stumbled through stories.

I felt appreciated and encouraged by the feedback I received from readers too.

I'll begin my final year of schooling at Red River College soon, but I won't forget the lessons I've learned and the memories I've gained from my time in the Interlake.

Thank you to the Interlake residents who have shared their stories with me this summer.

Take care of details so they don't have to. **Just ask Ken.**

**KEN LOEHMER**  
FUNERAL SERVICES

55 Main St, Teulon Call 204-886-0404 or visit [www.klfuneralservices.ca](http://www.klfuneralservices.ca)

# VOTE IN ADVANCE

YOUR VISION OF MANITOBA SHOULD INCLUDE YOU.

## Advance Voting, August 29 to September 5

Election day is September 10, but you can vote at any advance location in Manitoba.

### All returning office locations open Aug. 29-Sept. 5. Hours:

8:00 am to 8:00 pm Monday to Saturday

Noon to 6:00 pm Sunday

Some exceptions apply. Visit [electionsmb.ca](http://electionsmb.ca) to confirm hours near you.

### Everyone needs ID to vote, either:

- one piece of government-issued photo ID, like a driver's licence, or
- two other pieces of ID, like a health card, bank card, utility bill

### Advance voting places in your area:

#### INTERLAKE-GIMLI

##### Returning Office

17B North Colonization Rd, Gimli

##### Additional location(s):

Sept. 4

Aug. 31, Sept. 5

Sept. 2

Sept. 4

Sept. 2

Sept. 2

Sept. 5

Aug. 30

Aug. 29

Aug. 30

Sept. 3

Sept. 1

All Saints Anglican Church, 1 Railway St, Matlock

Ashern Centennial Hall, 1 Hwy 325, Ashern

Eriksdale Memorial Community Centre, 22 Railway Ave, Eriksdale

Faulkner Senior Centre, Faulkner Rd, Faulkner

Inwood Memorial Hall, Hwy 17, Inwood

Mary Thorarinson Estates, 341 Ingolfs St, Arborg

Narrows West Sunset Lodge, Hwy 68, Oakview

Riverton Community Hall, 175 Riverton Ave, Riverton

Royal Canadian Legion - Lunder, 50 3rd Ave, Lunder

St. Laurent Recreation Centre, Hwy 6, St. Laurent

St. Martin Community Hall, 9 Martin St, St Martin

Ukrainian National Home of Fisher Branch, 33 Provencher St, Fisher Branch

#### LAKESIDE

##### Returning Office

500 Main St, Stonewall

##### Additional location(s):

Aug. 29

Aug. 30

Sept. 4

Elie Community Club, 23 Main St E, Elie

Stony Mountain Community Centre, 117 School Rd, Stony Mountain

Teulon Rockwood Centennial Centre, 14 Main St, Teulon

#### MCPHILLIPS

##### Returning Office

1375 McPhillips St, Winnipeg

##### Additional location(s):

Aug. 29-Sept. 1, Sept. 3-5

Sept. 3-5

Garden City Shopping Centre, 2305 McPhillips St, Winnipeg

Sunova Centre, 48 Holland Rd, West St. Paul

#### ROBLIN

##### Returning Office

6650 Roblin Blvd, Winnipeg

##### Additional location(s):

Aug. 29-Sept. 5

Aug. 29-Sept. 5

Gloria Dei Lutheran Church, 637 Buckingham Rd, Winnipeg

Headingley Community Centre, 5353 Portage Ave, Headingley

### To find advance locations in other areas of Manitoba:

Call: 204-945-3225

Toll-free: 1-866-628-6837

Email: [election@elections.mb.ca](mailto:election@elections.mb.ca)

Visit: [electionsmb.ca](http://electionsmb.ca)



Elections Manitoba



# Farmers react and adapt to hot and dry conditions

By Kaitlin Vitt

Low precipitation and high heat this spring and summer are taking a toll on Manitoba crops.

"If you could order rain, that would be perfect," said Pete Skrabek, who farms land in the Teulon area.

Since a wave of a magic wand isn't an option, farmers must get creative in other ways, like using new farming technology — for example, special applicators used in tillage that slice into the ground and result in less moisture loss compared to other methods.

"You can tell the difference between the fields that have the newer tech and those that don't," Skrabek said. "These tough years kind of squeeze out people who aren't to the day with the best technology."

Today's farming tools can more easily adapt to demands of the land compared to the past when equipment was purpose built. But it's not completely up to fancy tools — you still have to know and understand your soil and how various nutrients affect it. This year's dry weather has led to fertilizer burn — when fertilizer builds up since it's not "flushed"

through the land by rain, resulting in damage to crops — and "dirty fields," or fields scattered with weeds.

Weeds, like other plants, have pores called stomata that are used for gas exchange. When it is hot and dry outside, the weeds close their pores to seal themselves so they don't lose internal moisture, Skrabek explains. This makes weeds difficult to kill, since the pores are closed and the weed is not taking in the herbicide.

Insects have also been a problem — dry conditions means crops grow slowly, making the plants more susceptible to pests.

Ultimately, reduced rain means reduced yield. So how will this affect consumers?

It won't, or at least not directly — consumers are sheltered from producers because of processors, Skrabek said. Plus, Canada is export driven, meaning lots of product is shipped to other nations. Skrabek said he thinks if there were more "farm-to-table" initiatives, then the challenges farmers face would be more obvious to consumers.

But those in the cattle industry are



TRIBUNE PHOTO BY LANA MEIER

The unusually hot dry weather has resulted in fields scattered with weeds.

directly seeing the effects and are turning to grain farmers for help.

"Many beef producers have been hard hit by back-to-back dry conditions that have led to diminished pasture and forage yields and depleted their hay and straw reserves," said Tom Teichroeb, Manitoba Beef Producers president, in a news release. "Faced with these conditions, they are

looking to source both traditional and alternative sources of feed and bedding. We are encouraging producers with these kinds of resources available to consider listing them for sale."

A fact sheet on the Keystone Agricultural Producers of Manitoba website lists resources where cattle farmers can find hay, straw and alternative feed.

## Welcome to the Team!

### New veterinarian joins Selkirk Veterinary Services

Dr. Klug, Dr. Munro and the rest of the staff at Selkirk Veterinary Services (SVS) are pleased to welcome Dr. Heather Sparkes to their team.

Dr. Sparkes graduated from the program at the Western College of Veterinary Medicine in Saskatchewan after spending three years as an agriculture student in Winnipeg. Her interest in veterinary medicine stemmed from growing up on a small beef farm and her love for all animals.

Originally from Arborg, Dr. Sparkes started practicing in Regina, SK, before moving closer to her family and choosing Selkirk as her new place to practice veterinary medicine. While in Regina, Dr. Sparkes practiced at the Animal Clinic of Regina where she gained hands on experience dealing with emergency cases. When asked what she is looking forward to living and working in the Selkirk area, Dr. Sparkes replied, "Being in a small town again, no traffic, being close to my family and going for hikes. It's nice to walk around and enjoy the feeling of Selkirk." In the past month Dr. Sparkes has settled nicely into Selkirk with her family. Along with her husband and one year old baby girl named Madison, the couple also has a little a little Shi-Tzu fur baby named Aussie.

Going forward and growing her practice, Dr. Sparkes is hoping to gain dental and ultrasound experience. She chose to work at SVS along with Dr. Klug, who specializes in dentistry and surgery, hoping to learn from her professional experience. When asked what her best advice to pet owners is when it comes to taking care of dogs, Dr. Sparkes says prevention is the best medicine. Ensuring that puppies receive their 8 week vaccinations and then continuing to vaccinate at the proper ages would be foremost. Tick and heartworm prevention are also a necessity in Manitoba.

SVS also has several kittens available for adoption. Pictured in the top right is Dr. Sparkes with Hector, the most gentle, happy kitty who just recently underwent hernia surgery. For more information about their lovable adoptable cats please contact the clinic.

Selkirk Veterinary Services is located at 6 Wersch St. in Selkirk. To book an appointment, call 204-482-5720. Dr. Klug, Dr. Munro and Dr. Sparkes look forward to helping all your beloved, furry friends.



Dr. Heather Sparkes

Stonewall Odd Fellows Lodge #49

## Charity Golf Tournament

**SEPTEMBER 9, 2019**  
**Whispering Winds**  
**Warren Golf Course**

To Support:

**Stonewall Youth Drop In Centre;**  
**South Interlake Food Bank;**  
**Christmas Cheer Board**  
**& Community Living Interlake**

**1:00 pm Start Time**  
**Shot gun start**

**Dinner at the "Odd Fellows Hall"**  
**in Stonewall**

**\$100/golfer** includes Green fees, Cart & Supper  
Team entries accepted, Partial Tax Receipt

**Deadline for Registration**  
**September 2, 2019**

Contacts:

Jimm Simon Ph. 204-467-9169  
jimms@aclinterlake.ca

Doug Livingston Ph. 204-467-2690  
dwliving@mts.net



**Book Your Tribune**  
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## Clarification

Staff

In the article "Balmoral Memorial Garden officially opens to the public" published in the Aug. 22 of the *Stonewall Teulon Tribune*, it states that there is a small balance left over from the grants the committee received.

However, there were no grants received as the entire Balmoral Memorial Garden was built with private donations. The only money donated not from an individual/family was received from the South Interlake Garden Club.

**STARTING**  
**BLOCKS**

**Welcome Back Barbecue**  
**and**  
**Annual General Meeting**  
**Sept 5, 2019**

**510 3rd Street West**

All parents and children are welcomed to attend AGM meeting to follow after the Barbecue  
For more information please call Brenda at 467-5522



# Right to Refuse Campaign now underway

By Jennifer McFee

As election time approaches, a Stonewall resident is hoping to catch the attention of politicians with his Right to Refuse Campaign.

Trent Brownlee launched the campaign in mid-August with a mission to “enshrine legal protections for servers who do not wish to serve alcohol to pregnant women.”

It all began while Brownlee was pursuing his Smart Choices certification in preparation for finding a service job.

“There’s a slide as part of one of the modules that specifically mentions that it can be considered a form of discrimination if you are refusing to serve a pregnant woman alcohol because it’s a protected characteristic under the Manitoba Human Rights Code. I found that quite ridiculous so I decided to start talking to my MLA about what I could do about it,” he said.

“But before we could make much progress on that, an election was called so I figured it’s time to talk to everyone that I can who wants to be an MLA. In doing so, I’ve been reaching out to any campaigns that I can find contact information for to see if I can gather any support. So far, I have had positive overtures from candidates from each of the three major parties.”

As for members of the public, Brownlee says most of their responses have been positive.

“There are a few people who have had critical comments and I’ve tried to address their concerns,” he said.

“In general, though, most people who express negative

thoughts about it either have a misconception about what I’m trying to do or don’t believe me that this is what the law is because it does seem so ridiculous that a lot of people question whether it could possibly be true.”

To further garner support and encourage discussion, he launched a Facebook page called “Right to Refuse Campaign,” which about 90 people currently follow.

On Facebook, he further explained why he decided to start this campaign.

“I work with children in my field as an education major. I have seen first hand the devastating life-long effects on children of the consumption of liquor during pregnancy,” he wrote.

“I cannot in good conscience engage in an act that I know will harm a child, and yet under the Manitoba Human Rights Code



Trent Brownlee

Continued on page 12

## Will they catch you?



TRIBUNE PHOTO SUBMITTED

Stonewall RCMP Const. Paul Human ticketed Brayden and Kailyn Georgison of Stonewall for wearing their safety helmets while biking last week. For the month of August, members of Stonewall detachment have made it their goal to find as many youth doing safety violations as possible in the Stonewall/Teulon area — but they are looking for the good violations. Examples include youth wearing their safety helmets when biking, wearing their seat belts in vehicles or helping to make their communities safer. If officers locate youth doing good things, they will received a ticket—a ticket for a free drink from Stonewall Co-op Gas bar or Quarry View Esso in Stonewall.

## Inland Port Special Planning Area Under The Authority of The Planning Act

# Notice of Public Hearing

On the date and at the time and location shown below, a PUBLIC HEARING will be held to receive representations from any person(s) who wish to make them in respect to the following matters:

**To SUBDIVIDE one +/- 17.19 acre parcel  
from Part of SE ¼ 28-11-2 EPM in the  
RURAL MUNICIPALITY OF ROSSER**

### HEARING LOCATION:

Victoria Inn Hotel and  
Convention Centre  
1808 Wellington Avenue,  
Winnipeg

### DATE and TIME:

Tuesday, September 10,  
2019 at 6:30 p.m.

### GENERAL INTENT and PURPOSE:

To subdivide Part of the  
SE ¼ 28-11-2E  
in the RM of Rosser  
CentrePort lands  
to establish a general  
industrial use.

### AREA AFFECTED:

This subdivision shall apply  
to the area identified  
on the map appearing on  
the back of the Hearing Notice.

### FOR MORE INFORMATION CONTACT:

Kari Schulz, Planner  
Manitoba Municipal Relations  
Inland Port Special Planning Area  
604-800 Portage Avenue, Winnipeg, MB R3G 0N4  
Phone: 204-945-2146, Fax: 204-948-4042  
Email: inlandportspa@gov.mb.ca



A copy of the above proposal and supporting material may be inspected at the location noted above during normal office hours, Monday to Friday. Copies may be made and extracts taken therefrom, upon request. A description of the procedure to be followed at the hearing is also available at the location noted above.



# Stonewall council approves reduced speed school zones

## Stonewall council news in brief

By Jennifer McFee

A Stonewall business owner spoke to council last week about the impacts of the film industry on her workplace.

At the Aug. 21 meeting, Rachelle Mistelbacher, owner of Deals for Dollars, requested that council develop a formal policy about film work in town.

"I am losing money almost every time a film comes to town because they shut down the street and they shut down access to my store," she said.

"Some production companies are really good about it and others not so much."

She feels that it's the town's responsibility to take care of the business owners that pay taxes in Stonewall.

"I understand that there's a little bit of hype when a movie does come to town. Personally, I have the numbers to show that nobody's getting wealthy on them coming to town," she said.

"They don't stay in town. They don't eat in town outside of snacks, cigarettes and some gas because they have union caterers that they're obliged to

use."

CAO Wally Melnyk said that council is already looking at establishing a policy regarding film work, using Selkirk's policy as a template.

In other council news:

- Council passed second and third readings of its reduced speed school zones bylaw, with Coun. Walter Badger opposed. He said he would rather look at a speed plan for the whole town, adding that the problem near schools is congestion rather than speed. Reduced speeds of 30 kilometres per hour will be in effect Monday to Friday from September to June from 8 a.m. to 4 p.m. in areas surrounding Ecole RW Bobby Bend School, Ecole Stonewall Centennial School and Stonewall Collegiate Institute.

- Council also passed second and third readings of its reduced speed zone bylaw, and again Coun. Badger opposed. All year round, the speed limit will be 30 kilometres per hour on 3rd Street West from the intersection of 3rd Avenue South to the

intersection of 4th Avenue South. For more information, both speed bylaws are posted on the Town of Stonewall website at [www.stonewall.ca](http://www.stonewall.ca).

- Council passed second and third readings of a bylaw for a loan for John Q. Public Inc.

- Four-way stop signs will be installed at five intersections: 4th Avenue North and 2nd Street West, 3rd Avenue North and 2nd Avenue West, 3rd Avenue North and Main Street, 2nd Avenue North and Oakford Boulevard and Spruce Lane, and 7th Avenue West and 1st Street West.

- Council approved a request from homeowners who would like to connect their home to their garage.



TRIBUNE PHOTO BY JENNIFER MCFEE  
Rachelle Mistelbacher, owner of Deals for Dollars, would like to see the Town of Stonewall develop a formal policy for film work.

## Charity golf tournament scores big



TRIBUNE PHOTO BY TRACY HOLOD

The 15th Annual Ralph Eichler Charity Golf tournament held in June was a huge success, raising \$10,442.96 for South West Palliative Care and the Interlake Community Foundation. Lakeside MLA Ralph Eichler, middle, presented a cheque for \$5,221.48 to Sandra Smith (golf co-chair for South West District Palliative Care) and Jim Penner (golf co-chair for the Interlake Community Foundation). The organizers would like to thank the sponsors, donors, volunteers and golfers, and they look forward to next June.

## > RIGHT TO REFUSE, FROM PG. 11

there is a protection for discrimination based on pregnancy."

This protection is usually just and necessary, but the lack of an exemption for alcohol is causing a moral crisis for servers, he added.

"We need an exemption to this code for servers who do not wish to provide alcohol to pregnant women," he stated.

For more information about the

Right to Refuse Campaign, visit <https://www.facebook.com/Right-ToRefuseCampaign/>.

"The best way to get involved would be to give us a like and a follow on Facebook and share as many of the posts as you can," Brownlee said.

"You can also talk to your candidates who come around to your local riding and see if you can get them to support the Right to Refuse."

### PROPOSED QUARRY IN THE RM OF ROSSER

#### COMMUNITY CONSULTATION MEETING

Under the authority of the Rural Municipality (RM) of Rosser's Quarry Operations By-law 8-15, North Perimeter Aggregates has applied to **establish a quarry operation in part of Section 4-12-2 EPM and part of Section 33-11-2 EPM in the RM of Rosser**. Come learn more about the proposed quarry operation and speak with the quarry operator and technical experts.

#### DATE:

Thursday, October 17, 2019

#### TIME:

7:00 PM - 9:00 PM

#### LOCATION:

Victoria Inn  
1808 Wellington Avenue  
Winnipeg, Manitoba

#### FORMAT:

Formal presentation at 7:00 PM, followed by an opportunity to speak with the quarry operator and technical experts

#### APPLICANT:

North Perimeter Aggregates

#### RSVP:

Please RSVP to [lauren.lange@wsp.com](mailto:lauren.lange@wsp.com) or call 204-943-3178

If you would like to review the North Perimeter Aggregates Quarry Permit Application in advance of the meeting, you can access the document:

- In-person at the RM of Rosser Municipal Office (77E PR 221, Rosser, Manitoba | 204-467-5711)
- Online at [www.rmofrosser.com](http://www.rmofrosser.com)
- Request an electronic copy from [lauren.lange@wsp.com](mailto:lauren.lange@wsp.com)

If you have any questions, please contact Lauren Lange, Planner, WSP Canada Group Limited (WSP), at 204-943-3178 or [lauren.lange@wsp.com](mailto:lauren.lange@wsp.com).

