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See inside for the

*Fall*

2016

**Interlake Continuing Education Program**

# Stonewall Teulon Tribune

THURSDAY,  
SEPTEMBER 1, 2016  
VOLUME 7 EDITION 35

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**Wild ride**

TRIBUNE PHOTO BY ROBERT E. WILSON

Saddle bronc rider Steven Biel of Teulon took a spill during the Hometown Boy saddle bronc exhibition event last weekend at the 3rd annual Teulon Rodeo. This was Biel's first ride at a rodeo event as he is looking forward to joining the circuit next summer. See more photos on pg. 24.

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

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# United Church relocates to Prairie Dog Heritage site



TRIBUNE PHOTOS BY DONNA RIDGEWAY

After providing a place to worship for local families for several decades, the Grosse Isle United Church was relocated from Road 72 North to its new home at the Grosse Isle Heritage site on Aug. 23. With a little help from Brunger Industries Ltd. and Manitoba Hydro, it took approximately one hour to move the historical building to its final destination.

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## Final CIB Yard of the Week



TRIBUNE PHOTO BY JO-ANNE PROCTER

The final 2016 Stonewall Communities in Bloom Yard of the Week honours were awarded to the Shewchuk family at 4 Procure Dr.

The family has been beautifying their yard for the past 12 years. Sarah, left, is in charge of the watering and her sister Anna, right, keeps the grass cut. Meanwhile, mom Brenda looks after the design and planting. The front of their home has perennial and annual grasses, wigela, echinacea and hydrangeas, amongst other shrubs.



**Tracey Malone**

*Financial Advisor*

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# Hunting seasons signal arrival of fall in Manitoba

Submitted

Monday was opening day for many of Manitoba's traditional fall hunting seasons, which signals the arrival of autumn in our province. While that may be a bummer to some, it's welcome news for the thousands of people who were taking to Manitoba's forests and fields.

For the past several years, and once again this year, the last Monday in August was opening day for Manitoba's provincially licensed seasons for black bear, barren-ground caribou, wolf and coyote, as well as archery season for elk and for whitetail deer and moose in certain areas.

Today, Sept. 1 the resident waterfowl

season will open in southern Manitoba for ducks, crane and geese, while the upland bird season opens that same day in northern Manitoba for species like grouse and ptarmigan.

"We would like to wish good luck to all the hunters — residents and visitors alike — who are taking to the field today, and we remind them all to hunt legally, ethically and responsibly," said Paul Turenne, executive director of the Manitoba Lodges and Outfitters Association.

"From our perspective, all hunt-

Continued on page 6



TRIBUNE PHOTO BY JO-ANNE PROCTER

Hunting season for Canada geese and resident waterfowl opens Sept. 1 in southern Manitoba.



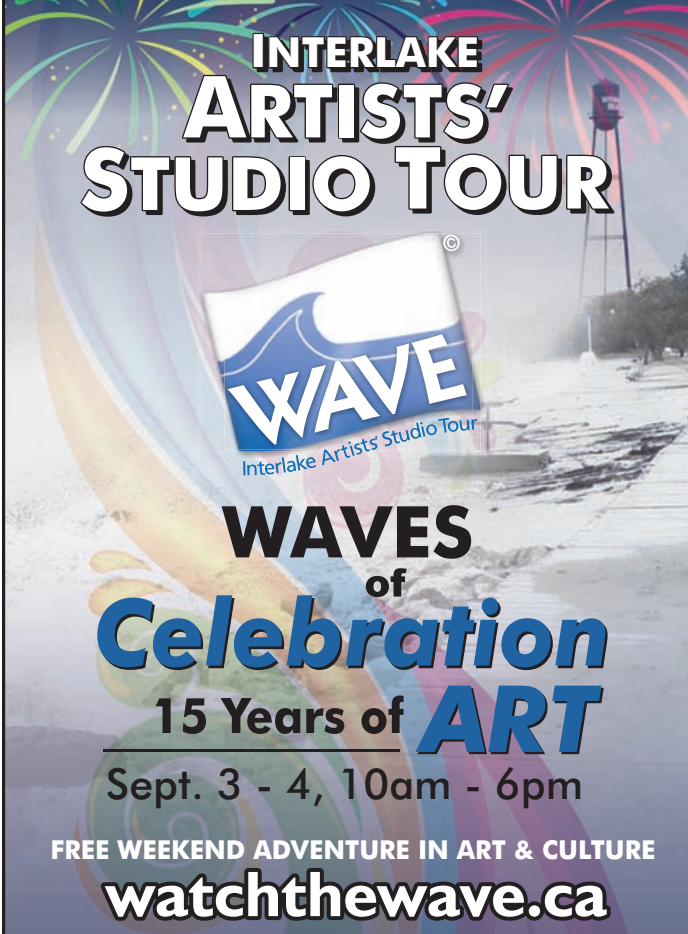
## 14th Annual South of the Lakes Art Tour 2016

**Saturday Sept 17th 10-5**  
**Sunday Sept 18th 12-5**


Admission & Maps are FREE

Pick up maps at Hallmark and other stores  
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## OPEN LETTER

### TO R.M. OF WOODLANDS RESIDENTS



\*Conceptual Drawing

Dear Residents:

On behalf of Topigs Norsvin Canada, we want to thank you for your interest in our proposed Delta Research Facility project. We have heard your suggestions. We have also heard all your concerns and are sorry for any division our project may have caused in the community. We should have taken more time to explain our project more fully to you, the residents before making formal application for development. For this we are truly sorry.

But we are prepared to DO BETTER.


The current project site has been withdrawn and thus the application is withdrawn. And we want to start over with your input ....and hopefully your support. We know we have to earn your trust.

We invite you to attend our Sept. 8th OPEN HOUSE at the Meadow Lea Community Centre - 1 p.m. - 8 p.m. to learn more about our project. We want to hear your ideas as to where our research facility project can be located.

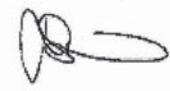
Topigs Norsvin Canada is committed to develop the Delta Research Facility in the Woodlands area, if we can find a suitable site and can meet all provincial and municipal requirements.

We ask for the opportunity to prove we will be a good neighbour and good corporate citizen in the Woodlands community.

Sincerely,



Cam McGavin, General Manager



Mike Shaw, Director, Technical Services 26



# Annual walk to celebrate 15 years for a good cause

By Jennifer McFee

A local fundraising walk is marking a milestone with its 15th annual event coming soon.

On Sunday, Sept. 11, participants will lace up for the 15th Annual Walk and Family Fundraiser hosted by the Liliane Baron South Interlake Breast Cancer Support Group.

The event starts at noon at the L.J. Baron Realty office on Main Street in Teulon. Participants are encouraged to dress up in pink for the day, which features a free fun fest that includes a hotdog barbecue, face painting and balloon artists. The Stonewall band Stay Tuned will entertain the crowds.

Dignitaries will be on hand to judge the best-dressed woman, man, boy, girl and pet — as well as the best-

dressed bicycle, stroller or wagon.

Since it first launched in 2000, the annual walk has raised awareness on the issue of breast cancer and its prevalence in the South Interlake. At the same time, the yearly event raises funds to help with the “Bosom Buddies.”

The Liliane Baron South Interlake Breast Cancer Support Group meets the third Tuesday of every month at 7 p.m. at 62 Main St. in Teulon. Named after Liliane Baron, who died of breast cancer in 2001, the group aims to help other South Interlake women with the costs of transportation to and from treatments, hair and clothing alternatives, drugs and deductibles, and childcare. They are also there to provide friendship and emotional



TRIBUNE FILE PHOTO

The 15th Annual Walk and Family Fundraiser hosted by the Liliane Baron South Interlake Breast Cancer Support Group will take place Sept. 11.

support to individuals and families, as well as assistance with meals and house cleaning.

Participants canvas for pledges, which provide one of the main ways the group raises much-needed funds. Supporters continue to give to the cause, as participants vie for the prize for gathering the most pledges.

Another way to support the event is through raffle donations and monetary pledges.

To donate an item or make a financial contribution, call 204-886-2816 or email [rwwood39@gmail.com](mailto:rwwood39@gmail.com).

All funds raised go towards community members who are fighting and surviving breast cancer.

For more information about the Liliane Baron South Interlake Breast Cancer Support Group, contact Claudette Griffin at 204-886-2393 or 204-886-2710.

For another opportunity to support the group, drop by the annual Fall Fair at the Simply Living Wellness Retreat Centre from Sept. 22 to 24. Proceeds from the \$5 admission will go towards the Liliane Baron South Interlake Breast Cancer Support Group.

## TOPIGS NORSVIN DELTA LIVESTOCK RESEARCH FACILITY

# OPEN HOUSE

Residents of R.M. of Woodlands are invited to the OPEN HOUSE on the proposed Delta Livestock Research Facility.

- Speak to company officials about their project
- Find out more about this opportunity for your community
- Speak to industry & government specialists in sustainable agriculture and environmental protection
- Learn more about provincial and local review & approval processes ....and your opportunities for input.



## Meadow Lea Community Centre

Marquette, MB - corner PR 227 & PR 248

Thursday, September 8, 2016

1:00 pm to 8:00 pm

+ Enjoy “pork on a bun” by Danny’s Whole Hog 5-7 pm

## Rosser accepts quote for lagoon riprap remediation

By Jennifer McFee

At a special meeting on Aug. 22, Rosser council accepted a quote of \$300,000 plus taxes from DJN Services Ltd. for lagoon riprap remediation for the Rockwood Rosser Wastewater Treatment Lagoon.

They also received quotes from eight other companies.

As well, the RM of Rosser will apply for funding under the Federal-Pro-

vincial Infrastructure Programming Clean Water and Wastewater Fund and the Small Communities Fund to help with the installation of water distribution and wastewater development in the commercial development area.

At the meeting, Jessica Manness of JME World Consultants attended to discuss the Rosser Secondary Plan.

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# Black bear rehab centre in the works for Rockwood

By Jennifer McFee

Several noteworthy backers are bearing down to bring Manitoba's first ever black bear cub rehabilitation centre to Rockwood.

Former *Price is Right* host Bob Barker would bear the brunt of the estimated \$75,000 cost through his \$50,000 donation towards the centre that is proposed for Judy and Roger Stearns' property north of Stonewall.

For the past four years, Judy Stearns has been concerned about the lack of options for orphaned bear cubs in Manitoba.

"There's a missing option that most other provinces have for a bear cub to go to a rehabilitation centre. Manitoba is one of the only provinces that doesn't have one currently," says Stearns, a certified wildlife rehabilitator accredited through the International Wildlife Rehabilitation Council.

"I've been waiting and watching to see if anybody else is going to be doing it. We were thinking about it ourselves and we just got more serious about it last year. We've got the space here where we live, we've got the time and we've got the interest in the project."

She approached Zoocheck, a Toronto-based national charity that promotes and protects the well-being of wild animals in Canada and around the world. Zoocheck got involved and will contribute \$15,000 towards the project, while the Stearns will fund the remaining \$10,000.

Julie Woodyer, Zoocheck's campaigns director, said if all goes according to plan, the one-acre facility would open next spring. Bear cubs would mainly arrive in the early spring at the centre, where the Stearns would bottle-feed them when they are very small.

As the cubs get bigger, they would be weaned and put into an outdoor enclosure.

"At that time, they would start to develop their other physical skills like climbing and foraging for food," Woodyer said.

"They're released at about 80 pounds, or the size of a large dog. According to experts, that's the age when



Former *Price is Right* host Bob Barker donated \$50,000 towards the black bear rehab centre.

they would normally separate from their bear family if they were living in the wild. They would be released in the late fall after bear hunting season in a remote location where there's lots of natural food."

If the project is approved, experts from the Wildlife and Fisheries branch would determine the location and would be present for the release. Due to the remote area, the bears would not tend to wander back or get into conflict with humans, Woodyer added.

"The studies show that no matter how long the animals have been in rehabilitation and how they've been raised, captive cared-for bears have no greater number of incidents with humans than wild bears," she said.

"The truth is that once they get out



TRIBUNE PHOTOS SUBMITTED

Orphaned black bears will have a new home just outside of Stonewall if the project is approved by Rockwood council and the province.

there, they behave like bears, and bears are generally shy of people. The only time they're not is when they're hungry. Most of the conflicts caused with bears happen because of food attractants — someone left garbage out, bird feeders, dirty barbecues — and bears have great sense of smell."

The facility will be built for up to 10 bear cubs, with the opportunity to expand if the need is greater. Based on the Stearns' work schedules, one of them would be home with the bears almost all the time. If there are gaps when neither is available, then a small team of volunteers would be available to help out.

To assist with the daunting task of

developing a rehabilitation centre, Zoocheck hired Dr. John Beecham, an Idaho-based wildlife biologist with 40 years of experience in bear rehabilitation. Beecham, along with Woodyer and Judy and Roger Stearns, met with provincial government representatives in July to discuss the proposal.

"Canadian provinces don't allow bears to be rehabilitated in another province and then brought back to where they came from. And there's no rehabilitation facility in Manitoba, so whenever you end up with orphaned cubs, there's no place to take them other than to put them in some kind

Continued on page 9

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at 8:00 pm each night

**#SUICIDE SQUAD**

Will Smith  
Jared Leto  
Margot Robbie

Not Recommended for Young Children; Violence; Language May Offend **PG**

FR-SAT-SUN-MON SEPT 9-10-11-12 (CLOSED TUES) AND WED-THURS SEPT 14-15

**PARTY LIKE A MOTHER**

**BADMOMS**

Mila Kunis  
Christina Applegate

Adult Accompaniment Under 14; Nudity; Coarse Language **PG**



# New appointments to board of horse racing commission

## Submitted

A new chair, vice-chair and directors have been appointed to the Manitoba Horse Racing Commission, Agriculture Minister Ralph Eichler announced last Friday.

"Horse racing is a proud and established tradition in Manitoba that provides economic and recreational opportunities in our province," said Eichler.

"Maintaining fair, honest and responsible operation of our racetracks is vitally important to the horse racing industry. The individuals being named to the board of the Manitoba Horse Racing Commission bring the experience, knowledge and leadership skills necessary to fulfill the important role of effectively governing horse racing operations in Manitoba."

The board of directors for Manitoba Horse Racing Commission is responsible for overseeing all aspects of horse racing in the province to ensure that it is carried out in a manner that is fair and safe for all participants. The commission is established under the Horse Racing Commission Act to govern, direct, control and regulate horse racing and the operation of all race-tracks in Manitoba.

The minister noted the new chair of the board is Brett Arnason and the vice-chair is Peter Fuchs.

- Arnason is a former member of the Manitoba Horse Racing Commission. A co-owner of a large and successful construction company, Arnason Industries, Arnason also has a long history as an owner and breeder in the horse racing industry in Manitoba.

- Fuchs is a retired provincial sales tax auditor and also was the Manitoba lead officer for the Canadian Pari-Mutuel Agency, which is the federal regulator for horse racing.

Newly appointed directors are Darrell Stephansson, Robert King and Marg Homenuik.

- Stephansson is the regional vice president of Primerica Financial Services. He is the former director of racing, race secretary and director of corporate sales at Assiniboia Downs.

- King is a former member of the Manitoba Horse Racing Commission and has a long family history in the horse racing industry in Manitoba.

- Homenuik is a horse owner and has experience with both standard-bred and thoroughbreds. She is a member of the Manitoba Sports Hall of Fame and the Manitoba Golf Hall of Fame.



MLA Lakeside Ralph Eichler

Eichler thanked previous board members for their past service to the Manitoba Horse Racing Commission.

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Build awareness ~ Breakthrough confining beliefs**



Daphne Shepherd is a #1 Amazon International Best Selling Author, Certified Consultant of Proctor Gallagher Institute, friend and mentored student of Bob Proctor, well known for his star role in the movie, *The Secret*.

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## > HUNTING SEASON, FROM PG. 3

ers from all walks of life are valued members of our community or welcome visitors in our province, whatever the case may be, so long as they are passionate about the outdoors, care about the sustainability of our wildlife populations, and hunt legally and respectfully."

The MLOA condemns poaching and all other wildlife violations and urges any hunter who spots a violation in the field to contact the province's Turn In Poachers hotline at 1-800-782-0076.

Every year, tens of thousands of people, both provincially licensed hunters and Indigenous rights-holding hunters, head afield to enjoy Manitoba's breath-taking outdoors, and if they're fortunate, to harvest geese, ducks, whitetail deer, moose or whatever other game they are pursuing.

Hunting in Manitoba provides a critical source of healthy, organic meat to thousands of people, assists our provincial biologists with wildlife management, has a tremendously positive impact on our rural and northern economies, and raises government revenue through licence sales and taxes, which is reinvested into the management of our fish and wildlife resources.

For more information, contact Paul Turenne 204-291-9652 or [mloa@mloa.com](mailto:mloa@mloa.com).

**Tribune** Stonewall Teulon **Don't forget to send your special wishes to your friends and family.**

**Call 467-5836 or email [igraphic@mts.net](mailto:igraphic@mts.net)**



# Grosse Isle church designated a Municipal Heritage Site

By Natasha Tersigni

St. Michael's Anglican Church in Grosse Isle has been the place of worship for countless baptisms, communions, weddings and funerals as the community church for over a century.

And last Sunday, it was the parishioners' turn to celebrate the church's place in the community when they recognized St. Michael's newest designation as a Manitoba Municipal Heritage Site.

The church, built 125 years ago, and consecrated one year later, has been a fixture in the community and a second home for many families. The designation from the province recognizes the important role the church has played in the community.

In the late 1800s, with an increase of pioneers of the Anglican faith and with land donated by Walter J.T. James, it was decided that St. Michael's Church would be built for local families to have a single place in which to worship. Construction of the church was finished in the fall of 1891,

and on Aug. 28, 1892, Metropolitan Bishop Robert Macray consecrated the church and burial grounds.

Over the years, the church was a staple in the community and currently still has two summer services a year for local parishioners.

To celebrate the church's Municipal Heritage Site designation, Bishop Donald Phillips of the diocese of Rupert's Land conducted a special communion service on Aug. 28, the exact date of the 124th anniversary of the church's consecration.

"A group of dedicated people have worked for several years to ensure that St. Michael's glorious history is preserved by the local community as well as by the church. On April 5, they obtained St. Michael's Church and burial grounds a Municipal Heritage Site designation, thereby protecting this site under the heritage resources act," said Phillips.

"This day gives us an opportunity to think about all the lives that have been touched by ministry of this place."



TRIBUNE PHOTO BY NATASHA TERSIGNI

On Sunday, a special communion service was conducted by Bishop Donald Phillips of the diocese of Rupert's Land, left, at the St. Michael's Church in Grosse Isle. The service was to celebrate the recent designation of the church and burial grounds as a Municipal Heritage Site.

# Highway 6 to see \$20 million in upgrades this year

By Jeff Ward

A 23-kilometre stretch of Highway 6 from PR 248 to St. Laurent will benefit from \$20 million in upgrades over the next few months.

Manitoba Infrastructure Minister Blaine Pedersen said during a news conference on Aug. 23 that both highways 6 and 1 east will receive upgrades to the tune of \$53 million.

The Highway 6 project will cost the province \$10 million with the federal government picking up the other 50 per cent of the bill. Interlake MLA Derek Johnson said that he's happy to see the improvements come to Highway 6. He said that these upgrades are important and will increase the safety of the highway. The road will be repaved, shoulders widened and rumble strips will be added to the edges of the lanes. Pedersen said that the work should begin in mid-September.

"We have many priorities and only so many dollars to go around, so if the feds are willing to support these two projects, it makes our decision much easier," said Johnson.

"There are obviously lots of roads in the Interlake that need repair, and Highway 6 is an important road to maintain because it's our gateway to the north."

Johnson said that the resurfacing will stop just south of St. Laurent at PR 415 because of the potential to one day

remove the curves at St. Laurent.

These improvements come after a particularly deadly summer on Manitoba highways and one that saw multiple fatalities for Highway 6.

Johnson explained that the tenders that were awarded last week were the result of an NDP infrastructure project. He explained that while the colours of the government may have changed, the priorities in this instance are the same.

"Projects like this can't stop because the government changes. These upgrades have to continue on," said Johnson.

The work is scheduled to be complete sometime in 2017.

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**Annual General Meeting**

**Sept 8, 2016**

**7:00 pm**

**510 3rd Street West**

**All parents are welcomed to attend**

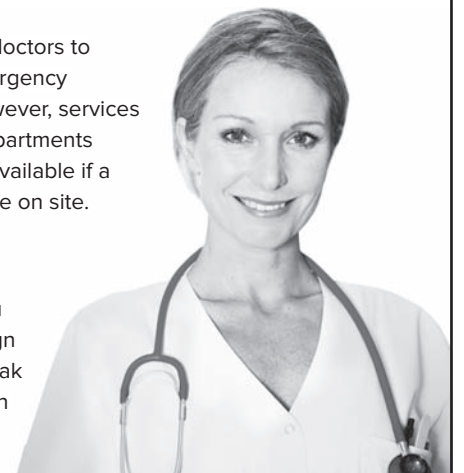
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Monthly emergency department schedules will be posted online at [ierha.ca](http://ierha.ca) (click "Care in your Hospital" and then "Emergency Department Schedules") or you can call toll-free 1-866-267-5818 and listen to schedule options.

