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# Stonewall Teulon Tribune

THURSDAY,  
SEPTEMBER 3, 2015  
VOLUME 6 EDITION 36

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## Stick 'em up!

## Coffeehouse to End Cancer

By Natasha Tersigni

Paige Procter and volunteers were excited Aug. 26 after they realized that the fifth annual Coffeehouse to End Cancer raised approximately \$14,500 through ticket sales, a variety and live auction and donations.

"I was overwhelmed by the generosity of people. This has been our best year yet," said Procter.

Last Wednesday, more than 350 community members packed into Anderson's Hitch n' Post for a wonderful evening of music and delicious treats to raise money for a common goal: to fund research and programs to put an end to cancer.

This year's coffeehouse featured local musicians, including Camryn Dewar, Lily Reder, Jodi Sexton and Bailee Woods, The Violet Lillies, Leslie Einarson, Erin and Stephaney Corbin and Cory Sulyma, Erika and Bryn Rieger and The Rubies, who took the stage and performed for guests.

During the show, CancerCare events manager Kate Gameiro spoke on the groundbreaking research and programs that the foundation is able to undertake thanks

Continued on page 3

Angie Weday, riding Banjo, and her posse the Prairie Gun Slingers held up the Prairie Dog Central (PDC) last Sunday before the train arrived at its' destination in Grosse Isle. The PDC and bandits collected \$534.75 in the friendly robbery that was donated to the 5th annual Coffeehouse to End Cancer fundraiser.

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

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# Local nurse named face of Winnipeg's ovarian cancer walk

By Lindsey Enns

Being a palliative care nurse in the Interlake, Crystal Reiter never dreamed she would one day be the one needing help.

But shortly after noticing a lump in her abdomen in 2007, the Selkirk mother of three was diagnosed with ovarian cancer.

"I was pretty terrified," Reiter said. "I have always been someone who goes to their check ups ... pretty regularly and I thought I was pretty aware of my body."

Now one major surgery and several rounds of chemotherapy later, Reiter has been named this year's spokesperson for Winnipeg's Ovarian Cancer Canada Walk of Hope. This year's walk will start at 10 a.m. at Rainbow Stage in Kildonan Park, and all funds



CRYSTAL REITER

raised will go to ovarian cancer research and education. For more information or to register for the walk, visit [ovariancancerwalkofhope.ca](http://ovariancancerwalkofhope.ca).

"OFTENTIMES OVARIAN CANCER IS CONSIDERED A DEATH SENTENCE, AND I'VE BEEN DOING THIS SINCE 2007, SO I'M HAPPY ABOUT THAT."

Known as Canada's most fatal women's cancer, ovarian cancer claims the lives of five Canadian women each day. Although it is difficult to detect and is often found in its late stages, there is still no screening test. Many people don't know much about it, which Reiter wants to help change.

"Lots of people are poorly informed about ovarian cancer," she said. "They don't know about it. They think they're safe getting a pap test, so I kind of feel getting the word out to people is important."

The 50-year-old is currently recovering from a recent round of chemo but says she hasn't let her diagnosis slow her down.

"Originally when I was diagnosed,

the doctor that I had at that time ... said 'What are you going to do, sit at home and feel sorry for yourself? Go to work,'" she said with a laugh. "You can just sit in the corner and cry, but that's not going to get us anywhere. ... That's just not me."

Along with being an Ovarian Cancer Canada volunteer with the Survivors Teaching Students program, Reiter and her husband, Daren, also successfully climbed Mount Kilimanjaro in 2013 as part of OCC's Expedition of Hope to raise funds for ovarian cancer research and education.

"Oftentimes ovarian cancer is considered a death sentence, and I've been doing this since 2007, so I'm happy about that," she said, adding being both a nurse and a patient has provided her with a different perspective.

The Ovarian Cancer Canada Walk of Hope is organized in more than 45 communities nationwide and is the only initiative that directs all awareness and fundraising to overcoming ovarian cancer.

Reiter said she is looking forward to attending the walk in Winnipeg later this month along with continuing to raise awareness about the disease.

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# Coffeehouse to End Cancer celebrates five years

Continued from page 1

to fundraising dollars.

"While it is true that cancer continues to be on the rise and within the next two decades cancer will increase by 50 per cent, I want to tell you some of the great things that are happening right here in our province because of events like this and people like Paige," said Gameiro.

"In this last year alone, we have had a record-breaking surgery performed on twins that weren't even born yet and carried a cancer gene. We also have a doctor in our offices on McDermot Avenue that is credited with discovering the gene that will ultimately put a stop to one very aggressive form of breast cancer."

Breaking from tradition, the guest speaker for this year's event was not a cancer survivor but a family member who lived through the devastating effects of the disease. Rebecca Cooke — who lost her father, Charlie Cooke, in April to cancer — spoke about the painful journey of saying goodbye to her father.

Charlie was a well-liked Stonewall Collegiate teacher and coach whose death was felt throughout the community.

"One of the hardest parts of this experience was having to share my grief with so many people," said Rebecca.

"When dad died, so many people lost a friend, a colleague, a teacher, a coach, a brother, a nephew and an uncle, but I lost my dad. I thought my grief would be silenced because it reached so far. Of course, this was



Co-hosts of the fundraiser Paige Procter (left) and Brody Jackson (left) and Jamie Mike Melnychuk.



QX-104 radio host Brody Jackson (left) and Jamie Yeo drew the variety auction prizes.



TRIBUNE PHOTOS BY JO-ANNE PROCTER  
Katie Dorsch (left) and little sister Abbi got autographs from each entertainer and guest speaker Rebecca Cooke.

not the case. What was amazing was so many people can reflect on my father's life and how his kindness and passion for sports, movies and music affected them somehow — and I got to be his daughter."

Rebecca told guests how she was able to learn from her father's tragic death.

"This experience has made me feel immortal. It has given me the strength and courage to do whatever I want to do. I am not afraid to live or fail because nothing hurts as much as seeing someone you love die," said Rebecca.

"My life will be wonderful now going forward because this experience has given me the strength to go af-

ter what I want — fearless faith. It puts any small hiccup into perspective. I can feel dad with me everyday cheering me on. He always set a good example — be kind, work hard, love unconditionally."

Rebecca also touched on the support her father and family received from CancerCare Manitoba. While he did not receive any direct treatments from CancerCare, her mother was able to access services to help guide Charlie through the last weeks of his life.

"Mom did find comfort in patient navigation through CancerCare Manitoba where she would ask the nurse any questions she had about dad's situation," added Rebecca.

One of the main reasons Procter

started her fundraiser was her very dear friend "Grandpa Jim" Harris, who was going through chemotherapy treatments at the time. Since Procter's first coffeehouse, Harris has been the top fundraiser each year, raising well over \$5,000 in total. The second highest fundraiser this year was Leanne Stewart.

At press time, this year's Coffeehouse to End Cancer in support of CancerCare Manitoba raised approximately \$14,500, bringing the five-year total for money raised from the coffeehouse to over \$50,000.

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

## Rosser council news in brief

By Jennifer McFee

At a recent meeting, Rosser council unanimously voted in favour of reducing the speed limit in school zones throughout the municipality to 30 kilometres per hour from 50 kilometres per hour.

"Unfortunately, particularly through Rosser, people speed through there and it's right by the school," Reeve Frances Smee said.

"We felt that it would be a good thing to implement that, both for Rosser and Grosse Isle, to slow down."

The province will be responsible for putting up the road signs, Smee added.

### Other council news

- The RM of Rosser has declared September as Muscular Dystrophy Awareness Month.

Muscular dystrophy is a group of neuromuscular disorders that have

no known cure and few treatment options. There is currently no way to stop the progression of the disorder.

As a national non-profit organization, Muscular Dystrophy Canada is committed to funding research into the causes, treatments and eventual cure of neuromuscular diseases. The

organization also provides services to people with neuromuscular disorders as well as public education on the topic.

- Rosser council recently passed a resolution to buy a 3000 IG water tank with a 1050 IG fire pump installed on a chasis from Fort Garry Trucks for \$276,328 plus taxes.

After making a deposit of \$55,265.50, Rosser council authorized the final

payment of \$234,058.75 to Fort Garry Trucks at the Aug. 11 council meeting.

- Regular council meetings are held the second Tuesday each month beginning at 9 a.m. The next Rosser council meeting is set for Sept. 8.

From October to June, there are also evening meetings starting at 6 p.m. on the fourth Tuesday of the month.

Meetings are held in the council chambers of the municipal office.

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# Breast cancer survivor to join the Liliane Baron walk

## Teulon's annual breast cancer walk to take place Sept. 13

By Natasha Tersigni

A year ago Donita Osnach was not sure if she would be here, never mind gearing up to walk in the 14th Annual Liliane Baron South Interlake Breast Cancer Walk.

However, with successful treatments and the support of family and friends, the 35-year-old was able to fight through breast cancer and will be joining participants at the walk being held Sept. 13 in Teulon. The annual walk raises money for the local group that provides resources and support to South Interlake residents diagnosed with breast cancer.

In April 2014 during a workout in her Teulon home, Osnach discovered a painful lump in her breast. A visit to her family doctor and a few further tests confirmed what she already knew: she had breast cancer.

"My family doctor took me very seri-

ously and my concern validly. At this point, I feel that was what saved me. If it wasn't for her taking me seriously, I don't think I would have survived and this would have not been a salvageable case," said Osnach, who was diagnosed with Stage 3 HER2 positive metastatic breast cancer.

Osnach's days were soon filled with treatments in Selkirk and oncology appointments in Winnipeg. To fight the progressive cancer, Osnach underwent eight rounds of chemotherapy, 25 rounds of radiation and a double mastectomy with reconstructive surgery.

During her treatments, Osnach found solace with a group of women who have had or are currently fighting breast cancer — the Liliane Baron support group. By listening to her concerns, offering helpful advice for getting through treatments and through financial assistance, the group supported Osnach, her husband and their two young children through her cancer journey.

"I found the support group for myself was a listening ear and that there was someone that understands exactly what you are going through. More often than not, people who haven't experienced chemotherapy have absolutely no idea the amount of pain, fear and anxiety you go through. You have to experience it firsthand before you really truly understand," said Osnach, who added at times just a meal or the pink roses that arrived, brought by one of the woman, was enough help to get herself and her family through the week.

Along with the emotional support, the group — through fundraisers such as the upcoming walk — was able to offer financial support, includ-



**TRIBUNE PHOTO SUBMITTED**  
Teulon resident and breast cancer survivor Donita Osnach will be one of many participants in this year's 14th Annual Liliane Baron South Interlake Breast Cancer Walk to be held in Teulon on Sept. 13. All money raised goes to the Liliane Baron support group that helps woman and their families through their breast cancer journey.

ing purchasing a wig for Osnach after she lost her hair from chemotherapy.