In accordance with the By-law, all interested persons are invited, no less than 20 days prior to the Community Consultation Meeting, to provide in writing to the quarry operator any comments, recommendations, suggestions, and/or concerns that arise from a review of the quarry operator's application. All written comments, recommendations, suggestions, and/or concerns that arise from a review of the application can be forwarded to Lauren Lange, Planner, WSP Canada Group Limited, at [lauren.lange@wsp.com](mailto:lauren.lange@wsp.com), as WSP will be collecting all input from interested persons on behalf of North Perimeter Aggregates.









**Stonewall Community Registration Evening, Tuesday, September 10, 2019, 6:00-8:00 p.m. at the Sunova Curling Rink**

# fall registration 2019-2020

## 4 reasons to learn a musical instrument

Do you or your child have a passion for music? If so, learning to play an instrument could be hugely rewarding. Whether it's yourself or your kid that you want to enrol in music lessons, there are a number of benefits that can come from doing so. Here are four of them.

1. It's good for your brain. Playing music has been shown to improve cognitive function in a number of ways. For in-

stance, it improves co-ordination and sharpens memory. It's also very beneficial to children's development, as it enhances abstract reasoning skills essential to math, science and problem solving.

2. It can help build confidence. Learning an instrument can be tough at first but practitioners are bound to make noticeable progress if they persevere. Developing one's musical ability is gratifying and can make those who do so more confident in their ability to learn new skills.

3. It teaches discipline. Learning a musical instrument takes time, effort and perseverance. It teaches people, especially children, the valuable life lesson that they have to apply themselves to achieve their goals. Maintaining a rig-

orous practice schedule develops self-discipline.

4. It can enrich your social life. As a practitioner becomes more comfortable playing their instrument, they can find others to play with, either casually or for paid gigs. Playing music with others is a great way to forge meaningful connections. You'll also be able to entertain friends and family members.

Ready to learn how to play a musical instrument? You're never too old to start! Find an instructor in your area and you'll pick up the basics in no time.

### BALMORAL JUDO CLUB

#### IN-CLASS REGISTRATION:

#### STONEWALL COLLEGIATE GYM

Thursday September 12 &  
Monday September 16  
7:00 to 8:30 pm

#### SUNOVA CURLING CLUB

Tuesday, September 10  
6:00 - 8:00 pm

**Ages 7 years and up**

**For further information please contact:**  
Milton Good 467-8854 or Jason Rogowsky 467-9869



### BALMORAL REC HOCKEY PROGRAM

Open to Boys & Girls – Birth Years 2002 - 2014  
\$185 per player. One hour once a week in Balmoral.  
Starting mid October  
and ending in mid March.



**NEW Merchandise  
to try on & order!**

**For more information email  
recbalmoralhockey@gmail.com**

Registration Night Tues, Sept 10 6-8 pm Sunova Curling Rink



#### 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 training in Gimli MB, British Columbia, 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 204-515-7418, or come on down Thursday nights and check us out.

#### JOIN US FOR REGISTRATION ON

Tues., Sept. 10 6-8 pm at Sunova Curling Rink  
or Thurs., Sept. 12 7-9 pm at Stonewall Collegiate,  
with regular parades at the Legion after that.

### Balmoral Power Skating Saturdays

9 a.m. - Learn to skate (3-5 year olds)  
9:45 a.m. - Level 1 power skating (6, 7 and 8 year olds)  
10:30 a.m. - Level 2 power skating (8, 9 and 10 year olds)

**\$280 - 20 weeks / \$180 - 10 weeks**

**Balmoral Recreation Centre**

**October 19, 2019 to December 21, 2019  
January 11, 2020 - March 21, 2020**

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

To register contact Kelly Farmer @ 204-467-8884

or send text message to 204-791-9856

or register September 10 at VMSC 6:00-8 p.m.



**Interlake Bujinkai  
Karate Club**

**Open to all ages**

Join us at Registration Night  
on September 10 for more info.





**Stonewall Community Registration Evening, Tuesday, September 10, 2019, 6:00-8:00 p.m. at the Sunova Curling Rink**

# fall registration 2019-2020

## Extracurricular activities: benefits and drawbacks

Are you wondering if the benefits of extracurricular activities for kids are overblown? Or perhaps you're worried that they'll turn your family schedule into a logistical nightmare? Here's what you should keep in mind when deciding whether to sign up your children for activities.

### Benefits

Many studies show that recreational, athletic and cultural activities make a positive impact on children. Here's why:

- They allow kids to develop their talents and skills.
- They contribute to academic success by making it less likely children will lose interest in school or become depressed.
- They're a great way to socialize and make friends who share your child's interests, which promotes their academic and social integration.
- They boost self-esteem.

### Drawbacks

The benefits of extracurricular activities are contingent on them remaining fun. They shouldn't feel like an obligation or become a source of tension.

Make sure your children's schedules aren't overloaded. Too many activities can negatively impact a child's academic performance and even their ability to sleep.

Extracurricular activities should be enjoyable and allow children to develop new skills in



a healthy environment. Pressuring them to perform will negate any benefits and may cause unwarranted stress.



## STONEWALL SCOUTING

**Beavers (Co-Ed ages 5-7) Meet Wednesdays 6:30-7:30**  
**Cubs (Co-Ed ages 8-10) Meet Mondays 6:30-8:00**  
**Scouts (Co-Ed ages 11-13) Meet Thursdays 6:30-8:30**  
**Venturers (Co-Ed ages 14-17) Meet Tuesdays 7:00-9:00**

## REGISTRATION NIGHT

**Fall Registration Tuesday, September 10th, 2019**  
**6:00 - 8:00 p.m. - Sunova Curling Club**

*It's all here for you!*



**Art**

- Painting for Adults w/ Graham Clarke
- Drawing for Teens & Adults w/ Sandra Wiebe

**Dance**

- Ballet Lyrical w/ Ms. Alycia Campbell
- Hip Hop Jazz Boys Funk w/ Miss Elena Modrzejewski
- Musical Dance - Details provided at registration
- NEW Tap Dance - Open to everyone, Beginner's welcome
- Adult Fitness Dance w/ Ms. Alycia Campbell
- Highland Dance w/ Miss Lesley Bond
- NEW Little Stars Highland

**Music**

- PIANO w/ Miss Ashley Teichrib
- GUITAR w/ Hunter Teichrib
- DRUMS w/ Evan Friesen

**Theatre**

w/ MB Theatre for Young People - Angela Chalmers  
 Program includes a Play Production

**Adult Yoga w/ Heather McDermid**

**FREE Family Yoga w/ Heather McDermid**  
 Session starts in October

**NEW & FREE Music & Movement**  
 w/ Megan Trach Session starts in January

**Fitness w/ Patsy Duncan**  
 First Class - Thursday September 5  
 Monday & Thursday 9:30am @ GAAC  
 Tuesday 6:30pm @ Teulon Elementary School Gym Payment accepted at class

**Join us in Stonewall at Registration Night**  
**Tuesday, September 10th 6pm-8pm**  
**at Sunova Curling Rink**

Contact Info:  
 Email Office: gaac@mymts.net Phone: 204 886 3192  
 Facebook: https://www.facebook.com/gaac.teulon

**Warren Power Skating**

5:00-5:45 - Learn to Skate (ages 3-5)  
 5:45-6:30 - Level 1 (ages 5 & 6)  
 6:30-7:15 - Level 2 (ages 7 & 8)  
 7:15-8:00 - Level 3 (ages 9 & 10)  
*(ages are a guideline, skaters will be evaluated at first class)*

**Wednesday Evenings**  
 Oct. 16 - March 11  
 \$280 for 20 weeks  
 (45 minute classes)

**REGISTRATION**

**Thursday, Sept 10 6-8 pm at the Stonewall Sunova Curling Club**  
 or call Tara-Lee 204-383-5262  
 or email tara-lee@mymts.net  
 Sticks and helmets with a mask are mandatory for this program

Sing with the

## Quarry Choristers

**Registration Night**  
**Sun, Sept 15th 6:30 pm**  
 Stonewall United Church

**Visit our table on Info Night**  
**Tues, Sept 10th 6:00-8:00 pm**  
 Sunova Curling Club

**Any questions call 204-470-8735**

**Also...**

**MASS REGISTRATION in TEULON**  
**Thursday September 12 from**  
**4:30 to 7:30pm**  
**at the Green Acres Art Centre**  
*Located in the entrance of the park*  
 Other groups available that evening

**Teulon Skating Club**  
 Email: teulonskatingclub@hotmail.com

**Teulon Veselka Ukrainian Dancers**  
 Call - 204 886 2983 • Email: tudc14@gmail.com

**Launching Little Learners Ages 0 to 6**  
 Email: launchinglittlelearners@yahoo.com



**Stonewall Community Registration Evening, Tuesday, September 10, 2019, 6:00-8:00 p.m. at the Sunova Curling Rink**

The buddy system is widely used to help men and women get in shape. Friends can encourage their workout partners to get off the couch on days when their motivation might be waning, and partners can return that favour when the roles are reversed. And the benefits of the buddy system are not exclusive to adults, as families can rely on it to make sure moms, dads and kids each get the exercise they need.

those normally associated with exercise, particularly for young people.

Getting fit as a family can be easy. The following are just a few ways parents and their children can get in shape together.

1. Start dancing.

Dancing isn't just a fun activity; it's also a very healthy one. While dancing might often be categorized as a recreational activity, such a categorization overlooks the many health benefits of cutting a rug. Dancing is a great cardiovascular exercise that works multiple parts of the body. Routine cardiovascular exercise has been linked to reduced risk for heart disease and other ailments. In addition, a 2009 study from researchers in South Korea found that hip hop dancing can boost mood and lower stress.

2. Schedule daily exercise time.

Parents and their children are as busy as ever, so it makes sense to schedule family exercise time just like you schedule family meals or outings to the museum. Kids who compete in sports may already get enough physical activity each day. The CDC recommends children participate in at least 60 minutes of physical activity each day, so kids who aren't playing sports can spend an hour each day sweating alongside mom and dad.

3. Walk after dinner.

Families who routinely dine together can delay doing the dishes to walk off their meals. A walk around the neighbourhood after dinner provides solid family time, but it's also a great way to stay healthy. A 2017 study from researchers at the University of Warwick that was published in the *International Journal of Obesity* found that people who took 15,000 or more steps each day tended to have healthy body mass indexes, or BMIs. That's an important benefit, as an unhealthy BMI is often a characteristic of obesity.

Getting fit as a family can be fun and pay long-term dividends for parents and children alike.



# Highway 6 Youth Soccer

## Warren

**Registration for** *August 29th and*  
**kids ages 3-12 is \$50** *September 5th 6:30-8:00 pm*  
 Plus a \$50 refundable volunteer fee *at the Warren Curling Club*

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**Season begins September 11th and runs**  
**Tuesday's and Thursday's at 6:00 pm**  
 (September 10, 12, 17, 19, 24, 26 & October 1, 3, 8, 10)

***We are also looking for volunteer coaches for all age groups.***  
 For info please contact Karen at [tristram@mts.net](mailto:tristram@mts.net) or 204-227-9738

**GROUP MUSIC CLASSES**  
*at Blue Daisy Music Studio*  
(for ages 2-12)

with **ASHLEY TEICHRIB**

 **myc**  
music for young children™

**call/text: 204-461-3194**


**REGISTER AT [WWW.SKITEULON.CA](http://WWW.SKITEULON.CA)**



COME JOIN THE

# TEULON CROSS COUNTRY SKI CLUB

**SINGLE ADULT:\$65      FAMILY: \$85**



# Stonewall Skating Club

## Registration for the 2019 - 2020 Season

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**All programs are taught by certified professional coaches**

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### Learn to Skate - October 7 to March 12

(For children ages 4 and up)

**\*\*All skaters registered for Canskate will have their name entered into a draw to win back their registration fee. Draw will take place on October 7, 2018 at 6:45 p.m.\*\***


**CanSkate is now a TWO DAY PROGRAM:**

- Providing kids with the best foundation for figure skating, hockey, speed skating and ringette
- Introduces a healthy, lifelong activity at an early age
- Promotes fun, fitness and participation

CSA approved helmets and mittens are required.  
 Skate Canada insurance fee of approx. \$43.65 is not included in Canskate Registration fee.

<b>Canskate</b> Mondays/Thursdays 45 minute sessions)	6:30 - 7:15 PM	Program details available at registration
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Would your child like to learn figure skating? Join the

### Skate Canada Star Program.

<b>StarSkate 1</b>  Mondays Thursdays	Sep 16/19 to March 20/20 4:45 – 5:45 PM 4:45 – 5:45 PM	Program details available at Registration or email the Club
<b>StarSkate 2</b>  Mondays VMSC Thursdays VMSC Fridays Ice Palace	Sep 16/19 to March 20/20 4:30 - 6:00 PM 4:30 - 6:00 PM 4:30 – 6:00 PM	Program Details available at Registration or email the Club

**Star 3 and higher programs - Sep 16/19 to March 20/20.**  
 New Program Format and Registration Fee information for  
 Star 3 and higher is available from  
[stonewallskatingclub@gmail.com](mailto:stonewallskatingclub@gmail.com).

Mondays Thursdays Mondays Fridays	4:15 – 6:00 PM 4:15 – 6:00 PM 6:15 – 7:15 PM 4:30 – 6:00 PM	*Group lesson format*  **Purchase of ice time only. Private/semi- private coaching separate**
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**Skate Canada Insurance Fee is non-refundable - Time payments are available - Fundraising deposit per family is payable at registration**  
*Programs may be cancelled if registration does not meet minimum requirements.*

**For further information, or if you cannot attend registration night,  
 contact [stonewallskatingclub@gmail.com](mailto:stonewallskatingclub@gmail.com)**



# Fall

## 2019 PROGRAM



## REGISTER NOW!

### REGISTRATION FORM

Course Number: \_\_\_\_\_ Fee: \_\_\_\_\_

Course Name: \_\_\_\_\_

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

Town: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_

Alternate Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Payment (please circle one):

Cash (in person) Debit (in person)

Cheque (in person or mail) (Payable to Interlake School Division)

Credit Card # \_\_\_\_\_

Expiry: \_\_\_\_\_ CVV: \_\_\_\_\_ Name on card: \_\_\_\_\_

Signature: \_\_\_\_\_

FOR MORE INFORMATION CONTACT:

JOCELYN DERKSEN, PROGRAM COORDINATOR

coned@isd21.mb.ca 204-467-2956 fax 204-467-8334

[www.interlakesd.ca/community/continuing-education/](http://www.interlakesd.ca/community/continuing-education/)

Interlake School Division, Continuing Education

192 2nd Ave North, Stonewall MB R0C 2Z0

Hours Monday 11:00a.m.-6:00p.m. Tuesday 8:30a.m. – 4:00p.m.

Wednesday – Friday 8:30a.m. – 4:30p.m.

- All classes run subject to enrollment.
- Please register early to avoid cancellation and disappointment.

### GENERAL INFORMATION

#### CLASS CONFIRMATION

- Confirmations will not be phoned or mailed. Attend the first session of the course as scheduled unless you are otherwise informed.

### SCHOOL CANCELLATIONS

- In the event of a school cancellation (i.e. inclement weather) all Continuing Ed classes would also be cancelled. Closures are announced on radio stations and on our website [www.interlakesd.ca](http://www.interlakesd.ca)

### IF YOU CANCEL

- All refunds requested by participants must be done 3 days prior to the course start date and will be deducted \$15 for administrative costs. (no refunds following the first class except in exceptional circumstances where a course credit may be issued at the discretion of the Coordinator)

### CLASS LOCATIONS

École R.W. Bobby Bend 377-2ND Ave N - Stonewall

École Stonewall Centennial 573 – 2ND Ave N - Stonewall

Stonewall Collegiate 297 – 5TH Street W - Stonewall

Stony Mountain School 139 School Rd - Stony Mountain

Teulon Collegiate 59 1st Street NE - Teulon

Warren Collegiate 119 MacDonald Ave. - Warren

Warren Elementary 300 Hanlan St. - Warren

### OTHER CONTINUING ED PROGRAMS

Lord Selkirk 204-482-6926

Louis Riel 204-237-8130

River East 204-667-6193

St James 204-832-9637

Winnipeg 1 204-775-0231

South Wpg Tech 204-989-6566

Phone 204-467-2956 [www.interlakesd.ca/community/continuing-education/](http://www.interlakesd.ca/community/continuing-education/)

### HEALTH AND WELLNESS

#### F19/01 HARDWIRING HAPPINESS

Learn how to increase happiness, calmness and confidence. Understand how the hidden power of every day experiences can change your brain and make life more fulfilling. This workshop is for anyone who wants to make a positive change in thinking, feeling, behaving and connecting with others. Take practical steps to rewire your brain for peace and joy. Instructor Tracy Fehr

Saturday, September 28th, 2019

10:00 a.m. – 3:00 p.m.

at Stonewall Collegiate

Fee: \$60

#### F19/02 ANCIENT CLAY – FOR HEALTH, WELL-BEING AND CREATIVITY

Learn one of the oldest forms of art making: working with clay for stress relief, health and well-being. Getting your hands in clay is a natural way to let go of worries, be in the present moment and explore your creativity. The ancient techniques of hand building with coil, pinching, slab-making and smoke firing, bring you closer to your personal healing potential and awaken your creativity. No previous clay experience needed. You will make objects that are beautiful and functional. Tracy Fehr is an artist and counsellor. She has been working in clay for many years.