These schedules are current when posted but are subject to last minute changes as doctors may need to accompany patients on ambulance transfers to another hospital. In these cases, staff on site will direct you to your best care option. We apologize for any inconvenience this may cause you and encourage you to always call 911 for critical emergencies.





Stonewall Teulon  
**Tribune**



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**SALES**  
Brett Mitchell



**REPORTER/PHOTOGRAPHER**  
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**SALES**  
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# getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL

## Horse power to the rescue

Welcome, folks.

Picking my way along the meandering path by the shore at Grand Marias on last Tuesday's warm, overcast afternoon, I could see a thin, dark-haired chap coming toward me pushing a bike that had a knapsack and fishing rod strapped to it. As we met on the trail, I asked if he had any luck fishing.

He smiled and patted the knapsack, saying, "Yeah, I caught a couple." Our new angling brother, Bruce Johnston of Grand Beach, was totally at ease in his three-day-old grey-black beard, tattered clothes and flip-flops. As we talked, he jokingly went on about how every time he would fish off the Grand Beach "trestle," he would scour the gravel looking for the reel handle of his favourite rig he lost a month ago.

It reminded me of a friend who had more money than he could ever use in his lifetime, but when he snagged and lost his favourite lure by the Lockport spillway, he went into the water feeling around with his feet for over an hour until he found it.

Dodging cloud bursts later in the week, I rambled on down the river road by the Selkirk's "blue bridge" till I saw some folks riverbank fishing.

Getting out of my car, I was greeted by a vivacious lady with short, curly, graying hair and restless energy. Mary Ann Kokan-Nyhof was from Winnipeg and brought up a funny thing that happened when she was fishing by Opapiskaw in Nutimik Lake with her son Alex and nephew Gabriel. Gabriel caught a pickerel with minnow bait only to find a crayfish a little further inside it. They salvaged it and, using it for bait, caught many more fish.



**TRIBUNE PHOTO BY ARNIE WEIDL**  
Rupert Tommer, left, daughter Taslima and wife Yvonne, far right, with some of their catch off the Hecla village pier.

Come Friday, I felt it was time for a visit to Hecla. At first, on the village pier, in the hot wind and hazy sun, I met a terrific Winnipeg family, Yvonne and Rupert Toomer with their daughter Taslima. They've been fishing here for years and she remembered when a mother and son were fishing beside them and the son hooked his mom in the ear when he was casting. The hook was in deep, so they had to go to Gimli to get it out, but not long after, they came back and kept right on fishing.

After I left the Tommers and was

slowly driving to north Hecla, my instinct told me there was still more to be told from here this time, so I turned back and made for John Dziad's village store. John, a tall man, strong in body and character with short, wiry, greying hair, was standing behind his counter when I walked in. I explained my dissatisfaction, asking if he knew someone with a fresh, unusual fishing story. In his usual decisiveness, he simply declared, "Ivan Grimolfson."

Moments later, I was driving up Ivan's long driveway to his house, which faced the lake. As I left my car, I could see a fellow with a snow white beard and hair in the veranda rising to meet me. Ivan and I shook hands as a perfect breeze flowed through the veranda while we overlooked the vast expanse of Lake Winnipeg's turbulent waters. Then he shared a story about when he and his wife Dolly were young.

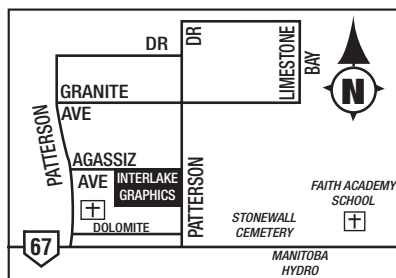
One winter morning, Ivan with his horse and sleigh-shack left here going across the ice to the west side of Black Island and started pulling nets "under." His neighbour Alex Johanneson was doing the same close by. The water currents under the ice by Black Island are fast and forceful, so when Ivan felt a shudder under his feet and a loud snap, he became rigid and alert. Between him, his rig and Alex, the ice opened up all around with water welling up some 20 feet across, trapping him.

Back at the homestead later, Dolly while working in the kitchen, noticed Alex coming off the ice with his rig

Continued on page 10

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# Concerns arise over CentrePort land improvement costs

By Jennifer McFee

A group of Rosser business owners and property owners is contesting the RM's land improvement plan, which is currently in front of the Municipal Board for approval.

Business representative Paul Graham of Maxim Truck and Trailer Sales expressed concerns about potential costs associated with the CentrePort development.

"They're trying to have it approved, and there's a number of business owners and property owners — about 19 out of 80 — that are pushing back on it and trying to get it stopped or at least modified," he said.

"The RM is bringing down this plan and they are trying to make it a bylaw that actually puts a \$16 million load on the 80 property owners in the 520-acre section that runs along Brookside Boulevard. It's 117 properties and 80 property owners involved, and a \$16 million bill that would be upon us if this plan is passed and put into a bylaw. In terms of acreage, the cost per acre is \$31,400 an acre. It's a real big-ticket item for sewer and water."

This group is also concerned that they will be on the hook for cost overages as-

sociated with the removal of boulders discovered along Inkster Boulevard during work to extend a sewer line to CentrePort.

"Really, the whole initiative is for CentrePort. We have said to put the financial onus back on CentrePort. This is really to help drive CentrePort, and none of us wants to CentrePort be diminished or not be successful. That's not the case," Graham said.

"It's just that the financial load with this is way too heavy on the relatively small group of people that have the developed properties in the RM now. None of us are trying to shut that down. We're just saying to come up with a more equitable plan of doing this that doesn't put such a heavy load on the small group of business and property owners in this one little area."

The group has expressed concerns through letters and at a recent hearing in Grosse Isle.

"Now it's back to the Municipal Board to make their deliberation and make their decision, which will probably be in a couple of weeks. We're hoping that they do something different with the plan because it's just too financially onerous for the small group that's in the

small developed area that today pays over 50 per cent of the property taxes in the RM," Graham said.

"So we'll see. We're all optimistic. The 19 property owners that wrote the letters of objection to the municipal board were all being optimistic that something good will come out of this, but we won't know for a couple of weeks when they come down with a decision."

As the project progresses, Graham is concerned that even more unexpected costs could arise.

"Nelson River Construction is still out on Inkster Boulevard trying to get finished. They have a couple of hundred metres to go yet of pushing pipes through the ground. We're all hoping they don't hit more boulders because that boulder encounter of last fall ended up costing taxpayers through the province and through the RM of Rosser close to an additional \$3 million," he said.

"That could happen again before they even make it to the intersection of Inkster and Route 90, which is really where the Nelson River contract commitments terminate.

"It's a just a very risky project at this point and we haven't even really started

to talk about putting the pipes in the ground in the RM where we are where there's bedrock issues and other underground boulder issues that are going to be found as they start trying to dig and trench and do this work."

Rosser Reeve Frances Smee said that the matter is currently before the Municipal Board and that concerns have been addressed at length by both the municipality and the objectors.

"Equity" was, in fact, the major element considered by council in preparing the LI 2 Plan. This approach was deemed most appropriate and is, in fact, the one used generally by Manitoba municipalities," Smee said in an email.

"In calculating construction costs, due diligence was given through a special allowance in the contract re: the possibility of greater than expected boulders and, additionally, several contingencies were included in the estimates to provide further safeguards.

"Again, these issues were covered at length in the hearing, and that is why there is a provision in the Act for hearings. All parties will be guided by the Municipal Board decision, and it would be inappropriate to make further public comment at this time."

## > BLACK BEAR REHAB, FROM PG. 5

of permanent captivity situation or euthanize them," Beecham said.

"So this facility will give the Fish and Wildlife branch another option: put them in this facility and have them raised by the Stearns and then released back to the wild. The most important facet of this whole project is that this alternative is not available in Manitoba right now, but it will be as soon as this facility is constructed."

Beecham is writing protocols for the project and will be available to answer questions as they arise.

"I think there's every reason in the world to believe that they'll be able to do this successfully," he said.

In addition to bringing Beecham on board, Woodyer also contacted Bob Barker since she is often in touch with him about various projects.

As a lifelong animal advocate, Barker decided to help out by making a \$50,000 contribution.

"When Julie Woodyer from Zoocheck contacted me to let me know that they are working on helping to set up a bear cub rehabilitation centre in Manitoba, I was so pleased to be able to support this wonderful effort to ensure no more orphaned cubs are killed or put into captivity," Barker said in a press release.

"A life in captivity for bears is a life filled with suffering, so giving or-

phaned bear cubs a second chance at a life in the wild is a campaign worth supporting. I hope the people of Manitoba will join me in supporting this important project to ensure no more orphaned cubs have to suffer."

Thanks to Barker's contribution, the facility will now be larger and more complex, Woodyer said.

"Mr. Barker's contribution really brings it to a professional level. From a Zoocheck perspective, that's what we really wanted to make sure. There's a lot of planning too. You want visual barriers so the bears aren't seeing traffic on the road or dogs in the yard or whatever else might be going on around them. Although bears are very astute, the visual barrier is important," Woodyer said.

"This is probably going to be the best bear rehabilitation facility in Canada now. The protocols developed are the

highest and best protocols available anywhere in the world. We anticipate that this centre will now be used as a model for other centres that are built in other provinces."

The facility will feature a heavy-duty chain-link fence with an apron of chain link under the ground so the bears can't dig out of the enclosure, which spans approximately one acre.

"You also put a metal sheathing along the top and partway down because they can't get past that if they try to climb," Woodyer said. "These are pretty common all around the world and they work extremely well."

The final plans will go to the RM of Rockwood and the provincial Wildlife and Fisheries branch for approval.

Rockwood Reeve Jim Campbell noted that the proposed centre doesn't fit the current zoning for the area. As a result, it would have to go through a rezoning process, which includes a public hearing.


"Around the council table, there was nobody that had any objections to it," Campbell said.

"That being said, it has to go through a rezoning process. If ratepayers have some concerns that we haven't thought about, we have to consider them in our decision making."


For Woodyer, she remains confident that the project will go forward.

"The Stearns have spoken with all their neighbours, and most were really supportive. Some even said that they'd like to volunteer at the centre to help out. It's really exciting to have the groundswell of support for this program," she said.

"There's a great deal of public confidence, and rightly so because Dr. Beecham is involved. He is the best of the best, and with his expertise and helping to design both the facility and the protocols, it's going to be a fabulous facility. I think it's going to be the best in Canada."



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## Who's making the decisions within the Interlake-Eastern Regional Health Authority?

Dear Editor:

It has been reported in local papers the Interlake Eastern Regional Health Authority (IERHA) is closing nine hospital emergency departments (ED) on a rotational basis. The ED services will be opened and closed on a revolving basis, determined by a handful of doctors (reported earlier in the year) and the CEO, Mr. Ron van Denakker, with the blessings of the health board of directors. The notice of which EDs are open/closed will be publicized through various means to the public. It is promised that at least once a month, each of the ER departments will be open. The rotational ER closure/openings is to begin Sept. 6, 2016.

Up to this point, if a doctor was not available for ED duties, professional nurse-managed personnel staffed the ERs. This ensured all our ERs were open. The nurse-managed approach has been working very well for the last three years.

The public has been reassured our hospitals will not close, patient safety will not deteriorate. It appears that the few doctors, our health board of directors and CEO are all very content with their decision.

"It's not the best but it will have to do." Did the IERHA consult with the public and/or the nurses and supporting staff people within the nine hospitals? Due to this decision, there must be dreadful working relations

between doctors and staff personnel.

Even the MLAs in the region and our premier think this rotational ER closures is a good thing. Our premier has promised that quality and outstanding health services will be

maintained at a high level. He has repeatedly promised our health-care services will be much better than anything we have had in the past.

The discussion about the issue of rotational ER services is quickly diverted into a conversation about a doctor shortage. Does this mean other health regions will adopt rotational ER closures? Doctor shortage has been a chronic challenge. The shortage of doctors is a reality unlikely to change. The rotational closures/open of ER is not related to doctor shortage. It is connected to a few doctors putting pressure on our IERHA.

Very few people are supporting this approach to ED health-care services. Just envision if a person is suffering a heart attack, a stroke, a vehicle accident, the list goes on, it is assumed that somehow they will know which ERs are open or closed. When time is of the essence, who will be available to evaluate a person's emergency health issue? Who makes the call for referrals to other hospitals, tests, treatment, emergency surgery ... do we leave those decisions and actions to family, RCMP, a passing motorist, emergency services personnel, and who calls for STARS services? Who pays for this abandoning of ER services?

This approach to health-care services will influence legal actions taken against the IERHA and other levels of government. The only group not in-

cluded in legal action will be the doctors because she/he won't be there!

Common sense tells us nurse-managed care in the ERs when a doctor is not available, which has worked for the last three years, is the better decision than rotational openings and closures of ERs.

The Collage of Physicians & Surgeons of MB (CPSM) is the strongest union in our province, and we can be assured they do not want nurse-managed services in any emergency departments. We have a few doctors negotiating and steering the IERHA board of directors, CEO and elected officials in a direction they want us to go. Improved health-care services do not mean relying on one group of professionals (doctors) to advance the overall quality of care. Who's making the decisions within our regional health authority: the doctors, the CEO, the board directors, the CPSM or the province? All involved work together, but how is it that a small group of doctors can cause the rotational closing and opening of nine hospital EDs?

This is a substantial miscue by the members of the IERHA board and the CEO of our regional health authority. Their leadership and decision making is not at all progressive in providing quality emergency department health-care services.

Yours truly,  
E.J. Wood, Stonewall

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## "Thank You"

The South Interlake Ag Society proudly hosted the RCMP Musical Ride on the evening of August 2, 2016. A capacity crowd and perfect weather contributed to the success of this event.

The SIRAS executive and its board members would like to thank the following: The RCMP with its compliment of 32 horses and riders.....the show was "awesome"; VIP'S Ralph Eichler, Jim Campbell, Trevor King, Frances Smee and Lockie McLean.

Thanks to Stonewall RCMP detachment;  
The Co-operator's; Stonewall Teulon Tribune; Provincial Floorcraft and the Summit Café (Stony Mtn)....our ticket vendors.

We also wish to acknowledge the Lord Selkirk RFM Junior Pipe Band for their preshow performance and Progressive Waste Solutions for the safety gear. Thanks to the following sponsors for their generosity...

Marquette Coop/ Kalgent Ag Services, Terraco, Rutherford Farms, North Star Genetics Manitoba; Airwise, Paterson Grain; Crop Production Services and Master Feeds for providing feed for the horses.

To the wonderful volunteers who came forward to provide us with much needed assistance prior to and the day of the event, thank you, we could not have done it without you.

Lastly, kudo's to the organizing committee for a task well done.. Your efforts were well rewarded.

**Minneapolis Shopping Trip**  
**September 22-25, 2016**  
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3 persons to a room \$260  
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## MS Bike tour deserves recognition

Dear Editor:

Thanks again to Stonewall and area volunteers, riders and supporters for the recent MS Bike Tour. The local Team, Quarry Physio Quivering Quads, is in eighth place for top fundraisers in Manitoba at over \$8,000 and climbing! Even though we faced a headwind both days, the backing you all provided was the wind beneath our ... tires.

Ross Thompson

## > FISHING, FROM PG. 8

and Ivan's in tow. She started to wonder, though, when not long after that she saw Alex going back out onto the ice again with his horse pulling a boat. At dusk, Ivan, Alex and the horse pulling the boat came off the ice. When Ivan came into the house, Dolly asked what was going on. He just smiled, responding, "Alex had to rescue me across some water."

Till next week, friends. Bye for now.



# Alan McLeod VC air cadets receive their pilot wings

By Natasha Tersigni

After spending the summer at the Steinbach airport with the Canadian Cadet Organization while learning the finer points of aerospace in both the classroom and the skies, two cadets — WO 2nd Class Brandin Hrabinski and FSgt Jefferson Holod, both from Stonewall's 301 Alan McLeod VC Royal Canadian Air Cadet Squadron — successfully completed the Power Pilot course and have earned their wings.

In order to apply for the Power Pilot's course, which is a national course open to air cadet across Canada, the cadets had to complete a lengthy selection process over the winter, including a ground school course.

After completion of the course, the cadets had to write an exam and take part in an extensive board interview where they were drilled on the information they learned on their ground course and their involvement within their squadron. They were even marked on their speaking skills and had a uniform inspection. Hrabinski and Holod made it through the gruelling process and were awarded Power Pilot scholarships.

During their seven-week course, the cadets spent time in the classroom for an additional ground school course where they had to write several exams, including the Radio Operators exam and the Transport Canada exam, before they could take to the skies.

In the latter half of the course, each cadet spent 45 hours in the air on training flights with an instructor and 12 hours flying solo.

For both Hrabinski and Holod, it was the solo flights that were the highlight of pilot training. Both cadets were excited to fly without an instructor.

"Any time I was in the air this summer was pretty awesome. Going up for the first time by yourself is absolutely fantastic — there is no way to describe it," said Holod.

"Flying solo for the first time was an unbelievable experience and was definitely the highlight of the summer for me," added Hrabinski.

"With successfully completing this course and earning my wings, I am a certified private pilot. Right now I can fly any small single engine plane and I can take up as many passengers as the plane can hold."

The pair both graduated high school in the summer and are planning on remaining in cadets for one more year. They will spend the fall and winter working on their applications to the Royal Canadian Air Force since both Hrabinski and Holod want to be fighter pilots.

When the duo returns to their cadet squadron in the fall, they will be taking on leadership roles and helping to teach and instruct the younger cadets.

"I have loved every minute I have been a cadet and I am looking forward to taking the Warrant Officer boards and continuing to be a leader at the squadron," said Holod.

"With the program, you are able to have so many great opportunities and experiences and I want to pass that on to the cadets coming up. For myself, I spent my first summer in Penhold Cadet Training Centre taking the two-



TRIBUNE PHOTOS SUBMITTED

Local cadets with Stonewall's 301 Alan McLeod VC Royal Canadian Air Cadet Squadron Brandin Hrabinski, pictured left, and Jefferson Holod, pictured centre, chat with the Commanding Officer of the Regional Support Cadet Unit for the Northwest LCol Michele Claveau before their Power Pilots course final graduation parade that was held on Aug. 19 in Steinbach.



Grosse Isle's Jefferson Holod, right, is congratulated by Commander of 2 Canadian Air Division BGen Dave Cochrane for successfully completing his Power Pilots course and earning his Transport Canada Private Pilot Licence.

week general training course, and then from there I took a Basic Survival course, Aircraft Maintenance course, Glider Pilots course and I just finished the



BGen Cochrane presents Stony Mountain's Brandin Hrabinski, right, with his Power Pilots Wings during the graduating ceremony in Steinbach on Aug. 19.

Power Pilots course."

"At 17 years old, I can now fly a plane by myself, which is amazing, and it is thanks to the cadet program."

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# Annual coffeehouse continues to strike a chord for cancer

## Coffeehouse to End Cancer raises \$12,000

By Natasha Tersigni

With tremendous community support behind her, Paige Procter and her annual Coffeehouse to End Cancer continue to rally for a common goal of raising money to fund research and programs to put an end to cancer.

The sixth annual coffeehouse attracted more than 300 guests that enjoyed delicious dainties and great local music on Aug. 23 at the Anderson's Hitch 'n Post. The theme of this year's coffeehouse was overcoming obstacles, and performers chose music that reminded them of perseverance and conquering personal battles.

Local musicians included Lily Rader; Paige Procter, Holly Macduff, Max Hughson, Hayden Bytheway, Sydney Lockhart, Madeline Boonstra, Josh Lawson, Angele Cayer, Savannah Kisilowsky, Justin Anderson, The Interlake Players, Teagan Sheppard, Keenan and Bretton Reimer, and Joe Bailey.

During the event, co-host Troy Woods, a cancer survivor himself, spoke on the important part that CancerCare Manitoba played in his own treatments.

"I spent a lot of time over the last six years at the place where the money raised tonight is going: CancerCare Manitoba. Although I am cancer free today, I still visit CancerCare every six months for blood work and a check-up. Every time I return, I am treated in a way that makes me feel like I am the most important patient there, and then with a hint of jealousy, I realize the amazing staff has the ability to make every patient feel that way," said Woods.

"At the beginning of my treatments, my family and I pretty much knew everybody that came in for a treatment. I happened to be there for an appointment yesterday and now I don't recognize anyone because they are all new. On the one hand, this is a great thing knowing that patients are being cured and that treatments are effective, but on the other hand, we need to realize that new patients are diagnosed every day and are facing the incredibly difficult battle that so many others have fought."

CancerCare development associate Rachel Bueckert told guests how important grassroots fundraisers such as the Coffeehouse is to raise money for patient care, needed equipment and funding research for a cure.



Singer and songwriter Joe Bailey from Stonewall performed Tom Petty's "Learning to Fly" and Bill Withers' "Ain't No Sunshine."