"The cancer diagnosis was financially devastating for me because I lost my job. I lost my income completely and there is no financial assistance from the government in regards for disability for cancer," said Osnach, who added she received government employment insurance payments for 15 weeks while she was on sick leave. After the 15 weeks were over, since her employer did not have an additional benefits package and she did not qualify for short-term disability, she had no income during her treat-

ments.

"You never think that is going to happen to you. It is really important to know that you really should be carrying a disability policy. You think cancer is a disability, but it is not until it is terminal and will end in death."

Osnach is now receiving treatment with a drug called Herceptin to prevent the cancer from coming back. While she can never fully repay the support she received, participating in the upcoming fundraising walk is one way she is helping to give back.

The walk and family fun day on Sept. 13 promises to be filled with great activities. At 11 a.m., doors will open to the Teulon-Rockwood Centennial Hall, where hot dogs and refreshments will be served. Before the walk begins, there will be prizes for the best dressed, with pink being the theme.

At noon, there will be a walk around the town, and then it is back to the hall at 1 p.m. for the afternoon fun. There will be dancing with music provided by the Mark Morriveau Band along with children's activities including face painting. The event will wrap up by 4:30 p.m.

For more information on the walk or for a pledge sheet, phone Joyce at 204-467-2473 or Claudette at 204-886-2393.

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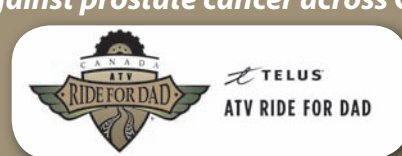

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# CIB Yard of the Week



TRIBUNE PHOTO BY JO-ANNE PROCTER

*The Stonewall Teulon Tribune* Thursday, September 3, 2015 **5**

Darren and Kenzie Graves are the last of Stonewall's Communities in Bloom Yard of the Week for the summer. The Graves have been at 13 Oak Bay for 17 years, and Kenzie is given most of the credit for the great curb appeal of the manicured yard. Kenzie says most of her ideas have come from *Home and Gardens* magazine plans and their plants from local nursery Jaspersen's. There is a mix of perennials, shrubbery and annuals, which provides a splash of colour throughout the growing season.

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TRIBUNE PHOTO BY JO-ANNE PROCTER

Grosse Isle's Kira Hatcher (11) and brother Vance (10) will be selling their fresh veggies at the Prairie Dog Central (PDC) site in Grosse Isle until the end of the month. The young entrepreneurs spend their summers planting, weeding and harvesting their garden. The duo are learning their skills from grandmother Terys McCowan who has been selling honey and vegetables at the train for many years.

## letters

### Life's Lessons "Our Greatest Teachers"

As I watch the anniversary of Hurricane Katrina, it takes me back to thoughts of one of my greatest teachers. He would have been in tune to the original disaster, and I wonder if he'd be watching today. You're thinking he was a history teacher, but no, I wish. He was my geography teacher but much more. He was a GREAT teacher, a regular Joe. Why would I think of a long lost teacher? Well, in historical times of the present and past, we all tend to

reminisce. ... We give thanks to all. All that have guided us and helped shape our lives.

His name is George Shadlock. Many of you know of him. Many of you have had the opportunity of being present in his class. It was a class where you learned much more than the curriculum but more about life. I hope many of you have come to realize how he helped shape your life. I think of him often.

Could a teacher possibly shape

someone's life? I'm here to tell you yes.

I remember Mr. Shadlock from elementary through high school. In elementary, he demanded the truth. When I thought I was in trouble, he believed in me and helped me understand that truth would prevail. And it did.

I remember back to a day in 1986. On a normal afternoon, I went home for lunch, an innocent time when students were allowed to leave cam-

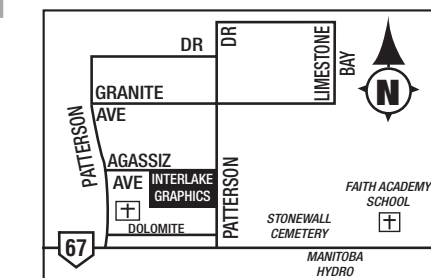
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# Lilyfield Quarry Inc. meets with residents for Round 2

By Stefanie Lasuik

The Lilyfield Quarry dispute continued Tuesday night, as RM of Rosser and Rockwood citizens gathered at Anderson's Hitch 'N Post to hear the proposed solutions to their previously voiced concerns.

Hugh Munro Construction (HMC), which has submitted an application to the RM of Rosser to quarry the limestone, brought in independent experts as well as members of their team to discuss the impacts of construction.

Colleen Munro, owner of HMC and the Lilyfield Quarry land, informed residents that HMC would use third-party appraisers to assess home values prior to quarry operations and pay any differences in devaluation.

She also ensured residents that the quarry will bring community benefits in the shape of jobs, tax revenue, road upgrades for PR 236 and Lilyfield Road.

Some citizens, however, were sceptical.

The number of jobs the quarry will offer is estimated to be seven, which some consider invariably low compared to the amount of people who reside in the RM.

Melanie Matheson fears that the company will not live up to promises such as compensation for property devaluation.

"They can say all they want now, but I don't see any proof," said Matheson,

who lives adjacent to the proposed quarry.

HMC also took full responsibility for any well damage, which independent hydrogeological engineer Jeff Bell estimated to be minute if any. He explained that the depth to which HMC plans on drilling will stay in the unsaturated bedrock, where no wells should be.

As for the water in the wells, Bell explained that the quarry might cause brief periods of turbidity due to oscillation.

This is a topic Brenda Neabel-Turbett, who operates a dairy farm two miles north of the Lilyfield land, worries about.

"If we get any of the sediment, it can damage the milking equipment and the cleaning system, and it could be a huge problem for business," she said, noting milk production may also be affected by vibrations disturbing her cattle.

Ray Jambakhsh, an independent senior blasting engineer, told residents that the maximum decibel limit for the quarry blasts is 130 and the duration of each blast will be less than a second.

The vibration limit is 12 mm per second in peak particle velocity, which he said people can feel but cannot cause damage to one's house. He explained that leaps and bounds in technology have made quarrying much less of a disturbance than it

"THEY CAN SAY ALL THEY WANT NOW, BUT I DON'T SEE ANY PROOF."



TRIBUNE PHOTO BY STEFANIE LASUIK

Resident Melanie Matheson (left) and Roy Kelly of Hugh Munro Construction discuss the number of jobs the Lilyfield Quarry will yield.

used to be and that legislation exists to protect citizens from abundant din and vibration.

Noise will also emit from the trucks carrying quarry down the one-mile stretch of Lilyfield Road to PR 236. However, citizens are less concerned about the sound than the safety issues the trucks pose. Approximately 25 to 30 trucks will roll into motion every hour, for 10 hours a day over five and a half days per week.

With this increase will come upgrades to Lilyfield Road and PR 236, along with dust control measures in the form of calcium chloride.

Chris Barsanti attended the meeting as a considerate neighbour and feels HMC is giving the people a better shake than the previous Lilyfield suitors, but he is not completely comfortable with the company.

"It looks like they're making an honest attempt to consult with the public, which is certainly a step in the right direction. But I'm still not convinced they're going to put the concerns of the people closest to them ahead of profit," he said.

Colleen Munro of HMC insists that the company is interested in the art of people and not in the art of a deal.

## > LETTER, FROM PG. 6

pus. When I returned, I was upset and in tears: "The Challenger Exploded." I ran to him; he hugged me, something not expected of George. He was already aware as he always kept a transistor radio on his desk, along with a picture of his dog. Not many would remember this unless you truly knew George and learned by his example. He was visibly upset, something I didn't expect but would later come to appreciate and understand the true person he is. He helped me through that day and all the days throughout life that were difficult to rationalize. As a leader, I often think

"What would Shadlock think?" 30 years later and counting.

Many years later, I would come to find out while substituting he would play practical jokes on the children that were ours — not because they misbehaved, but just because they were ours. To remember us is an honour.

I chuckle whenever I hear Donald Trump speak. I can only imagine what you're thinking or saying.

I keep a picture of my dogs on my desk. It helps me keep life real.

Thank you, Mr. Shadlock

-Susan Lillies-Starkey.

P.S. (I'm still a Canadian; therefore,

I could never vote for Trump)

## Correction

In the Aug. 20 edition of the Stonewall Teulon Tribune, we incorrectly reported

that the TTM customer appreciation barbecue was sponsored by Piston Ring. In actual fact, it was TTM that sponsored the event. The Tribune apologizes for the error.

### Please join us for our Annual General Meeting - Monday, October 5, 2015

Pinawa Community Centre, Vanier Drive  
(Pinawa Secondary School Gym)

#### 6:00 p.m. Health and Wellness Exhibits

Expert advice to increase wellness in your life! The Mobile Wellness Team, our program staff and our community partners will be on-site to offer healthy lifestyle ideas

#### 7:00 p.m. Annual General Meeting

Featuring a presentation on *Aging in Place* plus a review of Interlake-Eastern RHA activities; presentation of the Community Leadership Award and Chair's Award for Excellence in Customer Service; and a question and answer period. *Everyone welcome. Refreshments will be served.*

For more information, contact:

Toll free: 1-855-347-8500

E-mail: [info@ierha.ca](mailto:info@ierha.ca)

Website: [www.ierha.ca](http://www.ierha.ca)



Interlake-Eastern  
Regional Health Authority



# Local Alan McLeod VC air cadets take to the skies

By Natasha Tersigni

Three local cadets from Stonewall's 301 Alan McLeod VC Royal Canadian Air Cadet Squadron spent their summer learning the finer points of aerospace in both the classroom and the skies.

Before being awarded scholarships and attending the flight training centre this summer, WO 2nd Class Brandin Hrabinski, Sgt. Jefferson Holod and WO 2nd Class Morgan Herda completed basic aviation technology and aerospace courses during the winter. There they received a crash course in aircraft maintenance and manufacturing, airport operations and aerospace studies.

After completion of the courses, the cadets had to write an exam and take part in a lengthy board interview where they were drilled on the information they learned on their aerospace course and their involvement within their squadron. They were even marked on their speaking skills and had a uniform inspection.

The cadets made it through the gruelling process, with Hrabinski and Holod being chosen to attend Gimli's Cadet Flying Training Centre for gliding school. Herda, who earned her glider's licence last year, spent her summer at St. Andrew's airport, where she completed the Power Pilot course and earned her Transport Canada Private Pilot Licence.