4 Thursdays starting September 26th, 2019

6:30 – 8:30 p.m. at Stonewall Collegiate

Fee: \$105



### PERSONAL INTEREST

#### F19/06 HUNTER EDUCATION

In Manitoba, thousands of hunters take to the field each year. Hunter education courses have contributed to a significant decrease in hunting accidents and an increased understanding of the responsibilities each hunter accepts while hunting. The primary goal of the Hunter Education Program is to help you understand the important role you, as a hunter, have in wildlife management and conservation. Equally important is the safe use and handling of firearms and the ethical and responsible behavior of all hunters. Students are required to pass the exam to acquire the Hunter Education. Link to Manual <http://mwf.mb.ca/gohunt/licensing/huntersed/> Instructor: Ken Van Hulle.

Saturday, September 28th, 2019

9:00 a.m. – 5:00 p.m.

at Stonewall Collegiate

Fee: \$73

#### FINANCIAL / RETIREMENT WORKSHOPS

Paul Fust – Executive Financial Consultant at IG Private Wealth Management, Investors Group  
Myles McInnes – Associate Consultant at IG Private Wealth Management, Investors Group

#### F19/07 RETIREMENT INCOME PLANNING & TAXATION OF YOUR ESTATE

Wednesday September 18th, 2019

7:00 – 8:15 p.m. at École Stonewall

Centennial School No charge

#### F19/08 FINANCIAL PLANNING FOR THOSE APPROACHING RETIREMENT

Wednesday October 9th, 2019

7:00 – 8:15 p.m. at École Stonewall

Centennial School No charge

#### F19/09 FINANCIAL PLANNING FOR FARMERS AND BUSINESS OWNERS

Thursday November 14th, 2019

7:00 – 8:15 p.m. at École Stonewall

Centennial School No charge

### DANCE F19/03 BEGINNER BALLROOM DANCE WITH KATARINA

Join Katarina Schilling and her love of dance! In this class you will learn some basics, have fun and socialize with others who also enjoy dancing and music! You will be guided along, and will practice favourites such as foxtrot, swing, polka, waltz and cha-cha. Please bring soft soled shoes (made with any non-marking surface such as leather or suede) Course fee is per person. Couples or singles welcome.

8 Thursdays starting September 19th, 2019

6:30 – 8:00p.m. at École Stonewall Centennial School - square

Fee: \$90



Contact info Kito Nishibata and Yvonne Dola  
204-886-0505 or 204-861-3661/204-861-0341

Email – [teulonrockwoodrec@gmail.com](mailto:teulonrockwoodrec@gmail.com)

Twitter – @teulonrockwood

Facebook – <https://www.facebook.com/teulonrockwoodrec>

#### WALKING HALLS AT THE HIGH SCHOOL

6:00 – 7:30 p.m. Fee: \$10

Stonewall Collegiate /

Warren Collegiate /

Teulon Collegiate

Starts November 2019,

ends in May 2020

Call 204-467-2956

for more information



## YOUTH

### F19/22 CANADIAN RED CROSS BABYSITTING COURSE (AGES 11-15)

Class includes textbook and wallet size certificate. Students are to bring a bagged lunch. Instructor: Kelly Kimball

**Saturday, October 5th, 2019**  
**9:00-5:00 p.m. at Stonewall Collegiate**  
**Fee: \$60**

### F19/23 CANADA SAFETY COUNCIL'S HOME ALONE (AGES 8-11)

Instructor: Kelly Kimball  
Children should not be left alone under the age of 12. Even though they may have taken the Home Alone People Savers Course, parents should make arrangements to have any child under 12 supervised at all times.

**Thursday, October 17th, 2019**  
**6:00-8:30 p.m. at Stonewall Collegiate**  
**Fee: \$35**

### F19/24 BADMINTON - GRADE 8 AND UNDER

This class is for the beginner badminton player as well as for students who want to improve their skills or want to work towards more competitive play. Instructor: Dale Kinley

**10 Sundays starting September 8th, 2019**  
**12:00 - 1:30 p.m.**  
**at Stonewall Collegiate**  
**Fee \$70**

### SIGN UP FOR ALL YEAR - \$200

### F19/FB FUN BASKETBALL (AGE 13 - ADULT)

Come out for a fun night of basketball! This is suitable for any player, whether you are looking to get together with friends or meet new ones, try something new or play something you already love. Join this friendly fun league where you can play even if you are relatively new to the sport. Please bring indoor shoes with non-marking soles. League Coordinator - Darrell Vesa

**Sundays starting September 22nd, 2019**  
**8:00-9:00 p.m.**  
**at École Stonewall Centennial School**  
**Fee: \$25 for Fall**  
**\$40 for the Year \$5 Drop in**

### F19/25 ACTING AND PERFORMANCE (AGES 6-13)

Build your acting skills as you play fun drama games, learn character exercises, and collaborate with your classmate to create an original performance for the final class. Instructed by Manitoba Theater for Young People

**16 Week Program - Tuesdays, October 22nd, 2019 - February 25th, 2019**  
**(no class December 17, 24, 31)**  
**5:15-6:30 p.m. at Stonewall Centennial School**  
**Fee: \$320**

### KIDS CAN COOK - THE HEALTHY WAY! (GRADE 3-5)

All supplies included in the registration fee and the Canada's Food Guide will be followed. Please advise any food allergies on your registration form. Instructor: Meechelle Best  
**F19/26 6 Tuesdays**  
**starting September 24th, 2019**  
**4:00 - 5:30 p.m. at Stonewall Collegiate**  
**Fee: \$80**

### F19/28 KIDS CAN COOK - PART 2 - MENU PLANNING (GRADES 5-7)

This class will focus on teaching students to prepare meals for breakfast, lunch and supper. Recipes and worksheets will be handed out to be added to the cookbook from the Kids Can Cook beginner class. To register students must be in Grade 5, 6 or 7 and have completed the Kids Can Cook beginner class. Please bring your cook book. Instructor: Meechelle Best  
No outside food or drinks. Please indicate any food allergies at time of registration

**3 Wednesdays starting September 25th 2019**  
**4:00 - 5:30 p.m. at Stonewall Collegiate**  
**Fee: \$55**

### BIG AND LITTLE POTTERY WORKSHOPS-

Designed for a Big (parent, grandparent, aunt, uncle, guardian, loved one, etc.) and a Little (child, grandchild, niece, nephew etc.) to get together and create coordinating, functional or decorative pottery and learn simple pottery making techniques. A chance to make memories and art! Each Little must be accompanied by a Big. All Supplies included and are Food Safe. All Pieces will be glazed by the instructor and ready for pick up within 3 weeks. Instructor Jen Sonnenberg

### F19/29 BIG AND LITTLE PLATTERS -

Make coordinating platters out of slabs of clay that you can then decorate in class.



**Tuesday,**  
**October 22nd, 2019**  
**6:00 - 8:00 p.m. at Stonewall Collegiate**  
**Fee: \$65 per pair**

### F19/30 BIG AND LITTLE BERRY BOWL -

Make coordinating berry bowls to enjoy your favorite berries from. Created using soft slab construction.



**Wednesday, December 4th, 2019**  
**6:00 - 8:00 p.m.**  
**at Stonewall Collegiate**  
**Fee: \$65 per pair**

### F19/31 BIG AND LITTLE CUP SETS -

Create a set of matching cups. Each pair will create 2 cups using soft slab construction.



**Monday, November 18th, 2019**  
**6:00 - 8:00 p.m. at Stonewall Collegiate**  
**Fee: \$65 per pair**

### F19/32 BIG AND LITTLE CHRISTMAS TREES -

Create coordinating Christmas Trees with your little buddy, using soft slab construction.



**Tuesday, December 10th, 2019**  
**6:00 - 8:00 p.m.**  
**at Stonewall Collegiate**  
**Fee: \$65 per pair**

### YOUTH 14 AND UP AND ADULT POTTERY WORKSHOPS - SEE IN 'CREATIVE SECTION'

### F19/36 AFTER SCHOOL ART CLASS - AGES 10-14 (GRADE 5-8)

In this after school art class we will create artwork in clay, learn painting techniques, and draw with ink pens. Projects will give students the chance to use new materials, and develop their own creativity. These classes are geared toward middle year's students who have an interest in art already. This class gives students the time to create while learning new techniques.

**6 Tuesdays, October 1- November 5th, 2019**  
**3:45 - 5:30 p.m.**  
**Fee: \$85**

## SAFETY

### F19/04 FOOD HANDLERS CERTIFICATION

This course is recommended for anyone looking for a job in or presently working in the food services industry. Learn the principles of safe food handling and upon successful completion receive a Province of Manitoba Level 1 Food Handling Certificate (valid for 5 years). The student workbook is included in the course fee. Instructor: Lori Zdebiak RD. Please bring a lunch

**Saturday, September 21st, 2019**  
**9:30 a.m. - 4:00 p.m.**  
**at Stonewall Collegiate**  
**Fee: \$110 (re-certification only \$70)**  
**Recertification please arrive at 3:00 p.m.**

### ECSI- FIRST AID/CPR

(Emergency Care and Safety Institute) This 7-8 hour emergency first-aid course comes with a simplified book and is easy to follow. Included in training: wounds, fractures, bandaging/ splints as well as medical conditions such as: heart attack/ stroke, diabetes, seizures, heat and cold injuries. The CPR is heart saver level, adult, infant, child, AED, and choking. Instructor: Bob Barsi

**F19/05A 2 Thursdays October 17th & 24th, 2019**  
**6:00 - 10:00 p.m. at Stonewall Collegiate**  
**Fee: \$95**

**F19/05B Tuesdays November 12th & 19th, 2019**  
**6:00-10:00 p.m. at Teulon Collegiate**  
**Fee: \$95**

**F19/05C Thursday/Wednesday**  
**December 12 & 18th, 2019**  
**6:00 - 10:00 p.m. at Stonewall Collegiate**  
**Fee: \$95**

**TAKE CPR ONLY FOR \$47.50 (first night)**

## CREATIVE SIDE

### WREATH PARTY! STONEWALL FLORIST

Join Tami from Stonewall Florist for this fun and unique Wreath Party! You will be guided into creating your very own Fall Wreath. All supplies provided and you will leave with your very own wreath. Gather up your friends and register now!

**F19/10 Thursday, September 26th, 2019**  
**10:30 - 11:30 a.m. at Stonewall Florist**  
**Fee: \$50**

**F19/11 Thursday, September 26th, 2019**  
**6:00 - 7:00 p.m. at Stonewall Florist**  
**Fee: \$50**



### F19/12 REFINISHING FURNITURE WITH PAINT

Learn how to refinish furniture using paint. This three part class will teach you how to prepare furniture for painting, painting furniture with the right kind of brushes and applicators, different finishes such as antiquing with wax, and transferring images or text onto finished pieces. We will use latex paint, but the benefits of latex paint vs chalk paint will be reviewed. Participants must bring their own wood items to refinish: smaller furniture items are recommended such as a night stand, side table, bench, chair or something that is easily transportable. Do not bring furniture that has a laminate finish. Pure, real wood items are strongly recommended. Instructor Julia Dennis, Art Teacher and Artist.

**3 Thursdays**  
**November 14, 21 and 28th, 2019**  
**6:30 - 8:15 p.m. at Stonewall Collegiate**  
**Fee: \$160**

## 'LITTLES ONLY' CHRISTMAS WORKSHOP (AGES 4 AND UP)

Looking for something special for Christmas, made by a little one you love that you can smile and think of them when you use it daily? Drop your little elf off at this workshop and have them create a handmade, functional ceramic piece that they can give to someone special for the holidays. 3 classes to choose from, with something different created in each one. Children can take one workshop or all three. Pieces will be glazed by the instructor and gift wrapped by the budding artist on the pick up date (December 3rd between 5:30 and 6:00 p.m. or alternative arrangements can be made)

### F19/33 LITTLES ONLY CHRISTMAS WORKSHOP

**#1 Sunday November 3, 6:00-7:30 p.m. - Stonewall Collegiate**

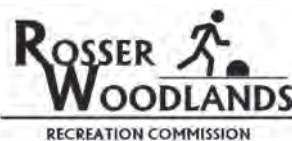
### F19/34 LITTLES ONLY CHRISTMAS WORKSHOP

**#2 Tuesday November 19, 6:00-7:30 p.m. - Stonewall Collegiate**

### F19/35 LITTLES ONLY CHRISTMAS WORKSHOP

**#3 Monday November 25, 6:00-7:30 p.m. - Stonewall Collegiate**

**Fee: \$50 each workshop - includes all supplies.**



Contact Info: Kelly Kimball Phone - 1-204-461-4040  
Email - [rosserwoodlandsrec@mymts.net](mailto:rosserwoodlandsrec@mymts.net)  
[www.rosserwoodlandsrec.com](http://www.rosserwoodlandsrec.com)  
Facebook - Rosser Woodlands Recreation Commission  
Twitter - RWRecComm

Monthly E-news - Message any of the above to sign up for the R&R Newsletter



## FITNESS/YOGA

### F19/38 BADMINTON - GRADES 9 - 12 & ADULTS OF ALL AGES

This class is for the competitive badminton player (emphasis will be on footwork, shots and improving skills) and developing players (emphasis on improving basic skills and developing their game). The instructor will place each student into the appropriate groups at class. Bring your own racquet. Instructor: Dale Kinley

**Sundays starting April 14th, 2019**

**1:30-3:00 p.m. at Stonewall Collegiate**

**Fee \$55**

### TAKE ALL YEAR FOR \$200

### F19/39 MONDAY NIGHT VOLLEYBALL - INTERMEDIATE LEVEL (CO-ED) AGE 18+

For more information please contact Tammy at 204-467-7753 or Ashley at 204-471-2851

**Mondays starting September 9th, 2019**

**7:15-9:30 p.m. at Stony Mountain School**

**Fee: \$35 / \$70 for the year**

### F19/40 FRIDAY NIGHT VOLLEYBALL - RECREATIONAL/BEGINNER LEVEL (CO-ED) 16+

For more information please contact Tammy at 204-467-7753 or Ashley at 204-471-2851

**Fridays starting September 13th, 2019**

**7:15-9:30 p.m. at Stony Mountain School**

**Fee: \$35 / \$70 for the year**

*Anyone taking a class that requires physical exercise should have a check-up by their physician. Our fitness programs are designed to provide exercise sessions that are both physically challenging and fun for a variety of different fitness levels.*

### F19/41 WOMEN'S SELF DEFENCE (AGES 14 AND UP)

This course will cover a variety of concepts which may be employed to help women feel safe. There will be discussions on good decision making, recognizing and defusing potentially dangerous situations and how to best avoid these situations. Participants will also learn several physical aspects such as how to fall without getting injured, how to kick and strike, identifying weak points and some basic escapes. Wear appropriate clothing for the physical activity and to be sure to indicate any physical limitations to the instructor. Instructor: Rick Williamson; 7th Degree Black Belt in the self Defense Art of JiuJitsu. He is also an instructor in Non Violent Crisis Intervention and has taught many self defense classes to women and men.

**2 Wednesdays October 9th & 16th, 2019**

**7:15-8:45 p.m.**

**at École R.W. Bobby Bend School**

**Fee: \$45**

## SPARK FITNESS

WITH SARAH TODD,  
FIS CANFITPRO CERTIFIED

All classes are suitable for every fitness level as moves are taught progressively and modifications will be offered. For more information and a full description of classes visit [www.sparkfitnessandnutrition.ca](http://www.sparkfitnessandnutrition.ca)

**SPECIAL DISCOUNT ONE FOR \$70  
TWO FOR \$120 THREE FOR \$150**

### F19/42 TABATA (HIIT CLASSES)

**8 Mondays**

**starting September 9th, 2019**

**No Class October 14th**

**6:30 - 7:25 p.m.**

**at École R.W. Bobby Bend- Gym**

High Intensity Interval Training (H.I.I.T) is one of the most effective workouts to build up your strength and cardiovascular systems. This workout boosts metabolism and offers extended caloric burn for up to 48 hours afterwards! Suitable for many fitness levels because you decide the intensity you put into each class! \*Please bring: indoor runners, yoga mat, water bottle and 3-8 lb weights.

### F19/43 YOGA FLOW

Establishing the mind, breath, and body connection is key for healing the body.

**8 Wednesdays starting September 11th, 2019**

**7:30 - 8:30 p.m.**

**at École R.W. Bobby Bend - Music Room**

Join in for the joyful practice of Hatha Yoga. This class uses a combination of movement, postures, and breath to cultivate strength, flexibility, and balance. Yogaflow focuses on meditation with breath and proper alignment in poses. Beginners will safely learn the basics, while more experienced participants can take postures to a deeper level. This class is suitable for all levels. \*Please wear comfortable layered clothing. Bring a water bottle, yoga mat, blanket and a couple pillows.

### F19/44 18 TOTAL BODY WORKOUT

**8 Thursdays starting September 12th, 2019**

**6:30 - 7:25 p.m.**

**at École R.W. Bobby Bend- Gym**

This class mixes calisthenics/body weight exercises with cardio and strength training to achieve the best results possible. No two classes are the same! This high intensity training experience encourages participants to find their unique personal upper limits, while they train hard in a fun and inclusive environment. Suitable for all levels! \*Please bring: indoor runners, yoga mat, water bottle and 5-10 lb weights.

**BONUS - Need to miss a class? NO problem! Make up classes during ANY TIME SLOT**

## STONY MOUNTAIN FITNESS CLASSES

With Rhonda Steffan [rstfitness@gmail.com](mailto:rstfitness@gmail.com)

### F19/45 TABATA STRENGTHEN AND SCULPT

This class will be a combination of cardiovascular (low impact options will be shown for all cardio exercises) and strength and sculpt exercises to provide you with the ultimate full body workout. Tone and tighten muscles, improve overall strength and flexibility and burn calories! Please bring: hand weights, a water bottle, yoga mat, & indoor runners.

**9 Mondays starting September 23, 2019**

**no class October 14th**

**6:00-7:00 p.m. at Stony Mountain School**

*Canfitpro Certified Fitness Instructor & Healthy Eating & Weight Loss Coach Certification All classes are suitable for Every Fitness Level. Modifications will be shown for each exercise and cardio movement.*

**One for \$65; Two for \$120**

### F19/46 CIRCUIT INTERVALS

Circuit Interval training will alternate strength-training exercises with cardio exercises to provide you with the ultimate workout. Expect a full body workout with lots of variety. Please bring: hand weights, a water bottle, yoga mat, & indoor runners.