The coffeehouse's youngest musician, Teagan Sheppard, dedicated her performance to her mother, Kim, a cancer survivor.



For his third appearance at the Coffeehouse to End Cancer, Justin Anderson performed James Bay's "Let It Go," Mike Posner's "I Took a Pill in Ibiza" and Coldplay's "Fix You."

"Last year, 6,700 Manitobans received a cancer diagnosis and 2,800 lost their battle. Forecasts show that this number is expected to increase by 50 per cent over the next two decades. Everyone at CancerCare works hard to reverse this trend, and we are motivated by recent statistics that 63 per cent of Canadians with cancer are living five years after their diagnosis



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Stonewall pianist Hayden Bytheway performed two songs by musicians affected by cancer at the Coffeehouse to End Cancer. The first song was "Heroes" by David Bowie, who passed away in January from liver cancer, followed by "New Orleans is Sinking" by the Tragically Hip whose lead singer, Gord Downie, has been diagnosed with a terminal brain tumour.



Co-hosts for the evening were Troy Woods, left, and Coffeehouse founder Paige Procter. Woods, a cancer survivor, spoke on the impact CancerCare Manitoba had in his treatments and the importance of continuing to fundraise for patient treatments and research.

and improvement of seven per cent of the last 12 years," said Bueckert.

"We are winning battles, but as many of you know in a very personal way, there are many more to be fought and conquered. By attending and supporting this wonderful event, you are paying it forward so other Manitobans will benefit from the very best in treatment, care and research right

here at home."

This year's Coffeehouse to End Cancer in support of CancerCare Manitoba has so far raised \$12,000, bringing the six-year total for money raised from the coffeehouse to over \$63,000.

If you would like to donate, go to [www.cancercarefdn.mb.ca/netcommunity](http://www.cancercarefdn.mb.ca/netcommunity) and search for the event.





**Stonewall Community Registration Evening, Tuesday, September 13, 2016, 6:30-9:00 p.m. at the Sunova Curling Rink**

# Get involved with youth organizations

Volunteer work can benefit volunteers emotionally and physically. Many people aspire to get involved by donating their time or resources, but they may not know which avenue to take. Leading a youth organization or mentoring children can change the lives of both children and volunteers in numerous ways.

Youth groups include boys' and girls' clubs, religious ministry organizations, sports teams and other special-interest clubs. When matched up with the right group, children may learn a number of skills that can assist them as they age. After-school activities can teach kids leadership skills and how to work together while making them feel like they are part of something bigger than themselves. Volunteering with youth-based organizations is a great way for adults to make a real difference in the lives of children.

Inquire among your network of friends when looking for a youth organization to work with. Friends may be in touch with sports leagues or other community groups that are looking for volunteers. If your child has an interest in a particular sport, find out if the

league is looking for coaches or parents to work in other capacities for the team. This is a great way to get involved without compromising your child's sense of individuality and space.

Schools are another resource. Many clubs and organizations are chartered or sponsored through schools. Schools also lend their all-purpose rooms or other spaces to organizations so that meetings are convenient to students. School open houses provide great opportunities for adults to learn about the various programs offered by a given school. Such programs often need volunteers.

Many young children are first exposed to group activities upon enrolling in the Cub Scouts or Girl Scouts. These are national programs that operate locally through packs and troops. Scouting organizations are entirely dependent on volunteers. Whether you sign up as a leader, a co-leader or a person who works behind the scenes, you will be a part of an organization that has helped to shape kids for decades.

Religious organizations also provide opportunities for adults to work

with kids and young adults. Volunteer work is an integral part of many religions, and ministering to youngsters is one way to spread the message of faith. Work with a religious leader to find the best fit for your services. You may volunteer as a Sunday school teacher or serve as a chaperone at youth events.

Volunteer work is beneficial no matter where one directs his or her energy. However, the experience can be even more rewarding when it involves working with children.

## BALMORAL JUDO CLUB

### REGISTRATION:

**STONEWALL COLLEGIATE GYM**  
Monday September 12 &  
Thursday September 15  
7:00 to 8:30 pm

**SUNOVA CURLING CLUB**  
Tuesday, September 13  
6:30 - 9:00 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 1999 - 2010**  
\$170 per player. One hour once a week in Balmoral.

**Starting mid October  
and ending in mid March.**

### REGISTRATION NIGHT

**Sunova Curling Club**  
Tuesday, September 13th, 2016  
6:30 - 9:00 pm

*For more information email [balmoralrechockey@hotmail.ca](mailto:balmoralrechockey@hotmail.ca)*



**Erika's  
Fitness Club**

**Classes  
starting  
week of  
Sept. 26<sup>th</sup>**

To register:

Call: **204-294-8620**

Email: [zumbawitherikariley@gmail.com](mailto:zumbawitherikariley@gmail.com)

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



## Balmoral Power Skating Saturdays

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

**\$260 - 20 weeks**

**Balmoral Recreation Centre**

**October 15, 2016 to March 11, 2017**

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

To register contact **Kelly Farmer @ 204-467-8884**

or register September 13 at VMSC 6:30-9 p.m.



**Visit the following advertisers  
at our FALL REGISTRATION NIGHT  
TUESDAY SEPTEMBER 13th 6:30pm-9:00pm  
at the Sunova Curling Rink**

**Backcountry Fitness & Conditioning**

**Balmoral Judo**

**Balmoral Powerskating**

**Balmoral Rec Hockey**

**Erika's Fitness Club**

**Jansen School of Dance**

**New Life Church**

**Stonewall Powerskating**

**Quarry Choristers**

**Rossdale Ukrainian Dance Club**

**Royal Canadian Air Cadets**

**Stonewall Curling Club**

**Stonewall Girl Guides**

**Stonewall Karate**

**Stonewall Scouts**

**Stonewall Skating Club**

**Stony Mountain Ski Area**

**Teulon Cross Country Ski Club**

**Viva la Musica**





**Stonewall Community Registration Evening, Tuesday, September 13, 2016, 6:30-9:00 p.m. at the Sunova Curling Rink**

# Help kids get ready for fall sports season

Summer is a season of relaxation, especially for school-aged children who are not yet old enough to work. Such youngsters no doubt enjoy the chance to spend summer days lounging poolside or at the beach, all without a care in the world or any homework to com-

plete.

Though summer is synonymous with R&R, parents of young athletes who hope to compete in scholastic athletics when the school year begins in autumn may need to take steps to ensure their kids aren't at risk of in-

jury once the curtain comes up on fall sports season.

Examine and replace equipment if necessary. The right equipment can protect kids from injury and help them realize their full athletic potential. But damaged

or outdated equipment can increase kids' risk of injury. Examine kids' equipment long before fall sports sea-

Continued on page 15



## 2016-17 Program Registration

will take place at the Teulon Rockwood Centennial Centre as part of a joint registration night with other community groups from 6-8pm on both Wed, Sept 7 and Thurs Sept 15.

Visit [www.greenacresartcentre.org](http://www.greenacresartcentre.org) for full program details.

Contact [gaac@mymts.net](mailto:gaac@mymts.net) or 204-886-3192

Join us at the centre for our AGM on Sun, Nov 27 at 3pm.



### 2016-17 PROGRAMS:

Dance with Ms. Alycia Campbell

Mommy and Me

Little Stars for Ages 3 to 4

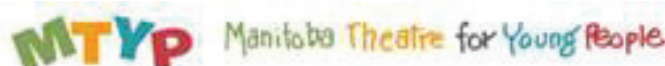
Pre-Ballet Ballet Pre-Jazz Jazz

Lyrical Hip Hop Boys Funk Hip Hop

Highland Dance with Miss Lesley Bond

Irish Dance with Miss AJ from the McConnell School of Dance

Theatre Classes with Angela from Manitoba Theatre for Young People



Private Guitar, Bass, Drum Lessons with Shane Taite

Private Piano Lessons with Ashley Teichrib

Early Music Development for Pre-School Children with Carolina Nagy

Quality Music Education for Children with Disabilities with Carolina Nagy

Group Fiddle Classes with Carolina Nagy

Private Violin Lessons with Carolina Nagy

Adult Drawing with Graham Clarke

Adult Painting with Graham Clarke

Fitness Classes with Patsy Duncan



## Highway 6 Youth Soccer Warren

Registration for kids ages 3-10 is \$50 Plus a \$50 refundable volunteer fee

September 6th 7-8 pm and September 10th 10-11 am at the Warren Curling Club

Season begins September 14th and runs

Monday's and Wednesday's at 6:15 - 7:15 pm (September 14, 19, 21, 26, 28 & October 3, 5, 12, 17, 19)

We are also looking for volunteer coaches for all age groups. For info please contact Lisa at [sund\\_lisa@yahoo.ca](mailto:sund_lisa@yahoo.ca) or Karen at [tristram@mts.net](mailto:tristram@mts.net)

## MUSIC LESSONS

VIOLIN | FIDDLE | PIANO | GUITAR

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

REGISTER NOW!

Carolina Nagy

(204) 404-7273

[www.vivalamusica.ca](http://www.vivalamusica.ca) [vivalamusica22@gmail.com](mailto:vivalamusica22@gmail.com)



## Join Now

Visit us at Registration Night  
Sunova Curling Rink, Stonewall  
Tuesday, September 13th 6:30 - 9 pm

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

• **Adult Volunteers Needed** •

**1-800-565-8111**

**[www.girlguides.ca](http://www.girlguides.ca)**



Girl Guides  
of Canada  
Guides  
du Canada

Units meet in  
Stonewall, St. Andrews  
& Clandeboye





**Stonewall Community Registration Evening, Tuesday, September 13, 2016, 6:30-9:00 p.m. at the Sunova Curling Rink**

Continued from page 14

son begins so you have time to bargain hunt should anything need to be replaced.

- Schedule a physical for your child. Many school districts mandate that athletes receive and pass physicals before they can compete. Speak with the athletic director at your child's school to learn the guidelines that govern athletic physicals. The physical will need to be conducted by a predetermined date, but you may also need the physical to be conducted after a certain date for it to be considered valid. Speak with your child's physician if any problems are found during the physical.

- Let kids heal. Kids' schedules are busier than ever before, and many youngsters play several sports during the school year. Summer vacation

may be the only extended period all year that youngsters' bodies get to heal. While it's important that kids stay physically active throughout the summer, make sure they don't overdo it, as you should emphasize the importance of rest.

- Gradually get back in the swing of things. While rest gives kids' bodies a chance to heal and develop, it's important that young athletes stay in shape over the summer. As the fall sports season draws near, help kids gradually get back in the swing of things. Tryouts tend to be physically demanding, so kids who have not lifted a finger all summer may be at risk of injury or missing the cut. Let kids ease back into regular exercise to make sure they are not starting from scratch come their first tryout.

- Speak with coaches. Coaches can be great assets to parents who want



to make sure their youngsters enjoy the summer without sacrificing their chances of making the team in the fall. Speak with kids' coaches to determine if there is any area your son or daughter can work on over the summer to improve his or her chances of making the team. Make sure kids are the ones leading the charge to improve their games; otherwise, they may feel pres-

sured into doing so and that can take away the fun of playing sports.

Scholastic athletes should take advantage of the opportunity to relax and recover that summer presents. But athletes who hope to compete in the fall can still work with their parents to ensure they're ready once the school year and sports season begins.



## Power Skaters Wanted

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

**Registration Night Tuesday, September 13th**  
**6:30-9:00 p.m. at Sunova Curling Rink**  
 Session to run October 11, 2016 to March 14, 2017 (20 weeks)

**BEGINNER • INTERMEDIATE • ADVANCED LEVELS**

**TUESDAYS**

**Level 1...** 3:45 to 4:30 (5, 6 & 7 yrs)

**Level 2...** 4:30 to 5:15 (7, 8 & 9 yrs)

**Level 3...** 5:15 to 6:00 (8, 9 & 10 yrs)

**Level 4...** 6:15 to 7:00 (9 & 10 yrs)


**Level 5...** 7:00 to 7:45 (11 & 12 yrs)

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



**Cost: \$260 for 20 weeks**

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

**HELMETS (WITH MASKS) & STICKS ARE REQUIRED FOR THIS PROGRAM**  
**Questions: Contact Brock Couch at [brockcouch@gmail.com](mailto:brockcouch@gmail.com)**



## Jansen School of Dance

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

**Stonewall Location**

**Ages 3-Adult**  
**Registration for 2016-2017**  
**Tuesday, September 13, 2016**  
**6:30 - 9:00 pm**  
**Sunova Curling Club**  
*Under the direction of Patsy Newman*

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

**For information**  
**Call 831-0760**  
**[patsynewman@gmail.com](mailto:patsynewman@gmail.com)**



**Stonewall Community Registration Evening, Tuesday, September 13, 2016, 6:30-9:00 p.m. at the Sunova Curling Rink**

No matter where you look, screens are everywhere. The proliferation of easily portable tablets and smartphones means many people, adults and children alike, are never too far from the nearest screen. While that ac-

cessibility has dramatically changed the way many people live their lives, excessive exposure to screen time can produce a host of unwanted side effects.

Steven Gortmaker, a professor of the practice of health sociology at the

Harvard T.H. Chan School of Public Health, has studied the negative effects of excessive screen time on children since the 1980s. According to Gortmaker, such effects include higher rates of obesity among kids who watch too much television and difficulty sleeping among youngsters

with access to small screens, such as the screens of smartphones. In addition, a 2012 study published in the journal *Psychiatry Research* linked screen time with impaired cognitive function in young males.

So what can families do to cut back on their screen time? While it likely won't be easy to put down smartphones and tablets and turn off laptops and televisions, the following are a handful of ways for families to spend less time staring at screens.

- Remove televisions from bedrooms. Parents may find it impossible to gauge, much less control, how much time their kids spend watching television when youngsters have TVs in their bedrooms. Though this will likely be met with considerable resistance, remove televisions from bedrooms in your home. Set a positive example for kids by removing your own bedroom television as well. Come kids' bedtimes, make sure all devices, including smartphones and tablets, are left in common areas of the home rather than bedrooms so kids are not tempted to watch videos instead of falling asleep.

- Institute a “no screens” rule during meals. Many parents grew up in households that did not allow televisions to be on during meals, and while the times might have changed with respect to the technology, similar rules can still prevail today. A “no screens” rule during meals gives parents and their kids time to catch up, bond and foster stronger relationships.

- Do not use the television for background noise. Turn the television off when it's serving as just background noise. If you need background noise, turn on some music instead.

- Log screen time. Logging screen time for each member of the family can provide an estimate of just how much time the whole family spends staring at screens. Encourage each member of the family to spend as much time being physically active as he or she spends staring at screens. Set goals for each member of the family to reduce their screen time, even rewarding those who reach their goals.

Reducing screen time can improve overall health and help family members reconnect with one another.

**KIDS connect**  
*Kindergarten to grade 4*  
*\* Assembly \* Bible story \* Craft \* Snack \* Games \**  
**New Life Church, Stonewall, 6106E Hwy 67**  
**Tuesdays 6:45 – 8 p.m.**  
**September 20th thru December 6th**

**ROUTE 56**  
**PRETEEN MINISTRY**

**Cost \$20**  
**register online at**  
**[www.newlifestonewall.com](http://www.newlifestonewall.com)**

**Grades 5 and 6**  
**\* Crazy games \* Food \***  
Sessions on a variety of issues facing preteen today

# STONEWALL CURLING CLUB

**MEN'S  
LEAGUE:**  
**TUESDAY**

**LADIES  
LEAGUE:**  
**MONDAY &  
WEDNESDAY**

**MIXED  
LEAGUE:**  
**THURSDAY**

**STICK  
CURLING:**  
**MONDAY  
MORNINGS**  
\$5.00 Drop In Fee

## REGISTRATION NIGHT

TUES. SEPT 13TH, SUNOVA CURLING RINK

**ONE LEAGUE REGISTRATION COST**

\$235 + GST + \$6.00 CURLMB FEE + \$20.00 PROGRESSIVE 50/50 TICKETS

**TOTAL \$272<sup>75</sup>/**

JUNIORS  
PAY ONLY 50%

20% DISCOUNT ON  
SECOND NIGHT

**SENIOR CURLING FRIDAY AM**

(RATES TO BE DETERMINED BY THE SENIORS)

**NEW THIS SEASON:**

**Watch the Website for Monthly Saturday Night Curling Fun!**

Junior Program (youth learn to curl) Fridays Approx. 6 pm start--\$65.00 (10 weeks Oct.-Dec)

*More information will be available on Registration Night.*

**STONEWALLCURLING.COM**




*Sing with the*  
**Quarry Choristers**

**Registration Night**  
Sun, Sept 11th 6:00 pm  
Stonewall United Church

**Visit our table on Info Night**  
Tues, Sept 13th 6:30-9:00 pm  
Sunova Curling Club

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



**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 995-1502 (after 5pm please), or come on down Thursday nights and check us out. (cadets start up on September 15)





## Interlake School Division

# CONTINUING EDUCATION PROGRAM

## Learning Never Stops

### TO REGISTER:

Complete the registration form or provide the necessary information on a piece of paper and mail with payment to: (please issue a separate cheque/payment for each course excluding fitness classes)

**Interlake School Division  
Continuing Education Department  
192 - 2nd Avenue North  
STONEWALL MB R0C 2Z0**

Jocelyn Derksen  
Program Coordinator  
Office Hours:

Monday: 11:00-6:00 p.m. (during peak registration time)  
Tuesday - Friday: 8:30-4:30

### School Locations:

École R. W. (Bobby) Bend - 377 - 2nd Avenue North, Stonewall  
École Stonewall Centennial - 573 - 2nd Avenue North, Stonewall  
Stonewall Collegiate - 297 - 5th Street West, Stonewall  
Stony Mountain School - 139 School Road, Stony Mountain  
Teulon Collegiate - 59 1st Street NE, Teulon  
Warren Collegiate - 119 MacDonald Ave., Warren  
Warren Elementary - 300 Hanlan St., Warren  
Balmoral Elementary - Gov't Rd. Allowance - Balmoral  
Parochial Hall - 453-1st. Ave. N



Gifts are received from Welcome Wagon for:  
-new to Stonewall & area -a new baby  
-brides planning a wedding  
to request a visit... contact Norma  
Phone: 204-951-1925  
email: mocha3@mymts.net

### CLASS CONFIRMATION

Confirmations *will not be phoned or mailed.*  
Attend the first session of a course as scheduled unless you are otherwise informed. Please feel free to call 204-467-2956 to confirm your registration.

### SCHOOL CANCELLATIONS

All evening classes held in the schools are cancelled in the schools have been closed during the day (holidays, in-service, inclement weather). Classes also may be cancelled due to parent teacher, open houses, school dances or other school related functions. Closures due to weather are announced on CJOB or on our website [www.isd21.mb.ca](http://www.isd21.mb.ca). We will do everything we can to make up any missed classes.

### IF YOU CANCEL:

All refunds requested by participants must be done 3 days prior to the course start date and will be deducted \$15.00 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). No refunds will be issued for 1 or 2 day classes, which have fees of \$30.00 or less.

### RECEIPTS

Receipts will be issued on the first night of class for most courses.

### REFUNDS IF WE CANCEL:

If a course is cancelled for any reason, you will be notified and a full refund will be mailed to you.

**If we don't have the class you're looking for, please contact one of the following Continuing Education offices:**

Lord Selkirk - 204-482-6926  
Louis Riel - 204-237-8130  
River East Transcona - 204-667-6193  
St. James Assiniboia - 204-832-9637  
Seven Oaks - 204-586-8061  
Winnipeg #1 - 204-775-0231  
South Winnipeg Technical - 204-989-6566

**We accept Debit, Visa and Mastercard**



### REGISTRATION FORM

- Fall 2016 -

Course Number: \_\_\_\_\_ Course Number: \_\_\_\_\_  
Course Title: \_\_\_\_\_ Course Title: \_\_\_\_\_  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_ or \_\_\_\_\_  
Email: \_\_\_\_\_  
Fee: \$ \_\_\_\_\_ ☐ CHEQUE ☐ CASH ☐ DEBIT ☐ VISA ☐ MASTERCARD

Make cheques payable to: **Interlake School Division**  
192 - 2nd Avenue North, Stonewall, Manitoba R0C 2Z0

**FOR MORE INFORMATION, CONTACT**  
**JOCelyn DERKSEN PROGRAM CO-ORDINATOR** [jderksen@isd21.mb.ca](mailto:jderksen@isd21.mb.ca)  
**204-467-2956** FAX: 204-467-8334 [www.isd21.mb.ca/coned](http://www.isd21.mb.ca/coned)

### BASKETBALL - Stonewall

F16/01 Co-ed Basketball (13 yrs. to 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 October 2 - December 18, 2016  
8:00 - 9:00 at Stonewall Centennial  
Fee: \$25

**REGISTER FOR THE WHOLE YEAR - \$40 (OCTOBER - APRIL)**

### VOLLEYBALL - Stony Mountain F16/02 Intermediate Level (Co-Ed)

Monday nights at Stony Mountain School from 7:00 - 9:30 p.m. Strong level of play, recommended for past high school varsity-level players. Must be physically capable and experienced to play at a competitive level. For more information please contact Tammy Fingas at 204-467-7753 or Lyle Crowe at 204-467-7153.