"It was a really great experience and I enjoyed my time at the school. We glided almost every day, weather depending, and we had some ground school as well," said Hrabinski, who added over the six weeks in Gimli, the cadets had 50 hours of ground school and 50 hours of flying, including nine hours of in-flight instruction and 20 solo flights.

By learning to fly a glider plane, a fixed wing aircraft that gets pulled up into the sky with a tow airplane or a winch, cadets learned the basic principles of flying that prepares them for the next step: small engine airplanes.

"The glider planes have a longer wing so they stay up for a long time, and once you get low enough, you land," said Hrabinski, who explained that on course, the flight times were limited to 12 minutes, but on average, a gliding plane stays up for over 20 minutes.

"You don't have to get your gliding wings in order to get your power wings, but I think it really helps give you a simpler experience and really helps introduce you to flying. It is a stepping stone before power and helps get you flying experience."

Hrabinski, who will be entering Grade 12 at Stonewall Collegiate Institute next week, will be applying for a power scholarship this winter. After graduating high school, he plans on attending Seneca College in Toronto



TRIBUNE PHOTOS SUBMITTED

After a lengthy selection process, Brandin Hrabinski was selected to take part in glider school this summer in Gimli, where he earned his Transport Canada Gliding Pilot Licence.

to earn a Bachelor's of Aviation degree and receive training to be a pilot in the Royal Canadian Air Force. His ultimate goal is to be a fighter pilot.

For now, all three cadets will return to their squadron and continue teaching lessons to the younger cadets, along with showing them first-hand



Grosse Isle's Jefferson Holod before his first solo flight in a glider plane. Holod, a member of the 301 Alan McLeod VC Royal Canadian Air Cadet Squadron, was chosen from cadets across Western Canada to attend flight school this summer.

what they learned at flight school this summer.

"Once the squadron comes out to gliding on the weekends, I will hopefully have enough hours and fly my cadets around," said Hrabinski, who just needs another three hours before he can take cadets as passengers in a glider plane.

## Mexican exchange students to arrive for first day of classes

By Jo-Anne Procter

At the first Interlake School Division meeting of the 2015-16 school year, Asst. Supt. Wayne Davies proudly announced that the ISD would be hosting two international students,

Bernardo Rivera-Ceballos and Ruben Ruiz from Los Mochis, Mexico. Both will be entering Grade 8 at Ecole Stonewall Centennial School this fall. Ruiz will be staying at the home of Heide and Gary Saj while Rivera-Ceballos will live with Home Stay parents Raeann and Chad Learmond.

"We are really excited and the Home Stay families are jacked. We think we can grow this program to some larger numbers and to hopefully have it spread out into places like Teulon and Warren and any of our schools," Davies said.

Davies explained that there is a \$10,000 fee per student plus a Home Stay fee to the families for room and board. Approximately \$1,200-\$1,500 goes to the school, some of the funds to the class that they are in and some goes towards the school to help with instruction and the division also helps the Home Stay families a bit financially to make sure everybody gets an equitable experience.

"We really want them to come away with something, but we also want the classroom teacher that is getting this student to have some support there

too."

On September 28 both students will attend the ISD board meeting to share their initial thoughts on their experience.

The division is interested in attracting more students and have developed a website to assist <http://studyintheinterlake.weebly.com/>

### Other school division news

- ISD started a Facebook page, [www.facebook.com/interlakeschooldivision](http://www.facebook.com/interlakeschooldivision)

Continued on page 9

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# ATV Ride for Dad heading into its third year

By Natasha Tersigni

ATV riders across the province are revving up for the Third Annual Manitoba ATV Ride for Dad taking place on Sept. 12 throughout the Interlake.

Last year's ride raised \$30,000 for prostate cancer research with 190 riders participating. Thanks to early registration, organizers are expecting a good turnout this year.

"We are expecting attendance will be up from last year. Our online registration is already up from last year. The trails are looking good. We have lots of sponsors and lots of prizes donated for the silent auction, so it should be a good year to raise money," said ride organizer Jim Backus.

Similar to the past, riders will meet at the South Interlake Rockwood Ag Society grounds at the Red Barn and will make their way to the trails from there. The ride is 80 kilometres, with a stop for lunch catered by Danny's

Whole Hog. Riders will not be parading down Main Street in Stonewall this year.

"We are omitting the parade this year because there was not enough interest in the parade format. We didn't get the same spectator attendance that the motorcycle ride gets," said Backus.

"The ride will start at 10 a.m. at the Red Barn. We will have pilot vehicles that will take groups of 15 to 30 quads out to the trail head north of Tim Horton's."

Samantha Stevens, co-host of the Brody and Samantha Show on QX 104, will MC the event with her co-host Brody Jackson arriving later in the day to join the ride.

Registration for the ride is from 8:30 to 10 a.m. at the Stonewall Ag Grounds Red Barn located south of Stonewall on Highway 236. Opening ceremonies will start at 9:30 a.m. and the ride will



TRIBUNE FILE PHOTO

Organizers of this year's Ride for Dad, taking place on Sept. 12, are expecting more than 200 riders to take part. Last year, the ride was only in its second year and 190 came out to raise money and awareness for prostate cancer research.

start at 10 a.m. sharp. Closing ceremonies will be back at the Red Barn at 4:30 p.m.

For more information on this year's ride, go to [ww.ridefordad.ca](http://ww.ridefordad.ca).

## Unsightly properties raise concern for Rockwood council

By Jennifer McFee

Rockwood council recently sought information about the process that occurs after complaints are made about residents.

At last week's council meeting, bylaw officer Justin Sowa spoke to council, along with Roberta Van Caeyzeele, acting manager of the South Interlake Planning District.

Van Caeyzeele explained that initial letters were sent in the case of three current files, with two for unsightly properties and the third for an illegal business.

Then a second letter was sent as registered mail. Two of the registered letters have been picked up and the third has not, she said.

"I don't anticipate it being picked up at this point, probably because this is his second letter and he hasn't re-

sponded from the first one," she said.

The next step in the process is to hand the files over to the RM's lawyer to provide consultation on each individual situation.

The subsequent stages could happen relatively quickly, said CAO Chris Luellman.

"You've got a zoning bylaw. You've got your local bylaws. You've got the planning act," he said.

"Everything there gives you the legal right to do and place in action what you have to do. ... Direction has been set."

### Balmoral quiz night

A quiz night will be held Sept. 18 at 7 p.m. in support of the Balmoral Recreation Centre and Balmoral Childcare Centre.

Teams of eight are eligible to compete for a cost of \$160. The event will also feature a cash bar and silent auction.

To register, contact Rebekka at 204-467-8746 or [rebekka.jstemp@gmail.com](mailto:rebekka.jstemp@gmail.com).

### > EXCHANGE STUDENT, FROM PG. 8

facebook.com/interlakeschools, which will be used as a communication tool to let staff, students, parents and community members know about the numerous events and activities happening within the division. The goal is to have 500 likes on the page by the time the first report cards come out. As of press time last Tuesday they had 293 likes.

- Supt. Christine Penner, Davies, and board members Al Leiman and Alan Campbell met with Deputy Minister of Education Gerald Farthing and a consultant Tia Cummings at the Legislative building on Aug. 27 with regards to student achievement. The board requested the meeting to review costs associated with maintaining a low pupil/teacher ratio in the lead up to the province's 20K3 class/size tracker initiative.

"Because we had already hit the target when the province had set the initiative and the funding, we have not received as much funding as other divisions that have quite frankly waited until the province has forced their hand but has also offered supplemental funding," Campbell said.

Farthing was very receptive and encouraged ISD to put together some numbers in terms of what expenditures were in the lead up to 20K3.

"In 2010-11 our PTR was about 20 and it has only gone down since then which is of course a benefit to our students. Because we were already at the 20 level and lower, we weren't earmarked for provincial funding because we didn't need it." This was the department's perspective and it was suggested how this should be re-thought. The division felt it was a very productive meeting.

- Supt. Penner and the board are very excited about the opening of the new Woodlands School on Sept. 10.

"It is absolutely a beautiful building, the school looks really, really good, I am very excited," she said.

New principal Ward Hrabí is also very excited and plans to make it a big deal and will host an assembly in the afternoon. There will be an official grand opening to showcase the school to the community later this fall.

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# Balmoral man perfects the art of growing garlic

By Jennifer McFee

Growing garlic is no easy feat.

Just ask Gord Hopko, who grows thousands of bulbs at Gord's Garlic Patch in the Balmoral area.

When Hopko bought the 160-acre property a decade ago, the previous owner told him that garlic wouldn't grow there.

"I proved him wrong. In the first year, I grew a couple rows. It did survive and it did thrive," he said.

"Then we went bigger and took the challenge. Now we grow roughly three-quarters of an acre and about 7,000 bulbs."

The process begins in October, when Hopko spends about two weeks on his hands and knees planting the hard stem. Typically, they are ready to be pulled between the end of July and middle of August.

"Normally when the plant starts to choke off its nutrients to the leaf section, the first low leaves go yellow. That's the time to start harvesting," he said.

"This year was totally different. There's so much moisture out there that the garlic is not turning from anything but green. It starts green and stays green, so I had to take the bull by the horns and start doing it."

The task proved difficult, even for Hopko, who has been growing garlic since he was a child.

"When we started pulling up our garlic, it was like one big fistful of mud. We had to pull it because it was rotting at the stem and it was unmanageable," he said.

"I tried to grow garlic through straw, and luckily I did that because we were allowed to walk on the actual soil because of the straw. Before I could rototill it, I had to break the straw. I went out there and got stuck with a zero-radius lawn mower in the garlic patch. That's how bad it was — mush."

Once he finished the mucky job of



**TRIBUNE PHOTO SUBMITTED**  
Hopko grows approximately 7,000 bulbs of garlic every year.

pulling, it was time to dry the bulbs.

"We picked it, pulled it, dug it out. Normally I use a small plough with a walk-behind tractor, but this time we had to dig out each and every bulb with a trowel," he said.

"You lay it out on a field to dry for maybe a day at maximum because garlic is very, very fragile. Then we bring it into the shade and put it on pallets, which allows the air to go from the bottom and the top."