**9 Wednesdays starting September 25, 2019**

**6:00-7:00 p.m. at Stony Mountain School**

## SHELLEY'S FIT CLUB

Instructors: Shelley Schaeffer, BA, B Ed - Certified in Group Fitness, Resistance Training, Active Older Adults. Zumba®, Zumbatomic®, Zumba Gold®, Bellyfit® and Drums Alive, Fit Flow Yoga and in Maureen Rae's Yoga Training (Level 1 & 2)

**Celine Doll, B Ed - Can Fit Pro Fitness Instructor Specialist**

### BOOT CAMP

Time to fire up the metabolism! This invigorating workout aims at improving cardiovascular and muscular strength and endurance. Many different workout strategies and combinations will be used. The idea is to keep the body challenged to maximize benefits. Yoga mat and weights (3-10 lb) required.

AM

**F19/47 6 Mondays starting September 9th, 2019**

**5:40 - 6:25 AM**

**F19/48 6 Wednesdays starting September 11th, 2019**

**5:40 - 6:25 AM**

**F19/49 6 Fridays starting September 13th, 2019**

**5:40 - 6:25 AM**

PM

**F19/51 6 Tuesdays starting September 10th, 2019**

**6:15 - 7:00 P.M.**

**F19/52 6 Thursdays starting September 12th, 2019**

**6:15 - 7:00 P.M.**

### F19/50 HEAVY METAL YOGA

A calorie burning combination of strength training exercises (using weights) yoga poses and Pilates. The focus of this class is toning and tightening all areas of the body while improving balance, muscle endurance and strength. This is not a traditional yoga class. Yoga mat, weights (3-10 lb.) and resistance band required.

**6 Monday's starting September 9th 6:15 - 7:00 P.M.**

## PARTILIFE

Join us for an evening of laughing and creativity. Everyone leaves with their very own creation! All materials are supplied and designed for the beginner in mind.

### F19/13 HAPPY FALL OR WELCOME SIGN (11 X 60)

All supplies included

**Wednesday,**

**September 18th, 2019**

**6:30-8:30 p.m. at Stonewall Collegiate**

**\$58**

### F19/14 PERSONALIZED DOOR MAT!

New décor trend that requires no painting experience! (16x24) choose your design when registering. All supplies provided

**Wednesday, October 23rd, 2019**

**6:30-8:30 p.m.**

**at Stonewall Collegiate**

**Fee: \$52**

### F19/15 PAINT NIGHT

(16x20 stretched canvas)  
All supplies provided

**Wednesday, November 13th, 2019**

**6:30-8:30 p.m.**

**at Stonewall Collegiate**

**Fee: \$50**

### F19/16 WINTER/HOLIDAY SIGN PARTY

(16 x 20) Choose your design. All supplies included

**Wednesday, December 4th, 2019**

**6:30 - 8:30 p.m.**

**at Stonewall Collegiate**

**Fee: \$ 52**

## HAND BUILT POTTERY WORKSHOPS

Open to individuals 14 years of age and older. Strong emphasis on technique, in-depth surface exploration and personal creative exploration. Pieces will be glazed by the instructor and ready for pick up within 3 weeks of class. Food Safe. Instructor Jen Sonnenberg

### F19/17 SOFT SLAB PLATTER

Emphasis on using underglazes to create multicolored designs.

**Monday, November 4th, 2019**

**6:00 - 8:30 p.m. at Stonewall Collegiate**

**Fee: \$65**

### F19/18 BERRY BOWL

Emphasis on manipulating clay to make interesting shapes, handles and forms.

**Tuesday, November 12th, 2019**

**6:00 - 8:30 p.m. at Stonewall Collegiate**

**Fee: \$65**

### F19/20 CANISTER - Jar Workshop

Soft slab lidded project. Create a slab built jar, with a focus on surface texture.

**Tuesday, November 26th, 2019**

**6:00 - 8:30 p.m. at Stonewall Collegiate**

**Fee: \$65**

### F19/19 HANDLES

Designed for those wanting to explore handle making for their ceramic processes or for those with a love of clay and longing to learn more! This is an educational, hands on and experimental workshop. Students may create a handbuilt mug for their handle in class, but are also encouraged to bring forms to add handles to. This is an asset for taking future classes that include making mugs, tea pots, hand building and/or wheel throwing or taking your work to the next level.

**Wednesday, November 20th, 2019**

**6:00 - 8:00 p.m. at Stonewall Collegiate**

**Fee: \$40**

### F19/21 SCULPTURAL PINCH POT

Learn multiple hand building techniques such as pinch pots, coils, slab and joining Soft slab lidded project. Create a slab built jar, with a focus on surface texture.

**Tuesday, December 3rd, 2019**

**6:00 - 8:30 p.m. at Stonewall Collegiate**


**Fee: \$65**



**Stonewall Community Registration Evening, Tuesday, September 10, 2019, 6:00-8:00 p.m. at the Sunova Curling Rink**

## A dramatic night scene at a football stadium. Three players in white jerseys and dark shorts stand on the grass, their backs to the camera. They are looking out at a vast stadium filled with spectators, illuminated by bright, glowing lights. The atmosphere is misty or rainy, with light reflecting off the surfaces. The players' shadows are cast on the grass in front of them.


Continued on page 22



**Jazz**  
**Acro**  
**Hip Hop**  
**Tap**  
**Pre-School**  
**Lyrical**  
**Ballet**


# Jansen School

# of Dance



**Stonewall  
Location**

**Ages 3-Adult**  
**Registration for 2019-2020**  
**Tuesday, September 10, 2019**  
**6:00 - 8:00 pm**  
**Sunova Curling Club**  
*Under the direction of Patsy Newman*



*Classes run Saturdays  
from October to May  
Year End Recital*

**For information**  
**Call 204-471-2345**  
[patsylnewman@gmail.com](mailto:patsylnewman@gmail.com)  
[www.jansenschoolofdance.com](http://www.jansenschoolofdance.com)



# Power Skaters Wanted

**Are you  
interested in  
becoming a  
powerful,  
agile skater?**

**Registration Night Tuesday, September 10th  
6:00-8:00 p.m. at Sunova Curling Rink**

**Session to run October 15 to December 17, 2019 and  
January 7 to March 10, 2020 (Total of 20 weeks)**

**BEGINNER • INTERMEDIATE • ADVANCED LEVELS**

**TUESDAYS**

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

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

**Cost: \$280 for 20 weeks / \$180 for 10 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](mailto:brockcouch@gmail.com)**





**Stonewall Community Registration Evening, Tuesday, September 10, 2019, 6:00-8:00 p.m. at the Sunova Curling Rink**

# Keeping our youth fit, make exercise fun

Many of us find it difficult to stick to some form of exercise; others don't know where to start. Experts say the key to taking up or keeping to any form of physical activity is to have fun. Get off the couch and enjoy getting fit by following these few simple steps.

## Embrace your inner child

What types of activities did you enjoy when you were a kid? Did you participate in an organized team sport or do something less structured? Give

them a try again. Take time out to discover what suits your physical, emotional and social needs.

### Find an exercise buddy

Let's face it, we're more likely to stick to physical activity if we do it with friends or family. It's a great way to catch up and a great motivator.

## Explore the local community

Join a club or community group — it's a great way to meet new people who may even become lifelong friends. You'll be surprised how many

opportunities are out there — from leisure centres and sports clubs to parks, trails, organized classes or groups. Check your local newspaper or ask at the town office for contacts.

## Start small

Increase your activity time and intensity gradually. Take extra care if you are new to exercise or haven't exercised for a while. Start out gen-

Continued on page 22

# IT'S TIME TO START CURLING



## DID YOU KNOW

- Our online registration system is now open
- We offer an Adult Learn to Curl Program
- We offer Junior Programs for all ages 5-17
- We offer Men's, Women's, Mixed, Seniors and Stick Leagues
- Details can be found on our website



Stonewall Curling Club

[www.stonewallcurling.com](http://www.stonewallcurling.com)

**6 Week Introductory Offer - \$95**  
Free use of Keyboard

# Keyboard Ventures

## Music Centre

*Exercise your mind, coordination, concentration and motor skills.*

**ONSITE or MOBILE**  
**Music Lessons for Children, Adults & Seniors**

Piano • Organ • Keyboard • Guitar • Voice • Songwriting

- Serving Winnipeg, Stonewall & Selkirk, MB
- Karaoke & Instrument Rentals

*We sell...* Keyboards, Guitars, Recorders, Music accessories, etc.

**COMPUTER SUPPLIES & SERVICE**

- USB flash drives, SD cards, CDR's, DVR's, etc.
- Batteries - All types:
  - hearing aids
  - fireplaces,
  - remote car starters, etc.
- Printer cartridges
- Computer virus removal

**NEW!**

**NOW OFFERING**  
**GARAGE BAND LESSONS** on iPad!  
**And 'Rock & Pop' band group classes.**

**50 Plus:**  
Ask about **CASUAL LESSONS** at your own pace

**BBB**  
ACCREDITED BUSINESS

**Join Us**  
**Sept 10th 6-8 pm**  
**Registration Night**  
**at Sunova Curling Club**

**Celebrating 27 Years in Business!**

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# 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

---

**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)

## Little Tigers

Tuesday  
Girls & Boys ages 4-7  
Classes start Sept. 17  
Sign up at  
**REGISTRATION NIGHT**  
**TUESDAY, SEPTEMBER 10<sup>TH</sup>**  
**Sunova Curling Rink**






**Regular Classes**  
**Start September 3rd**

# FALL BACKCOUNTRY FITNESS & CONDITIONING Inspiring Lives, One Body At A Time BOOTCAMPS LET'S GET YOU REGISTERED

**Fall schedule (Begins Sept 9)**

**Co-Ed class schedule:**

**Monday:**

9:30 am - 10:30 am (Warren hall)

6:15 pm - 7:15 pm (Warren E school)

7:30 pm - 8:30 pm (Warren E school)

**Tuesday (Starting October 8)**

9:30 am - 10:30 am (St. Laurent)

**Tuesday:**

6:30 pm - 7:30 pm (St. Laurent school)

**Wednesday:**

9:30am - 10:30 am (Warren hall)

6:15 pm - 7:15 pm (Warren E school)

7:30 pm - 8:30 pm (Warren E school)

**Thursday:**

6:30 pm - 7:30 pm (St. Laurent school)

**Saturday:**

8:30-9:30 am (Warren E school)

- Moms and kids class!

**Members receive:**

Exclusive access to a members FB group, chance to participate in monthly fitness challenges, win prizes and exclusive member only deals for our online wellness programs (starts in fall 2019)

Class punch cards available (no expiry date on classes).

Email [backcountry4fitness@gmail.com](mailto:backcountry4fitness@gmail.com)  
TO BOOK YOUR SPOT &  
Get registered for your fall health and wellness program.

Sincerely your local trainer  
& lifestyle coach,

*Christina Hooper*



# fall registration 2019-2020



Visit the following advertisers  
at our **FALL REGISTRATION NIGHT**  
**TUESDAY SEPTEMBER 10th 6:00pm-8:00pm**  
at the Sunova Curling Rink in Stonewall

**Backcountry Fitness & Conditioning**  
**Balmoral Judo**  
**Balmoral Powerskating**  
**Balmoral Rec Hockey**  
**Blue Daisy Music Studio**  
**Green Acres Art Centre**  
**Heather McDermid Yoga**  
**Interlake Bujinkai Karate Club**  
**Jansen School of Dance**  
**Keyboard Ventures**  
**Quarry Bowling Lanes**  
**Quarry Choristers**  
**Royal Canadian Air Cadets**  
**Stonewall Curling Club**  
**Stonewall Girl Guides**  
**Stonewall Karate**  
**Stonewall Powerskating**  
**Stonewall Scouts**  
**Stonewall Skating Club**  
**Warren Power Skating**

**Yoga** Restore the body  
Calm the mind  
Renew the spirit  
with  
**Heather McDermid**  
**Fall Session starting soon**  
**Classes for all levels!**  
**Daytime and Evening**  
**Classes**  
Register at  
[www.heathermcdermidyoga.com](http://www.heathermcdermidyoga.com)  
or Call 204-467-7949

**STRIKE UP THE FUN!**  
**Youth League**  
**Saturdays at Noon**  
See us at Registration Night for more info!  
**QUARRY BOWLING LANES**  
**204-467-8218**



## HAVE A LOVED ONE STRUGGLING WITH ADDICTION?

CONCERNED PERSONS is an encouraging nine week study designed for the family and friends who have a loved one struggling with addiction.

Using biblical principles and a safe environment, this group addresses important topics in dealing with addiction, such as comfort, hope, letting go and letting God, co-dependency, enabling, and healthy communication.

**Family support is now available and often the first step in your loved one receiving help. If you or someone you know is struggling, call us at 1-888-822-9992 or visit [teenchallenge.tc](http://teenchallenge.tc)**

## > EXERCISE, FROM PG. 21

tly and build your endurance little by little — this way you'll avoid overdoing it or injuring yourself! It's a good idea to start with 10 minutes each day at first and then eventually work your way up to 30 minutes or more.

Up for a challenge?

Keep up your interest by trying new activities. You may like to join others and sign up to a local fitness event, such as a fun run that raises money for a good cause. You'll not only be helping yourself but others in the process.

Try a mantra

Replace "no pain, no gain" with "no fun, no future." If you are not enjoying yourself, you won't be able to sustain it.

Keep a training diary or journal

Take time to recognize these little improvements to your daily quality of life — it can increase your motivation. Reflect on how you feel before, during and after exercise. It's a great way to track your progress.

Reward yourself

Give yourself a reward each time you reach a fitness goal. It gives you the incentive to keep going. Treat yourself to something you enjoy, but make sure your rewards match your healthy lifestyle. As you make progress, you may find you end up rewarding yourself with something physical, such as a walk through the park after a hard day's work!

*\*files from The Better Health Channel*

## > SPORTS, FROM PG. 20

Physical activity by way of sports participation may help the body strengthen over time, increase endurance, help control cholesterol levels, improve blood circulation and even lower stress levels.

Scholastic sports also are a great catalyst for making friends and encouraging positive behaviour. Sports give kids an outlet for energy and a gathering place after school. Children can find like-minded individuals who have the same interests, which may help solidify years-long relationships.

Parents, educators and coaches can encourage children to become involved with sports. The benefits of doing so are numerous and can lay the foundation for them to be successful in life.



# Teulon rodeo keeps western heritage alive

By Jo-Anne Procter

The Teulon Rodeo Club hosted another successful rodeo at Green Acres Park this past weekend. Competitors from across Manitoba took part in bareback bronc riding, saddle bronc riding, bull riding, barrel racing, goat tying, steer wrestling, breakaway roping, tie down roping and team roping. For younger cowboys and cowgirls there were pee wee and junior barrel racing and junior steer riding.

To compliment the family-oriented event other entertainment included

goat dressing, a dog show by Ruff-House Rowdies and Smart Dog Entertainment as well as a visit from John Dear the 'Green Neck' comedian.

The rodeo was part of the Heartland Rodeo circuit where competitors strive towards achieving the highest number of points in each of the nine major and two minor events throughout the rodeo season.

Each morning started with a pancake breakfast and ended with exciting thoroughbred chariot racing.



Will Belway competes in the tie down roping.



Bobbie Fairlie sits in first place in the Heartland Rodeo circuit in the goat tying with a total of 165 points.



Fran Dziadek and her brother Dave Ross help at the rodeo.



Bottom left photo, Aliviah Collins competing in the breakaway roping; middle photo, KC Ursel carries the Canadian flag in the opening ceremonies; bottom right photo, Cassidy Emma leads her daughter Karlie Deill in the PeeWee barrels.



TRIBUNE PHOTOS BY ROBERT E. WILSON

Rex Pettyjohn currently sits in first place with 80 points in the Heartland Rodeo circuit in steer wrestling.



Ethan Fairlie takes a victory lap after finishing second overall for the weekend.



Kalbry Pearson in the ladies barrel racing.





# PC government will provide \$50 million more for wetland protection

Staff

A re-elected Progressive Conservative government will invest a total of \$204 million in natural infrastructure and the protection of wetlands to help preserve watershed habitats and improve water quality in Lake Winnipeg, Manitoba PC Leader Brian Pallister announced Tuesday.

"Manitobans are conservationists at heart," said Pallister. "We believe in strong environmental stewardship that protects our natural environment for future generations."

"I am really pleased to be here to tell you about two big steps that we are going to take to make Manitoba even cleaner and greener as we move forward"

A re-elected PC government will invest an additional \$50 million in the Growing Outcomes in Watersheds (GROW) trust fund, in addition to the \$154 million already invested in the Conservation Trust and in the GROW trust fund earlier this spring. Both funds together – worth just over \$200 million – will provide stable and perpetual funding for the country's most comprehensive green stewardship programs.

Earnings from the GROW trust will provide incentives to landowners who agree to conserve natural areas on their farms. The GROW trust will complement the regulatory protection of seasonal, semi-permanent and permanent wetlands to be passed under the Sustainable Watersheds Act, passed by the PC government in 2018.

The GROW trust will also complement the Conservation Trust, which provides matching funds to non-profit organizations for conservation projects.

Protecting Manitoba's wetlands, the kidneys of our watersheds, is critical to the environmental health of our province. A study by the International Institute for Sustainable Development and Intact Insurance shows that filtering water through wetlands can reduce nutrients in streams and rivers by 50 per cent. This will significantly improve the health of Lake Winnipeg while contributing to healthy fish and wildlife populations and carbon storage.

Pallister also announced that a re-elected PC government will set the country's highest biofuel requirements to reduce carbon emissions in Manitoba.

"Our climate and green plan is the best in Canada and now we will have the highest biofuel standards in the country," said Pallister. "This directly benefits local canola growers and oilseed crushers who will supply the biofuels to help reduce emissions."