Mondays starting September 12, 2016  
(no volleyball Oct 10, Nov 21, Dec 26, Jan 2, Feb 20, Mar 6, April 24)  
7:10-9:40 at Stony Mountain School  
Fee: \$30

**Register for both for \$45**

### F16/03 Recreational/Beginner Level (Co-Ed)

Friday nights at Stony Mountain School from 6:30 - 9:00 p.m. Fun and social evening with a basic level of play required. For more information please contact Tammy Fingas at 204-467-7753 or Lyle Crowe at 204-467-7153.

Fridays starting September 16, 2016  
(no volleyball Oct 7, Oct 21, Nov 11, Dec 23, Dec 30, Feb 3, April 15)  
6:30-9:00 at Stony Mountain School  
Fee: \$30

### BADMINTON - Stonewall

F16/04 Badminton - Students Grades 9 - 12 and adults of all ages

This class is for the competitive (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. Racquets may be purchased from the instructor. Instructor: Dale Kinley

10 Sundays starting September 11, 2016  
1:30-3:00 p.m. at Stonewall Collegiate  
Fee \$55

**Sign up for all year for \$135**

### F16/28 Yoga with Marni - Stony Mountain

Experience the benefits and power of simple and gentle Yoga stretches to help you relax and improve your physical strength, flexibility and balance. This class offers a reflective and spiritual approach to Yoga that integrates body, mind and spirit, leaving you feeling calmer, more stable and peaceful. Please bring a yoga mat and blanket. Instructor Marni Daun

F16/28 8 Thursdays September 22 - November 10, 2016  
7:15 - 8:15 p.m. at Stony Mountain School  
Fee: \$60

## STONY MOUNTAIN BOOT CAMP FITNESS CLASSES



**Stony Mountain Boot Camp Fitness Classes**  
With Rhonda Steffan,  
Canfitpro Certified Fitness Instructor  
[rstfitness@gmail.com](mailto:rstfitness@gmail.com)

**Specialist and Healthy Eating & Weight Loss  
Coach Certification**

**CLASS DISCOUNTS - One for \$65; Two for \$110 Three for \$145**

**All Classes are Co-ed and for ages 16 and up**

### F16/08 Tabata Interval Boot Camp

Tabata is a High Intensity Interval Training (HIIT) fitness class that challenges your Cardiovascular and Muscular Systems, and is known as an incredibly intense fat burning workout. Your metabolism will stay at an 'increased level' not only during the workout, but also for hours after the workout is complete, continuing the 'fat burning' process. Tabata training is excellent for any fitness enthusiast and for athletes who need to increase your speed and endurance. This is ideal if you are training for a marathon or triathlon, for increasing your endurance, and any sport that requires frequent short bursts of maximum physical output, for example- hockey. **THIS CLASS IS SUITABLE FOR ALL FITNESS LEVELS.** You decide your own personal level of intensity that you will put into the class. **YOU MUST BE AWARE OF YOUR OWN MAXIMUM LIMITS** Please bring: indoor runners, a water bottle, towel, yoga mat, resistance band and hand weights.

10 Mondays starting September 19, 2016  
no class October 10, November 21  
6:00-7:00 p.m. at Stony Mountain School

### F16/09 Circuit Interval Boot Camp

Suitable for ALL FITNESS LEVELS, circuit boot-camp training will alternate strength training exercises with aerobic activities to provide you with the ultimate circuit workout. This is one of the most FUN ways to get fit no matter what your level. Expect a full body workout with lots of variety which will improve your cardiovascular and muscular strength and endurance. **Please bring:** hand weights, a water bottle, yoga mat, & indoor runners.

10 Wednesday starting September 21, 2016  
6:00-7:00 p.m. at Stony Mountain School

### F16/10 Introduction to Kettlebells (Tabata):

Discover the strength training, cardiovascular and flexibility benefits of Kettlebell training. This class will be a Tabata Style Fitness class that will combine the use of both Kettlebell exercises and hand weights. (the keys to safe, effective Kettlebell exercises will be shown). A Kettlebell is preferred, however, a heavier single dumbbell can be used as an option. (Your Kettlebell/dumbbell should be a bit heavier than your set of hand weights) **Please bring:** Women 5-20 lb Kettlebell, Men 10-25 lb Kettlebell, or a dumbbell in place of a Kettlebell. A set of Hand weights, indoor runners, yoga mat, water, and towel.

10 Thursdays starting September 22, 2016  
6:00-7:00 p.m. at Stony Mountain School



BALMORAL FITNESS

With Myles Taylor, FIS Canfitpro Certified  
CLASS DISCOUNTS - One for \$65; Two for \$110  
All Classes are Co-ed and for ages 16 and up

F16/11 F.A.S.T Class (Functional Athletic Strength Training)

Military Forces, specially-trained Police Officers and Firefighters all have an indelible need to become, and maintain a functionally fit body. The simple act of wearing and carrying heavy, cumbersome equipment for extended periods of time while under extreme amounts of stress, requires a body that is capable to handle those conditions and then some. It's time to start thinking of your training around different variables, different plans of action and different levels of performance. Your body is one whole unit, not separate little pieces loosely strung together. With this concept in mind, my F.A.S.T class will help you achieve the "whole unit" body, using a combination of dumbbell weight training, body weight training, resistance straps and bands, and exercise balls. We will not only achieve a stronger body, but discover the muscular toning bi-product of it as well. Equipment required: 2 sets of dumbbells (5's and 10's, or 10's and 20's -weight that you are comfortable with,) a resistance band (tubular with 2 handles) a large exercise ball, yoga mat, hand towel and water bottle, the rest I will supply.



10 Mondays starting September 12, 2016 (no class April 25, May 23)  
6:00 – 7:00 p.m. at Balmoral School

F16/12 The Punisher Circuit

The Punisher is a 60 minute circuit incorporating strength & cardio. This circuit is designed to challenge your entire body. You will work your way through various exercises timed on specific intervals. This class is a reverse pyramid setup starting with the Endurance (aerobic) round, transitioning into the Power round, and wrapping up with the Sprint (anaerobic) round. We will finish each class with an ab shredding series. All levels of fitness will enjoy this program, as you push yourself to your personal limits. Equipment required: water bottle, hand towel and yoga mat

10 Wednesdays starting September 14, 2016  
6:00 – 7:00 p.m. at Balmoral School

ZUMBA - WARREN, MEADOWS, STONEWALL



COURSE #	TIME/DATE	LOCATION	INSTRUCTOR	Fee
Monday				
F16/05	6:00-7:00 Sept 12 – Nov 28 10 classes	Ecole R.W. Bobby Bend	Samara Robertson <i>Zumba Fitness® Licensed Instructor - Basics 1 Trained in First Aid / CPR</i>	\$70 Two for \$130 Three for \$180
Tuesday				
F16/06	6:00-7:00 Sept 13 – Nov 22 10 classes	Warren Elementary	Samara Robertson <i>Zumba Fitness® Licensed Instructor - Basics 1 Trained in First Aid / CPR</i>	\$70 Two for \$140 Three for \$180
Thursday				
F16/07	6:00-7:00 Sept 15 – Nov 24 10 classes	Warren Elementary	Samara Robertson <i>Zumba Fitness® Licensed Instructor - Basics 1 Trained in First Aid / CPR</i>	\$70 Two for \$140 Three for \$180

PHYSICAL FITNESS/YOGA

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.

Complete Circuit with Celine - Stonewall  
B Ed, CanFit Pro Fitness Instructor Specialist

This class will be a combination of timed cardio and resistance training intervals. Participants will be challenged on all planes of movement and levels of training. Yoga mat, weights ( 5-10lbs ) and resistance band required.  
Instructor: Celine Doll

F16/228 Thursdays starting September 15, 2016  
6:15 – 7:00 at Ecole Stonewall Centennial School  
Fee: \$55



F16/BT Block Therapy - Stonewall

Block Therapy is a revolutionary bodywork practice that releases restrictions in tissue by "melting" through adhesions that develop over time. The Block Buddy, a handcrafted therapeutic wooden tool made from cedar, is the medium used to facilitate this. Block Therapy is a simple to follow, safe and effective program that can also be done in the privacy of your own home as well as in the class setting, and provides the vehicle to allow the body to reconstruct damaged, dormant cells, bringing life and health back to our tissue, increasing blood flow and oxygen throughout the entire body. If you suffer from chronic pain, or health issues, Block Therapy can very naturally allow the body to help its self to reach optimum health. Blocks are available to use during this 10 week session. You also can purchase a block through the instructor: Heather Whitla

Visit the website to find out more  
www.fluidisometrics.com

10 Tuesdays starting September 20, 2016  
6:30 – 8:00 pm at École R.W. Bobby Bend School  
Fee: \$170

DANCE

F16/29 Double Tap "River dance" Clogging

If you want a great workout, listen to awesome music, and enjoy some laughs and comradery, this class is for you, you won't regret it. No previous talent required and no investment of equipment! If I can do it, so can you attitude! Dancing to rock n' roll, country, Celtic & more. Wear comfortable footwear that will stay on your feet, ideally something that may slide easier than runners, but if that is all you have, no problem. Clogging shoes have double taps (toe & heel). Instructor: Gerald Laking

6 Saturdays Starting September 17, 2016  
11:00 a.m. - 12:30 p.m.  
Fee: \$50



FOR MORE INFORMATION, CONTACT  
JOCELYN DERKSEN  
PROGRAM CO-ORDINATOR  
jdersen@isd21.mb.ca

204-467-2956

FITNESS/YOGA



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)

-Personal Training Specialist  
-Nutrition and Wellness Specialist  
-Member of the Manitoba Fitness Council  
-Fitness Leader of the Year "Runner Up" – Manitoba Fitness Council 2010

Thursday night Circuit taught by Celine Doll  
B Ed, CanFit Pro Fitness Instructor Specialist

Get RIPPED

Get RIPPED is the fastest growing resistance training program in the world. It challenges your strength and stamina with innovative and traditional weight lifting exercises using a body bar, dumbbells and body weight. Get ripped building the physique you want and the strength you need Yoga mat and weights required.

Core and Cardio Combo

– Get your cardio fix with fun and interesting cardio mix ups that will challenge your cardiovascular strength and endurance. We will finish with a variety of core exercises designed to tone and strengthen your stomach and back. Yoga mat required.

Time	Monday Starting Sept 12	Tuesday Starting Sept 13	Wednesday Starting Sept 14	Thursday Starting Sept 15	Friday Starting Sept 16	Saturday Starting Sept 10
5:40 – 6:25 am - Centennial	F16/13 Get RIPPED		F16/14 Core and Cardio Combo		F16/15 Boot Camp	
8:45 – 9:30 am Centennial						F16/18 Bellyfit Warrior
9:00 – 9:45 am Parochial		F16/16 Boot Camp Oct 14, 18, 25, Nov 8	F16/16 Boot Camp Sept 14, 28 Oct 12, Nov 2	F16/17 Yogalates Sept 22 Oct 6, 20, 27, Nov 10	F16/17 Yogalates Sept 16, 30 Oct 14, Nov 4	
6:15 – 7:00 pm Centennial	F16/19 Drums Alive	F16/20 Heavy Metal Yoga		F16/22 Complete Circuit with Celine		

Special Discount for Shelley's Adult Classes

One for \$55 - Two for \$95 Three for \$125 - Four for \$145  
– Unlimited \$155

All classes are co-ed and for ages 16 and up  
– unless otherwise specified

Fit Club Benefits

-attend any class that fits your schedule  
-make up classes during ANY TIME SLOT  
-healthy recipe share  
Our classes are 45 minutes in length.

8 weeks starting  
September 10,  
2016

Bellyfit Warrior™

An empowering integration of moves inspired by cardio kick boxing, martial arts, dance, Pilates and Yoga. Bellyfit Warrior™ offers a whole new flavor and feel while still adhering to all the same principles of Bellyfit. Yoga mat required For Women Only.

Yogalates

This class is a combination of Yoga and Pilates aimed at toning and lengthening to create balance and alignment in the body. Bender ball will be provided for the first 30 registered. Yoga mat required

Complete Circuit with Celine

This class will be a combination of timed cardio and resistance training intervals. Participants will be challenged on all planes of movement and levels of training. Yoga mat, weights ( 5-10lbs ) and resistance band required.

Drum's Alive

Discover the drummer in you! Drum's Alive combines movement with the powerful beat and rhythms of drumming for an amazing brain and body workout! Have a ball and relieve stress with a great cardio workout to music you'll love. Tone and tighten with an exercise ball and get a great abdominal workout. This is a very popular class and space is limited. Yoga mat and anti-burst exercise ball required.

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.

Boot Camp

will rock your body from head to toe utilizing strength, cardio, balance and flexibility. This non-traditional workout utilizes innovative body weight and dumbbell exercises that challenge the body by incorporating compound movements. Participants will be given a lot of options enabling them to work at their own level and increase work load as they become stronger. Yoga mat and weights ( 5-10 lbs ) required

Is your schedule crazy with kids activities? Shift work? Signing up for a certain day doesn't work for you ?  
NEW THIS SESSION...sign up for the number of classes you would like to attend per week and move freely from class to class, any time slot or day to accommodate your schedule !





## YOGA

### BALMORAL – ARGYLE – STONEWALL

*Relax the Mind; Renew the Body; Revive the Soul*



Experience the benefits and power of simple and gentle Yoga stretches to help you relax and improve your physical strength, flexibility and balance. This class offers a reflective and spiritual approach to Yoga that integrates body, mind and spirit, leaving you feeling calmer, more stable and peaceful. Please bring a yoga mat and blanket.  
Instructor: Carla Kummen

**F6/25 8 Mondays September 19 – November 14, 2016 (no class October 10)**  
**6:00 – 7:00 p.m. at École R.W. Bobby Bend – Music Room**  
**Fee: \$60**

**F16/26 8 Tuesdays September 20 – November 8, 2016**  
**6:00 – 7:00 p.m. at Balmoral School**  
**Fee: \$60**

**F16/27 8 Wednesdays September 21 – November 9, 2016**  
**6:00 – 7:00 p.m. at Brant Argyle School**  
**Fee: \$60**

## PERSONAL INTEREST

*Happiness, Mindfulness Based Stress Reduction, Conspiracy Theories and Missing Person's*  
*Presenters: Al and Ashley Kircher, psychologist and mental health worker respectively*

### F16/30 Happiness

We will look at experts from 50 different countries addressing what they have learned about happiness. Subjects will tackle time, health, success, genetics, free will, family and friends. We will look at: Are the rich happier than the poor? Can happiness be learned? Which countries report being the happiest? Presenters: Al and Ashley Kircher, psychologist and mental health worker respectively

**Wednesday October 19th, 2016**  
**6:30 – 8:30 pm at Stonewall Collegiate**  
**Fee: \$30**

### F16/31 Mindfulness Based Stress Reduction

MBSR is an approach to self-care that can assist in managing stress, pain and illness. It was first introduced to the medical community by Dr. Jon Kabat-Zinn, who ran a pain clinic at the University of Boston Hospital. The practise of mindfulness is used to help people learn to focus awareness on body sensations, thoughts and emotions in a non-judgemental way. MBSR is being used in prisons, hospitals, schools, and by the Canadian Mental Health Association. In the course, we will practise skills to improve our ability to let go of the past, worry less about the future and live more fully in the present. Instructors: Al and Ashley Kircher, psychologist and mental health worker respectively. They have taught MBSR and are experienced meditators for the last 15 years.

**4 Mondays October 17 – November 7th 2016**  
**6:30 – 8:30 pm at Stonewall Collegiate**  
**Fee: \$80**

### F16/32A Conspiracy Theories

A conspiracy theory explains an event as being the result of an alleged plot by a covert group, the idea that important political, social or economic events are the products of secret plots that are largely unknown to the public. We will look at some of the most popular theories such as Area 51, the Illuminati, subliminal media, and weather manipulation. Ashley Kircher has been working with Chris Rutkowski, as a research assistant for UFO sightings in Canada for the last 3 years. Fact or fiction? You decide. Presenters: Al and Ashley Kircher, psychologist and mental health worker respectively, with a 15 year background of meditation and teaching mindfulness based stress reduction.

**Thursday November 3, 2016**  
**6:30 – 8:30 pm at Stonewall Collegiate**  
**Fee: \$30**

### F16/32B Missing Person's

Presenters: Al and Ashley Kircher, psychologist and mental health worker respectively, with a 15 year background of meditation and teaching mindfulness based stress reduction. Missing 411 is the first comprehensive research about people who have disappeared in the wilds of North America. It is understood that people routinely get lost and want to disappear but this story is about the unusual. David Paulides, a former law enforcement officer is the author of the Missing 411 series where he shares his research on mysterious and unexplained people vanishing in clusters in National Parks and forests. Sometimes these people disappear right under the noses of people who are with them. Young, old, and in between they are found in places termed inaccessible, or in areas that have been searched many times over. We will look at cases where three year old children have been found thousands of feet up mountains where they could not have possibly walked, and hikers that are walking in a group and are suddenly not there.

**Thursday November 17, 2016**  
**6:30 – 8:30 pm at Stonewall Collegiate**  
**Fee: \$30**

## WELLNESS CLASSES & WORKSHOPS

### Introduction to Chakras

What you feel, think and believe are emotional energies flowing through you at all times? The chakras are the energetic centers of the body that govern specific areas of our physical, emotional and spiritual aspects of our being. Each of the 7 chakras represents a different frequency and color. Learn to balance your chakras through activities, mindset and other helpful techniques. Instructor: Michelle La-Rue

**F16/33 Level 1**  
**Tuesday September 20th 2016**  
**7:00-9:00 pm at Stonewall Collegiate**  
**Fee: \$50**

**F16/34 Level 2**  
**Tuesday September 27th 2016**  
**7:00-9:00 pm at Stonewall Collegiate**  
**Fee: \$50**

**F16/ 35 Level 3**  
**Tuesday October 4th 2016**  
**7:00-9:00 pm at Stonewall Collegiate**  
**Fee: \$50**

*Take all 3 for \$120 – save \$15*  
*Complete all 3 workshops and receive a Certificate of Completion!*

### F16/ 36 Intro to Essential Oils

This very informative workshop will explain what essential oils are, their history of use, where they come from, the types of oils, how they can be used to enhance health and well-being, the role of essential oils in modern medicine as well as what 12 oils every person should have in their medicine cabinet. Instructor Janice Burbella Usui Reiki Master and Teacher, Aroma Touch Technique Practitioner, Doterra Essential Oil Consultant <http://janiceburbella.wix.com/peacefulpoplar>

**Friday November 4, 2016**  
**6:00-7:30 pm at Stonewall Collegiate**  
**Fee: \$35**

### F16/37 Natural Cleaning with Essential Oils

In this informative and hand on workshop you will learn the basics to creating your own non-toxic, environmentally friendly but still very effective household cleaning products. You will go home with lots of recipes and a multipurpose spray, cleaning paste and toilet cleaner made in class. Instructor: Janice Burbella

**Monday November 14, 2016**  
**6:00-7:30 pm at Stonewall Collegiate**  
**Fee: \$46**

## The Stonewall Teulon Tribune

### F16/38A Rock your Mind, Body and Soul Workshop

Come learn some fundamental techniques and strategies to reduce stress and anxiety and live a life of balance, prosperity and joy. Janice will help you implement lasting changes that you can apply immediately to improve your mental/emotional, physical and spiritual well-being. This is a hands-on workshop so come with comfy clothes, a yoga mat, water and a journal. You will go home with notes on everything we learn including a guided visual meditation, easy yoga poses that anyone can do on their own, healthy eating tips and guidelines, recipes and a dream board. A healthy snack and tea will be provided. Instructor Janice Burbella Usui Reiki Master and Teacher, Aroma Touch Technique Practitioner, Doterra Essential Oil Consultant <http://janiceburbella.wix.com/peacefulpoplar>

**Saturday November 19, 2016**  
**9:30 – 12:00 at Stonewall Collegiate**  
**Fee: \$65**

### F16/38 NEW! Emotional Wellness with Essential Oils

Everyone experiences a range of emotions from happiness to love to fear. Feelings of fear, worry, anxiety and uneasiness are all part of the experience of being alive. Come learn how to work with essential oils to effectively move through unwanted feelings and back into a place of love and happiness. The first part of this workshop is informative and the second half we will be making a roller ball emotional blend suited to your emotions. Instructor: Janice Burbella Usui Reiki Master and teacher, Aroma Touch Technique Practitioner, Doterra Essential Oil Consultant. <http://janiceburbella.wix.com/peacefulpoplar>

**Monday November 21, 2016**  
**6:00-7:30 pm at Stonewall Collegiate**  
**Fee: \$45**

## COMPUTER COURSES

### F16/39 Computers for Beginners

Do you know basically how to use your computer and would now like to take the next step? Your instructor will review Windows, word processing and the internet in a relaxed, easy-going setting. These classes will move at a slower pace so everyone can learn and review the basics together. Instructor: Jim Robertson

**6 classes (Tuesdays & Thursdays) September 20 – October 6, 2016**  
**6:30 – 8:30 p.m. at Stonewall Collegiate**  
**Fee: \$65**

### F16/40 MS Office 2010

This class will be taught at the beginner level, introducing you to Word, Excel and Power Point. Word skills include formatting, spell check, tables, bullets, labels, envelopes, tabs and mail merge. Excel skills include tips for entering data, formulas, functions and charts. Power Point skills include creating presentations with pictures and animation. Participants should have beginner computer knowledge and be familiar with the Windows environment. Instructor: Jim Robertson

**6 classes (Tuesdays & Thursdays) October 11 – October 27, 2016**  
**6:30 – 8:30 p.m. at Stonewall Collegiate**  
**Fee: \$65**

## PERSONAL INTEREST & FITNESS FOR CHILDREN & YOUTH

### Canadian Red Cross Babysitting Course (ages 11-15)

Come learn to be a safe, Red Cross certified Babysitter. Be a fun babysitter while keeping babies, toddlers and pre-school and school age children safe. Learn to recognize household hazards. This program teaches safety to be home alone, how to handle emergencies such as choking and injuries, how to contact emergency rescue workers or 911 operators. Class includes textbook and wallet size certificate. Students are to bring a bagged lunch and a doll. Instructor: Kelly Kimball

**F16/41 Saturday October 29, 2016**  
**9:00 – 5:00 p.m. at Stonewall Collegiate**  
**Fee: \$60**

**F16/42 Saturday November 19, 2016**  
**9:00 – 5:00 p.m. at Warren Collegiate**  
**Fee: \$60**

Thursday, September 1, 2016 **19**

### Home Alone – Emergency Preparedness & People Savers 3 (ages 8-13)

This Red Cross program will teach important safety awareness & basic first aid to elementary school aged children. Students will receive a workbook to follow through the class, learning to recognize a variety of everyday situations that could be dangerous. Students will learn to be prepared, check for safety, call for help and care for a person in an emergency situation such as choking or injury with first aid skills. 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.