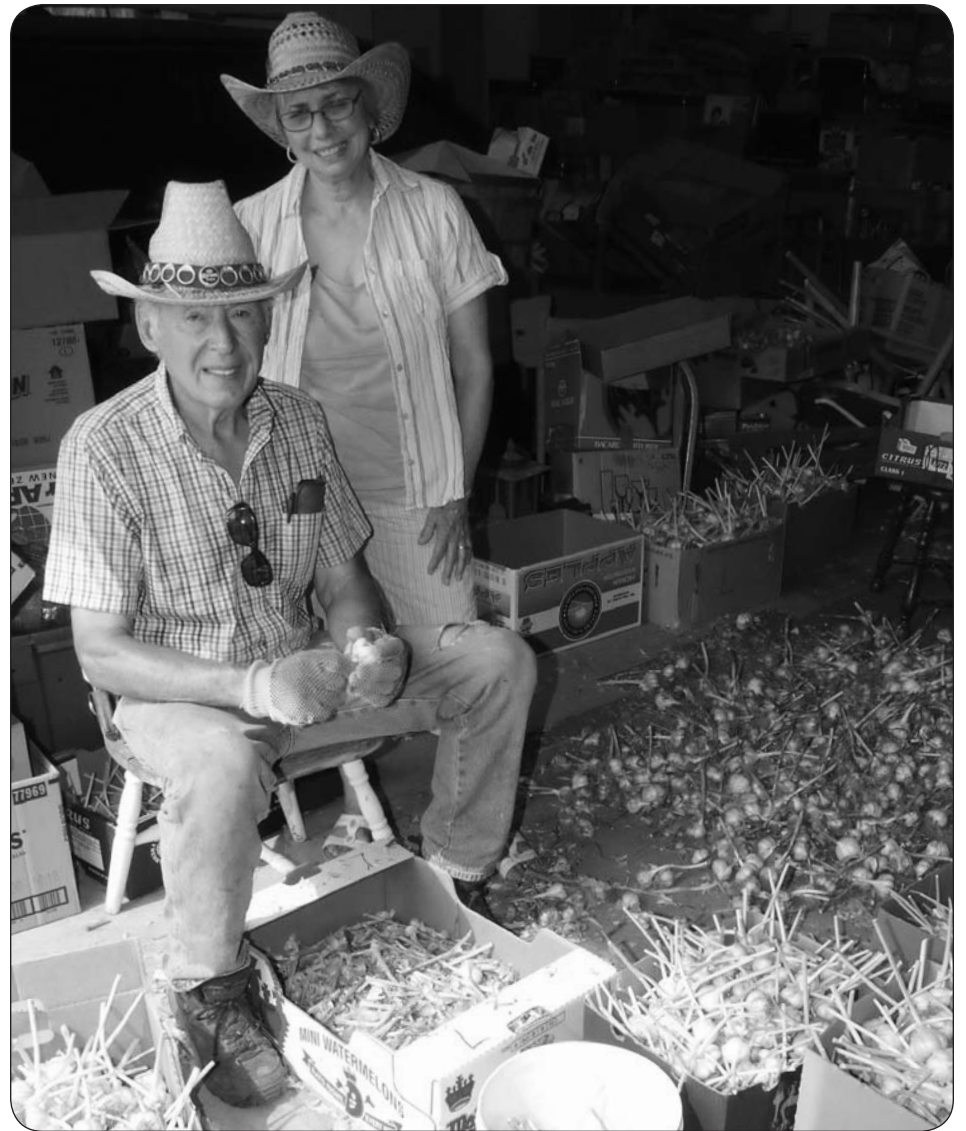
After about two days, Hopko began lobbing off the tops, which turned from green to yellow.

"We take a pair of scissors and we snip off the tops. If it's a big bulb, we leave anywhere from four to six inches of a stem. For the small stuff, we nip it off about an inch above the bulb," he said.

"We sell the small stuff by the pound and the big stuff by the head."

And when it comes to garlic, bigger isn't necessarily better.

"Big heads are no different from the small heads," Hopko said.



**TRIBUNE PHOTO BY JO-ANNE PROCTER**  
Gordon Hopko and soulmate Judy are busy preparing their homegrown, chemical-free garlic for Manitou's Honey, Garlic and Maple Syrup Festival on Sept. 11 and 12.

"My garlic is pretty pungent. For anybody who bites into it, if their eyes don't tear, then there's something lacking in their system. It's pretty potent."

If you're looking to buy homegrown garlic from Hopko, you'll need to visit Manitou's Honey, Garlic and Maple Syrup Festival on Sept. 11 and 12, since that's the only time his product

is available to the public.

"I don't peddle anything off my property," he said. "If I have a surplus, there are people in the garden business and I sell it off at a discount to get rid of it."

In addition to growing garlic, Hopko also grows about 10 rows of potatoes, which he donates towards fall suppers in Stonewall, Argyle, Balmoral and Warren.

No matter which plant he's tending to, he uses natural processes to control the insects.

"We don't use any chemicals whatsoever. I use a torch to nullify the bugs. Judy, my soulmate, uses a little different system," Hopko said.

"All in all, it's strictly organically controlled."

For your chance to taste Hopko's pungent product, his garlic will be featured in a dinner that wraps up the Honey, Garlic and Maple Syrup festival in Manitou. Buffet tickets are available by calling Pat at 204-242-2530.

## 50 Years in Kin

*Stonewall Kinsmen Club wish to invite past Kin members and friends to celebrate with and acknowledge*

**Ed Pirie**  
**For his 50 years in Kin**

**Saturday, September 19th**

**at 4 pm South Interlake Ag Society**

Red Barn - Hwy 236 South Stonewall

**RSVP to:** Woody Sewell 204-467-8983

woodysewell@shaw.ca or group@stonewallkin.com



## Early Deadline

Please note, due to the long weekend our office will be closed  
**Monday, September 7**  
and our deadlines will be  
**Friday, September 4 by 4:00 pm**

**Tribune** Stonewall Teulon **EXPRESS** WEEKLY NEWS **Selkirk Record**

**Enjoy the long weekend!**



## 2015 federal election

# Bezan playing by Elections Canada rulebook

By Natasha Tersigni

Whether he is re-elected to the House of Commons this October or not, Selkirk-Interlake-Eastman Conservative candidate James Bezan wants to ensure that there are no improprieties with his campaigning. Bezan and his staff have gone as far as covering various highway constituency signs located in the riding before the election started to make sure they are in compliance with Elections Canada.

In 2013, the chief electoral officer alerted House Speaker Andrew Scheer to the ongoing issues with election returns filed by Bezan and fellow Manitoba MP Shelly Glover. Bezan's issue was regarding election signs that began appearing in the constituency after being elected in 2006. There was a dispute on what the value of the signs was worth during the 2011 election and if Bezan went over the election-spending limit. In February 2014, Bezan settled the matter out of court with Elections Canada.

"At the end of the day, we had one

small accounting error, \$450. Elections Canada and I were able to reach a decision and we didn't have to go to court, despite the fact I still believe they were wrong in trying to ban me from Parliament based upon a \$450 accounting error," said Bezan.

This time around, Bezan does not want any disputes over spending.

"If you go to elections Canada guide book, page 40 and 41 actually deals with members of Parliament signs. We can make use of those structures and we thought, just to be safe, we will put a tarp over top of it to cover up the MP signage because by Elections Canada, I am no longer a Member of Parliament; I am a candidate. Under the Parliament of Canada Act, I am an MP until election day," said Bezan, who added MPs are allowed to make use of those signs during campaigning and they must account for them in their Elections Canada return.

"We aren't taking any chances. We are going to play by the rules we helped establish."



TRIBUNE FILE PHOTO

Selkirk-Interlake-Eastman Conservative candidate James Bezan is making sure there is not a repeat of the Elections Canada scandals that made headlines in 2013. Bezan and his staff have covered all highway constituency signs in the riding. Elections Canada and Bezan had a dispute in 2013 and into 2014 on the value and use of the signs during the 2011 election.

## 2015 federal election

# Former Brokenhead chief named region's NDP candidate

By Austin Grabish

Deborah Chief vows to represent the people well if elected MP this fall but admits she has a lot of work to do before next month's federal election.

Chief was named the NDP's candidate for the Selkirk-Interlake-Eastman riding at a nomination meeting in Selkirk on Sunday.

She said she was overjoyed to be named the party's candidate.

"It's amazing," she said, after thanking her partner and campaign manager, Treasure. "I'm very proud and honoured to be the candidate."

Chief, the former chief of Brokenhead Ojibway Nation, gave a short speech about what she would do if elected MP for the riding.

"In our culture, the eagle feather helps us speak the truth," she said while holding an eagle feather of her own.

Much of her speech focused on promises already made by federal NDP leader Tom Mulcair.

She told the crowd of roughly 100 in attendance she would support an inquiry into missing and murdered indigenous women, and supporters shouted "shame" when she said, "Mr.



TRIBUNE PHOTO BY AUSTIN GRABISH

Deborah Chief, centre, will represent the NDP in the upcoming federal election for the Selkirk-Interlake-Eastman riding following a vote by local party association members on Sunday. Churchill MP Niki Ashton, left, and Manitoba Finance Minister Greg Dewar, right, congratulated her after she was named the party's candidate at a nomination meeting in Selkirk on Sunday.

Harper needs the United Nations to tell him to have an inquiry."

She called the treatment of veterans by the Harper government "appall-

ing" and took shots at both the Liberals and Tories.

Grant managed to beat retired parliamentary translator and Gimli resi-

dent Marc Gourdeau, who was also vying for the position.

Her win fills a hole left by officials with the New Democrats in Ottawa, who have dragged their feet for months in allowing the local riding association to set the date for Sunday's vote.

There are 45 days left until the federal election, and Chief said there's lots of work ahead of her.

During his speech, Gourdeau said he supported everything Chief said.

He also took a shot at Conservative incumbent James Bezan, who is seeking re-election, by saying his experience in Ottawa as both a translator and interpreter was reason enough for him to be the next MP for the riding.

"Mr. Bezan has had 11 years of experience in Ottawa," he said. "I have 33."

The number of votes received for both candidates wasn't disclosed at Sunday's meeting.

Liberal candidate Joanne Levy, Green Party candidate Wayne James and Libertarian candidate Donald Grant are all running for the MP's seat.

Voters go to the polls on Oct. 19.



## 2015 federal election

# Hillside Beach resident to represent Libertarian Party

By Austin Grabish

It may be Donald Grant's first shot at federal politics and you may not have heard of his party, but the Hillside Beach resident wants you to know that's OK.

The 47-year-old is the latest candidate to throw his hat in the ring to fight for the Selkirk-Interlake-Eastman MP's seat this fall.

Grant is representing the Libertarian Party of Canada, a party he describes as being socially liberal and fiscally conservative.

It's his first shot running at politics, and he is hopeful work he did a few years ago for a candidate running for presidency at the Manitoba Métis Federation will help him with his own campaign.

Grant, the owner of an independent construction company, said his party is all about individual choice and he is running to represent something different.