A re-elected PC government will increase the ethanol requirement to ten per cent and the biodiesel requirement to five per cent of fuels in 2020. By displacing fossil fuels, these measures will reduce emissions by 375,000 tonnes over three years. This is the equivalent of taking 75,000 cars off the road or planting 25 million trees. Manitoba's Climate and Green



TRIBUNE PHOTO BY JO-ANNE PROCTER

Manitoba PC Leader Brian Pallister and Minister of Sustainable Development Hon. Rochelle Squires field questions from media following a press conference at Oak Hammock Marsh last Tuesday.

Plan Expert Advisory Council recommended higher biofuel mandates in June 2019.

An increase to the biodiesel mandate from two per cent to five per cent is expected to increase market demand of biodiesel from 27 million litres currently to 72 million litres per year, and ethanol consumption by 26 million litres to 176 million litres per year. These fuels will be based on agricultural products such as corn or canola, grown right here in Manitoba.

"This is win-win-win," said Pallister. "A win for the environment, a win for the economy, and a win for Manitoba jobs and our agriculture sector."

When asked how many square ki-

lometers could be protected from the fund, Hon. Rochelle Squires stated that Bill 7, the Sustainable Watersheds Act that was passed not long ago is to ensure that there is no net loss of wetlands

"We know that we have lost 70 per cent of our wetlands in the Province of Manitoba over the last century. We know that we are not going to be able to restore that number, but we are certainly working towards restoring as many wetlands as we can," she said.

"Let's keep moving Manitoba forward," Pallister encouraged. "The only thing better than today in Manitoba, is tomorrow in Manitoba."

## A grainy affair: Wave artists open their studios this weekend

By Rashmi Kumar

Some call it craft. She calls it art. Artist Rosemary Miguez is not the one to build sandcastles, instead, she uses it powerfully as a means of her artistic expression. The artist will be a part of the upcoming Interlake Wave Artists' Studio Tour to be held from August 31 to September 1.

Miguez creates art pieces which connect the mind and soul, through the eyes – offering an emotional or spiritual experience by inviting deep personal attachment as the viewer beholds the work. By combining Gesso and Sand she is able to harness the light to illuminate shape and shadow revealing the hidden story within the art.

The tour gives the public an opportunity to visit an artist's studio, see the tools used to create the art form, and at times even catch a glimpse of art in progress. This year, Miguez is showcasing her sand and gesso artwork. "It is something I began last year with

a combination of sands from Spain, Grand Canyon, Wreck Beach in BC, Cuba and here from our lake. I am enjoying this combination," she says.

But why sand? "I love the tactile feeling when I begin to mix sand and gesso and sculpt them together. For those who do not know, gesso is an acrylic compound used to seal artist canvases for the paint (oil or acrylic) to not seep through the canvas."

Miguez has discovered a unique way to work with sand and gesso to create texture and relief and to create some 3-D effect. Most of her works involve the use of natural or artificial light. This artist started experimenting by creating a white on the white look (white canvas with white gesso and sand combination). And she subsequently kept adding colors.

"The addition of colors primarily comes from the different sands I use from around the world," said Miguez.

Interestingly, Miguez is not all about leaving her work for public interpre-

tation. She goes the extra mile to comment on current social and political issues as well.

"I have some work that deals with deforestation and homelessness. They don't seem to have a connection but they do. As we continue to tear down the forest the animals lose their homes and become "homeless" and "wander" into cities. To create more awareness toward this cause, I have used environmental objects like wood, sand, gesso, and mirrors," says Miguez.

She's also taken up the issue of "human" homelessness and dealt with it quite cleverly. This subject was primarily done on the mirror, for people to reflect upon their vulnerability of becoming homeless or to think of those wandering the streets.

This artwork will not be displayed during the tour but was jointly showcased at Cre8ery Gallery in Winnipeg, a couple of years ago.

Miguez is every bit excited to share her art with her visitors.

"It is also a place where visitors can ask questions and I'm looking forward to answering them!"

The tour - that is held every year on the second weekend in June and the long weekend in September - extends from Highway 67 past Gimli to Spruce Bay. There are over 25 artists on the tour, and all of them will have blue and white Wave signs and flags outside their studio to guide visitors. Tour hours will be from 10 am to 6 pm. Artists are also open year-round for those who want to customize their visits.

As for Miguez, her eyes are on other provinces for 2020. She calls it her future goal and wants to share a piece of her history with one and all.

"I believe that sand holds the history of the Earth. That "sand" in my paintings may have begun as a mountain, a large rock, a small rock and finally sand."

To see a full listing of all the studios participating visit: <https://www.watchthewave.ca>



# Gimli bike ride raises big money for MS Society

By Evan Matthews

Support comes in many forms. Sometimes it's in the form of community members cheering and waving pom-poms, whereas other times it's (more than) \$300,000.

Thankfully for the MS Society, its Bike Gimli event provided both.

"I have a cousin who is living with MS. There is a strong connection there for me. We always have to be raising awareness. New people come of age, people go through changes in life and they become ready to understand a new cause," said Currie Gillespie, the 2019 bike marshal and a participant for 13 years.

"When we can involve (a smaller) community like Gimli, it's just amazing. To go through the Sandy Hook and Winnipeg Beach sections, there are people on their front lawns screaming, ringing bells, clappers, etc. They're literally celebrating what we're doing."

Participants had the choice between two routes, with the longer of the two simply being an extension, according to MS Bike Gimli co-ordinator Jordie Moryl.

Both routes began with participants starting from the Gimli Recreation Centre, south to Sandy Hook, then to Winnipeg Beach, Ponemah, Dunnotar, Matlock and finally then back to Gimli for a total of 49.5 kilometres.

For the longer route, once participants arrived in Matlock, they would then move on to Petersfield and then back to Gimli, totalling 81 kilometres.

"There was a south wind, so everyone was riding into the wind on the way there," said Moryl. "On the way back, everyone was saying what a nice boost it was."

The 2019 MS Bike Gimli had 350 participants, Moryl said, 90 of them being "first time riders."

Through its participants' fundraising efforts and pledges, the 2018 MS Bike Gimli event raised an estimated \$300,000, according to Moryl.

The 2019 goal was to raise \$315,000, he said.

Funds raised contribute to the MS Society's programming and support for those living with MS, according to Moryl.

"I believe we hit those goals," said Moryl, who added the MS Society was still counting funds raised.

"We've been getting a ton of comments from first-time riders and long-standing participants about how great this past weekend was."

Multiple sclerosis is an autoimmune disease of the central nervous system (brain, spinal cord), according to the



TRIBUNE PHOTOS BY EVAN MATTHEWS

In total, 350 bike riders took part in the 2019 MS Bike Gimli.

MS Society.

The disease attacks myelin, the protective covering of the nerves, causing inflammation and often damaging the myelin, according to the MS Society. Myelin is necessary for the transmission of nerve impulses through nerve fibres.

If damage to myelin is slight, nerve impulses travel with minor interruptions, according to the MS Society. However, if damage is substantial and if scar tissue replaces the myelin, nerve impulses may be completely disrupted, and the nerve fibres themselves can be damaged.

MS can cause varying symptoms such as extreme fatigue, lack of coordination, weakness, tingling, impaired sensation, vision problems, bladder problems, cognitive impairment and mood changes, according to the MS Society.

Currently there is no cure, but each day researchers are learning more about what causes MS and are zeroing in on ways to prevent it, according to the MS Society.

Canada has one of the highest rates of MS in the world, according to the MS Society, with an estimated one in every 385 Canadians living with the disease. Though MS is most often di-

agnosed in young adults aged 20 to 49, younger children and older adults can also be diagnosed with the disease.

For more information or to donate to the MS Society, visit [mssociety.ca](http://mssociety.ca).



Lauren Rassong, in the front, was a first-time participant



Ron Bailey, one of the top fundraisers, raised \$11,849.41.



Judy McGuirk, Sandy Lefley and Susan Lindsey were first time participants with their team Visionary Homes.

## PLEASE NOTE

our office will be closed for Monday, September 2.  
Deadline for all advertising will be Friday, August 30.

Enjoy the long weekend!

THE EXPRESS Tribune  
WEEKLY NEWS Stonewall Teulon



# September's harvest moon

By Ted Bronson

I find that the nights of September are the best times to go outside and enjoy the moon and stars. Darkness descends much sooner than just a few weeks ago. The evening temperatures are a bit cooler which helps to keep the bugs away as well.

This year September hosts two astronomical events. One is the harvest moon and the other is the autumnal equinox, the first day of fall.

The harvest moon is the full moon nearest the start of fall or the autumnal equinox. This usually means it coincides with the September full moon, though it can also fall nearer to the October full moon, occurring anywhere from two weeks before to two weeks after the equinox. In 2019, the harvest moon will rise on Friday, Sept. 13 at 8:06 p.m. CDT.

This full moon is called the harvest moon because for several evenings the moonrise comes shortly after sunset. This results in an abundance of

bright moonlight early in the evening, which was a traditional aide to farmers and crews harvesting their summer-grown crops. This is the reason why this particular moon is called the "harvest" moon.

There are just a little over 12 complete moon cycles every year. On average, there are about 29.53 days in a synodic month (time period from full moon to full moon). The harvest moon isn't like the other moons. Usually throughout the year, the moon rises an average of about 50 minutes later each day. But near the autumnal equinox, the difference can be less than 30 minutes. Additionally, the full harvest moon rises at sunset and then will rise very near sunset for several nights in a row because the difference is at a yearly minimum. It may almost seem as if there are full moons multiple nights in a row.

We've all seen a full moon looming large shortly after it rises, when it's still hugging the horizon. Scientists



TRIBUNE PHOTO BY TED BRONSON

September hosts two astronomical events. One is the harvest moon and the other is the autumnal equinox, the first day of fall.

say that this large moon is an illusion, a trick your brain is playing. It's called "the moon illusion." Its causes aren't precisely known, though. A common explanation for this phenomenon is

called the relative size hypothesis. This suggests that the illusion's roots are in the sizes of objects in the foreground terrain, and that without houses, mountains or trees, the lunar disk would not appear as large. Your brain automatically compares the moon to these reference points. But when the moon is higher up, there is nothing to compare it to. The moon seems smaller against the vastness of the night sky. This particular idea demonstrates that two identical objects (the moon in this case) can appear radically different in size depending on what surrounds them.

The only two planets visible to the unaided eye after sunset in September is Jupiter and Saturn.

The first quarter moon can be seen to the upper right of Jupiter once the sun has gone down on Sept. 5. The star Antares forms a nice triangle with the moon and Jupiter as well. Nightfall on Sept. 7 brings the moon to the right of Saturn. The next night the moon has moved to Saturn's left.

The autumnal equinox for 2019 occurs on Sept. 23 at 2:50 a.m. CDT. This event marks the first day of the autumn season for us in the northern hemisphere. Those residing south of the equator bid farewell to winter and welcome the return of spring.

As a community service, I am available to do talks on astronomy or related subjects to teachers, students, scouts, guides or any community groups who would be interested. I can be contacted by email at bronsont@mymts.net to schedule a presentation.

- Clear Skies, Ted Bronson

Ted Bronson is an avid local astronomer who has been observing the sky since 1964. This column "Guide to the Galaxy" appears monthly in the Tribune.

SERVICE CLUBS - Serving our Communities					
<b>Royal Canadian Legion Branch No. 52</b> Reg. Dues are \$45/year Members 70+ \$40/year 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. The Legion meeting is the 2nd Tuesday of the month at 8 pm at Stonewall Legion Club Room.	<b>South Interlake Ag Society</b> Janice Rutherford 467-5612 Hwy #236 and Rockwood Road \$10/member/year It encompasses the needs of the three municipalities that it serves - Rockwood, Rosser and Woodlands. Monthly meetings are held the 3rd Tuesday of each month at 7:30 at the Ag grounds.	<b>Teulon Women's Institute</b> Phone 886-2216 Fee: Nominal membership may apply Motto: "Home and Country" The TWI has approximately 14 members that work hard to raise money throughout the year to donate to local and regional charities and community projects. Meet 3rd Tuesday of the month 7:30pm Farview Place Teulon. New members always welcome.	 <b>1 Snow Goose Bay on Hwy 220</b> Stonewall, Manitoba 1-888-50MARSH (62774) ohmic@ducks.ca oakhammockmarsh.ca The Oak Hammock Marsh Interpretive Centre is a non-profit organization. Its mission is to foster public awareness and knowledge of the inherent values of wetlands and associated ecosystems, and to encourage public support for their conservation through innovative education and outreach programs.	<b>Quarry Toastmasters</b> Brenda 467-5088 We have moved. Come join us for a visit or two. Quarry Toastmasters will be at the Chicken Chef in Stonewall 7:15-8:45 pm on Tuesday night. Our group helps you with speaking in front of people, grow's confidence, how a meeting should be run. We have an agenda, slow steps to get you to do speeches. We support each other and we also have fun.	<b>Kin Clubs of Stonewall</b> Motto "Serving the Communities" Kin Canada is a dynamic volunteer organization enriching our communities through service while embracing national pride, positive values, personal development and lasting friendships. Kinsmen President Martin Mailman 204-467-8359 Kinette President Edith MacMillan 204-375-6691
<b>Teulon &amp; District Agricultural Society</b> Lana Knor, President 467-0740 The Teulon & District Ag Society meet on the fourth Thursday of each month from February to November at the Agricultural Building at 7:30pm. The Ag Society sponsors the Teulon & District Ag Fair and the Annual Teulon Pumpkinfest.	<b>Interlake Community Foundation, Inc.</b> 204-467-5634 www.interlakefoundation.ca The Interlake Community Foundation provides the citizens of Rockwood, Rosser, Stonewall, Teulon and Woodlands with the opportunity to invest in the future of their community and region forever. The Foundation pools donations in a capital fund that remains in perpetuity. The income generated from the capital is distributed as grants to registered charities in the region. Grant applications are due by February 28th of each year.	<b>Stony Mountain Stonewall Masonic Lodge #12</b> Call 204-467-2788 for Information Stony Mountain Stonewall Masonic Lodge #12 is the oldest organization in Stonewall (1880) and part of the oldest and largest fraternity in the world. Although a belief in one God is necessary to join, Freemasonry is non-secular and prohibits discussion of religion and politics in its Lodges. Freemasonry focuses on the reinforcement of morality into the daily lives of our members and of charity, a giving back to our communities through our Lodges and by our charitable activities as well as in our personal lives, which we believe makes GOOD MEN BETTER. Monthly Meetings 2 B 1 ASK 1	 <b>Stonewall Ladies Auxiliary</b> 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.	<b>South Interlake Seniors Resource Council Inc.</b> Darcy or Corinna @ 467-2719 sisrc@shaw.ca SISRC is a non-profit organization that offers services for seniors and those with disabilities. These services include; Transportation; Mobility Aid Lending Service; Caregiver Support Group; Health Education Presentations; Resource Information/Form Completion; Telephone Buddy/Friendly Visiting; Handy Helper/Housecleaning. We also distribute the ERIK (emergency response information kit) and we are Lifeline Representatives.	<b>The Liliane Baron South Interlake Breast Cancer Support Group</b> Claudette 886-2393 Joyce 467- 2473 The group is a non profit grass roots organization founded by women in the South Interlake Area diagnosed with breast cancer. Our mandate is to assist others who may find themselves with a similar diagnosis and to provide a variety of support, assistance and friendship where needed within the confines of privacy, respect and caring. The group meets for positive encouragement and support on the third Tuesday of each month at 7PM at the office of LJ Baron Realty, Main Street in Teulon. Anyone seeking information or services is always welcome.
 <b>Knights of Columbus Stonewall</b> Jesse Nugent 204-294-7170 \$40/member/year The Knights of Columbus raise funds for charities within the community. The Knights are open to all Catholic men, 18 yrs or older. Meetings are held 1st Monday of the month September through June at the Christ the King Church in Stonewall.	<b>South Interlake 55+ Inc</b> 467-2582 www.si55plus.org \$20/member/year si55plus@mts.net This non-profit organization provides education and activities for persons age 55 plus. Many activities and events are held on a regular basis. Newsletters are published monthly and available to pick up at the 55+ Centre in Stonewall.	 <b>Stonewall &amp; District Lions</b> Shohn Godin 622 Centre Avenue, Stonewall 229-6476 Motto: "We Serve" Membership is open to anyone over eighteen with an interest in providing assistance to those people or projects in our community in greater need than ourselves. Meetings are every 4th Wednesday of the month at 7:15 pm September thru June.	 <b>Independent Order of Odd Fellows Stonewall Lodge #49</b> Larry O'Dell 467-8882 Ross Thompson 467-2438 www.ioofmb.ca Yearly nominal membership fee The Odd Fellows Lodge is a fraternal organization based on the fatherhood of God and the brotherhood of man. We do charitable work through various projects in the local community, the province and internationally. We seek to elevate the character of man and thereby make the world a better place to live. Meetings every 1st and 3rd Monday of the month at 8:00pm at the Odd Fellows Hall.	<b>Stonewall &amp; District Health Centre Ladies Auxiliary</b> Marg Bond 467-8732 The auxiliary's goal is to raise funds for the purpose of enhancing the care and comforts of patients, residents and clients served by the Health Centre. Meetings are held the first Monday of each month at Rosewood Lodge. New members welcome.	<b>Grosse Isle Women's Institute</b> Phone 204-467-9376 Motto: "Home and Country" The GIWI has approximately 14 members that work hard to raise money throughout the year to donate to local and regional charities and community projects. Meet 2nd Tuesday of the month 7:00pm Grosse Isle Hall. New members always welcome.
<b>Warren Horizons District Lions Club</b> President: Irene Tully 204-375-6522 Meetings are held the first and third Wednesday of each month at the Warren Fire Hall Sept. thru June.	 <b>Warren &amp; District Lions</b> President Stu Bangle 204-322-5381 "We Serve" Membership is open to anyone over 18 interested in giving something back to their community through direct action, meeting humanitarian needs, encouraging peace, and promoting international understanding. Meetings are held the 1st and 3rd Wednesday of the month at 7:00pm at the Warren Fire Hall from Sept-June.		<b>Unity, Steps of Courage (AA)</b> United Church, 369 1st Ave., N., Stonewall Fridays at 7:30 pm Info Call Bryce 204-430-6787		



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Bremner ready for second season in Neepawa

By Brian Bowman

Rhys Bremner is excited to get back on the ice for his second season with the Manitoba Junior Hockey League's Neepawa Natives.