**F16/43 Wednesday October 26, 2016**  
**6:00-8:30 p.m. at Warren Collegiate**  
**Fee: \$35**

**F16/44 Wednesday November 16, 2016**  
**6:00-8:30 p.m. at Stonewall Collegiate**  
**Fee: \$35**

### F16/45 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. Emphasis is on learning the game of badminton, basic skills, and having fun. Bring your own racquet. Racquets may be purchased from the instructor. Instructor: Dale Kinley  
**See F16/ and F16/ for Grade 9 – adult badminton**  
**SIGN UP FOR ALL YEAR - \$135**  
**Sundays starting September 11, 2016**  
**12:00 – 1:00 p.m. at Stonewall Collegiate**  
**Fee \$55**

## KIDS ART CLASSES (AGES 8-12)

Do you want an opportunity to express your creativity, and have fun? Come create something beautiful, in these one day art classes. Choose one, two or all. Classes will be guided but students are also welcome to work on creations of their own imagination. Instructor Nichol Marsch  
Fee: \$30.00 for one; two or more \$25 each

### F16/46 Painting (watercolor)

One day workshop where students will be able to create a canvas piece, and practice on various types of paper.  
**Saturday October 1st 10:00am - 12:00**  
**at Stonewall Collegiate Institute.**

### FS16/47 Dream catchers

One day workshop where students will be able to create a one of a kind dream catcher.  
**Saturday October 8th 10:00am - 12:00**  
**at Stonewall Collegiate Institute.**

### F16/48 Ceramics/Clay (painting)

Choose from a selection of pre fired ceramics pieces, and paint your heart away. Students will be able to work with 1-3 pieces dependent on size. (theme A)  
**Saturday October 22nd 10:00am - 12:00**  
**at Stonewall Collegiate Institute.**

### F16/49 Polymer Clay (Halloween edition)

Work with polymer clay in this Halloween inspired class. Students can make their own mini Halloween sculpture.  
**Saturday October 29th 10:00am - 12:00**  
**at Stonewall Collegiate Institute.**

### F16/50 Drawing in Pastels

One day workshop where students will be able to learn and create in pastels.  
**Saturday November 5th 10:00am - 12:00**  
**at Stonewall Collegiate Institute.**

### F16/51 Ceramics/Clay (painting)

Choose from a selection of pre fired ceramics pieces, and paint your heart away. Students will be able to work with 1-3 pieces dependent on size. (theme B)  
**Saturday November 12th 10:00am - 12:00**  
**at Stonewall Collegiate Institute**

### F16/52 Painting (acrylic)

One day workshop where students will be able to create a canvas piece, and practice on various types of paper.  
**Saturday November 19th 10:00am - 12:00**  
**at Stonewall Collegiate Institute.**



**F16/53 Kids Can Cook – The Healthy Way! (Grades 3-5)**

This class is a great way for your kids to learn, create and have fun in the kitchen! In this course your kids get to be the chefs! Just imagine the fun of preparing the food, learning while cooking and then eating your creations! 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

**6 Tuesdays October 18 - November 22, 2016**  
**4:00 - 5:30 p.m. at Stonewall Collegiate**  
**Fee: \$75**



**KIDS ART CLASSES**  
<http://tdfinearts.com/>

Kid's art classes have a similar format to the paint parties; however they provide a more in depth teaching of theory, and technique development. The classes are suitable to beginners and also experienced artists alike. The course includes four weekly sessions with all supplies provided where the children explore:

- Art history and Art Style theory
- Art & Brush Technique Development
- Color & Color Mixing Theory
- Step by Step Canvas Paintings

The students will go home with 12"x16" stretched and ready to hang canvas paintings after each session. Instructor: TD Fine Arts (Toni Dent)

**F16/55**  
**Suitable for all ages**  
**4 classes – Monday – Thursday October 3, 4, 5, 6, 2016**  
**6:00 – 8:00 p.m. at Stony Mountain School**  
**Fee: \$87**

**Kids Paint Party! 'Color Splash' (ages 8 and up)**

Join Toni for an evening of fun and creativity. Everyone will leave with their very own 12 x 16 painting! All materials are supplied!



**F16/56**  
**Tuesday September 27, 2016**  
**6:00-8:00 p.m. at Stony Mountain Rec Centre (117 School Road, Stony Mountain MB)**  
**Fee: \$40**

**F16/57**  
**Monday November 28, 2016**  
**6:00-8:00 p.m. at Stonewall Collegiate – Art Room**  
**Fee: \$40**

**PERSONAL / PROFESSIONAL DEVELOPMENT & SAFETY**

*Confirmations will not be phoned or mailed. Attend the first session of a course as scheduled unless you are otherwise informed. Please feel free to call 467-2956 to confirm your registration.*

**F16/58 Goal Planning and Attainment course**

Bring a goal you've been considering or struggling with to this workshop series and learn how to build an achievable plan around that goal. Built on the foundation of successful project management and life coaching philosophies, this workshop will take you through the principles of how to choose a goal, build an achievable plan, manage setbacks and measure progress to accomplish that item on your list. Whether you are planning a new business idea, working on building a relationship or not sure where to start, this workshop will teach you how to create the path. Instructor Tracy Thibodeau  
 Class 1: Goal setting principles and aligning Values  
 Class 2: Action Plan - building a plan around the goal  
 Class 3: Keeping on Track - check points and time management

**Mondays September 19 – October 3, 2016**  
**6:00-8:00 p.m. at Stonewall Collegiate**  
**Fee \$150**

**F16/59 ECSI- First Aid/CPR**

(Emergency Care and Safety Institute) This is a 7-8 hour emergency first-aid course 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 Level C CPR is heart saver level -adult, infant, child AED, and choking. Instructor: Bob Barsi

**2 classes October 4 and 11, 2016**  
**6:00–10:00 p.m. at Stonewall Collegiate**  
**Fee: \$90**

**CPR ONLY**  
**Can be taken the first night – Fee: \$45**

**F16/ 60 Standard First Aid / CPR (Heart and Stroke)**

Included in training: wounds, fractures, bandaging/splints, dealing with spine precautions, more in-depth medical problems and trauma 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. The first aid is Heart and Stroke Instructor: Bob Barsi

**3 Thursdays November 8, 15, 22, 2016**  
**6:00 – 10:00 p.m. at Stonewall Collegiate**  
**Fee: \$130**

**F16/ 61 Hunter Education**

The purpose of this course is to promote responsible and ethical hunter conduct, emphasize the importance of wildlife management, learn laws and regulations, and to encourage the safe handling of hunting equipment. Students will obtain a better understanding of their obligations to the resources, the landowner, other hunters and to themselves. First time hunting license purchasers must successfully complete this course. Bring a bag lunch. Participants must be 11 years of age and older. Textbooks will be made available by the instructor, the day of the class. Instructor: Don Hrehorek.

**Saturday September 17, 2016**  
**9:00 a.m. – 5:00 p.m. at Teulon Collegiate**  
**Fee: \$65**

**WHMIS is old.....GHS is now**

The old safety information tools or Workplace Hazardous Materials Information System (WHMIS) has been replaced by the Global Harmonization System (GHS), to bring Canada into line with a worldwide system being adopted by our major trading partners. The changes to law are in effect now. This one evening course will bring you up to speed on what you need to know to stay safe in the workplace and give you the certificate your employer will ask for. Certificates and reference materials will be issued. Instructor: Paul Oliver, Safety Officer – Interlake School Division

**F16/62A**  
**Tuesday October 4, 2016**  
**6:00 – 9:00pm at Stonewall Collegiate**  
**Fee: \$45**

**F16/62B**  
**Thursday October 20, 2016**  
**6:00 – 9:00pm at Stonewall Collegiate**  
**Fee: \$45**

**F16/62C**  
**Wednesday November 9th 2016**  
**6:00 – 9:00pm at Stonewall Collegiate**  
**Fee: \$45**

**F16/62D**  
**Monday November 21st 2016**  
**6:00-9:00pm at Stonewall Collegiate**  
**Fee: \$45**

**F16/FH 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 Level 1 Food Handling Certificate. Student handbook included. Instructor : Lori Zdebiak RD Please bring a lunch

**Saturday December 3, 2016**  
**9:30 - 4:00 PM at Stonewall Collegiate**  
**Fee\$110**  
**( recertification only \$65 - arrive at 3:00 )**

**LANGUAGE**

**AMERICAN SIGN LANGUAGE**

ASL is a beautiful language! The Instructor, Shawna, is hard of hearing and is fluent in ASL. She graduated at Manitoba School for the Deaf and has tutored privately and at Red River College. (Private tutoring available – Contact Shawna at sljoyn81@hotmail.com or 204-880-2088(text)

**F16/63 Baby Sign-Parent and infant ( 6 months to 4 years old ).**

Fine motor skills are crucial at this age. Basic signs will be taught. Parents will have signs to practice with their child at home daily. Materials included in registration

**8 classes Mondays and Wednesdays September 19 – November 9, 2016 (no class October 10)**  
**10:00 – 11:00 am - Warren MB (address provided at time or registration)**  
**Fee: \$115**

**F16/64 Level 101**

In this class you will learn basic ASL. You will be required to practice at home! Materials included in registration

**8 Mondays September 19 – November 14th, 2016 (no class October 10)**  
**4:45-5:45pm at Stonewall Collegiate**  
**Fee: \$115**

**F16/ 65 Level 102**

This class will be a continuation of basic ASL, going into more advanced signs. Level 101 ASL is a pre-requirement to take this course. Materials included in registration

**8 Thursdays September 22- November 10th**  
**4:45-5:45pm at Stonewall Collegiate**  
**Fee: \$115**

**Spanish (ages 16 and up)**

Learn basic Spanish in a fun and friendly environment! These dynamic and interactive lessons will help you prepare for the types of conversations you might encounter. This course is intended for individuals wanting to learn the basics of the Spanish language and about their culture as well. Instructor Erika Riley

**F16/66 Beginner Level**  
**8 Fridays starting September 23 2016**  
**6:00 – 7:30 pm at Stonewall Collegiate**  
**Fee: \$115**

**F16/67 Intermediate**

(Suitable for those who have some basic knowledge of Spanish and for those who took spring class)

**8 Thursdays starting September 22, 2016**  
**6:00-7:30 pm at Stonewall Collegiate**  
**Fee: \$115**

**F16/68 Basic French**

Converse in French by learning thematic vocabulary, basic dialogues and by viewing comical video skits. This course is also ideal for those who have children in the French Immersion program or for school staff! Instructor: Maria Shinnie

**6 Tuesdays September 27 – November 1, 2016**  
**6:00-7:30 at École Stonewall Centennial School**  
**Fee: \$65**

**ONE DAY OIL PAINTING**

**One-Day Oil Painting Seminar for the Absolute Beginner - Stonewall**

Join popular instructor Julie Lamoureux in learning how to create this stunning painting you will be proud to display.  
 (www.paletpair.ca)



Image is copyrighted

**F16/69 Autumn Fire 11x14**

This is a great painting for all levels of painters as it's easy and fun. All materials needed for this class will be loaned by the instructor. Please bring a bag lunch.

**Saturday October 22, 2016**  
**9:30 – 4:30 p.m. at Stonewall Collegiate**  
**(class end time is approximate)**  
**Fee: \$89**



**TD FINE ARTS – Paint Parties**

**Stonewall, Stony Mountain, Warren & Teulon**  
**Toni Dent, Artist**

TD Fine Arts is a Canadian grassroots company that started in rural Manitoba. They have since grown and now offer events in Manitoba and Alberta. As Canadians, they support other Canadian businesses. All our paint & canvases are hand-made in Canada!!

Join Toni for an evening of laughing and creativity. Everyone leaves with their very own 16 x 20 painting! All materials are supplied!

**F16/70 'Sunflower'**

**Monday, September 19, 2016**  
**6:00 - 8:30 pm at Warren Collegiate**  
**Fee: \$42**



**F16/71 'Birds of a Feather'**

**Monday, October 17, 2016**  
**6:00 - 8:30 pm at Stonewall Collegiate**  
**Fee: \$42**



**F16/72 'Dandelion Sign Party'**

**Monday, November 7th, 2016**  
**6:00 - 8:30 pm at Stonewall Collegiate**  
**Fee: \$42**

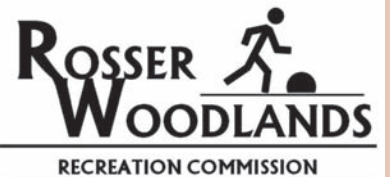
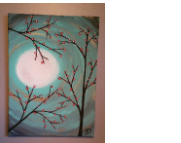
**F16/73 Pumpkin**

**Monday October 24, 2016**  
**6:00-8:30 at Stony Mountain School**  
**Fee: \$42**



**F16/74 'Lunar Ruby'**

**Monday, November 14, 2016**  
**6:00 - 8:30 pm at Teulon Collegiate**  
**Fee: \$42**



**PROGRAMS IN WARREN, WOODLANDS, MEADOWS AND GROSSE ISLE**  
 Please see course information throughout the flyer for these classes

**Contact Info:**

**Kelly Kimball**  
**Phone - 1-204-461-4040**  
**Email – rosserwoodlandsrec@mymts.net**  
**Twitter - @RWRecComm**  
**Facebook – “Like” Rosser Woodlands Recreation Commission**  
**Monthly E-news - Message any of the above to sign up for the R&R Newsletter**

-Zumba in Warren with **Sam Robertson**  
 -Babysitting Course in Warren with **Kelly Kimball**  
 -TD Fine Arts Panting at Warren Collegiate with **Toni Dent**

**Teulon Rockwood**

**RECREATION COMMISSION**



**PROGRAMS IN TEULON**  
 Please see course information throughout the flyer

**Contact Info:**

**Laine Wilson**  
**Phone - 1-204-861-0341**  
**Email – teulonrockwoodrec@gmail.com**  
**Twitter - @teulonrockwood**  
**Facebook – ‘Like’ Teulon - Rockwood Recreation Commission**





# fall registration *2016-2017*

**Stonewall Community Registration Evening, Tuesday, September 13, 2016, 6:30-9:00 p.m. at the Sunova Curling Rink**

## Simple ways to stay fit all year long



Joining an exercise group is one way men and women can stay motivated and maintain healthy weights year-round.

Many people find it easier to maintain their beach bodies during summer than they do throughout the rest of the year. Summer weather encourages people to get off the couch and enjoy the great outdoors, and many people prefer to eat lighter meals during the summer to combat the heat and humidity.

But once the dog days of summer give way to autumn, the motivation to stay in beach shape tends to wane. Couple that dwindling motivation with the tendency to eat larger, heartier meals as the weather gets colder, and it's easy to see why so many people gain weight over the last several months of the year and into the new year. But maintaining a healthy weight year-

Continued on page 22

Continued on page 22

# Warren Curling Club 2016/2017 Season Registration

**PLEASE CALL**

**Ladies League**  
Nadine 322-5260

**Mens League**  
Lawrence 383-5005

**Mixed League**  
Joan 322-5257 or  
Karen 383-5808

**Stick League**  
Jim 461-2477

Or call Tyson at 461-1409 or email [ty12mm@hotmail.com](mailto:ty12mm@hotmail.com)

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

**Bar Manager**  
**Ice Maker**  
**Club Cleaner/**  
**Kitchen Manager**

***All tenders to be submitted no later than September 30th, 2016.***

**Send via email to  
ty12mm@hotmail.com**

THE USER GROUPS OF TEULON-ROCKWOOD  
IN PARTNERSHIP WITH THE TEULON-  
ROCKWOOD RECREATION COMMISSION ARE  
PROUD TO PRESENT A

# MASS REGISTRATION

GREEN ACRES ARTS CENTRE -  
KARATE - SKI CLUB - CURLING -  
SKATING CLUB

TEULON UKRAINIAN DANCE GROUP

**SEPT 7 & 15TH**

# CENTENNIAL HALL

**6:00 PM - 8:00 PM BOTH NIGHTS**

**Please contact Laine at 205-861-0341 to be connected with the user groups for more information**



# 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 7:00-9:00**

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

## REGISTRATION NIGHT

**Fall Registration Tuesday, September 13, 2016  
6:30 - 9:00 p.m. - Sunova Curling Club**



# Stonewall Skating Club Registration for the 2016 - 2017 Season

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

**Can Skate**

**Learn to Skate - October 13<sup>th</sup> to March 3<sup>rd</sup>**

(For children ages 4 and up) Born 2012 or earlier

These programs provide basic skating instruction in a group situation.  
Helmets and mittens are required.

Thursdays (18 - 45 minute sessions)	6:15 - 7:00 PM	\$185 plus Skate Canada fee \$35.65
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Would your child like to learn figure skating? Join the **Junior Rising Stars or Rising Stars Program** starting September 19<sup>th</sup> to April 27<sup>th</sup>. Registration covers ice costs and group coaching fees for the season.

<b>Junior Rising Stars</b> Mondays Thursdays	4:45 – 5:45 PM 4:45 – 5:45 PM	\$385 plus Skate Canada fee \$35.65
<b>Rising Stars</b> Mondays Thursdays Saturdays	4:45 - 6:00 PM 4:45 - 6:00 PM 8:30 - 10:00 AM	\$562.50 plus Skate Canada fee \$35.65
<b>Synchro</b> Mondays	6:00 - 7:00 PM	\$115.00 (must skate at least one other time slot)

**Senior Star Program (Begins September 19<sup>th</sup> to April 27<sup>th</sup>.)**

Registration covers ice costs for the season.

Mondays	4:15 - 6:00 PM	\$637.50 plus
Thursdays	4:15 - 6:00 PM	Skate Canada fee
Saturdays	8:00 - 10:00 AM	\$35.65

**Time payments are available -  
Fundraising deposit of \$100/family is payable at registration.**

*Programs may be cancelled if registration does not meet minimum requirements. Off-ice stretch class taught by a certified instructor will be available on Saturdays from 10:15-10:45 a.m. Fee: TBD*

**For further information, contact [stonewallskatingclub@gmail.com](mailto:stonewallskatingclub@gmail.com)**





# Stonewall Karate

## Veterans Memorial Club

(White Stucco Building beside the soccer fields)  
Stonewall, MB

Contact: Sensei Deborah Hinds  
Phone: 467-5787 email: drhinds@mts.net  
[www.ikdmanitoba.ca](http://www.ikdmanitoba.ca)

---

**Benefits:**

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

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

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

**Membership in Budo IKD MB**

**Little Tigers:**  
Tuesdays for 7 weeks  
Girls & Boys ages 4 - 7  
Starts Sept. 20th - Nov. 8th



**SIGN UP NIGHT AT THE  
SUNOVA CULRLING RINK  
TUESDAY SEPTEMBER 13TH  
SEE YOU THERE.**

**Attire:** Shorts, T-Shirt, sweats or Karate “gi” (no shoes)





**Budo  
IKD Manitoba  
Karate**  
[ikdmanitoba.com](http://ikdmanitoba.com)





# Back to class



## The importance of back-to-school health checkups

The new school year is fast approaching, so don't wait until the last minute to make appointments with your children's healthcare professionals. After all, they could contribute to your children's success at school.