"I just want the people to know that



TRIBUNE PHOTO SUBMITTED

Donald Grant, 47, is set to represent the Libertarian Party of Canada in the upcoming federal election.

you don't need a law degree or any type of degree to represent the people and there's more out there than just what they're used to," Grant said.

"Just so the people could have a

choice, not just the status-quo politicians running year after year ... see what we could do as Libertarians and spread the word. Spread liberty. Let

people know what we're about."

Grant said the Libertarians aim to help individuals take more control over their lives and promote free market economic policies and entrepreneurship.

He said this could translate into some parts of Canada's health-care system being privatized, noting on the campaign trail, he has already heard about ER wait times from concerned seniors who would rather pay than wait for care.

"People, they're scared," Grant said. "They don't want to die in a waiting room or an emergency room."

Other candidates fighting for the Selkirk-Interlake-Eastman MP's seat include Liberal candidate Joanne Levy, Conservative candidate and the region's current MP James Bezan, Green Party candidate Wayne James, and NDP candidate Deborah Chief.

Voters go to the polls on Oct. 19.

## 2015 federal election

# Liberals unveil plan to nearly double infrastructure investments

Staff

A Liberal government will make new infrastructure investments across the country, answering calls to create jobs and grow the economy, Joanne Levy, Liberal candidate for Selkirk-Interlake-Eastman, said Monday.

"This election is a choice between jobs and growth or austerity and cuts. As I speak with municipal councillors and residents in Selkirk-Interlake-Eastman, one thing remains certain: after a decade of Stephen Harper, people are struggling," Levy said in a release. "Our community needs a real plan for change, and only Liberals will make historic investments that will bring jobs and growth to both rural and urban communities in Selkirk-Interlake-Eastman."

The Liberals plan includes providing dedicated funding to invest in a broad range of projects, including local water and wastewater facilities, climate resilient infrastructure, clean energy, and cleanup of contaminated

sites to facilitate new construction, new dedicated funding for social infrastructure that prioritizes affordable housing and seniors' facilities, early learning and child care, and cultural or recreational infrastructure. It also includes funding the creation of thousands of new child-care spaces, enhancing their quality and ensuring that affordable child-care spaces are available to more families who need them.

A Justin Trudeau-led government will nearly double federal infrastructure investment to almost \$125 billion — from the current \$65 billion — over the next decade, Levy said.

"We know that investing in public infrastructure not only grows the economy and creates jobs but makes our communities and cities stronger," Levy said.

"Investment in infrastructure is crucial to the long-term development of Selkirk-Interlake-Eastman and all communities across the country."

# Duck, duck, decoy



TRIBUNE FILE PHOTO

Husband and wife duck carving team, Richard and Sandy Whittom, are the September South Interlake Regional Library Teulon branch artists of the month. The champion decoy carvers found a way to mix their artistic side and passion for the outdoors after taking a class together in 1986, and have been carving ever since. Along with wood ducks the Whittom's carve other decoys including swans, shorebirds, mice and fish. A variety of their work will be on display at the library in Teulon for the entire month.



# Teulon seniors are never old too enjoy a carnival

By Natasha Tersigni

Seniors in Teulon proved last week that you are never too old for a carnival.

On Aug. 24, the Teulon and District Senior Resource Council held a carnival at Cedar Lodge for residents from the lodge and Gateway Manor.

The afternoon was filled with fun activities and carnival games including Duck, Duck Prize; shoot a prize; cook the chicken; bowling and ring toss. A carnival would not be complete without some tasty treats, so in accordance, popcorn, cotton candy and hot dogs were served.

The event was hosted as a way to integrate the two seniors' homes and is part of ongoing senior group living programming.

"The fun activities are a great way for seniors to socialize with each other and there are physical benefits as well. Days like these help to improve mental, physical and emotional health and well-being," said senior resource co-ordinator Barb Mankewich.



After winning at ring toss, Joan Sitar (middle) and Herman Karr (right) chose a prize from Ki-era the Clown.



TRIBUNE PHOTOS BY NATASHA TERSIGNI  
Evelyn Smaldon plays 'Duck, Duck, Prize'.

## New year about to begin for Interlake School Divisions students

By Jennifer McFee

Anticipation is in the air as summer holidays draw to an end and the new school year approaches.

This year, students and teachers have enjoyed a summer break that is longer than usual. For school staff, the new school year begins on Tuesday, Sept. 8, while students will have their first day of class on Thursday, Sept. 10.

"We always go back the Tuesday after the Labour Day long weekend," said Christine Penner, superintendent of the Interlake School Division. "This is the latest start we could ever possibly have."

Excitement is tangible for the first day at the new Woodlands School, which has been built adjacent to the existing school.

"Sept. 10 is when the buses arrive and the kids come for the first time," Penner said. "It's very exciting to have that school done and ready to go. It's beautiful."

In other construction news, plans are in place to replace the roof at Centennial School this fall.

Also new this year is the implementation of a division-wide restitution program, which is a philosophy to deal with misbehaviour.

"With restitution, you work with students to help them fix their mistakes and return them to class strengthened. So rather than punishing and consequencing them to death, you ask them 'How are you going to fix your mistake? What's yours to own and how are you going to fix it?'" Penner explained.

"It's going to be a big paradigm shift from traditional discipline systems to

using restitution. A lot of the administrators have had restitution training. It just seems like a great way to deal with students. All of the evidence is very supportive of how effective it is to use restitution with students."

This school year, early dismissal will continue. On the third Wednesday of every month (except for September and June), classes will be dismissed one hour earlier than their regularly scheduled time.

"The early dismissals last year were for professional learning within the schools. The whole idea was to give teachers time to collaborate, to talk, to look at testing results and to work at better instructional classes for students they have in front of them right now," Penner said.

"It's not meant for down the road.

It's for right now, looking at what we can do to help them be successful this year."

Grade 3 students have something else to look forward to, since the second annual Wee Day will take place on Oct. 8 at Stonewall Collegiate Institute. Like last year, children's entertainer Al Simmons will perform for the kids, who will rotate through four workshops throughout the day.

"Last year, Fort Whyte came and did a session on recycling. Oak Hammock Marsh also did a session. They did a painting about something in their world that they love, and they made Aboriginal bracelets," Penner said.

"Then at lunchtime, we had face painting. We had mascots Buzz and Boomer come in. It was lots of fun and it's a really great way to help our

Grade 3s become socially aware of our world."

For Grade 7 students, a new French Immersion class has been added this year.

"French Immersion is moving through the division, so Centennial School will now have a Grade 7 French Immersion class," said Penner, adding that enrolment in the program is stable.

And for students in all grades, the focus will remain on the fundamental skills of reading, writing and arithmetic.

"This year, we're going into our second year of our four-year strategic plan, so we certainly will be focusing on literacy and numeracy again," Penner said.

"That's one of our priorities."



**Please visit these advertisers in the following section at our  
Fall Registration Night in Stonewall**

**Tuesday September 8th 6:30pm-9:00pm at Sunova Curling Rink**

Balmoral Judo – Stonewall Karate – Stonewall Powerskating – Balmoral Powerskating

Stonewall Curling Club - Stonewall Skating Club - Balmoral Rec Hockey - Stony Mountain Ski Area - Teulon Cross Country Ski Club

Jansen School of Dance - Teulon Veselka Dance Club - Rosedale Ukrainian Dance Club - Royal Canadian Air Cadets

Girl Guides of Canada - Stonewall Scouting - New Life Church

Quarry Lanes - X-Company Physical Arts & Fitness - Curves - Erika's Fitness Club

Keyboard Ventures – Quarry Choristers – Viva la Musica

**If you have any questions, please contact Stephanie at 204-467-5836**

**Tribune** Stonewall Teulon





# fall registration 2015-2016

## Highway 6 Youth Soccer Warren

Registration for kids ages 3-10 is \$40  
Plus a \$50 refundable volunteer fee

September 2nd and 8th at the Warren Curling Club  
7:00 - 8:00 pm

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

## How to be a good youth sports parent

Extracurricular and summer season sports leagues keep thousands of children occupied. Youth sports promote physical fitness and teamwork while helping children acquaint themselves with sportsmanship and camaraderie.

Sports are meant to be sources of enjoyment for children, but parental pressure and poor adult behaviour on the sidelines can make kids reluctant to compete. Parents who behave poorly may inadvertently pass on bad habits to their children or cause kids to prematurely abandon their athletic pursuits. The following are a few tips for parents who want to encourage their kids' passions for sports in positive ways.

- Show respect for coaches and officials. Parents should not act like they are the final authority on calls or how

Continued on page 15



Parents can take several steps to make their kids' experiences with sports as positive as possible.

## TEULON MINOR HOCKEY ONLINE REGISTRATION

Deadline: September 10, 2015

[www.hockeymanitoba.ca/members/associations/interlake/teulon](http://www.hockeymanitoba.ca/members/associations/interlake/teulon)

### ALL PLAYERS MUST REGISTER ONLINE

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



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

### RESPECT IN SPORT FOR PARENTS

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

Applications being accepted for coaches and booth convener.

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

For more information email **ROBIN** at [robin.teulonminorhockey@gmail.com](mailto:robin.teulonminorhockey@gmail.com) or **KYLE** at [williskyle@yahoo.ca](mailto:williskyle@yahoo.ca)



Classes Start September 11/12, 2015  
TEULON ELEMENTARY SCHOOL

For Information Contact:

[teulongymnastics@gmail.com](mailto:teulongymnastics@gmail.com)  
Dayna 204-886-3032, Kim 204-886-3419  
Lindsay 204-886-2022

### CLASS DETAILS

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

### Warren Curling Club 2015/2016 Season Registration

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

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 25th, 2015.

Send via email to [ty12mm@hotmail.com](mailto:ty12mm@hotmail.com)

### Warren Skating Club

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

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

### REGISTRATION

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

### Fun - Fast - Friends

# RINGETTE

## INTERLAKE RINGETTE ASSOCIATION

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

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









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

**Curves** *A Total Body Workout in Just 30 Minutes*

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

Call 204-467-8683  
for more information

312 Main St, Stonewall



**STONEWALL  
SCOUTING**

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

**REGISTRATION NIGHT**

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



**Soar the skies with 301 Air Cadets.**

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

## How to help kids find extracurricular activities

Sports may be the first thing that comes to mind when many parents think of extracurricular activities for their children, but not all kids are cut out for or interested in competitive athletics. But just because a youngster may not be the next star quarterback or captain of the soccer team does not mean he or she can't find an extracurricular activity to be passionate about.

Parents know that schoolwork comes first, but extracurricular activities can be important to a child's develop-

ment, serving as an avenue to meet new people and an opportunity to learn the importance of teamwork. The following are a handful of things parents should consider when trying to help their children find the right extracurricular activities.