Bremner was one of several rookies on a Neepawa team that struggled with a 9-43-4-4 record to finish last in the 11-team league a year ago.

But Bremner feels the Natives are headed in the right direction under new head coach and general manager Ken Pearson.

"I'm looking forward to it," said Bremner last week. "We were pretty young last year and I think we only had three 20-year-olds on our team."

"We have some guys that aren't coming back but we have a whole group of guys that are coming in new this year."

"From what I've heard, I think it's going to be good and we'll definitely be a lot better than we were last year."

"I can tell you with confidence that we will be in a playoff spot this year."

Last year's Neepawa roster consisted

of players from all over Canada and the U.S. The Natives are not afraid of recruiting players from outside of Manitoba.

Bremner doesn't feel that is a negative as every team has the simple goal of winning a lot of hockey games.

"We all have the same focus and we're working towards the same thing," said the former Interlake Lightning defenceman. "It's pretty easy to get along with the group of guys that we have right now in Neepawa. I think our team gels together real well."

Bremner admitted last season was a difficult one with just the nine wins. But he feels the experience of going through that type of season will help this club this season.

On a personal level, Bremner had six assists and 141 penalty minutes in 44 games with Neepawa last season.

He admitted competing in the MJHL was a bit of an adjustment compared to playing in the Manitoba Midget "AAA" Hockey League.

The league is faster and the players are bigger, Bremner noted.

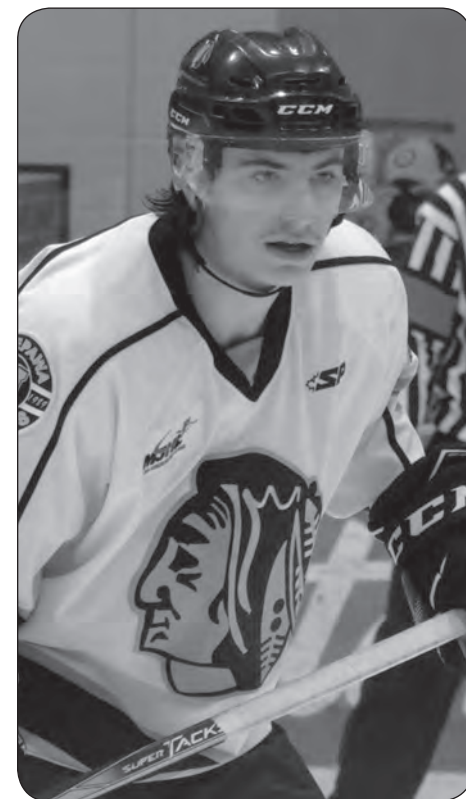
"I thought I had a good first year," he said. "It was a bit of a learning curve at the beginning. I'm more of a defensive guy in my role. I try to move the puck up and shut down their goal scorers. I seem to have found a bit of a way in fighting so that is probably attributable to a lot of the penalty minutes that you see there."

"But it's just part of the game."

Bremner enjoys playing hockey in a small community like Neepawa.

"The whole community really pushes for the Natives," he said. "Whether they are coming out for games or fundraising or whatever. It's good to know that you have the support behind you. It's a good little town."

"For me, being from Stonewall, it's similar in size and I couldn't ask for a better place to live. My billets are great — I have no complaints."



Rhys Bremner

## Jets set to soar in MMJHL's 2019-20 season

By Brian Bowman

After having success the past few years, the Stonewall Jets are eagerly looking forward to having another solid season in the Manitoba Major Junior Hockey League.

"We're going to build on last season," said Jets' general manager Dale McClintock last week. "Obviously, everyone thought we were in rebuild (mode) last year and we made some noise in the playoffs. We came together at the right time and we would like to build on that."

The Jets graduated six players from last year's team and expect some very good talent coming up from Midget "AAA".

"Things are looking good in Jets land right now," McClintock boasted.

The Jets expect about 30 to 35 players to come out to training camp, which begins next Tuesday. Cost of the camp is \$100 per player.

"That's what we invited and you will have the odd drop in, maybe guys that weren't exactly on our radar," McClintock noted. "Guys are always

welcomed ... and then you shake the Junior 'A' tree and see what falls out."

In past seasons, the Jets have benefited from some talented players joining their squad that live in the Portage la Prairie area. That will be the case once again this season.

"Our Portage connection is stronger than ever," McClintock noted. "We have six guys coming (to camp) from the Central Plains Capitals' program. Jared Hulme played with us last year and was one of our top defencemen so we're expecting big things out of him this year."

Up front, Stonewall is strong with returning forwards Ryan McMahon, Keeven Daniels-Webb and Jayson Brooks.

On the back end, Hulme and Foster Bytheway will see plenty of ice time.

"(Our success this season) is going to be by committee," McClintock stressed. "We're going to be the type of team that we're going to put our work boots on every single game. It's not going to be pretty or flashy but we're going to outwork every single

team in this league."

The Jets will play a pair of preseason games and will also compete in a Transcona Railer Express exhibition tournament.

Stonewall will play four games in that tournament over a few days in mid-September.

McClintock really likes the concept of having teams together in one location to play some exhibition games.

"I think it's fantastic," he said. "It gives the new guys that are in our training camp a taste of this level of hockey and what to expect. You get an opportunity to see what the other (teams) are bringing to the table for rookie players. You get to meet with other general managers and other organizations to see what direction they're going and which guys they might be letting go."

"It's a great tournament for networking to get a feel for the league and where everybody is at."

The MMJHL is in great shape and boasts a ton of talented players and parity amongst teams. Anyone can

beat anyone on any given night.

"Whoever decides to show up that night, it could go either way," McClintock insisted. "If you don't show up, you could get blown out. It's a fantastic league in that sense and the effort that the league organizers and executive have put into this league is fantastic."

The MMJHL provides players an opportunity to play high-level hockey without having to leave home.

"It's a great place for kids to come and play that might not want to pursue that Junior 'A' dream or want a career or want to go to school," McClintock said.

"It provides a balance for these kids and I love what they have done with the league, which is in its 50th anniversary, and we will be wearing those patches on our jerseys and we'll be wearing them proudly."

"It's something that we're proud to be a part of."



## Langlais leads Canada to bronze at COPABE Women's World baseball qualifier

By Brian Bowman

The Canadian Women's National Team is headed to the 2020 Women's Baseball World Cup after notching its fifth win of the COPABE Women's World qualifier against the host Mexico on Sunday.

Manitoba cruised to an 11-1 victory to secure a bronze-medal finish after qualifying earlier in the event.

The game against Mexico was called after five innings due to the 10-run mercy rule.

"It was so good that we qualified and that's what we went there to do," said Garson's Brittney Langlais, just after arriving at the Winnipeg airport Tuesday morning. "But it was really nice to bring home a medal, too."

Canada had a four-run third inning that was highlighted by a three-run homer from 18-year-old Maddie Wilan (Edmonton). Canada added one run in the fourth after a solo shot from 20-year-old Carrie Jespersen (Spruce Grove). Canada piled on the runs in the fifth, walking off Mexico after scoring six in the frame.

"We probably played our best game as a team that game," said Langlais, who plays in the Manitoba Junior Baseball League with the Interlake Blue Jays. "It was really good that we came together at the end. It was really nice to mercy them and have a big lead the whole time."

Team Canada got off to a stellar start in the tournament, defeating the Dominican Republic, Nicaragua and Cuba, before back-to-back losses against USA and Venezuela. The

Canadian squad rebounded with an exciting 9-7 win over Puerto Rico before taking on Mexico to capture the bronze.

Langlais, a 20-year-old right-hander, threw three solid innings of middle relief against Puerto Rico, allowing two runs on five hits with three walks and two strikeouts.

"It was really cool," Langlais said of her performance. "It was probably the most exciting game that I have ever pitched. The whole crowd was really loud and your whole team is cheering for you. It was so exciting because it was such a close game."

Langlais also pitched a four-inning, complete-game victory over Nicaragua early in the tournament. She was very good in both games that she was on the mound. Langlais was very proud that she had an opportunity to pitch for Canada at an international tournament.

"It was definitely a dream come true," she said. "I always dreamed about it since I was a little kid, so to finally be able to do it was amazing. I wish I could have pitched a little bit better against Nicaragua but definitely against Puerto Rico, I thought I did pretty good and got the job done."

Canada fielded a young lineup that had limited international competition. Eight members of the 20-man roster competed internationally for the first time combined with 10 players from last year's World Cup bronze-medal winning team.

The future looks very bright for our national women's team.



TRIBUNE PHOTO SUBMITTED

Garson's Brittney Langlais and Canada won the bronze medal at the COPABE Women's World qualifier in Mexico last Sunday. With that third-place finish, Canada earned a spot at the 2020 Women's Baseball World Cup.

"It's looking pretty good," Langlais said. "We definitely have a lot more younger players than older players. It's a big tradeoff coming up but it's definitely good. The younger players are stepping up and the other players are definitely being supportive of us coming up."

Langlais was excited to have the opportunity in Mexico to get a glimpse of the future of Canadian women's

baseball firsthand. She is really looking forward to hopefully representing Canada at the 2020 World Cup, whose location had yet to be determined.

"I'm really looking forward to it," she said. "You have to make the team again...and next year we'll figure out who's going."

"But it will be really cool if I get to go."

## U18 'AAA' Interlake Lightning will begin training camp with new head coach

By Brian Bowman

For the third time in the past three seasons, the Interlake Lightning will have a new head coach for their U18 "AAA" boys' hockey team.

Scott Wong will replace Trent Genyk, who took over from Jamie Corbett midseason after he took a position with the MJHL's OCN Blizzard.

The hiring of Wong was made back in May.

"(Scott) is a proven coach," said Lightning general manager Darren Bond last week. "He has coached in our U18 league for a few years now. He brings a staff with him that is also accomplished that is mainly his brothers and he's bringing the trainer along, too."

"We're looking forward to what he can bring to our program, not only for on-ice development but also personal growth, and with dryland and off-ice development."

Wong guided the Eastman Selects to a 27-16-0-5 record last season. He's familiar with the style of play in the league and knows many of the players.

"He not only knows all of the players out there, he also understands the league," Bond said. "The U18 league is a very good league. It's a league built on speed, pressure and turnovers, and quick transitions. Knowing that and knowing how to get the team up to speed for that type of hockey in a quick period of time is huge."

"And that's what will lead to success, not only for our players, but also for the team as well."

The Lightning will welcome a handful of returning players back for another season. But there were a lot of new faces when the Interlake opened its training camp to about 40 players this past Tuesday in Lunder.

"That's a number that is higher than

what we have experienced in the past," Bond noted. "We're pretty excited about that."

From that group of players, the Lightning will be forming two teams - the U18 and U17 - provincial squads.

The Lightning training camp will be rotated amongst Lunder, Stonewall, Gimli, and Teulon this fall.

"This is the first time that we have done it for the U18 team but we have done it for some of our other teams," Bond said. "I think that the benefits from this are exposure to show other communities the level of play of these individuals. Also, it's a great opportunity for some of these players, whether it be through practice or intrasquad games, to be able to play in their own rink. "It's something we're really excited to do to show the people of the Interlake the talent that they have in their own backyard."

Meanwhile, the Interlake Bantam

"AAA" team will see Chad Balmer return as head coach. Their tryouts, which includes 50 players, will started on Tuesday in Stonewall.

Once again, Interlake will have a Bantam team playing in the Eastman "AA" League.

"It's a great introduction to higher-calibre hockey," Bond said. "It's a feeder system for the Bantam 'AAA' program and also for the (U18) 'AAA' program."

On the girls' side, Dean Rebeck will return for his second year as head coach for the Interlake Lightning team that competes in the Manitoba Midget Female Hockey League.

At the Bantam level, Charlene Bodnarchuk will once again serve as the head coach.



# Manitoba finishes in three-way tie for eighth at 16U Girls Invitational Championship

By Brian Bowman

Manitoba's offence took a while to get going but once it did, it was very impressive.

Manitoba scored a whopping 45 runs in its final three games — winning two of them — at the 16U Girls Invitational Championship in Bedford N.S. last weekend.

"With us coming in the day before the tournament, the girls were a little sluggish for the first couple of games," said Manitoba head coach Blaine Fortin, who lives in Lundar.

"It was nice to see them finish on a high note, that's for sure."

Manitoba wrapped up play Sunday with a solid 15-4 victory over Newfoundland.

Manitoba scored six runs in the first inning, added three in the fourth and six more in the fifth, to end the game due to the 10-run mercy rule.

"Our goal was to always come out of the first inning at least tied and try to limit the damage as much as possible and try to take it to the other team," Fortin said. "We finally got a couple of

bounces here and there and crooked numbers are always good."

Teulon's Jacey Ledowchowski led Manitoba with two hits and four RBI. She was later named Manitoba's most valuable player for the tournament.

"She was seeing the ball really well," Fortin observed. "Earlier on, she was putting a little bit too much pressure on herself. In the last few games, you noticed the difference. She was having a bit more fun and not trying to do too much. (She was) just going up there and doing her thing."

On Saturday, Manitoba was edged 11-10 by Ontario. Ontario scored the game-winning run in the bottom of the seventh inning.

"The girls weren't disappointed in that game," Fortin stressed. "They had every right to hold their heads high."

Ledochowski again had two hits for Manitoba. Manitoba had the bases loaded with one out in the sixth inning but failed to score.

Earlier that day, Manitoba, whose roster also included Lundar's Shyanne Chartrand, was very good with

a convincing 20-5 win in just four innings over New Brunswick.

After scoring a run in the first inning, Manitoba exploded for 12 in the second, added five more in the third, and then plated a pair in the fourth.

Fortin was impressed with Chartrand's work ethic with their program this past season.

"Shyanne hasn't played a whole lot at the high-performance level and she came in and gave 100 per cent," Fortin said. "She hit the ball, some of them hard right at people, but she gave me 100 per cent the whole way. She has a lot to look forward to next year."

Manitoba started play last Thursday with a 9-2 loss to Saskatchewan. Both teams had six hits but Manitoba committed seven errors.

Ledochowski pitched two innings and had a pair of strikeouts.

Later that day British Columbia blanked Manitoba 7-0.

B.C. broke the game wide open with five runs in the top of the seventh inning.

On Friday, Manitoba was defeated 10-1 by Quebec.

The experience of competing at a national tournament will definitely benefit the players throughout their careers.

"There's only a couple of girls that won't be coming back next year," Fortin noted. "This experience will be very huge for these girls. They know what to expect and they know what it takes to win this tournament or to get to the medal round of this tournament."

Teulon's Rod Ledochowski was an assistant coach for Manitoba while his wife, Diana, was the Chef de mission.

British Columbia was a perfect 5-0 at the tournament, shutting out Alberta 6-0 on Sunday.

## Stonewall United awarded forfeit win

Staff

The Stonewall United earned a victory last weekend and they didn't even have to play a game.

Stonewall was scheduled to play Carmania SC in Carman on Sunday but the United was awarded a forfeit victory.

With the win, Stonewall evened its record to 6-6-4 and they now have 22 points to tie them with the North Win-

nipeg United (7-8-1) for sixth place in the Manitoba Major Soccer League 5th Division standings.

The Interlake Impact lead the 10-team division with a 11-3-3 record and 36 points.

The United are back in action Thursday when they play Sinjar FC at the Buhler Recreation Park. Game time is 6:30 p.m.

## Tataryn recognized by Baseball Manitoba



TRIBUNE PHOTO SUBMITTED

Baseball Manitoba awarded Owen Tataryn, second from left, a 50th anniversary scholarship for his work as an umpire before the Winnipeg Goldeyes' game against the St. Paul Saints on Aug. 19. For the last three years, Tataryn has played Midget "AA" baseball for the Grosse Isle Jays. He began umpiring baseball at the age of 12 when his community was in need of umpires. He is now an umpire for the Interlake and also umpires girls' softball in Stony Mountain. Tataryn volunteers with his local waterfowl youth shoot as a mentor and guide to ensure gun safety. He helps out with his local outdoor hockey rink with summer clean up, ice cleaning and maintenance during the winter. He was given an award for his leadership from his coach and was awarded the Woodland Wildlife Committee Scholarship for his volunteering. Tataryn graduated from Warren Collegiate and is now enrolled as a full-time student at the Northwest Law Enforcement Academy for their 10-month Law Protection and Safety diploma program starting this fall. He hopes to become an RCMP officer or a border security officer with the K9 unit.

## Manitoba places fourth at Men's National Baseball Championship

Staff

Manitoba finished with a 3-2 record at the Men's National Baseball Championship in Miramichi, N.B., last weekend.

Manitoba, whose roster featured Stonewall's Kyle Turner, St. Clements' Colton Boudreau and St. Andrews' Matt Mutcheson, was defeated 7-6 by British Columbia in a quarter-final game Saturday evening.

Manitoba trailed 7-1 heading into the bottom of the seventh inning but made the game very interesting by scoring five runs.

Earlier in the day, Manitoba edged Ontario 11-10 in a wild 10-inning affair.

Manitoba started play at the nationals with a tight 1-0 win over Quebec

last Thursday. Manitoba, which scored the game's lone run in the top of the second inning, outhit Quebec 5-3.

Boudreau had three of those hits and an RBI in the game.

Manitoba made it two wins in a row Friday morning after trouncing New Brunswick 15-4. Manitoba broke the game wide open with 10 runs in the third inning.

Boudreau had two RBIs in the contest.

Later that day, Manitoba was beaten 15-4 by Nova Scotia.

Boudreau finished the tournament 9-for-15 with a .562 average. He also scored four times and had four RBI.

Turner was also very good, with five hits in 13 at bats while scoring six runs and smacking three RBI.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Mattson gets big league call-up with the Hurricanes

By Ty Dilello

Stonewall product Leif Mattson has been selected by the NHL's Carolina Hurricanes to be a part of their roster for the upcoming 2019 NHL Prospects Showcase in Nashville this September. Mattson has spent the last three seasons in the Western Hockey League with the Kelowna Rockets. Last year he had his best season points-wise when he scored 22 goals while producing 63 points.