### DOCTOR

In addition to a physical examination, your family doctor will ask about your children's eating and sleeping habits. If they don't eat well or get

enough sleep, they may experience concentration problems that can have an impact on their grades. Do they have allergies? Do they take a particular medication? Are their vaccinations up to date?

### DENTIST

Some studies have shown that good oral hygiene and regular dental checkups have a positive influence on students' academic success. Also, if your children play sports, tell your dentist; he or she will be able to recommend a mouth guard adapted to your child's sport and teeth.

Doctor, dentist, optometrist and audiologist: they can all help in promoting the academic success of your children.



### AUDIOLOGIST

Does one of your children only answer you when he can actually see you? Does he ask you to repeat instructions? Does he tend to turn up the volume on the TV? Has he had several ear infections? If you answered positively to any of these questions, think about consulting an audiologist. Even if they're hard to detect, these symptoms can lead to learning delays.

### OPTOMETRIST

An estimated one in four students experience vision problems. Untreated problems not only affect the learning abilities of your children, but they can escalate into more serious health issues.

As a parent, it is your responsibility to look after your children's health. Make sure you get things taken care of before school starts.

## CARRINGTON DENTAL Center

**Dr. Dennis Carrington**

**Hours:**  
Mon - Thurs 8:30am - 5:30pm  
Fri 8:30am - 4:00pm  
Saturdays 10am - 4 pm  
**NEW PATIENTS & EMERGENCIES WELCOME**

**467-2746**

310-1<sup>st</sup> St., W., Stonewall  
info@carringtondentalcenter.ca  
www.carringtondentalcenter.ca

## Backpacks

**allow children to carry a number of schoolbooks to and from school each day.**

However parents should be aware that overly stressing the back with a heavy backpack could cause back pain in their child.

**Visit us for a Back-to-School check-up!**

## QUARRY PHYSIOTHERAPY

AN *inMotion* CLINIC

Insurance coverage through school is accepted and should be considered.

Direct Billing to most private insurances

Gift Certificates Available

**Westside Plaza, Stonewall**  
**204-467-9101 quarryphysio.ca**

## PHOTOGRAPHY by CARMEN

Any three sheets  
**\$45**

Limited Time Offer - Other sizes available  
September 1,2,3,6,17  
October 7 & 21 (inservice days)  
Any other dates \$125

call 204.467.1907 for appointment

### Back to School Portraits

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

**Beat the Rush - Book your Appointment NOW!**

**Dr. Stacey Benzick**  
**Dr. Simi Singh**  
**Dr. Carolyn Robertson**

**ACCEPTING NEW PATIENTS**

**Creating Smiles for the Entire Family**

## QUARRY Stonewall Dental Centre

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



# Teulon hosts third annual weekend of rodeo action

Staff

It was a jammed-packed weekend of fun in Teulon for the town's third annual rodeo. With dozens of community volunteers and clear skies on both days, the event attracted a record number of spectators eager to watch the traditional rodeo events.

A pancake breakfast kicked off both Saturday and Sunday and then some heart-stopping rodeo action took place in the ring including cattle roping, goat tying, barrel racing and bull riding events. On Saturday the party went well into the night at the rodeo dance that featured entrainment by Quinton Blair.

This year rodeo attendees were treated to Chuck Wagon and Chariot Races hosted by the Manitoba Pro Chuck Wagon and Chariot Association (MPCCA).



TRIBUNE PHOTOS BY ROBERT E. WILSON

Stu Stanbra of Komarno and his grandchildren, left to right, Brynn Lee, Hayden McDonald and Brook Lee, were driving Hayden's late mother, Sinead Lee's team of horses Joker and Tony Montana during the chariot race at the Teulon Rodeo last weekend.





# Interlake Salvage & Recycling Inc. celebrates 25 years

## Submitted

Interlake Salvage & Recycling Inc. is a second-generation company celebrating their 25th anniversary — but the Clarkes are a third generation family in the scrap metal business.

Michael Clarke was born into a scrap metal family. His dad, Arthur, owned A. Clarke & Sons where Michael worked until he came to Canada. His father's company is still in business today.

Michael and Julie decided to bring their young son, James, to Canada in 1981. Their second son, Dale, was born here a few short years later.

Shortly after arriving in Canada, they started Clarke Metals in 1982 in Winnipeg, where Michael and Julie bought and sold scrap including small transformers.

In 1984, Michael and Julie then changed their home-based business to Rayne Construction, doing construction along with MTS wire contracts.

The family moved to Stonewall in 1987, and as time went by, the business became mainly scrap metal.

Michael had a dream to expand the business and they purchased the land from the late Ted Patterson in 1990.

In September 1991, Interlake Salvage & Recycling Inc. opened up in Stonewall Industrial Park. Michael started with two three-ton trucks and was seen picking up scrap all over the Interlake in the red and yellow vehicles.

In 1996, Michael and Julie were presented with the Business and Commercial Round Table Visionary Award.

As the company expanded in 1997, Interlake Salvage then fenced the yard to the full boundary and expanded the shop as more people were starting to recycle more metal.

In 1996, Interlake Salvage purchased a 40-foot truck scale, but at that time, all the larger semis had to go to Standard Limestone Quarries to be weighed. As the business expanded in 2007, Interlake Salvage bought a 72-foot truck scale, which is still used today.

In 2003, Michael, Julie, James and Dale travelled to England to purchase a used Copex Shear. It took a week and a half to dismantle and four container ships to bring it back to Stonewall. Two of their long-term employees, Ken and Dennis, along with the company known at that time as Big D Welding, reassembled the shear once it arrived in Canada.

In 2008, Interlake Salvage more than doubled the size of the existing shop to add truck bays and wash bays.

Then in 2010, the front office was

expanded to assist with all the new customers coming into recycle their wares.

In 2014, Interlake Salvage purchased a used Lefort Shear Baler also from the U.K. The same year, Interlake Salvage was able to purchase half of the rail line directly north of the current lot to expand another 50 feet across.

Throughout the years, Interlake Salvage has constantly expanded and added more equipment — trucks, Hitachis, liebherr, lugger bins, roll-off bins — and will continue to add to the business as needs arise.

Interlake Salvage accepts all types of metals, including but not limited to catalytic convertors, batteries, copper, brass, aluminum, stainless, pop cans, appliances, cars, farm machinery — and even mom's old aluminum pots and pans!

Lugger and roll-off bins are always available for industrial and farm cleanups.

Interlake Salvage services the majority of the landfill sites in the Interlake and also works to assist with CN and CP Rail.

Currently, Interlake Salvage has won the Manitoba Hydro tender to recycle large transformers. Their finished products are shipped numerous places within North America and to other countries.

Interlake Salvage and their staff have always tried to be actively involved in events in and around the Interlake. Some of the notable events include Quarry Days sponsor, Ducks Unlimited sponsor, Children's Wish sponsor, Legion sponsor and Touch-A-Truck sponsor. Whenever possible, the company also aims to be part of the Stonewall & District Chamber of Commerce Festival of Lights parade and has won Best Commercial entry many times.

Interlake Salvage is also a standing member of Canadian Association of Recycling Industries (CARI) and it is working towards being COR Safety Certified.

Interlake Salvage has evolved from a two-person operation to a successful company of 28 employees. The company has always operated with the intention of investing time and hard-earned dollars into the staff and the business.

The younger generations recycle more than ever and it is the wave of the future. Canada is our back yard — let's clean it up so recycle with us!

Michael, Julie and James are all still actively involved in the daily operations of Interlake Salvage, since this is a family-orientated company with long-term employees. The company



TRIBUNE PHOTO BY STEPHANIE DUNCAN

Michael and Julie Clarke and son James, right, will be celebrating Interlake Salvage's 25th Anniversary Celebration on Sept. 9 and 10.

is constantly expanding, and Interlake Salvage has always been and will always be a great place to work.

Michael, Julie and James would like to take this opportunity to thank their customers for their patronage and all their employees who have made their

company what it is today. They invite them to come Friday, Sept. 9 between 10 a.m. and 2 p.m. or Saturday, Sept. 10 between 10 a.m. and 1 p.m. for Interlake Salvage's 25th Anniversary Celebration.

"Who you scrapping with?"

## Cutting it off for cause



TRIBUNE PHOTO BY HEATHER LEPINE

Tori Arsenault, 18, from Stony Mountain made the biggest donation of her life on Aug. 19 when Joanne Feakes of Mountain's Do or Dye Salon cut 16 inches of her hair. Arsenault donated her hair to Angel Hair for Kids. The program A Child's Voice Foundation™ provides wigs and hair loss solutions to financially disadvantaged children in Canada who have lost their hair due to a medical condition or treatment.

Arsenault has been growing her hair since she was eight years old with the intention of donating it after her high school graduation. She proudly made her donation knowing that it will bring a smile to child, making it all worthwhile.



# South Interlake Seniors Resource - Stonewall

## SUPPORT SERVICES FOR SENIORS

- Driver/Escort Program • Mobility Aid Lending Service • Meals on Wheels
- Lifeline • ERIK and ICE Programs • Handy Helper/Housekeeping Program
- Friendly Visiting and Telecheck (phone buddy) • Caregivers Support Meetings
- Home Hair Care Service • Resource Information/Form Assistance

Check out our website! - [www.sisrc.ca](http://www.sisrc.ca)

## DON'T FORGET.....

SOUTH INTERLAKE SENIORS RESOURCE is temporarily located at 622 Centre Avenue, in front of the Lions Manor main entrance.

## "POTLUCK PLEASURE AND FELLOWSHIP"

BRING A DISH, COFFEE AND TEA PROVIDED

Tuesday, September 13th, 2016 @ 5:00

Church of the Ascension Parish Hall 435 - 1st Ave. N.

For transportation, please call 204-467-2234 or 204-467-8613



## ACTIVE AGING WEEK 2016

An annual celebration promoting programs and events that encourage and celebrate 50 + adults to live a healthy, active lifestyle!

What new activity will you try?

## September 25th - October 1st

Get out and try something new and have fun!!

Active Aging Week is also a lead into Seniors' and Elders' Month held throughout the entire month of October Starting with Seniors 'and Elders' Day which is celebrated across Canada on October 1st.

**ALCOA** - The Active Living Coalition for Older Adults in Manitoba

[www.alcoamb.org](http://www.alcoamb.org) or [www.activeagingweek.com](http://www.activeagingweek.com) for more information

## Volunteer of the month AUDREY JONGSTRA

*Audrey has been a volunteer with SISRC for just a year and is always willing to help out if she can. We appreciate your time and effort Audrey. Thank you!*

## Audrey will enjoy lunch at

Join us for homemade lunches & desserts

Tues-Fri 10-5, Sat 10-4 • 292 Main St., Stonewall 204-467-2303



**For more information call 204-467-2719**

## September Calendar of Events!

**SOUTH INTERLAKE 55 PLUS, 374 FIRST STREET WEST**

Clip & Save



- Sept 6 Hop Drop & Shop @ 10:00
- Sept 6 Book Club @ 9:30
- Sept 7 Aqua Fit Class Starts
- Sept 8 Shopping: Garden City @ 9:30

- Sept 12 Active Wellness Startup
- Sept 14 Luncheon @ Noon - Wednesday
- Sept 15 McPhillips Casino @ 9:30
- Sept 20 Travel Club @ 1:00
- Sept 22 Alzheimer Coffee Break @ Legion 1:30
- Sept 24 Made in Manitoba Show & Sale @ 10:00
- Sept 25 Lake Francis Fish Fry @ 11:15
- Sept 28 One Stroke Painting @ noon

## Made in Manitoba Show and Sale

Featuring:

- Pottery
- Glass Work
- Wood Work
- Quilting
- Big Eye Leather



**Saturday, September 24th**  
**10:00am - 4:00pm**

**55 Plus**  
**374 1st Street West, Stonewall**  
**Odd Fellows Hall**



Canteen Available

## ACTIVE WELLNESS CLUB

Fall Session: September 12th - December 2nd



- Monday - 5:30 Funfit
- Tuesday - 4:15 Yoga & Pilates
- Tuesday - 5:30 Zumba
- Wednesday - 8:15 Gentle Yoga
- Wednesday - 5:30 Interval Training
- Thursday - 4:15 Zumba
- Thursday - 5:30 Ultimate Mix
- Friday - 8:30 Gentle Yoga

Call to enquire about joining us for demo days.  
204-467-2582

## BUS TRIPS

- Sept 8 - Garden City
- Sept 15- McPhillips Street Casino
- Sept 25- Lake Francis Fish Fry
- Oct 7 - Herman Prior Luncheon

To Register or for more info call the 55 Plus @ 204-467-2582



## REWIND

**Saturday, October 22nd**  
**7:00 pm**

166 Main Street

Heritage Arts Centre, Quarry Park  
For More Info Call 55 Plus @ 204-467-2582

The 55 Plus and Stonewall Legion team up to present...



Thursday, September 22nd  
@ Stonewall Legion, 459 Main Street

Presentation  
1:30 pm

Coffee/Tea and  
Bake Sale 2:30-4:00

## Pickleball

Thursday Evenings 6:30 pm  
Starting September 15th @ Stonewall Centennial School

Note:

- Sept 1st & 8th @ Curling Rink
- No Pickleball Sept 5th & 12th

## SEPTEMBER LUNCHEON

Wednesday, September 14th @ Noon  
55 Plus - 374 First Street West

Menu:

- Variety Cold Plate
- Salads
- Dessert



**For more information call 204-467-2582**



## Teulon & District Seniors Resource Council Inc. Find us at 54 Main St, Teulon 204-886-2570

PROVIDING FREE SERVICES TO SENIORS: TELECHECK • FRIENDLY VISIT • ESCORTS • INFORMATION/FORMS • ADOPT A GRANDPARENT • COMMUNITY VOLUNTEER INCOME TAX PROGRAM • RED CROSS • MEDICAL EQUIPMENT • LOANS • SERVICES • MENS CHAT GROUP • CAREGIVERS SUPPORT GROUP

Teulon Senior Resource Drop in Center is available Mondays 1:00pm - 3:00pm, Tuesday Wednesday, Thursday and Friday 9:00 - 12:00, and 1:00- 3:00 closed every 2nd and 4th Thursday mornings of each month.

**Teulon Senior Resource's final BBQ of the season is September 16th.**

**Teulon Health and Wellness Flu Clinic is on October 17th at the Teulon Rockwood Centennial Centre from 10 to 4.**

*Anyone interested in setting up a display on health and wellness related topics please call 204-886-2570*

**Mature Drivers workshop hosted by Manitoba Public Insurance and Teulon Senior Resource October 5 from 9 am to 1 pm at the St Cyprian Anglican Church Hall please call Carmen or Barb at Teulon Senior Resource 204-886-2570 to register space is limited and refreshments are provided.**



## Rockwood council news in brief



TRIBUNE PHOTO BY JENNIFER MCFEE

CentrePort senior planner Meagan Boles and Rosser municipal engineer Jessica Manness spoke at the Aug. 24 Rockwood meeting.

By Jennifer McFee

At the Aug. 24 committee of the whole meeting, council heard from Colleen Sklar, Ken Sim and Ryan Latovich from the Partnership of the Manitoba Capital Region.

They spoke about an ongoing project that looks at policy developments and standard operating procedures across the region for local fire departments.

The next phase of the project looks into the benefits of having all the regional fire departments use the same system to report information in an effort to increase consistency in record keeping.

As part of an emergency response service review, all capital region municipalities were asked to complete a self-assessment to help determine the hazards and risks at the regional level.

Municipalities in the capital region have the option to contribute to join a reporting system that is being initiated by St. Clements. Costs will be reduced if more communities get on board.

They also heard from CentrePort senior planner Meagan Boles and Rosser municipal engineer Jessica Manness about drainage for the CentrePort project.

Council learned that the water rate and velocity will be decreased into Grassmere. With a focus on sustainability, contaminants will also be decreased.

At the same meeting, council awarded the lagoon riprap remediation tender for Grosse Isle to DJN Service for \$300,000. The RMs of Rosser and Rockwood will cost share the project.

## Dinner and dance raises funds for veterans and families

Submitted

On Sunday afternoon on Aug. 21, Project New Hope Canada, a not-for-profit organization supporting veterans, held a fundraising "Old Time Dance and Fall Supper" at the Meadow Lea Hall. Seventy dancers and 93 dinner guests made the event a success by raising approximately \$1,400 for veterans' support programs.

This past spring, Project New Hope Canada made a \$6,000 funding commitment to support a Spousal Retreat being planned for this fall by the Shilo and Winnipeg Military Support Organizations. These funds will go towards this and future commitments.

Music for the event was provided by the Interlake band Country Pride and was enjoyed by guests from Winnipeg, Brandon, Portage, Faulkner, Eriksdale, Lunder and Teulon and more. Local Marquette residents also enjoyed the afternoon of dancing and fine eating.

This dinner and dance was one of several fundraising events the group has carried out or plans to carry out. In June, they held a motorcycle rally in Teulon, and in October, a quiz night has been organized.

In 2017, there are plans to



TRIBUNE PHOTO BY DON ADAMKO

Project New Hope Canada held a fundraising Old Time dance followed by a fall supper at the Meadow Lea Hall on Aug. 21.

hold a spring gala featuring RCAF band and later in the summer, another motorcycle rally.

Project New Hope is a relatively new organization founded in the Teulon area intended to initially cover southern Manitoba but eventually expand to other parts of Canada. Board members come from all parts of southeastern Manitoba including Clandeboye, Stony Mountain, Warren, Inwood, Balmoral and Komarno. The goals of this not-for-profit organization are patterned after a similarly named organization in the USA, but the group is not directly affiliated.

The mission of Project New Hope is to provide

education, training and the skills necessary to manage the lives of military veterans and their families after being emotionally traumatized by operational service. As an immediate help, the group provides outreach/advocacy assistance to individuals to help them receive the assistance they are entitled to from existing government programs.

On a broader scale, the group intends to provide retreats, seminars and workshops tailored to the specific needs of individuals.

Additional information on the group can be obtained at [www.projectnewhopecanada.com](http://www.projectnewhopecanada.com).

## worship with us

> FAITH

### Why the Word?

The names referring to Jesus, in the scripture, are found in various parts of the Bible. These names are often very powerful in their intent and purpose. Immanuel, (is interpreted as "God with us") mighty God, everlasting Father and prince of peace indicate that Jesus was understood to be God. The name Jesus itself is a derivative of Jehovah, meaning, "Jehovah has become my salvation." In

John 1:1, we find what may be the most unique name of Jesus: "Word" or in Greek "Logos." This name has been the focus of many books with entire ministries and church movements taking it as their title.

The John 1 scripture that introduces the "Word" is written with intensity through repetition and making claims of incredible power and ability. "In the beginning was the Word and the Word was with God and the Word was God. He was in the beginning with God. All things were made by

Him and without Him was not anything made that was made. In Him was life and the life was the light of Men. And the light shines in the darkness and the darkness did not comprehend it" (John 1:1-5). God is given all of these attributes several times in scripture. Therefore, the "Word" seems to have only one simple explanation: these scriptures are describing Jesus as the intended expression of God Himself.

Would Judaism have rejected John's explanation as complete blasphemy? It

was an evil idea for a man to equate himself with God, but could God reveal Himself as a man? Since God can do anything that is consistent with His character, does this simple explanation describe what God intended by "Word"?

In John, Chapter 1, a final verse is given to describe the "Word," John 1:14 states, "And the Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth." Here we see the Word as God and with God. "The Word became flesh and dwelt among us" is both the active agent and "begotten of the father"

is the subject of the Father's action. This verse shows us God's creative work in action and God's voice of expression to mankind: "the living Word." What an amazing way for God to reveal Himself to us. In the written "word" or scripture we find God describing His "... only begotten Son" as His "Word." Creation was spoken into existence by God's word. Jesus as "Immanuel, God with us" was and is the living testament of God's creative and redemptive Word working within humanity. God's Word is truly awesome.

Pastor Jonathon Dewey  
Cornerstone Church of Stonewall  
[joncdew@gmail.com](mailto:joncdew@gmail.com)



# CancerCare fundraiser brings in \$2,700

Staff

Participants in the Kick'n Cancer Backcountry Style fundraiser got a good workout while also raising money for a worthy cause.

On Wednesday, Aug. 24, Christina Hooper hosted the second annual fundraiser at the Woodlands Community Hall. This year's event raised \$2,700, for a two-year total of \$4,220. The event featured a free boot camp class in exchange for a donation to CancerCare.

"I decided to do this fundraiser last year in memory of my grandma who passed away from leukemia two years ago. Our event last year was a success, so I decided to make it an annual event for backcountry fitness so that I can bring awareness to our communities," Hooper said in an email.

"I feel it's an important role in our towns to support CancerCare Manitoba foundation so they can continue to help those diagnosed with cancer. This year, we also honoured my second grandfather that I lost this May to bone and prostate cancer."

A memory jar was set up so that people could fill out the names of people they knew who have been touched by cancer.

After the opening announcements, the group participated in an emotional walk around the baseball diamond in memory of loved ones who have been lost to the disease. Hooper's daughter Kira led the pack, carrying



CancerCare Manitoba Foundation representative Rachel Bueckert, left, and Christina Hooper.

the memory jar.