### Interests

One of the easiest ways to help kids find an extracurricular activity they

Continued on page 21

## BALMORAL JUDO CLUB

### REGISTRATION:

**STONEWALL COLLEGIATE GYM**

Monday September 14 &  
Thursday September 17  
7:00 to 8:30 pm

**SUNOVA CURLING CLUB**

Tuesday, September 8  
6:30 - 9:00 pm

**Ages 7 years and up**

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



Extracurricular activities can help youngsters develop into well-rounded adults.

## STONEWALL CURLING CLUB

**MEN'S  
LEAGUE:  
TUESDAY**

**LADIES  
LEAGUE:  
MONDAY &  
WEDNESDAY**

**MIXED  
LEAGUE:  
THURSDAY**

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

### REGISTRATION NIGHT

TUES. SEPT 8TH, SUNOVA CURLING RINK

**ONE LEAGUE REGISTRATION COST**

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

**TOTAL \$270<sup>75</sup>** JUNIORS PAY ONLY 50%  
20% DISCOUNT ON SECOND NIGHT

**SENIOR CURLING FRIDAY AM**

(RATES TO BE DETERMINED BY THE SENIORS)

**NEW FOR THE FALL:**  
**Open Doubles - Friday Night Drop-In**  
Check website for dates

STONEWALLCURLING.COM



**Classes  
starting  
week of  
Sept. 21<sup>st</sup>**

To register:

Call: 204-294-8620

Email: [esrp7@hotmail.com](mailto:esrp7@hotmail.com)

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







## 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/Community 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 Nancy

Phone: 204-467-5872

email: rutherfordnancy@hotmail.com

All evening classes held in the schools are cancelled if the schools have been closed during the day for any reason (i.e. storms, holidays, in-services).

## We accept Debit, Visa and Mastercard

### REGISTRATION FORM - Fall 2015 -

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

#### 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 if the schools have been closed during the day for any reason (i.e. storms, holidays, in-services). Closures are announced on CJOB or on our website [www.isd21.mb.ca](http://www.isd21.mb.ca). Classes will only be made up IF possible.

#### 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

### PERSONAL INTEREST

#### F15/01 Basic Knitting - (ages 10 to adult)

Have you ever wanted to learn to knit? If so, this course is for you! Skills covered include casting on, garter stitch, purl, basic increase and decrease, casting off and finishing. Develop skills to make a dishcloth and start an infinity scarf. Materials required: 1 set of 6 mm needles and one ball of bernat handicrafter cotton in the color of your choice Instructor: Theresa Pavluk

3 Tuesdays September 22 - October 6, 2015

7:00-9:00 at Stonewall Collegiate

Fee: \$45

#### Homemade Beauty Products (ages 14 - adult)

In this fun and fulfilling class you will learn how to make your very own organic, non-toxic and safe facial cleansers and toners, body scrubs, lotions, aluminum-free deodorants, lip balms, perfumes and more. Material fee of \$25 payable to the instructor. Instructor: Sonia Lemoine

F15/02 Level 1

2 Mondays Sept 28th & Oct 5th, 2015

6:00 - 9:00 at Stonewall Collegiate

Fee: \$50

F15/03 Level 2

2 Mondays October 19 & 26th, 2015

6:00 - 9:00 at Stonewall Collegiate

Fee: \$50

#### F15/04 Aromatherapy

Explore the ancient practice of aromatherapy and become skilled in how to safely integrate essential oils into your everyday life. In this workshop, you will learn: the history & general science behind aromatherapy, examine essential oil profiles, discover practical application methods and acquire the art of blending for your own home remedies. Recipes as well as 5 ml samples of some of the most common essential oils are included in the course fee.

Whether for beauty aids, household cleaners or health & wellness, valuable information on essential oils will be shared in this introductory class. Leave feeling refreshed and more confident in your approach to buying & utilizing essential oils in the home and therapeutically. You will probably smell really good too! Instructor: Kelly Robertson, Certified Aromatologist, member of the Canadian Federation of Aromatherapists

Saturday October 3rd, 2015

12:00 - 4:00 p.m. at Stonewall Collegiate

Fee: \$85

#### F15/05 Meditation - Theory and Practice

TIME FOR RELAXATION cultivates a mind which is Calm, Cool, Collected... This session offers instruction in relaxation and calming meditations designed to bring about a deep relaxation response. Modalities will include breath work, gentle movement, introduction to the energetic body, and foundation instruction for sitting meditation. Sessions are instructed by N. Darlene Tataryn, Counsellor in Private Practice and ordained Zen Priest. Please bring a yoga mat

6 Thursdays starting October 8th, 2015

6:30-8:00 pm at Stonewall Collegiate

Fee: \$75

### 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.

#### F15/07 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 11 - December 6, 2015

8:00 - 9:00 at Stonewall Centennial

Fee: \$25

### VOLLEYBALL

#### F15/08 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 14, 2015

7:10-9:40 at Stony Mountain School

Fee: \$30

Register for both for \$45

#### F15/09 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 18, 2015

6:30-9:00 at Stony Mountain School

Fee: \$30

### BADMINTON

#### F15/10 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 13, 2015

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

Fee \$55

Sign up for all year for \$135

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)





## STONEWALL SPARK FITNESS AND NUTRITION

With Sarah Todd, FIS and HWL  
Canfitpro certified  
CLASS DISCOUNTS- One for \$55, Two for \$95  
5 class punch card \$45  
All classes are Co-ed and for ages 16 +

### Boot Camp

This former Canadian Forces soldier knows what boot camp is, and she wants to bring that experience to you in an encouraging setting! This 45-minute boot camp offers an intense full body workout; using dynamic strength training, explosive cardio and a real focus on core conditioning. This program is designed for all fitness levels, so you decide your own intensity you want to put into each class! Sarah can promise you that in a short period of time you will LOOK and FEEL the difference!

Be a stronger, fitter and healthier you! Make sure to combine both classes for maximum results! Please bring a yoga mat, water bottle, indoor runners & hand weights (5-8lbs)

F15/11 8 Mondays Starting September 14th  
(no class October 12th )  
6:30 pm at École R.W. Bobby Bend School  
Fee: \$55

F15/12 8 Thursdays Starting September 17th  
5:30 p.m. at École R.W. Bobby Bend School  
Fee: \$55

## WARREN AND GROSSE ISLE FITNESS

Sign up for both classes for \$130

### Circuit Style Boot Camp

Improve your fitness and strength through this circuit style boot camp which incorporates cardio and strength training in high intensity intervals. This class is for all fitness levels and offers modified exercises, for more or less intensity depending on fitness levels. This is a great way to increase cardiovascular capacity, build strength and burn fat. Participants require a Yoga mat and hand weights (5-8 lbs). **Instructor: Brooke Rutledge – Canfit pro certified**

F15/13 10 Mondays,  
September 21 – November 30th 2015  
(no class October 12)  
6:00 – 7:00 p.m. at Warren Elementary School  
Fee: \$70

F15/13B 10 Thursdays,  
September 24 – November 26, 2015  
6:00 – 7:00 p.m. at Grosse Isle School  
Fee: \$70



## STONY MOUNTAIN BOOT CAMP FITNESS CLASSES

With Rhonda Steffan, FIS Canfitpro Certified  
CLASS DISCOUNTS - One for \$65; Two for \$120  
Three for \$165  
5 CLASS PUNCH CARD - \$45  
All Classes are Co-ed and for ages 16 and up

### Tabata Interval Boot Camp – 'Back by Popular Demand'

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.

F15/14A 10 Mondays starting  
September 14, 2015 (no class October 12 )  
6:00-7:00 p.m. at Stony Mountain School

F15/14B 10 Thursdays starting  
September 17, 2015  
6:00-7:00 p.m. at Stony Mountain School

### F15/15 Instructors Choice

Suitable for ALL FITNESS LEVELS, this class will be the Instructors Choice and will incorporate strength training and cardio conditioning activities in a variety of Boot Camp Style training Tabata, Tabata Circuit, HIIT, and Circuit/Intervals. 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, towel, yoga mat, & indoor runners.

10 Wednesdays starting September 16, 2015  
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; Three for \$150  
All Classes are Co-ed and for ages 16 and up



### F15/16 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 14, 2015  
6:00 – 7:00 p.m. at Balmoral School

### F15/17 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 16, 2015  
6:00 – 7:00 p.m. at Balmoral School

### F15/18 HARDCORE HIIT

This HIIT class (high intensity interval training) is a 45 minute series of specialized intervals that focus on muscular endurance, and will have your body exhausted, but feeling energized by the time we are done. This involves short intervals of maximum intensity exercises separated by longer intervals of low to moderate intensity exercise. Because it involves briefly pushing yourself beyond the upper end of your aerobic exercise zone, it offers you several advantages that traditional steady-state exercise (where you keep your heart rate within your aerobic zone) can't provide: the key element of HIIT that makes it different from other forms of training is that the high intensity intervals involve MAXIMUM effort, not simply a higher heart rate. Designed to accommodate most fitness levels by using a variety of difficulty variations, this is an exceptional program for athletes, and those looking for a hard-core, push it to the limits workout. *Equipment required: 2 water bottles, 3 – 5 lb hand weights, hand towel, a yoga mat, and a warrior spirit.*

10 Thursdays starting September 17, 2015  
6:15-7:00 p.m. at Balmoral School

### F15/19 Yoga NEW.... Yoga in Balmoral with Carla

An ancient Indian practice meaning 'union' – the connection of body, mind and spirit. This class is for beginners and those with a regular practice. Includes breath work, stretching, postures, relaxation and meditation. Benefits include improved self-awareness, posture, flexibility, strength, endurance, relaxation and general well-being. Please bring a water bottle, yoga mat, belt, yoga blocks if you have and a thin blanket or cushion.