Mattson credits his years growing up in Stonewall as extremely vital to his hockey development.

"Growing up in Stonewall was great," says Mattson. "I loved the mix of the small-town feel while being so close to Winnipeg. It's where I first fell in love with the game and where I made plenty of friendships that I still have to this day. Stonewall will always be home for me."

Mattson spent a few years with the Interlake Lightning Bantam AAA and City Midget teams before moving to St. Albert and playing midget hockey

there for a few seasons. He then joined the WHL's Kelowna Rockets in 2016 and has been there ever since through all the ups and downs that comes with playing junior hockey at an elite level.

"This past season in Kelowna was a bit of an off-year team wise for Kelowna's standards. We fell one game short of making the playoffs so that was definitely a tough pill to swallow. Personally, I made a lot of improvements to my game and was relied upon as a go-to guy for our team."

Looking forward, the revitalization of the Carolina Hurricanes and their great playoff run last season has made them a team to look out for this season. For Mattson, he was very excited to get the call from them and be able to don a Hurricanes jersey come the rookie camp in September.

"I found out about the invite to Carolina's rookie camp from my agent at the beginning of July. It's definitely extremely exciting and I'm really looking forward to the opportunity

to showcase myself at that level," said Mattson. "I wasn't exactly expecting the invite but I knew that after putting together some pretty solid years the last couple seasons and improving in a lot of areas of my game that I'd given myself a chance to get on their radar."

The 6'0" right winger is hoping to impress scouts and the Hurricanes brass at the Showcase and potentially sign an entry-level contract with them since he was passed through at this year's NHL Entry Draft. At the conclusion of the Hurricanes rookie camp, Mattson will fly to Kelowna for training camp as it will be his last year of junior hockey. An added bonus this season is that the Kelowna Rockets will be hosting the prestigious Memorial Cup tournament, which will provide one more opportunity for Mattson to get on every North American scout's radar.

"This upcoming season we are hosting the Memorial Cup in Kelowna. We are building a really strong team and it will definitely be a huge opportunity



Leif Mattson

nity to end my junior career off on the highest note possible. What happens after that will depend on how my year goes, but I will either play pro hockey the following year or attend university and play in the U-Sports league."

Mattson flies down to Carolina on Sept. 5. The NHL Prospect's Showcase commences in Nashville on the 7th.

### Softball Tryouts South Interlake Phillies Try Outs & Registration

Location: Stonewall Quarry Park

#### U12 (2008 & 2009)

Try-out Dates: Saturday, September 7 (1:00 – 4:00 pm)

& Thursday, September 12, 2019 (5:30 – 8:30 pm)

Rain Date: Saturday, September 21, 2019

Contact: Jamie Dowsett

Ph# 204 792-6444 | jamie.dowsett@bellmedia.ca

#### U16 (2004 & 2005)

Try-out Dates: Wednesday, September 11

& Thursday, September 12, 2019

Time: 5:30 – 8:30 pm

Rain Date: Saturday, September 21, 2019

Contact: Ryan Fines

Ph# 204 513-0113 | Trfines@mymts.net

#### U19 (2001 - 2003)

Try-out Dates: Saturday, September 7 &

Sunday, September 8, 2019 (4:00 – 6:00 pm)

Rain Date: Saturday, September 21, 2019

Contact: Please pre-register at shewcb1@gmail.com by September 6, 2019

## Smitty's ties for sixth at U19 Women's Canadian Fastpitch Championship

### Staff

The Smitty's Terminators finished in a tie for sixth place with Alberta's River City Hornets after posting a 6-4 record at the U19 Women's Canadian Fastpitch Championship in Kitchener, Ont.

Smitty's wrapped up play with a 2-1 loss to the DC Waterloo Ghosts Gold on Aug. 18 at the 20-team tournament.

The Terminators were topped 2-0 by the Brampton Blazers Gold the previous day.

Smitty's had a great start to the nationals, reeling off wins over P.E.I.'s Eastern Braves (11-4), Manitoba Thunder (3-2), the host Waterloo Ghosts White (7-0) and B.C.'s White Rock Renegades (10-3).

On Aug. 15, Smitty's split a pair of games. The Terminators lost 9-1 to Ontario's Brampton Blazers Gold but then defeated Nova Sco-

tia's Cole Harbour Comets 10-3.

The next day, Smitty's defeated Alberta's Sherwood Park Storm 10-1 but was later edged 6-5 by Ontario's Oakville Angels.

Smitty's roster included local players Sarah Fines, Ellen Marshall, Kyra Shewchuk and Anna Shewchuk.

Fines was 7-for-28 for an impressive .308 average with two runs scored and four RBI at nationals while Marshall was 1-for-4 with two runs scored and two RBI.

Anna Shewchuk was 2-for-6 with a run scored while Kyra Shewchuk was 3-for-14 and plated a run.

The Brampton Blazers Gold finished the tournament with a perfect 11-0 record. Brampton concluded play with a 3-2 win over B.C.'s TriCity Titans in the final.



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## TENDERS

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## GARAGE SALES

**MEGA YARD SALE - KOMARNO.** SATURDAY, AUG 31 & SUNDAY, SEPT 1 from 10 a.m. - 6 p.m. 1st house south end in town. Furniture, antiques, garage stuff, outdoor misc, outdoor furniture, household, comforter sets, craft supplies, wooden playhouse, toys, 3 freezers, flooring, quality/professional baking supplies, sets of dishes, pictures, collectibles, old church pew, crocks, speakers, curtain rods... really too much to list. Many things brand new, never used. All quality items, no junk here. **ALL MUST GO!**

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The Pizza Den Restaurant in Stonewall has immediate opening for a FT day cook to work 11:15 a.m. - 7:45 p.m. 5 days/week (currently Tues. to Sat.). Pizza Den is a full service restaurant and menus can be viewed at [pizzaden.ca](http://pizzaden.ca) Experience req'd. Competitive hourly wage, tips & flex benefit plan. Send resume to [robert.magnifico@gmail.com](mailto:robert.magnifico@gmail.com) or call 204-799-2423.

Watersong Farms hiring for poultry processing, 8 days, Tuesdays and Thursdays, 8 a.m. - 2:30 p.m. approx., Sept. 17th - Oct. 10th, \$15-\$16/hr. To arrange interview call 204-322-5558.

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[www.mcsherryauction.com](http://www.mcsherryauction.com)

## Part-time Activity Coordinator Position

### The South Interlake Seniors Resource Council requires a Support to Seniors in Group Living (SSGL) Coordinator.

You will work with the residents of Crocus Manor, Stonewall. This is a 15 hour, Monday to Friday position, with flexibility as to hours possible. It is a term maternity leave replacement assignment with the possibility of being permanent.

You will have the ability to work on your own, strong organization skills, complete computer skills, a valid drivers' license and access to a vehicle. You should be able to plan and carryout a wide range of activities within the manor.

You must be outgoing and enthusiastic and able to engage all residents creating programming that enhances the well-being of all.

Previous experience related to servicing seniors, program planning and implementation would be an asset.

Please submit a cover letter and resume to;

South Interlake Seniors Resource Council  
Box 36 Stonewall Mb  
R0C 2Z0,

via fax 204 467 2647 or email [sisrc@shaw.ca](mailto:sisrc@shaw.ca)

**Closing date September 10th, 2019.**

*We thank all for applying but only those selected for an interview will be contacted.*

**NEWS TIPS? CALL 204-467-5836**

## take a break > GAMES

### SUDOKU

	4	3						
	1			4	7			
				3				1
	7		4					8
			7	8				
2					9			
7				6	8	9	5	
4	2			7	5	8		
							3	

Level: Intermediate

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Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

4	3							
1				4	7			
				3				1
	7		4					8
			7	8				
2					9			
7				6	8	9	5	
4	2			7	5	8		
							3	

Sudoku Answer

N	V	H	O	K		I	E	N	S	D	O	K	
S	T	A	B	I	S	V	T	O	I	V	T		
S	L	O	A	B	I	S	V	T	O	I	V	T	
S	L	O	A	B	I	S	V	T	O	I	V	T	
S	L	O	A	B	I	S	V	T	O	I	V	T	
S	L	O	A	B	I	S	V	T	O	I	V	T	
S	L	O	A	B	I	S	V	T	O	I	V	T	
S	L	O	A	B	I	S	V	T	O	I	V	T	
S	L	O	A	B	I	S	V	T	O	I	V	T	

Crossword Answer

## CROSSWORD

### CLUES ACROSS

- Job
- Retirement account
- Parent-teacher organizations
- Audibly
- Leavened bread in Indian cooking
- "To \_\_\_ his own"
- Violent disorder
- Not wet
- Worst (French)
- Move with springy steps
- Georgia rockers
- Moved quickly
- Blood proteins
- Return to
- Related to Iran
- The first
- Pearl Jam's debut
- Nocturnal, catlike mammal
- Hymn
- One who engages in arbitrage
- Less bright
- Indian lute
- Discovers
- Weatherman
- Jai \_\_\_, sport
- Spy organization
- Ancient Greek oracles
- Swindles
- Not young
- Log-shaped pastry
- Professional engineer association
- Arabic feminine name
- Sacred text
- \_\_\_ and ends
- What remains after taxes
- Type of watt

### CLUES DOWN

- Pack full of clay
- Relating to wings

1	2	3	4	5	6	7	8	9	10	11
12				13		14		15		
16				17		18		19		
20						21		22		
				23		24		25		
26	27	28	29			30				
31						32				
33							34	35	36	37
				39	40	41	42	43		
							46			
				44	45					
							48			
49						50		51	52	53
56						57		58		
59						60				
62						63			64	

- Type of bean
- Former MLB commish Bowie
- Short-tailed lemur
- Cheese dish
- To any further extent
- Enzyme
- Taiwan capital
- Extensive landed property
- Remove
- Remove the head
- High IQ group
- Israeli city \_\_\_ Aviv
- Sportscaster
- Hastily set up
- Midway between northeast and east
- Beloved basketball player Jeremy
- Consumed
- One point east of due south
- Television network
- Allow
- Wife
- Grayish-brown mammal
- Written language for blind people
- Insecticide
- Della \_\_\_, singer
- Cleaned
- Eye membranes
- Past tense of fly
- Anwar \_\_\_, Egyptian statesman
- Currency exchange charge
- Dark stain
- Easily manageable
- One who does not tell the truth
- Soluble ribonucleic acid

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#### UPCOMING EVENTS

Cluck & Quack Poultry Club Annual Sale - poultry, small animals, equipment, crafts, vegetables, hobbies, etc. Saturday, Sept. 7, 10 a.m. - 4 p.m. Springfield Curling Club in Dugald, MB. For further vendor information contact Bill at 204-755-2347 or email [bhartmann@xplornet.com](mailto:bhartmann@xplornet.com)

Dunrea Flea Market - Rain or shine! Antiques, collectibles & more! Over 75 vendors. Admission \$3, 11 a.m. - 4 p.m., Sunday, September 1, 2019, Fairgrounds in Boissevain MB.

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## THE RURAL MUNICIPALITY OF ROCKWOOD



### PUBLIC NOTICE BOARD OF REVISION 2019 GENERAL ASSESSMENT, BUSINESS ASSESSMENT AND PERSONAL PROPERTY ASSESSMENT

PUBLIC NOTICE is hereby given that the 2019 General Assessment, Business Assessment and Personal Property Assessment Rolls to be revised was deposited in my office on February 18, 2019 and is open to Public Inspection.

THE BOARD OF REVISION will sit to hear complaints of the various assessments on **WEDNESDAY, OCTOBER 2, 2019** at the hour of **3:00 p.m.** in the Council Chambers of the Rural Municipality of Rockwood at 285 Main Street, Stonewall, Manitoba.

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

#### APPLICATION FOR REVISION:

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

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

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

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

#### APPLICATION REQUIREMENTS:

Section 43(1) An application for revision must:

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

**AT LEAST FIFTEEN (15) DAYS BEFORE THE SCHEDULED SITTING DATE OF THE BOARD AS INDICATED IN THE PUBLIC NOTICE; DEADLINE FOR APPEALS IS 4:30 P.M., LOCAL STONEWALL TIME, MONDAY, SEPTEMBER 16, 2019 - NO LATE EXCEPTIONS WILL BE ALLOWED. PURSUANT TO SUBSECTION 43(2), APPLICATIONS WHICH DO NOT COMPLY WITH THE ABOVE WILL NOT BE CONSIDERED BY THE BOARD.**

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

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

DATED this 22nd day of August, 2019.

## Rural Municipality of Woodlands

### PUBLIC NOTICE BOARD OF REVISION



NOTICE IS HEREBY GIVEN THAT the 2020 Assessment Roll for the Rural Municipality of Woodlands has been delivered to the Municipal Office, 57 Railway Avenue, in the Village of Woodlands, Manitoba and is open for public inspection during regular business hours.

The Board of Revision shall sit to hear complaints on Tuesday, the 8th day of October, 2019 at 1:00 p.m. in the Council Chambers of the Rural Municipality of Woodlands, 57 Railway Avenue, Woodlands, Manitoba.

Any person who believes that an assessment ought to be revised may make application in accordance with sections 42 and 43 of The Municipal Assessment Act.

#### APPLICATION FOR REVISION

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under subsection 114(1) of The Real Property Act, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, the authorized agent of the person, mortgagee or occupier, or the assessor may make application for the revision of an assessment roll with respect to the following matters:

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

#### APPLICATION REQUIREMENTS

43(1) An application for revision must

- be made in writing;
- set out the roll number and legal description of the assessable property for which a revision is sought;
- set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and
- be filed by
  - delivering it or causing it to be delivered to the office indicated below, or
  - serving it upon the secretary,

at least 15 days before the scheduled sitting date of the board as indicated above.

All applicants shall be provided written notice with the time of their hearing. Applicants are responsible to confirm an appeal sent electronically has been received by the Rural Municipality of Woodlands, Telephone 204-383-5679.

Applications for revision or complaints must be received by 4:30 p.m., September 23rd, 2019, mailed to the Rural Municipality of Woodlands, Box 10, Woodlands, Manitoba, R0C 3H0 or delivered to 57 Railway Avenue, Woodlands, Manitoba.

Dated this 26th day of August, 2019.

Adam Turner, CMAA  
Chief Administrative Officer



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## ANNOUNCEMENT

### CARDS OF THANKS

We would like to thank the Madeline Armstrong Metis Local for their generous offer allowing us to partner with them in their Annual Metis Jamboree on June 15, 2019. As a direct result of this event, we raised over one third of the funds needed to replace our historical plaque, which was stolen from the St. Stephen's Pleasant Home Cemetery over two years ago.

-The Board of  
St. Stephen's Church, Pleasant Home

## ANNOUNCEMENT

### CARDS OF THANKS

A huge thank you to my family and friends who put on a wonderful Come & Go Tea for the occasion of my 80th birthday. Thank you to everyone for the cards, gifts and the pleasure of your company. It was a beautiful day and I will always remember it.

-Lorna Priestley

## ANNOUNCEMENT

### BIRTHDAY



Wishing our Dad (Bob Brad)  
a very Happy 90th Birthday!  
If you're looking for him  
on August 30th

I'm sure you can find him driving the combine.  
-With love,  
The Brad family

## ANNOUNCEMENT

### IN MEMORIAM



Arnold Jansen

December 26, 1924 to September 1, 2012

There are moments in life when  
We miss someone so much that  
We just want to pick them from  
Our dreams and hug them for real.  
We have a special person who was  
the greatest...

Husband, Dad and Grandpa...  
That we carry in our hearts.

We'll see you on the other side of the stars.  
-Lovingly remembered and forever missed  
Your wife Willy, children and grandchildren

**get inspired**  
> MEAL IDEAS



Spiced Pecans:

- 1 egg white
- 3 tablespoons dark brown sugar
- 1 teaspoon cinnamon
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon kosher salt
- 2 cups pecan halves

Salad:

- 1/4 cup, plus 2 teaspoons,  
extra-virgin olive oil or pecan oil, di-  
vided
- 1/4 cup white wine vinegar
- 1 teaspoon Dijon mustard
- 1/4 teaspoon garlic powder
- 1/8 teaspoon kosher salt
- 1/4 teaspoon cayenne pepper
- 2 large peaches, halved and pitted
- 6 cups mixed baby greens

RED RIVER CO-OP FOOD STORE

## Spiced Pecan Grilled Peach Salad with Goat Cheese

4 ounces soft goat cheese

To make spiced pecans: Heat oven to 275 F. Line rimmed baking sheet with parchment paper.

In bowl, whisk egg white, brown sugar, cinnamon, cayenne pepper and salt until well combined. Fold in pecans and mix until evenly coated. Spread in single layer on baking sheet.

Bake 45-50 minutes, stirring occasionally until pecans are fragrant and golden brown. Allow to cool completely.

To make salad: In bowl, whisk 1/4 cup olive oil, white wine vinegar, Dijon mustard, garlic powder, salt and pepper. Set aside.

Brush cut sides of peach halves with remaining olive oil; grill until grill lines appear and peaches become tender, about 3-5 minutes. Remove peaches and slice.

Divide greens among four plates. Top with grilled peach slices and goat cheese. Divide 1 cup spiced pecans evenly among salads and reserve remaining for snack. Top each salad with drizzle of vinaigrette.

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- 4700 W/Star New Grill . . . \$800
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## ANNOUNCEMENT

### IN MEMORIAM



**Robert Harry James MacLean**  
(Robby)

February 16, 1976 - September 2, 2018

God saw you getting tired,  
And a cure was not to be;  
So He put His arms around you,  
And whispered, "Come to Me."  
With tearful eyes we hugged you,  
And watched you pass away;  
Our hearts were sadly broken,  
On that warm September day.  
A golden heart stopped beating,  
Hard working hands at rest;  
God broke our hearts to prove to us,  
He only takes the best.  
We miss you every day.

-With love from  
your family and friends  
"Be the things you loved the most about the  
people who are gone."