After the memory walk, 33 participants joined in the Backcountry Fitness Bootcamp class for a fun and energetic 50-minute workout led by Hooper.

Guests enjoyed free coffee, juice and baked goodies made and donated by local community members.

Melanie MacDonald completed 125 burpees to win the Burpee Challenge. She received a Backcountry fitness pack. She also raised \$500 donated for the Burpee Challenge by Hooper's



TRIBUNE PHOTOS SUBMITTED

Kira Hooper led the memory walk around the baseball field.

dad at Design Concepts.

Hooper thanks everyone who came out and supported the boot camp, the silent auction, the 50-50, the refreshments and the online donations.

"Donations for our silent auction graciously came in from many local community members and businesses and even Winnipeg companies," Hooper said.

Event sponsors included Backwoods Sound with Jeremy Frankemolle as the event's live DJ, Backwoods sound. Jackson Spring Natural Spring water supplied fresh drinking water, Cranked Energy provided energy bars, and Woodlands Veterinary Clinic supplied coffee and juice. Community members and clients provided delicious home baking.

As well, Doug Ritter of Envision Photography captured the event. Sieg Goetz of Design Concepts sponsored the Burpees Challenge and contribut-



Annika Reesink helped people fill out their memories for the cancer memory jar.

ed \$500 towards our cause, and Dynamis Fitness & Lifestyle Inc. supplied samples and the prize for the Burpees Challenge winner.

## sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

# Defending MMJHL-champion Jets open training camp

By Brian Bowman

As the Stonewall Jets hit the ice this past week for training camp, their mindset was clearly focused on repeating as MMJHL champions.

Stonewall has 16 players from last year's team eligible to return this season and expectations are high for new general manager Ryan Margetts.

"The mentality is to go for it again and win again," said Margetts Tuesday morning. "That's the mentality at camp, for sure."

Whenever a club can expect to have as many as 15 or 16 players return after a championship season, that's a real good start to building a winning team.

"It's absolutely ideal, really," Margetts said. "It's an ideal situation when you're defending a championship. Any time you have returning players back, that's always a good thing."

The Jets had 26 players out for camp on Monday evening, which is a tad low for Day 1 of a junior hockey camp. Margetts expected around 30 to 35 players out but he wasn't all that concerned with the low numbers as some veterans had other commitments.

Still, Margetts has some work to do with this club. He noted that there was a shortage of defencemen out for the camp's first day.

But where he should not have a concern is in goal with Hunter Ploszay

returning and clearly expected to play the bulk of the games this season. Ploszay was outstanding during the post-season last season on his way to winning the MMJHL playoff MVP award.

"He'll be leaned on quite heavily this year," Margetts said of the veteran goalie. The Jets are also in real good shape behind the bench with returning co-coaches Brock Couch and Matt Figur. Both did a great job sharing the duties last season while transforming the Jets into a championship club.

"I've worked in that system before and it works really well because you have one guy looking after the forwards and one guy looking after the (defencemen)," Margetts said. "They

feed off each other...and it's real easy to work a bench that way. I see it working as both are good hockey guys."

The Jets, meanwhile, will see how they fare in their first action next weekend as they play a trio of exhibition games, hosted by Transcona.

Stonewall will play the Raiders Jr. Hockey Club on Sept. 9 (6 p.m.), the St. Vital Victorias the following day (3:30 p.m.), and the St. Boniface Riels on Sept. 11 (1 p.m.).

"It's really an ideal way to do it in the pre-season - have a weekend of games," Margetts said. "Skating and practicing is one thing but games are entirely different. That's where you watch guys and see what they do in a game."



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Bantam Thunder improving on the gridiron

By Brian Bowman

It has been a rough start to the season for the Interlake Thunder Bantam football team.

Interlake lost its third consecutive game to begin the season, getting shut out 30-0 by the Eastman Raiders last Saturday in Steinbach. Eastman led 22-0 at the half.

Despite the lopsided loss, however, Thunder head coach Ed deLaroque sees this team improving and starting to turn the corner.

"We started moving the ball better in the second half," deLaroque said. "We got better and we're slowly making progressions."

The Thunder has lost all three

of its games this season by a 30-0 score. Interlake was earlier defeated by Transcona on Aug. 13 and Fort Garry on Aug. 27.

As per league rules, games are capped off by 30-point winning margins.

Still, deLaroque feels the Thunder has played well defensively while the offence is beginning to come around.

"It's been tough because we have a lot of first-year players," he said. "Everybody is still learning, so it's slowly coming ... and that's what we expected in the first few games."

"In the next few games, the

scores are going to be closer."

The Thunder has 34 players currently on their roster. That's a good number for a Bantam football team and deLaroque really likes the fact that the players are coming to their program from all over the Interlake.

"It's a nice, healthy number," he said. "It's kind of neat to see these kids (play on the same team). A lot of them play other sports against each other, so it's kind of nice to see them come together and play with each other."

As of press time, the Thunder did not know their second half of their league schedule. The club also did



TRIBUNE PHOTO BY KIM DELAROQUE

The Thunder's Brady deLaroque (24) receives a pass against a Eastman Raiders last Saturday.

not know if every team in the league makes the playoffs this season.

## Stonewall Impact FC has mixed results on the pitch

By Brian Bowman

It was an up-and-down week for Stonewall Impact FC.

The local men's adult soccer team started the week with a great 5-3 home win over United Weston FC on Aug. 22 but then was defeated 7-1 by AC Fiorentina just three nights later in Winnipeg.

In the United Weston FC victory, Cesar de Costa Carvalho scored twice for the winners while Daniele Cistermino, Keaton MacLeod, and Gustavo

Oliveira also tallied.

No scoring summary was posted on the league website for the loss against AC Fiorentina.

With the split last week, Stonewall is now 3-11-2 and remains in ninth place in the 10-team Division 2 standings with 11 points.

They were just a single point behind the Kildonan Athletic Club (3-9-3) heading into last night's road game with Dunvegan Castle.

Stonewall Impact FC will then con-

clude its regular season with a home game this Monday against Scorpions FC. Game time is 6 p.m.

In Division 4 play, Stonewall United FC defeated Portage Fusion 3-1 on Aug. 21 in Portage la Prairie.

Chris Thompson scored twice for Stonewall while Eric Dupras also tallied. Duncan Burnett replied for Portage.

Stonewall was

scheduled to play the Hanover Sting on Friday and CCS Sweat Shack on Sunday but no scores were posted on the league website at press time.

Next action for Stonewall United FC is Monday when they host Rangers FC at 6 p.m.

## Midget 'AAA' Provincial Lightning to begin tryouts next week

Staff

The Interlake Lightning Midget "AAA" Provincial hockey team will be hosting their fall selection camp for all interested Midget players beginning next week. The tryout is open to all Interlake players with birth years of 1999, 2000, and 2001.

Players must sign in on Sept.

6 at 6 p.m. at Gimli Arena while on-ice evaluations will begin at 7:30 p.m. The camp schedule will be posted in the arena lobby.

The Lightning will be looking to improve on last season's 10-34 record and 11th-place finish in the 12-team league. Interlake did not advance to the post-season.

Interlake will play its first exhibition games at a Souris tournament in the third week of this month.

For more information, or any questions, individuals can contact Lightning president Sherri Vautour (999-0489), head coach Dwayne Swanson (782-8375), or manager Sheila Kristjanson (642-2979).

## Royals earn second win of the season

Staff

The Stonewall Royals earned their second win of the season with a 3-0 triumph over BMW in Winnipeg Women's Soccer League action on Aug. 21.

All three of Stonewall's games in August resulted in a shutout.

The Royals started the month with a 9-0 loss to SouthEast GWB on Aug. 4 and then were blanked 3-0 by Falcons United one week later.

The Royals are currently tied for seventh place in the eight-team Division 5 standings with

the Diggers. Stonewall has posted a 2-10 record heading into tonight's game against Hija's de Aftica at Shaughnessy Park in north Winnipeg.

Game time is 8 p.m. Stonewall will then host the Diggers on Sept. 11 (1 p.m.).

### South Interlake Phillies Try Outs & Registration



Location: Stonewall Quarry Park Ball Diamonds

Registration: 5pm

- U12 Tuesday, September 20<sup>th</sup> 5:30 to 7:30
- U14 Wednesday, September 21<sup>st</sup> 5:30 to 7:30
- U16 Wednesday, September 21<sup>st</sup> 5:30 to 7:30
- U18 Tuesday, September 20<sup>th</sup> 5:30 to 7:30

\*\* Rain Date for U12, U18  
Thursday September 22<sup>nd</sup> 5:30 to 7:30  
\*\* Rain Date for U14, U16  
Friday September 23<sup>rd</sup> 5:30 to 7:30

To preregister or for any questions please call  
Blaine Shewchuk 204.291.1719

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Manitoba Police Curling Association & Tourette Canada-Winnipeg Chapter

Friday, September 16, 2016

\$125.00 per golfer

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Warren Golf & Country Club, Warren, MB

Send Entries to: Bill Stewart @hammerhd@shaw.ca  
or Phone 204-391-1270

Deadline for entry is Friday, Sept 9th, 2016  
Lorne Perrin @lwperrin@shaw.ca  
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# take a break

> GAMES

## SUDOKU

					3		2	1
5		4						
	3						9	
6					1			
9	8			6				
				1		5	8	
3			4	5	9	8		
7			3				4	
				8				5

Level: Intermediate

### Here's How It Works:

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!

9	9	8	8	2	6	4	1	
2	4	6	9	1	8	5	7	
7	1	8	6	9	4	2	9	8
8	9	9	1	2	6	8	7	4
4	8	2	7	9	5	1	8	6
6	7	1	4	8	5	2	9	
9	6	7	9	8	1	7	8	2
8	8	7	2	6	9	4	1	9
1	2	9	8	4	7	9	6	8

Sudoku Answer

	C	I	D	E	S	T	V	A	B	
S	E	I	V	S	E	E	I	O	S	
S	E	I	V	S	E	E	I	O	S	
S	E	I	V	S	E	E	I	O	S	
S	E	I	V	S	E	E	I	O	S	
S	E	I	V	S	E	E	I	O	S	
S	E	I	V	S	E	E	I	O	S	
S	E	I	V	S	E	E	I	O	S	
S	E	I	V	S	E	E	I	O	S	

Crossword Answer

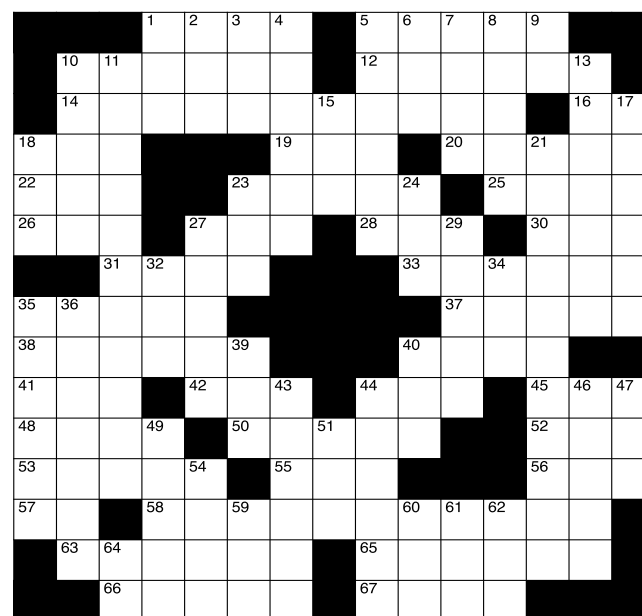
# X CROSSWORD

## CLUES ACROSS

- Taro plant
- Stone splinter
- One who likes tobacco
- Roughly chipped flint
- He played Gandalf
- Indicates position
- AMC ad show "Mad \_"
- Popular sports league
- Linguistics pioneer
- Singer DiFranco
- Dispenses
- Most important part
- Worthless entertainment
- Remunerate
- Cool
- Ex-Knick Jeremy
- On top
- Felt for
- Vulcan doctor
- Publicly denounce
- Bits of
- Something to live by
- Take in solid food
- Small amount
- German war epic " \_ Boot"
- Words per minute
- Employee stock ownership plan
- Recorded
- Paddle
- Dormouse
- Officially prohibit
- Wrongly
- Yves Rocher
- Weakens
- An evening party
- Containing salt
- Semitic gods
- Grand in scale

## CLUES DOWN

- Very long period of time



- Boston-based Celtic punk band (abbr.)
- Final month (abbr.)
- Scottish island
- Merchandise
- Elected leader (abbr.)
- Brews
- Linear accelerator (abbr.)
- Lawrence Taylor
- Upstate NY college
- Schemer
- Even more shaggy
- Electronic funds transfer
- Currently popular
- Indicates where you are
- Female peace officers
- Opposite of woman
- Drain
- Studied
- Performs mischievous deeds

- Political action committee
- Rocker Nugent
- American jazz rockers " \_ Dan"
- They remove things
- Standardized test
- Dishonorable man
- Infants
- Actress Richards
- International monetary units
- Married woman
- Lecterns
- Buddy
- Spanish river
- "Fresh Prince of \_ Air"
- Strike lightly
- Boxing legend
- Muscle contraction
- Siberian river

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# get inspired

> MEAL IDEAS

## Roasted tomatoes



4 medium ripe tomatoes, cut in half  
2 tbsp (25 ml) canola oil  
1/4 cup (50 ml) finely chopped red onion  
1 clove garlic, minced  
1/2 tsp (2 ml) black pepper  
1/3 cup (75 ml) fresh bread crumbs  
1 tbsp (15 ml) chopped fresh flat leaf

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parsley  
1 tbsp (15 ml) chopped fresh basil  
1 tbsp (15 ml) chopped fresh oregano

Directions:

Place tomato halves on foil-lined baking sheet. Drizzle each half with canola oil.

In small bowl, combine red onion, garlic, pepper and bread crumbs. Stir to combine ingredients. Sprinkle mixture over cut sides of the tomatoes.

Roast tomatoes at 350 °F (180 °C) for 45-60 minutes, or until tomatoes are very tender. Sprinkle fresh herbs over tomatoes and serve immediately.

## Spiced red cabbage and apple

10 mL (2 tsp) canola oil  
1 onion, grated  
2 small cloves garlic, minced  
Half a red cabbage, about 625 g/1 1/4 lb, thinly sliced or shredded  
2 apples, cored and shredded (such as Northern Spy or Cortland)  
125 mL (1/2 cup) vegetable or chicken broth  
60 mL (1/4 cup) apple cider vinegar  
15 mL (1 tbsp) packed brown sugar  
1 cinnamon stick, broken in half  
2 mL (1/2 tsp) dried dill weed or 10 mL (2 tsp) chopped fresh dill  
1 mL (1/4 tsp) each ground cloves

and nutmeg

Freshly ground black pepper

Directions

In large shallow saucepan, heat oil over medium high heat and cook onion and garlic for 2 minutes or until starting to become golden.

Stir in cabbage and apple. Remove from heat and add vegetable broth, vinegar, sugar, cinnamon, dill, cloves and nutmeg. Stir to coat well; cover and place in 200 C (400 F) oven for about 55 minutes or until cabbage is tender. Season with pepper to taste before serving.



Serves 4

2 garlic cloves, crushed  
1 teaspoon chili powder  
1/2 teaspoon dried oregano  
1/2 teaspoon dried thyme  
1/2 teaspoon ground cumin  
1/2 teaspoon ground coriander  
1/2 teaspoon black pepper  
1/4 teaspoon ground cinnamon  
1 tablespoon dark brown sugar  
2 tablespoons canola oil  
2 tablespoons fresh lime juice  
1/4 cup orange juice  
4 boneless chicken breast halves, slashed (see below)  
Salt

1 recipe Avocado Mango Salsa (optional)  
Combine garlic, chili powder, oregano, thyme, cumin, coriander, pepper,

cinnamon, sugar, oil, lime juice, and orange juice. Add chicken and toss to coat evenly. Cover and refrigerate for 30 minutes, turning once. Grill according to instructions below. Sprinkle with salt. Serve hot with avocado mango salsa if you prefer.

Outdoor grill: Grill skin-side down over medium-hot coals until skin is crisp, 7 minutes. Turn and continue grilling until chicken is opaque with no trace of pink, another 5 minutes.

Indoor grill: Preheat broiler. Broil skin-side up until skin is crisp, 7 minutes. Turn and continue cooking until chicken is opaque with no trace of pink, another 5 minutes.

To slash the chicken breasts: With a sharp knife, cut 3 parallel slashes through the skin, about 1/4-inch deep.

Marinate chicken up to 2 hours in advance. Cover and refrigerate, turning several times in marinade.

Avocado Mango Salsa

Makes 12/3 cups

1 mango, finely diced  
1 avocado, peeled, halved, pitted, and finely diced  
1/2 red onion, finely chopped

## Great Communication is in the Approach



A common complaint women have about their partners relates to communication about difficult issues. He may handle things well all day at work, or with his family and friends, but her man gets upset (angry) when he has difficulty with her.

Why is this? Given that the man is not abusive, does not have deep unresolved anger issues, and is not under the influence of any substance, there are some helpful explanations.

Naturally, he wants to feel successful in his relationship with his partner. He wants to feel valued and secure, just as we do. When he is told that he is doing something wrong, or is not living up to her expectations, he may feel criticized, insulted or attacked.

In other words, he feels vulnerable. Vulnerability is not a comfortable emotion for a man. Out in the world he is supposed to be strong, effective, and successful. When he is being criticized, he feels weak, ineffective and unsuccessful. The quickest way to regain his equilibrium is to go back into a position of strength, standing up for himself, defending himself, even to the point of being aggressive.

Aggression feels much more secure than being vulnerable. Too often, when women have a point to make, they come on like a mother who is chastising her child. Naturally, this makes him feel like a little boy who is being scolded. That too, is a vulnerable feeling.

To a certain degree, becoming aggressive when feeling vulnerable is a biological trait. Many animals prepare for attack when they feel threatened. This is exactly what the man is doing, especially if he is surprised by the 'attack'.

How can a woman elicit a different response? It's all in the approach. If she takes a few moments to connect with him, and to give him some positive feedback, he will feel safe and accepted. If she then tells him there is something she would like to discuss, and asks him to suggest a time, she is giving him some advance warning, rather than ambushing him with her concerns.

Finally, if she describes the positive outcome she would like to see (e.g. I'd like us to figure out a solution that works for both of us, so that we can remain in good space and enjoy each other), then he can see that it's not just a dumping session. Approached in this manner, he may not be such a 'poor communicator' after all.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books or cds, visit [www.gwen.ca](http://www.gwen.ca)

1 red chile, seeded and finely chopped  
1 tablespoon fresh lime juice  
1 tablespoon red wine vinegar  
2 tablespoons olive oil  
2 tablespoons finely chopped mint leaves  
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Combine mango, avocado, onion, chile, lime juice, vinegar, oil, and mint. Add salt and Tabasco® to taste. Cover and let stand for 30 minutes at room temperature to allow flavors to blend. Serve chilled or at room temperature.

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## THE RURAL MUNICIPALITY OF ROCKWOOD

### PUBLIC NOTICE

#### BOARD OF REVISION

#### 2017 GENERAL ASSESSMENT, BUSINESS ASSESSMENT AND PERSONAL PROPERTY ASSESSMENT

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

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

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

#### APPLICATION FOR REVISION:

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

- a) liability to taxation;
- b) amount of an assessed value;
- c) classification of property; or
- d) 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:

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

#### APPLICATION REQUIREMENTS:

Section 43(1) An application for revision must:

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

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

Applications should be addressed to the Secretary, Board of Revision, the Rural Municipality of Rockwood, Box 902, Stonewall, Manitoba R0C 2Z0, email to [info@rockwood.ca](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 Caeyzele, Secretary  
Board of Revision  
The Rural Municipality of Rockwood  
Box 902  
285 Main Street  
Stonewall, Manitoba R0C 2Z0

DATED this 16th day of August, 2016.

### Meyers Retirement Auction

for Bruce Thomson  
10 am Sat. Sept 10, 2016  
Kelwood, MB

2014 Coachmen Catalina Camper \* 2000 Buick Century Custom \* Chev 1500 Z71 Truck \* Building 40x24 to Be Moved \* Construction Equipment \* Scaffolding, Ladders \* LG Selection Hand Tools \* Building Materials

Bradley Meyers  
Auctioneer  
204-476-6262

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

### NOTICES

Winners of the 2016 Rosser Fire Department Cash Calendar August draws are as follows: \$200 Lori Palmer; 4 - \$25 prizes were awarded to Wendy Hagidiakow, Brent Dilk, JoAnne and Eric Braun and Paige Procter.

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FAMILY DINING ON 67



## THE RURAL MUNICIPALITY OF ROSSER

### OFFICE CLERK

The Rural Municipality of Rosser is accepting applications for a full time position, of Office Clerk.

Duties include administration, reception, data entry, basic accounting.