**Instructor: Carla Kummen**

10 Tuesdays September 22 – November 24, 2015  
6:00 – 7:00 p.m. at Balmoral School  
Fee: \$70

### ZUMBA in Warren

Samara Robertson  
Zumba Fitness® Licensed Instructor - Basics 1  
Trained in First Aid / CPR\$75 Two for \$140  
5 class punch card - \$45

F15/20 10 Tuesdays starting September 22, 2015  
6:00-7:00 at Warren Elementary  
F15/20A 10 Thursdays starting September 24, 2015  
6:30-7:30 at Warren Elementary

### Erika Riley's Zumba Fitness

Location: Erika Riley's studio  
One for \$95  
Two for \$180

F15/21A 10 Mondays starting September 21  
- 6:30-7:30 p.m – Zumba

F15/21B 10 Mondays starting September 21  
- 7:35 – 8:35 p.m – Zumba Sentao

F15/21C 10 Wednesdays starting September 23  
-7:00-8:00 p.m. Zumba

F15/21D 10 Saturdays starting September 26  
10:00-1:00 a.m – Zumba

## FITNESS/YOGA

"Restore the body,  
calm the mind,  
and renew the spirit"



Certified Yoga instructor Heather McDermid has been studying and practicing Yoga, the ancient art of healing, for over 10 years. This traditional style of Yoga is gentle to the body, allowing anyone of any age to practice it. There is an emphasis on the breath, energy and alignment of the body throughout. **\*\*For all classes, please bring a yoga mat, belt, and a couple blocks or pillows. All classes held at École R.W. Bobby Bend School – Music Room**

**Sign up for BOTH Restorative  
& Continuing Yoga for \$140  
Buy a 5 class punch card for \$45**

### F15/33A Yoga Workshop

Keeping your body, mind and spirit healthy...how to use Yoga as a tool for every day healing. Learn techniques for a pain free lifestyle, a calm mind and a joyous heart

Saturday November 21, 2015  
9:00-4:00 at Ecole R. W Bobby Bend School  
\$70

### F15/33 Restorative Yoga

For those who want to heal and restore at a very gentle pace

10 Tuesdays, September 15 – November 17, 2015  
7:30-9:00 p.m. at École R. W. Bobby Bend School-Music Room  
Fee: \$75

### F15/34 Continuing Yoga

Suitable for those with Yoga experience

10 Thursdays, September 17 – November 19, 2015  
7:30 – 9:00 p.m. at École R. W. Bobby Bend School-Music Room  
Fee: \$75

### F15/35 BODY ROLLING WORKSHOP

Join Gail Provinciano-Lippens, Certified Body Rolling Practitioner in this body rolling workshop. Gail will take you through a 3 hour intensive that will introduce you to the tools (Balls) of Yamuna Body Rolling. You will be given the ability to "work on yourself" at anytime, anywhere. In the intensive you will learn how to work on each part of the body, rolling the appropriate ball from the buttocks to the calf; from the tail bone up to the skull; from the abdomen up to the collar bone; from the collar bone out to the shoulder joint and so on. Benefits of body rolling include Improved posture; Increased range of motion; Improved alignment in all parts of the body; Increased muscle tone; Increased flexibility; Increased organ function. Please bring a yoga mat, water and a blanket. Snacks provided.

Saturday, October 17, 2015  
12:00 - 3:00 p.m. at École R.W. Bobby Bend School - Music Room  
Fee: \$65

## REGISTRATION FORM

– Fall 2015 –

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



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 and Nutrition and Wellness Specialist

Group Boot

Group BOOT is a total body workout that challenges the body on all planes of movement. All exercises are compound combining more than one element of strength, cardio, balance and flexibility using innovative dumbbell/bodyweight exercises. This group based circuit program is instructor led through the entire workout, pushing participants to work harder and to achieve their best results. BOOT burns calories, and helps you discover your inner athlete. Participants will be introduced to new moves progressively. Yoga mat and weights required. NOTE This class starts Saturday September 12th .

Group RIP

RIP 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. RIP is the best way to build muscle and create a strong physique. Participants will be introduced to moves progressively.

Time	Monday starting Sept 14	Tuesday starting Sept 15	Wednesday starting Sept 16	Thursday starting Sept 17	Friday starting Sept 18	Saturday starting Sept 12	Sunday starting Sept 13
5:40-6:25 A.M. Centennial	F15/22A Group RIP		F15/22B Group BOOT		F15/22C Booty'n Belly Mash-up HIIT		
6:25 -7:10 A.M. Centennial					F15/23 Sunrise Yoga	F15/24 Group Boot	
9:00-9:45 A.M. Parochial Centennial(Sat/ Sun)	F15/25 Sunrise Yoga	F15/26 55+ Stretch Strengthen and Align		F15/27 Heavy Metal Yoga		F15/28 Drums Alive 9-10 am 6 week session	F15/29 Bellyfit Warrior 9-10 am 6 week session
6:00 – 6:45 P.M. Centennial		F15/30 Group RIP	F15/30A Booty n Belly Mash-up HIIT taught by Celine Doll	F15/30B Group Boot	8 week session starting Saturday September 12 (note - Drum's and Bellyfit are 6 weeks)		

Special Discount  
for Shelley's Classes

One for \$55 - Two for \$95 Three for \$125 - Four for \$145  
55+ One for \$50 Two for \$90.  
5 CLASS PUNCH CARD \$45

Unlimited \$155

Fit Club Benefits

- attend any class that fits your schedule
- make up classes during ANY TIME SLOT
- fitness and nutrition tips

Booty'n Belly Mash-up HIIT

This class is calorie burning steady state and HIIT cardio combined with strength training exercises aimed at toning gluts and abdominals. Group Axis will be incorporated in all classes. Axis creates stability from the middle of your body, which is the basis of all movements. Move like never before and reach farther than you thought possible. Yoga mat required.

Sunrise Yoga

This class is a vinyasa flow that will awaken, energize and clear the body & mind of toxins that build up throughout the week. A combination of yoga and Pilates will be included aimed at toning and lengthening to create balance and alignment in the body as well as mindful state of peace and clarity. Yoga Mat required.

Bellyfit Warrior™

Warrior is an empowering integration of moves inspired by Group COMBAT and WAR, cardio kick boxing and martial arts. Bellyfit Warrior™ offers a whole new flavor and feel while still adhering to all the same principles of Bellyfit. Yoga mat required. NOTE This class starts Sunday September 13th .

Heavy Metal Yoga

This class is a calorie burning combo 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. Yoga mat and weights required.

New for Fall 2015 Wednesday night Booty n Belly  
taught by Celine Doll B Ed,  
CanFit Pro Fitness Instructor Specialist

55+ Stretch Strengthen & Align

This class is a combination of flexibility, range of motion and strength building activities for participants fifty five and older. It is important to keep your mind and body active. Men and women welcome. No prior experience necessary. Yoga mat and weights required

Ball Buffer / 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. NOTE This class starts Saturday September 12th.

INTERLAKE MIXED  
MARTIAL ARTS

Mixed Martial Arts, or MMA, is a combination of Kickboxing, Boxing, Judo, Brazilian Jiu-Jitsu and Wrestling. In this program, you will become a well-rounded MMA participant by taking part in both Kickboxing and Jiu-Jitsu classes. Participants can choose to join in one, or both of these classes. This program puts emphasis on all components, and will improve your endurance and overall strength. Each class will include warm up, drills, technical work and conditioning for a full body workout.

Participants will be required to purchase their own gloves and hand wraps, however the instructor does have a few pairs of each to accommodate those who wish to come out and try their first class for free, prior to signing up.  
Instructor, Curt McKinnon

F15/31  
Tuesdays & TBD starting September 15, 2015  
6:30 - 8:45 p.m. at École R.W. Bend School  
(6:30-7:30 Kickboxing 7:30 – 8:45 Jiu Jitsu)  
Fee:\$120 for both or \$60 for one

F15/32 Tuesdays, TBD & Saturdays  
starting September 15, 2015  
(Saturday 8:00 am – 10:00 am Jiu Jitsu only)  
Fee: \$175

5 class punch card available  
for \$45



DANCE

XCOMPANY is partnering up with the Interlake School Division/Continuing Education, in their 10th year offering Dance, Martial Arts & Theatre classes in Stonewall. Welcoming instructors Alex Grant and Stonewall local Kyra Lyle to the 2015-16 STONEWALL X teaching team. Please visit www.xcompany.net to learn more about XCO's family values, read instructor bios and class descriptions.

- Classes start September 28th and run for 26 weeks. The season will end with a local Showcase. (no classes on holidays / PD Days – Dates will be advised by XCompany)
- Costume deposit of \$40 (plus GST) for all classes - payable directly to XCompany

Fee: \$225 for a 1 hour class  
\$205 for a 45 minute class.  
\$165 for a 30 minute class  
All classes are held at  
École Stonewall Centennial School

F15/36A Mondays - 4:45-5:30 Hip Hop 6-9  
F15/36B Mondays - 5:30-6:30 Hip-Hop 10+  
F15/36C Mondays - 6:30-7:30 Musical Theatre 7-12  
F15/36D Mondays - 7:30-8:30 Musical Theatre12-16  
F15/36E Mondays - 8:30-9:00 Solo/Duet  
F15/36F Mondays 3:45-4:30 Jazz 6-9  
F15/36G Mondays 4:30-5:30 Jazz 10 +  
F15/36H – Mondays 5:30-6:15 Hop n' Bop 3-5

F15/37 Ballroom/Latin Dance

Learn dance moves you can do at any social, party gathering. Like: Swing, Cha Cha, Rumba and Hustle. Couples, single men and women welcome. No dance experience necessary. Wear dress shoes, shoes that will not grip to the floor. Instructors: Judy and Martin Sutton

Dance has many health benefits and it is a great way to meet new people.

8 Wednesdays October 7 – December 2, 2015  
(no class November 11)  
7:00 – 8:30 at École R.W. Bobby Bend  
Fee: \$75

COMPUTER COURSES

F15/38 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 22 – October 8, 2015  
6:30 – 8:30 p.m. at Stonewall Collegiate  
Fee: \$65



F15/39 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 13 – October 29, 2015  
6:30 – 8:30 p.m. at Stonewall Collegiate  
Fee: \$65

F15/40 File Management

Learn how to setup and organize your computer files. You will learn to create folders, move, copy, save, and delete files, as well as search for files. The focus will be on Windows 7, but skills may be applied to other versions such as Windows Vista and Windows XP. Instructor: Jim Robertson

Wednesday November 4, 2015  
6:30 - 8:30 at Stonewall Collegiate  
Fee: \$25

PERSONAL INTEREST & FITNESS  
FOR CHILDREN & YOUTH

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: Jaime McFarland.

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.