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ones who have passed**

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## ANNOUNCEMENT

### IN MEMORIAM

In Loving Memory of  
**Merv Rurak**



A silent thought, a secret tear,  
Keeps your memory ever dear.

-Love and miss you,  
Shirley, Tammy, Shawna, Dylan (Kayla),  
Daryl, Emalia, Lillian and Avery.

## ANNOUNCEMENT

### IN MEMORIAM

**Eva Paulsen,**  
February 18, 1911 - August 29, 2018

If flowers grow in heaven,  
Lord, pick a bunch for me;  
Place them in my Grandma's arms,  
And tell her they're from me.  
Tell her that I love her, that I miss her so,  
And when she turns to smile;  
Place a kiss upon her cheek,  
And hold her for a while.  
Because remembering her is easy,  
I do it every day;  
But there's an ache in my heart,  
That will never go away.

-Love Kathy, Murray, Kendall and Shannon

## OBITUARY

**Natalie Lynn Hazel Smith**  
May 31, 2009 - August 20, 2019



It is with great sadness that we announce the passing of our loving daughter Natalie after a courageous battle with leukemia. She passed in her mother's arms, with her father by her side surrounded by family listening to her favorite song by Florida Georgia Line, Simple.

Left to cherish her memory is her mother Alysha Gareau, brother Zachary Smith, father Randy and Amy Smith, and half sister Charlotte. She is also survived by her great-grandmother Myrna Oliver, grandparents Ron and Cheryl Kaatz, Donald Gareau and Kimberly Dolenuck, Roy and Patricia Smith, great-grandparents Ed and Cecile Gareau, Uncle Neal and Christy Smith, Aunt Judy Smith and Tim Scott, Aunt Melissa and Matthew Wieler, Aunt Makayla Kaatz and Uncle Avery Kaatz, cousins Grayson, Bentley, Taylah, Emmett, Kyelynn. Along with many great/adopted uncles, aunts and numerous cousins and friends. She was preceded by her great-grandfather Russell Oliver, and great-grandmother Elizabeth Smith.

She was born unexpectedly early at the Women's Hospital in Winnipeg at 4:26 a.m. on May 31, 2009, sharing a birthday with her Aunt Brenda. She was a tiny peanut weighing 6 pounds 13 oz, stealing everyone's heart the moment they laid eyes on her. Big brother, Zachary, was her protector, ensuring she was always safe. She grew up in Woodlands for the first seven years of her life. It was there she grew up to become an amazing young lady who loved all animals, big or small. Her puppy Roxy and her many kitties were a few of her favourites. She enjoyed spending time at her grandparents' farm, helping her Aunt Judy check cows, and going for horse rides on Shorty.

She loved everything about school, she wanted to learn how to read and do math just like Zachary. After coming home from school, she was excited to share any new songs and learnings from that day. Natalie attended Woodlands Elementary from Kindergarten to grade 2, then transferred to Warren Elementary for the remainder of grade 2 to grade 4. Every day after getting off the bus, she would start on her homework, often seeking out the help of Granny or Mom. Granny worked hard with her every week on her spelling, so she could get that perfect score on Fridays spelling tests.

Natalie also had a passion for dance. She attended classes in Stonewall where she tried a little of everything but fell in love with tap. She later attended a tap class at Evolution Dance Studio in Selkirk, where she developed her tapping skills. While shopping for footwear, she would practice her foot work while singing up and down each aisle.

Natalie's first battle with leukemia started in January 2016 when she was six years old. Her leukemia was discovered after developing excessive bruising from power skating and playing with Zachary. Devastated that she was unable to attend school, Mrs. Hoas was able to Facetime with her classmates so that Natalie could follow along. Natalie received a bone marrow transplant from her brother Zachary, who was a perfect genetic match, on March 8, 2016. By June she was declared cancer free and was able to return to school for the last few days of the school year.

After three amazing years of living cancer free, we found out on April 2, 2019 that the leukemia had returned. Devastated she would be missing school and her friends again she started her second battle with leukemia. On August 9, 2019 Natalie returned to the Children's Hospital for her last round of chemo then her transplant. On August 14, 2019 my personal hero, a complete stranger to us, donated their bone marrow to Natalie which she received on August 15. Natalie passed due to medical complications that were beyond anyone's control.

We would like to personally thank her Oncologist Dr. Geoff Cuveller, Pediatric nurses Jenny and Debbie and all of the amazing staff who work at the Pediatrics Cancer Care Manitoba. We would also like to thank every nurse, health care aide, housekeeping aide, and child life specialist who helped take care of Natalie. A very heart filled thank you to Herbert the clown, who always had a special place in Natalie's heart and of course No Name the Magnificent from the good day show. We will never forget your kindness and all of your support over our time in the hospital. The family would also like to thank everyone who supported us all during her battles and continued support during our loss.

Funeral service will be held on August 29, 2019 at Meadow Lea Hall at 1 p.m. with Rev. Patricia Baker officiating. She will have one last horse ride to Meadow Lea Cemetery courtesy of Laurel and Kim Blais of St. Laurent.

If donations wish to be made please consider giving to the Children's Hospital of Manitoba (CE501-840 Sherbrook St. Winnipeg Manitoba R3A 1S1 or Cancer Care Manitoba - Pediatrics (675 Mc Dermont Ave, Winnipeg Manitoba R3E 0V9).

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A.W. Mabon, Gimli.....\$1,027.00	Kevin & Lisa Klym, Arborg.....\$774.00	Amanda Unger, Riverton.....\$799
Brian Jonasson, Arnes.....\$454.00	John & Tina Kornelson, Arborg.....\$689.00	Evelyn Wallach, Poplarfield.....\$999
Phyllis Dueck, Riverton.....\$767.00	Kent & Helena Kostshyn, Lundar.....\$639.80	Judy Wells, GrandePointe.....\$119
John & Nellie Burak, Arborg.....\$599.00	Thomas Kowalchuk, Fraserwood.....\$499.00	Lynn Bear, Peguis.....\$239.00
Andrew Barg, Winnipeg.....\$1,749.00	Layne & Holly Kulbacki, Arborg.....\$599.00	Hazel Brunen, Eriksdale.....\$729.00
Crystal Sigurdson, Riverton.....\$549.00	Edward Penner, Arborg.....\$619.00	David Chudy, FisherBranch.....\$1,499.00
Robert & Ellen Martin, Arborg.....\$1,330.00	Keith Poleschuk, Arborg.....\$2082.00	Susie and Brian Eyllson, Riverton.....\$528.00
Ronald Ostyziuk, Poplarfield.....\$479.00	Curtis Spence, Hodgson.....\$479.00	Nelson Hudson, Koostatak.....\$629.00
Margaret S. Wilson, Peguis.....\$1,699.00	Kris & Lytle Thorliss, Lundar.....\$329.00	Larry and Valerie Kornelsen, Arborg.....\$799.00
Stacey Ledingham, Riverton.....\$1,279.00	Nancy Woychysyn, Arborg.....\$768.00	Jason Loewen, Arborg.....\$850.00
Wayne Barkman, Arnes.....\$799.00	Mathew & Gemma Avison, Arborg.....\$219.00	Rita Milne, Gimli.....\$1,327.43
Kathy Taylor, Winnipeg Beach.....\$599.00	Raymond Bazinet, Eriksdale.....\$389.00	Minerva Ladies Aid, Gimli.....\$650.00
Doreen Steg, Camp Morton.....\$299.00	Lynn Bear, Peguis.....\$1,044.00	Sheila Murdock, Koostatak.....\$1,018.00
Lloyd Sigurdson, Arborg.....\$529.00	Ken & Linda Cherepak, Arborg.....\$49.01	Ruth Otto, Ashern.....\$1,829.00
Glen & Norma Plett, Arborg.....\$629.00	Debbie Deveau, Eriksdale.....\$249.00	Gwen Adams, Matlock.....\$149.00
Jeannette Nickols, Riverton.....\$1,699.00	Dorothy Dubchak, Gimli.....\$899.00	Buddy Chudy, Fisher Branch.....\$1,298.00
Agnes Furgula, Riverton.....\$939.00	Sid & Beatrice Dueck, Arborg.....\$569.00	Dave and Mary Crate, Koostatak.....\$529.00
Scott McDougall, Ashern.....\$369.00	Don Firman, Arborg.....\$529.00	Frank Dziedzic, Stonewall.....\$859.00
Doreen Steg, Camp Morton.....\$399.00	Leslee Gislason, Riverton.....\$699.00	Heather Fedorchuk, Gimli.....\$1119.00
John Harper, Hodgson.....\$799.00	Heather Hamberg, Teulon.....\$499.00	Ilean Haldane, Winnipeg Beach.....\$1979.00
Robert & Delores Jacobson, Arborg.....\$279.00	Matthew Hamberg, Winnipeg.....\$399.00	Catalina Janzen, Arborg.....\$709.00
Brad Baziniak, Riverton.....\$698.00	Star Johannesson, Arborg.....\$549.00	Joan Krulicki, Arborg.....\$1126.99
Allan Porter, Peguis.....\$1,698.00	Alan & Janie Johnson, Riverton.....\$1,039.00	John Logan, Teulon.....\$439.00
Peter & Verna Bodnar, Arborg.....\$1,028.00	Brenda Kayer, Teulon.....\$399.00	Todd and Lisa Mazur, Fisher Branch.....\$72.40
Zenith Poole, Arborg.....\$1,849.00	Wayne & Kathy Kristinnson, Arborg.....\$499.00	Jason and Sarah Naylor, Arborg.....\$1328.99
Kevin & Lisa Klym, Arborg.....\$1,719.00	Jeff Melsted, Gimli.....\$120.00	Peter and Lisa Sawatzky, Arborg.....\$249.00
Joan Hudson, Hodgson.....\$979.00	Beverly & Bryan Plett, Arborg.....\$2,148.00	Donna and Jim Skinner, Arborg.....\$50.94
Leonard & Joyce Jackson, Gimli.....\$2,427.00	Brace Reimer, Arborg.....\$1,308.00	Allen Spence, Hodgson.....\$1199.00
Amanda Rundle, Riverton.....\$258.00	Race Reimer, Arborg.....\$399.00	John and Mary Troyan, Arborg.....\$868.99
Kay Bergman, Arborg.....\$2,229.00	Donna Votour, Arborg.....\$69.00	Boyd Abas, Hodgson.....\$338.99
William & Ethel Brown, Gimli.....\$5,000.00	Richard & Judith Werner, Arnes.....\$419.00	Sharon J. Bear, Peguis.....\$39.99
Mike Budniak, Melebe.....\$1,504.10	Don Barkman, Arborg.....\$279.00	Sophie Bristow, Gimli.....\$49.00
Leona Cochran, Koostatak.....\$499.00	Noreen Barkman, Arborg.....\$679.00	Susan & Greg Brown, Lundar.....\$1,713.00
Ivan & Christine Fridfinnson, Arborg.....\$737.10	Mark Bayliss, Arborg.....\$19.95	Elaine Bruce, Ashern.....\$449.00
Jocelyn & Tony Hayka, Arnes.....\$949.00	Melvin & Carol Bilinski, Fisher Branch.....\$999.00	Linda Foster, Matlock.....\$408.00
John Hudyma, Fraserwood.....\$599.00	Paul & Linda Buus, East Selkirk.....\$338.00	Dan & Nyla Klatt, Grahamdale.....\$649.00
Alex Klimchuk, FisherBranch.....\$575.00	Jim & Wanda Brandson, Lundar.....\$916.00	Rosemarie Kawalenko, Arnes.....\$1,929.00
Kevin & Lisa Klym, Arborg.....\$1,484.00	Paul & Linda Buus, East Selkirk.....\$338.00	Lenore Mahase, Winnipeg.....\$369.00
Claudia Krawchuk, Fraserwood.....\$499.00	Richard & Doris Dueck, Arborg.....\$59.90	Melissa Markussun, Gimli.....\$399.00
David & Judy McDougall, Ashern.....\$399.00	Henry T. Friesen, Arborg.....\$1727.95	Stacy Markussun, Gimli.....\$2,637.00
Tammie McDouid, Arborg.....\$1,049.00	Jocelyn & Tony Hayka, Arnes.....\$749.00	Darrin Mitcheel, Riverton.....\$1,703.95
John Miller, Broad Valley.....\$69.95	Carl Johnson, Riverton.....\$499.00	Bert & Vera Osborne, Arborg.....\$279.00
Ronald Plett, Arborg.....\$499.00	Darryl & Jeanette Lazarok, Poplarfield.....\$599.00	Ashely Prince, Peguis.....\$20.00
Frank Reimer, Arborg.....\$658.00	Jason Loewen, Arborg.....\$59.90	Glen Tamoto, Sandy Hook.....\$1,179.00
Dave & Eileen Shott, Arborg.....\$98.00	Janet Porth, Gimli.....\$1759.00	Rick Weins, Arborg.....\$2,647.00
Fern & Philip Sinclair, Peguis.....\$279.00	Candace Sigurdson, Riverton.....\$499.00	Cornelius Weins, Arborg.....\$59.00
Philip Thorkelson, Arborg.....\$599.00	Tracy Sigvaldason, Arborg.....\$299.00	Roger and Christine Abuda, Arborg.....\$849.00
Stanley Wallach, Poplarfield.....\$399.00	Deila Sinclair, Koostatak.....\$1599.00	Will & Shelly Ashley, Arborg.....\$193.98
Philip Bauernhuber, Arborg.....\$1,900.00	Isabel Jtoy, Lundar.....\$469.00	Darryl and Doris Bear, Peguis.....\$2,647.00
Simonetta DeSante, Riverton.....\$529.00	Cynthia Webster, Gimli.....\$449.00	Dwight Dilts, Stonewall.....\$1,828.00
Danielle & John Weedon, Riverton.....\$1,799.00	George & Maria Wiebe.....\$51.00	Lil Firman, Gimli.....\$2,068.00
Bev Webb, Fisher Branch.....\$129.00	Debbie & Adrian Zelenitsky, Gimli.....\$858.00	Ruth Kennedy, Arborg.....\$64.99
Alan McKay, Arborg.....\$349.00	Doreen Steg, Camp Morton.....\$1,474.50	Chris and Jennifer Kristjansson, Gimli.....\$919.00
Zenith Poole, Arborg.....\$848.00	Darlene Jonsson, Gimli.....\$529.00	Bruce and Candace McKinnon, Eriksdale.....\$1,669.00
Barb & Menno Friesen, Riverton.....\$559.00	Delbert & Luwana Brandt, Riverton.....\$1,799.00	Stephen and Liz Murdock, Koostatak.....\$70.00
Pat Dudrak, Arborg.....\$499.00	Brenda & Ed Anderson, Princess Harbor.....\$529.00	Lorne and Susan Smith, Gimli.....\$929.00
Mary Dunlop, Gimli.....\$109.00	Eugene Feschuk, Gimli.....\$2,227.00	Faye Stevenson, Peguis.....\$1,173.95
Jean Harrison, Arborg.....\$1,988.00	Ida Jean Buck, Hodgson.....\$26.75	Walter and Charlene Stevenson, Peguis.....\$154.98
Roxanne Roche, Arborg.....\$1,868.00	Glen & Phyllis Stevenson, Peguis.....\$877.00	Renate Van Der Molen, Eriksdale.....\$1,632.10
Ernie & Lucille Stabner, Eriksdale.....\$1,349.00	Don & Betty Johnson, Arborg.....\$1,299.00	Delores Wallbridge, Peguis.....\$2,186.00
Nancy Woychysyn, Arborg.....\$499.00	Patricia McCallum, Gimli.....\$569.00	Al and Gloria Wiebe, Poplarfield.....\$152.94
Donna & Ray Andert, Gimli.....\$899.00	Joyce Bielik, Riverton.....\$29.95	Irene Zazulinski, Fraserwood.....\$279.00
Will Ashley, Arborg.....\$479.00	Marvin Olson, Arborg.....\$29.95	

**A NOTE TO OUR CUSTOMERS**  
Due to the nature of this sale, we felt a brief explanation is essential.

At closing, 6 p.m. Sat. Sept 28th we will tally the 20 days of paid sales and divide by 20 to get the average daily sale. The day which is closest to this daily average, without going over it, will be the day which ALL purchasers will receive their purchase amount back, taxes excluded.

In the case of credit card (Smitty's, Visa, Mastercard) purchases, we will issue a credit immediately.

As we are tremendously overstocked right now, every item in stock will be included in this sale. No exceptions - clearance, damaged, discontinued, even new arrivals; furniture and appliances.

We must reduce our inventory and to ensure we do, we will even give it away for one day!

Don Smith  
Smitty's

**6 PC DINING SET**  
Table  
4 Chairs & Bench  
Only **\$699**  
Reg \$799

**Paliser Fabric Recliners**  
2 colours  
**\$599**  
Reg \$819

**STOCK ONLY**

**FIREPLACES**  
Walnut Finish,  
TV unit with choice of  
glass ember or log Firebox  
Clearance **\$799**  
Your Choice

**ALL PURCHASES QUALIFY!**  
• Furniture  
• Appliances  
• Clearance Items

**PLUS**

**DON'T PAY FOR 3 MONTHS**  
**0% INTEREST ON EVERYTHING O.A.C.!**  
**FURNITURE, APPLIANCES**

**SALE RULES**

- All sales must be paid in full to qualify for this sale.
- Visa, Mastercard or Smitty's Credit Cards accepted.
- Sale Starts 9a.m. Tues., Sept. 3 and ends Sat., Sept. 28, 6p.m.
- All purchasers on free day will be notified and receive their full refund by Wednesday, Oct. 2, 6p.m.
- All sales tallies and free day will be verified by our accounting firm.
- Commercial sales excluded in tallies and free day.
- All taxes excluded in tallies and refunds.
- No returns or substitutions for these 20 sale days.

**GRAND TOTOAL TO DATE \$258,337.63**

**Frigidaire Chest Freezers**  
9 cu. ft.  
**\$399**  
**STOCK ONLY**

**BEDS, BEDS, BEDS,**  
**17 Models on Display**  
From **\$199-**  
**\$2299**

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