Successful applicant should possess the following qualifications:

- Excellent computer skills in word processing, database management and electronic communication software.
- Strong organizational and communication skills, both oral and written,
- Proficient knowledge of Microsoft Office,
- Manage multiple tasks and prioritize.
- Excellent team work skills.
- Diplomatic and effective interaction with all employees, ratepayers and citizens.
- Accounting knowledge and familiar with computer accounting program.

For further information please contact the Municipal Office, 467-5711.

A written application and a detailed typed resume, including references be submitted by September 16, 2016 at 4:00 p.m. to Personnel Committee, R.M. of Rosser, Box 131, Rosser, Manitoba, R0H 1E0, fax 467-5958 or email: [info@rmofrosser.com](mailto:info@rmofrosser.com).



# Announcements

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## ANNOUNCEMENT

### CARDS OF THANKS

Oughton – We, the family of the late Rose Mary Oughton, express our heartfelt gratitude to our friends and family for the cards, flowers, phone calls and care packages. Knowing and feeling the love helped us through our time of grieving. An extended thank you to the caring medical staff at the Stonewall Hospital and also the daily home care aids that spent their time with mom. And finally, to MacKenzie Funeral Home for their service, the Anglican Church and Rev. James Bardsley for his kind and spiritual words and prayers during this difficult time. God Bless all of you!

-Love,  
Oughton family

## ANNOUNCEMENT

### CARDS OF THANKS

We wish to express thanks and appreciation to our relatives, friends and neighbours for the many acts of kindness and sympathy extended to us in the recent loss of our beloved wife and mother, Ileen Anderson. Thank you for all the visits, meals, baking, cards, floral tributes, prayers and memorial donations made in Ileen's memory to the Manitoba Lung Association. The concern expressed to us was greatly appreciated in our time of sorrow. God Bless you all.

-Bill,  
Brent, Kathryn and David  
and families

## ANNOUNCEMENT

### IN MEMORIAM



In Loving Memory  
Matthew MacIntyre

December 18, 1984 – September 6, 2012  
"A well lived life leaves beautiful treasures shining on our shores..."

author unknown

Matthew gifted us with his love and his treasured memories shine in our hearts forever. Loved dearly and so sadly missed.

-Loved forever and always  
Mom, Dad, Tracey,  
family and friends

## ANNOUNCEMENT

### IN MEMORIAM



Arnold Jansen

Remembering you is easy Dad,  
We do it every day;  
And missing you is something,  
That will never go away.  
We wish that we could see you Dad,  
For just a little while;  
We wish that we could hug you,  
And see your lovely smile.  
But wishing gets us nowhere,  
And longing is in vain;  
So we will hold you in our hearts,  
Until we meet again.  
Thinking of you Dad,  
But that is nothing new;  
We thought about you yesterday,  
And the day before that too.  
We'll think about you tomorrow,  
And as the years come and go;  
We'll think about you forever,  
Because we loved you so.

-Lovingly remembered and forever missed  
your wife Willy, your children  
and grandchildren

**Don't forget to  
send your special  
wishes to your  
friends & family.**  
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**Tribune**

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Service Ltd**  
**ESTATE &  
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Wed Sept 7th @ 4:00 pm

Stonewall, MB  
Yard Items \* Tools \*  
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Service Ltd**  
**ESTATE OF  
JOHN MACDONALD**  
Sat Sept 3rd 10:00 AM

12 Patterson Dr, Stonewall, MB  
Featuring Machinist  
Professional Tools \*  
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20 Guns & Accessories  
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## McSherry Auction Service Ltd

### AUCTION SALE ESTATE OF ANDREW & DONNA KACHKOWSKY

Sunday September 11th @ 10:00 am

Lockport, MB  
253 Rockhaven Rd  
Contact # (204) 295-9730

Tractor & Equipment MF 35 Utility Gas PS  
HL 3PH w MF200 FEL \* Ford 8 N 3PH \* 3PH  
20' Sprayer \* 3PH V Snowblower \* Vehicle  
& Trailer 01 GMC Safar Cargo Van AWD \*  
96 GMC Sierra 1500 4 x 4 \* 75 GMC 3 Ton  
Truck w 14' B & H \* BH 16' Flat Deck Trailer \*  
Utility Trailer \* Yard & Recreation Al 14' Boat,  
Trailer & 50 HP Mercury Outboard \* 60's BH  
14' Camper \* JD 160 R Mower \* Canadiana  
Articulating Front Mt 38" R Mower \* JD 8 HP  
32" Snowblower \* JD 50 Metal Trailer \* Mini  
Roto Tiller \* Gas Weed Eaters \* Benches \*  
Patio Set \* Yard Ornaments \* 12 GA DB Shot  
Gun \* Fishing Rods \* Hand Yard Tools \* Tools  
Air Comp \* Gas Port Air Comp \* Drill Press  
\* Acetylene Torches \* Chain Saws \* Power  
Tools \* Air Tools \* Gear Pullers \* Floor Jacks \*  
Vice \* Hand Tools \* Shop Supply \* Misc Onan  
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\* Galv Tubs \* Sewing Machine \* Lincoln Coca  
Cola Truck \* 6) Harmonicas \* Tonka Toys \*  
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Cola Sign \* Flour Sign \* 7 Up Signs \* Mission  
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## McSherry Auction Service Ltd

### AUCTION SALE ESTATE OF LIONEL FILION

Saturday Sept 10th @ 10:00 a.m.

Steep Rock, MB

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Hwy#6 & 239 West 9 1/2 Miles  
Contact: Erwin (204) 768-0183

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Valmer 40' Fertilizer Applicator \* Int 645 27' Vibra  
Chisel Cult \* Case 14' Chisel Plow \* J D 6' Breaking  
Disc \* Vers 8" 50' PTO Auger \* Diamond Harrows \*  
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\* Vicon 1050 9 Wheel Hay Rake \* 2) JD 37 Trailer 9'  
Sickle Mower \* NH 456 Trailer 7' Sickle Mower \*  
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# Announcements

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Stonewall Teulon  
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## ANNOUNCEMENT

### BIRTHDAY

Happy 40th Birthday  
Bradley  
on September 5, 2016  
20 more years til retirement LOL!  
-Love from your sister and family,  
Bev, Grant and Stephanie

## ANNOUNCEMENT

### IN MEMORIAM

Harry Bejzyk  
April 20, 1941 – September 7, 2014  
Time speeds on, two years have passed,  
Since death, its shadow cast.  
And took from us a shining star.  
And though we cannot see you,  
You're always by our side.  
-Love from your daughter and family  
Bev, Grant and Stephanie

## ANNOUNCEMENT

### IN MEMORIAM

In Loving Memory of Merv Rurak  
September 16, 1944 - August 31, 2014  
If tears could build a stairwell,  
And memories were a lane;  
We would walk right up to Heaven,  
And bring you home again.  
No farewell words were spoken,  
No time to say good-bye;  
You were gone before we knew it,  
And only God knows why.  
Our hearts still ache in sadness,  
And secret tears still flow;  
What it means to lose you,  
No one will ever know.

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

## OBITUARY

### John Hutchinson

Peacefully, after a brief illness, with the love of his family by his side, John Hutchinson passed away on August 23, 2016 at the age of 72 years, at Concordia Hospital.

He is survived by his loving wife Ann; daughter Georgina (Ryan) Carter; and four grandchildren.

John moved to Canada from Britain in 1988 to run a family dairy farm, which he retired from in 2010.

Memorial service was held on Monday, August 29, 2016 at 1:00 p.m. at the MacKenzie Funeral Chapel in Stonewall.

His urn will be placed in Lake Francis Cemetery next to his daughter Lucinda Hutchinson.

A special thank you to the Dr.'s, Nurses and Health Care Aids at Concordia Hospital, for making his last few day's comfortable as possible.



In lieu of flowers, if friends so desire donations may be made to Feed the Children, [www.feedthechildren.org](http://www.feedthechildren.org)

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**PLUS**  
FOR ONE DAY,  
**EVERYONE**  
WILL GET THEIR PURCHASE  
**FREE!**

## PREVIOUS WINNERS All these customers received their purchase **FREE!** (partial list)

Lenore Johnson, Riverton.....	\$549.00	John Miller, Broad Valley.....	\$69.95	Jim & Wanda Brandon, Lunder.....	\$916.00
Ben Klassen, Arnes.....	\$729.00	Ronald Platt, Arborg.....	\$499.00	Paul & Linda Buus, East Selkirk.....	\$338.00
Olga Kowalsky, Riverton.....	\$599.00	Frank Reimer, Arborg.....	\$658.00	Richard & Doris Dueck, Arborg.....	\$59.90
Olga Lupyk, Riverton.....	\$677.00	Dave & Eileen Shott, Arborg.....	\$98.00	Henry T. Friesen, Arborg.....	\$1727.95
Rick & Vickie McCormister, Peguis.....	\$2,067.00	Fern & Philip Sinclair, Peguis.....	\$279.00	Jocelyn & Tony Hayka, Arnes.....	\$749.00
Yvonne Stranger, Peguis.....	\$1,329.00	Philip Thorkelson, Arborg.....	\$399.00	Carl Johnson, Riverton.....	\$499.00
Ralph Sutherland, Fisher Branch.....	\$1,158.00	Stanley Wallach, Poplarfield.....	\$399.00	Darryl & Jeanette Lazaruk, Poplarfield.....	\$599.00
Olga Swatluk, Arborg.....	\$788.00	Philip Bauernhuber, Arborg.....	\$1,900.00	Jason Loewen, Arborg.....	\$59.90
Tony & Leona Vandersteen, Fisher Branch.....	\$699.00	Simone DelSante, Riverton.....	\$529.00	Janet Porth, Gimli.....	\$1759.00
Thelma Jaworenko, Arborg.....	\$848.00	Danielle & John Weedon, Riverton.....	\$1,799.00	Candace Sigurdson, Riverton.....	\$499.00
Dan & Lynn Chymy, Fisher Branch.....	\$329.00	Bev Webb, Fisher Branch.....	\$129.00	Tracy Sigvaldason, Arborg.....	\$299.00
Riverton Group Home, Riverton.....	\$2,699.00	Alan McKay, Arborg.....	\$349.00	Della Sinclair, Koostatak.....	\$1599.00
Ainsley Gibbs, Arnes.....	\$79.00	Zenith Poole, Arborg.....	\$848.00	Isabel J Toy, Lunder.....	\$469.00
Jonas Roche, Arborg.....	\$349.00	Barb & Menno Friesen, Riverton.....	\$559.00	Cynthia Webster, Gimli.....	\$449.00
Margaret Podaima, Fisher Branch.....	\$769.00	Pat Dudrak, Arborg.....	\$499.00	George & Maria Wiebe.....	\$51.00
Michael Eyoilsson, Riverton.....	\$617.00	Mary Dunlop, Gimli.....	\$109.00	Debbie & Adrian Zelenitsky, Gimli.....	\$858.00
George R. Weibe, Arborg.....	\$1,227.00	Jean Harrison, Arborg.....	\$1,988.00	Doreen Steg, Camp Morton.....	\$1,474.50
Janice Sinclair, Peguis.....	\$209.00	Roxanne Roche, Arborg.....	\$1,868.00	Darlene Jonsson, Gimli.....	\$529.00
Geraldine & Jamie Stephenson, Riverton.....	\$1,711.00	Ernie & Lucille Stabner, Eriksdale.....	\$1,349.00	Delbert & Luwana Brandt, Riverton.....	\$1,799.00
Dean & Sharmaine Murdoch Dallas.....	\$319.00	Nancy Woychyszyn, Arborg.....	\$499.00	Brenda & Ed Anderson, Princess Harbor.....	\$529.00
Theodore Zagowski, Riverton.....	\$119.00	Donna & Ray Andert, Gimli.....	\$899.00	Linda Williams, Peguis.....	\$339.00
Morris Willis, Riverton.....	\$416.13	Will Ashley, Arborg.....	\$479.00	Eugene Feschuk, Gimli.....	\$2,227.00
Glen Syme, Arborg.....	\$59.00	Jake Barkman, Riverton.....	\$619.00	Ida Jean Buck, Hodgson.....	\$26.75
Rob & Kelly Selkirk, Peguis.....	\$2,399.00	Mike & Thelma Blahy, Arborg.....	\$557.00	Glen & Phyllis Stevenson, Peguis.....	\$877.00
Pete & Mary Platt, Arborg.....	\$599.00	Elaine Bolter/Geoff Crew, Sandy Hook.....	\$999.00	Don & Betty Johnson, Arborg.....	\$1,299.00
Donald Osterlag, Gimli.....	\$1,448.00	Karen Dzaid, Arborg.....	\$499.00	Patricia McCallum, Gimli.....	\$569.00
Peguis Free Spirits Child Care, Peguis.....	\$189.00	Natalia & Roger Eyoilsson, Riverton.....	\$1638.00	Joyce Bielak, Riverton.....	\$29.95
Brent Melsted, Arborg.....	\$599.00	Randy & Glenda Forster, Hodgson.....	\$1898.00	Marvin Olson, Arborg.....	\$29.95
A.W. Mabon, Gimli.....	\$1,027.00	Perry & Genni Hibbert, Arborg.....	\$479.00	Jeroline Smith, Peguis.....	\$1227.00
Brian Jonasson, Arnes.....	\$454.00	Kris & Begga Johannesson, Riverton.....	\$939.00	Sandra Jonasson, Arborg.....	\$549.00
Phyllis Dueck, Riverton.....	\$767.00	Rick & Sheila Johnson, Arborg.....	\$349.00	Melissa & Jeff Abuda - Arborg.....	\$3,339
John & Nellie Burak, Arborg.....	\$599.00	Bertha Johnson, Arnes.....	\$769.00	John Paul Avison - Arborg.....	\$679
Andrew Barg, Winnipeg.....	\$1,749.00	Donna Jonasson, Arnes.....	\$399.00	Carol & Dan Beauchemin - Inwood.....	\$1,329
Crystal Sigurdson, Riverton.....	\$549.00	Jeanette Kist, Gimli.....	\$121.87	Jim Dingwall - Camp Morton.....	\$1,038
Robert & Ellen Martin, Arborg.....	\$1,330.00	Kevin & Lisa Klym, Arborg.....	\$774.00	Eugene Feschuk - Gimli.....	\$698
Ronald Ostyrznuik, Poplarfield.....	\$479.00	John & Tina Komelson, Arborg.....	\$689.00	Jason Hudson - Riverton.....	\$1,278
Margaret S. Wilson, Peguis.....	\$1,699.00	Kent & Helena Kostyshyn, Lunder.....	\$539.80	Darlene Jonsson - Gimli.....	\$359
Stacey Ledingham, Riverton.....	\$1,279.00	Thomas Kowalchuk, Fraserwood.....	\$499.00	Ruth Kennedy - Arborg.....	\$549
Wayne Barkman, Arnes.....	\$799.00	Layne & Holly Kulbacki, Arborg.....	\$599.00	Benita Muzyka - Arborg.....	\$388
Kathy Taylor, Winnipeg Beach.....	\$599.00	Edward Penner, Arborg.....	\$619.00	Archie Thompson - Arborg.....	\$549
Doreen Steg, Camp Morton.....	\$299.00	Keith Poleschuk, Arborg.....	\$2082.00	Amanda Unger - Riverton.....	\$799
Lloyd Sigurdson, Arborg.....	\$599.00	Curtis Spence, Hodgson.....	\$479.00	Evelyn Wallach - Poplarfield.....	\$899
Glen & Norma Platt, Arborg.....	\$629.00	Tanya & Lyle Thorgilsson, Lunder.....	\$329.00	Judy Wells - Grande Pointe.....	\$119
Jeanette Nickols, Riverton.....	\$1,699.00	Nancy Woychyszyn, Arborg.....	\$768.00	Lynn Bear - Peguis.....	\$239.00
Agnes Furgala, Riverton.....	\$939.00	Matthew & Gemma Avison, Arborg.....	\$219.00	Hazel Brunen - Eriksdale.....	\$729.00
Scott McDougall, Ashern.....	\$369.00	Raymond Bazinet, Eriksdale.....	\$389.00	David Chudy - Fisher Branch.....	\$1,499.00
Doug Moroski, Melebe.....	\$399.00	Lynn Bear, Peguis.....	\$1,044.00	Susie and Brian Eyoilsson - Riverton.....	\$528.00
John Harper, Hodgson.....	\$799.00	Ken & Linda Cherepak, Arborg.....	\$49.01	Nelson Hudson - Koostatak.....	\$629.00
Robert & Delores Jacobson, Arborg.....	\$279.00	Debbie Deveau, Eriksdale.....	\$249.00	Larry and Valerie Kormelsen - Arborg.....	\$799.00
Brad Bazinet, Riverton.....	\$698.00	Dorothy Dubchak, Gimli.....	\$899.00	Jason Loewen - Arborg.....	\$859.00
Allan Porter, Peguis.....	\$1,698.00	Sid & Beatrice Dueck, Arborg.....	\$569.00	Rita Milne - Gimli.....	\$1,327.43
Peter & Verna Bodnar, Arborg.....	\$1,028.00	Don Firman, Arborg.....	\$529.00	Minerva Ladies Aid - Gimli.....	\$659.00
Zenith Poole, Arborg.....	\$1,849.00	Leslie Gislason, Riverton.....	\$699.00	Sheila Murdoch - Koostatak.....	\$1,018.00
Kevin & Lisa Klym, Arborg.....	\$179.00	Heather Hamberg, Teulon.....	\$749.00	Ruth Otto - Ashern.....	\$1,829.00
Joan Hudson, Hodgson.....	\$979.00	Matthew Hamberg, Winnipeg.....	\$399.00	Ken and Judy Paluk - Komarno.....	\$899.00
Leonard & Joyce Jackson, Gimli.....	\$2,427.00	Star Johanneson, Arborg.....	\$549.00	Andy and Jaci Platt - Arborg.....	\$299.00
Amanda Rundle, Riverton.....	\$258.00	Allan & Janie Johnson, Riverton.....	\$1,039.00	Linda Podaima - Fisher Branch.....	\$43.45
Kay Bergman, Arborg.....	\$2,229.00	Brenda Kayer, Teulon.....	\$399.00	Ron and Inga Spring - Pine Dock.....	\$429.00
William & Ethel Brown, Gimli.....	\$5,000.00	Wayne & Kathy Kristinnson, Arborg.....	\$499.00	Stella Thomas - Fisher Branch.....	\$149.00
Mike Budniak, Melebe.....	\$1,504.10	Jeff Melsted, Gimli.....	\$120.00	Philip and Sue Bauernhuber - Arborg.....	\$338.00
Leona Cochrane, Koostatak.....	\$499.00	Beverly & Bryan Platt, Arborg.....	\$2,148.00	Kim and Ron Becker - Arborg.....	\$578.99
Ivan & Christine Fridfinnson, Arborg.....	\$737.10	Donna Volour, Arborg.....	\$399.00	Mike Devlin - Gimli.....	\$899.00
Jocelyn & Tony Hayka, Arnes.....	\$949.00	Ray Reimer, Arborg.....	\$69.00	Susie and Brian Eyoilsson, Riverton.....	\$789.00
Alex Klimchuk, Fraserwood.....	\$599.00	Donna Volour, Arborg.....	\$69.00	George and Leslie Larkin, Peguis.....	\$619.00
Kevin & Lisa Klym, Fisher Branch.....	\$575.00	Richard & Judith Werner, Arnes.....	\$419.00	Rob and Kelly Selkirk, Koostatak.....	\$389.00
Claudia Krawchuk, Fraserwood.....	\$499.00	Don Barkman, Arborg.....	\$279.00	Sherman Sinclair, Koostatak.....	\$498.00
David & Judy McDougall, Ashern.....	\$399.00	Noreen Barkman, Arborg.....	\$679.00	Margaret Sutherland, Peguis.....	\$1,869.00
Tammie McQuid, Arborg.....	\$1,049.00	Mark Bayliss, Arborg.....	\$19.95	Kelly Sweetland, Arborg.....	\$2,727.00
		Mevin & Carol Bilinski, Fisher Branch.....	\$999.00	Jim Want, Petersfield.....	\$719.00

## 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., Oct. 1 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

## Ashley Rocker Recliner

**\$399**

CHOICE OF COLOURS

## 8-Piece Living Room Package

Includes: Sofa, Loveseat,  
3-piece Coffee Table Set,  
Pair of Lamps, Area Rug

**\$1899**

## Crushed Glass FIREPLACE/ TV STAND

**\$498**

40% OFF

## ALL PURCHASES QUALIFY!

- Furniture
- Appliances
- Clearance Items

**PLUS**

**DON'T  
PAY FOR 3  
MONTHS  
INTEREST ON  
EVERYTHING  
O.A.C.!**

**FURNITURE,  
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## SALE RULES

- All sales must be paid in full to qualify for this sale.
- Visa, Mastercard or Smitty's Credit Cards accepted.
- Sale Starts 9 a.m. Tues., Sept. 6 and ends Sat., Oct. 1, 6 p.m.
- All purchasers on free day will be notified and receive their full refund by Wednesday, Oct. 5, 6 p.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.

**HOURS: 9 - 6  
TUES. - SAT.**



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