F15/ 41 Wednesday October 28, 2015  
6:00-8:30 p.m. at Stonewall Collegiate  
Fee: \$35

Babysitting Safety (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 laminated wallet certificate. Students are to bring a bagged lunch. Instructor: Jaime McFarland

F15/42 Saturday November 7, 2015  
9:00-5:00 p.m. at Stonewall Collegiate  
Fee: \$60





## PERSONAL INTEREST & FITNESS FOR CHILDREN & YOUTH

### **F15/43 Kids Beginner Hand Sewing (ages 11-14)**

Come out for 3 weeks of fun! This class will teach beginner hand sewing, and a few embroidery basics. Getting to know the sewing supplies how to use them, how to mark fabrics, and what stuffing/batting to use. The project will be a personalized pillow. All supplies are Included in course fee. Bring a pen and paper. All projects are made with top quality materials and supplies. **Instructor Jaime McFarland**

**3 Wednesdays October 7 – 21, 2015**  
**6:00-8:30 pm at Stonewall Collegiate**  
**Fee: \$65**

### **F15/44 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 F15/ for Grade 9 – adult badminton  
**SIGN UP FOR ALL YEAR - \$135**  
**Sundays starting September 13, 2015**  
**12:00 – 1:00 p.m. at Stonewall Collegiate**  
**Fee \$55**

### **Chico's School of Soccer Excellence (Ages 7-10)**

**F15/45 Ages 7-10**  
**10 Mondays starting September 14, 2015**  
**(no class Oct .12, Nov. 2 & 23)**  
**3:30 - 4:30 p.m. at École R. W Bobby Bend School**  
**Fee \$135**

**F15/46 Ages 11 -14**  
**10 Wednesday's starting October 14, 2015**  
**3:45 – 4:45 p.m. at École R.W. Bobby Bend School**  
**Fee \$135**

**BONUS Sign up for all year - 30 classes to be run Fall, Winter and Spring (September - June) for \$315 - Ask for details when registering**

### **F15/47 Children's Art Class - (Ages 8 - 12)**

Have you always wanted to do clay/pottery? Join this 6 week art class and have fun learning while you express yourself through clay/pottery. Art supplies are included in the fee.  
**Instructor: Jennifer Sonnenberg**

**6 Tuesdays September 22- October 27, 2015**  
**4:00 - 5:30 p.m. at Stonewall Collegiate - Art Room**  
**Fee: \$85**

### **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 No outside food or drinks. Please indicate any food allergies at time of registration**

**F15/48 6 Tuesdays October 6 - November 10, 2015**  
**4:00 - 5:30 p.m. at Stonewall Collegiate**  
**Fee: \$70**

**F15/49 6 Thursdays October 8-November 12, 2015**  
**4:00 - 5:30 p.m. at Stonewall Collegiate**  
**Fee: \$70**

### **Kids Can Cook – Part 2 - Menu Planning ! (Grade 5-7)**

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

**F15/50 3 Mondays October 5, 19, 26, 2015**  
**4:00 - 6:00 p.m. at Stonewall Collegiate**  
**Fee: \$45**

**F15/51 3 Mondays November 2, 9, 16, 2015**  
**4:00 - 6:00 p.m. at Stonewall Collegiate**  
**Fee: \$45**

## 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.*

### **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**

**F15/52 2 classes November 3 & 10, 2015**  
**6:30–10:00 p.m. at Teulon Collegiate**  
**Fee: \$90**

**F15/53 2 classes November 19 & 26, 2015**  
**6:30-10:00 at Stonewall Collegiate**  
**Fee: \$90**

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

### **F15/54 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 October 8, 15 & 22, 2015**  
**6:00 – 10:00 at Stonewall Collegiate**  
**Fee: \$130**

### **F15/55 Small Business Start-Up and Development**

If you're thinking about starting your own business, this course will teach you the steps from start-up to development. Topics include: legal structures of business, licenses and name registration, market research, business plan development, financing, sales, customer service, taxation, basic bookkeeping, insurance, contracts, projecting revenue, risk management, marketing and promotion.  
**Instructor Selene Paul**

**3 Tuesdays October 13 - 27, 2015**  
**6:30 – 9:30 at Stonewall 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**

**F15/56 Monday September 28/15**  
**6:00 – 9:00pm at Stonewall Collegiate**  
**Fee: \$30**

**F15/56A Tuesday October 22/15**  
**6:00-9:00pm at Stonewall Collegiate**  
**Fee: \$30**

**F15/56B Thursday November 19/15**  
**6:00 – 9:00pm at Stonewall Collegiate**  
**Fee: \$30**

## LANGUAGE

### **F15/57 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: Carla Kotyk**

**5 Mondays, September 28 – November 2, 2015**  
**(no class October 12)**  
**7:00-9:00 at Stonewall Collegiate**  
**Fee: \$50**

## PAINTING/ STAINED GLASS

### **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. ( [HYPERLINK "http://www.palettepair.ca"](http://www.palettepair.ca) [www.palettepair.ca](http://www.palettepair.ca) ).

### **F15/58 11x14 Shadow Hills Barn**

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 17, 2015**  
**9:30 – 4:30 p.m. at Stonewall Collegiate**  
**(class end time is approximate)**  
**Fee: \$89**



Image is copyrighted

### **F15/59 Stained Glass**

Have fun while learning the basics of stained glass using the copper and foil method. You'll be making a fabulous 10x12 panel to hang in your window. You will be able to choose from 3 or 4 designs. You will be required to purchase your own glass cutter (b/w \$10 and \$60) and glass pieces (b/w \$50 and \$90) which can be purchased directly from the instructor Heather Dawson. Appropriate for ages 15 and up.

**2 Saturdays October 17 & 24, 2015**  
**10:00 – 3:00 p.m. and Stonewall Collegiate**  
**Fee: \$65**



### **F15/60 Making Jewellery with Maimzie! Ages 9 and up !!**

Come out for an evening of creativity, and leave with something beautiful. You will leave with a finished earrings and bracelet set. Supply kit included in course fee. Various kits to choose from with everything from swarovsky crystal to gemstones and pearls! This would make a gorgeous gift for Christmas! Extra kits will be available for purchase. Instructor Jaimie McFarland

**Tuesday October 13th 2015**  
**6:00-9:00 at Stonewall Collegiate**  
**Fee: \$50**



## PAINTING IN TEULON

Join Maggie in these fun filled painting classes and complete your painting in just 3-4 hours! Suitable for beginners. Canvas included in registration fee. All other materials will be loaned by the Instructor. Please bring either a snack or bag lunch.

### **F15/61A Autumn Trails (16x20)**

**Saturday November 7, 2015**  
**10:00-2:00 p.m. at Teulon Collegiate**  
**Fee: \$85**



### **F15/61B Clear Creek (16x20)**

**Saturday December 5, 2015**  
**10:00-2:00 p.m. at Teulon Collegiate**  
**Fee: \$85**



## ROSSER WOODLANDS RECREATION COMMISSION

**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**  
**- Circuit Bootcamp in Warren and Grosse Isle with Brooke Rutledge**

## Teulon Rockwood

RECREATION COMMISSION



**PROGRAMS IN TEULON**  
Please see course information throughout the flyer for these classes

**-Painting Classes at Teulon Collegiate with Maggie Bazan**  
**-CPR/ First Aid at Teulon Collegiate with Bob Barsi**

### **Contact Info:**

**Chris Hornby**  
**Phone - 1-204-861-0366**  
**Email – teulonrockwoodrec@gmail.com**  
**Twitter - @teulonrockwood**  
**Facebook – https://www.facebook.com/teulonrockwoodred**









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

## Injury prevention tips for school-aged athletes

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

As valuable and exciting as participating in team sports can be, they can just as easily prove dangerous for athletes who aren't prepared for the rigors of physical activity. A summer spent lounging poolside might be just what kids

need after a long school year, but that relaxation can put youngsters in jeopardy of suffering an injury when they return to team sports in the fall. Many a young athlete has pulled a hamstring or suffered a shin splint when returning to athletic competition after a long layoff. But such injuries are largely preventable, and the following tips can help school-aged athletes ensure their return to competition is as painless as it is pleasurable.

\* Condition your muscles in the weeks leading up to tryouts or the start of the school year. Many fall sports feature tryouts near the end of summer or at the very beginning of the school year. That means athletes must start conditioning their muscles early. Discuss with your parents, coaches and physicians which muscles you will be working when playing a particular sport. Adults should help you develop a conditioning program that gets the right muscle groups ready for the rigors of your sport. A properly condi-

Continued on page 23

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

**We do Birthday Parties / Groups  
Open bowl**

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

**Jazz • Hip Hop •**

**REGISTER NOW**

**Through the Interlake  
School Division!**

Contact [info@xcompany.net](mailto:info@xcompany.net)  
for more details!

**Musical Theatre**

**XCOMPANY**  
PHYSICAL ARTS & FITNESS

*Sing with the*

**Quarry Choristers**

**Info Night Tues, Sept 8th  
6:30-9:00 pm Sunova Curling Club**

**Registration Night  
Sun, Sept 13th 6:00 pm**

Stonewall United Church  
Any questions call (204) 470-8735

**MUSIC LESSONS**

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

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

REGISTER NOW!

**Carolina Nagy**  
(204) 404-7273

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



**BALMORAL  
REC HOCKEY PROGRAM**

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

Starting mid October  
and ending in mid March.

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

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

**Celebrating 39 Years  
of Ukrainian Dance!**

**Come dance with us in the  
2015-2016 Season**

Ages 3 and up

Registration is  
Thursday, September 3  
at 6:30pm at Rosedale  
Hall, 537 Donald Rd.,  
St. Andrews

Classes start Monday  
September 14,  
St. Andrews School

**ROSSDALE  
UKRAINIAN  
DANCE SCHOOL**

For more information email  
[rossdaledancers@gmail.com](mailto:rossdaledancers@gmail.com)  
[www.rossdaledancers.ca](http://www.rossdaledancers.ca)

**TEULON  
CROSS COUNTRY  
SKI CLUB**

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

LEARN TO SKI PROGRAMS  
SATURDAYS 10:30 TO NOON

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

**KEYBOARD VENTURES**

**Music Centre**

Books, Karaoke, and  
Accessories Available

Private one on one  
lessons with professional  
instructors in

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

**6 Week \$85** Free  
Intro Offer Keyboard  
Rental

Currently renovating  
to serve you better!  
324 Main St., Stonewall

See us at Registration Night  
Sept. 8th, 6:30 - 9:00 pm  
Sunova Curling Club

**694-3131  
or 955-5428**  
[www.keyboardventures.com](http://www.keyboardventures.com)





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

Continued from page 22

tioned athlete has a much lesser risk of injury than one who is not. Your off-season conditioning program should begin slowly and gradually grow more challenging as you draw closer to the school year.

\* Stretch, stretch, stretch. Always stretch your muscles before any strenuous activities, whether it's an off-season conditioning program or an in-season competition. Stretching significantly reduces your risk of injury and can improve your performance on the field.

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

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

\* Don't try to match your fellow athletes. The human body develops differently for everyone. Young athletes must recognize that there's a chance their classmates and teammates may be developing more quickly than they are. These classmates may be more capable of performing certain physical activities. For example, a teammate might be able to lift more weight than you. Do not try to match your fellow athletes if your body is uncomfortable performing a certain exercise. If you must endure substantial pain to perform a given exercise, then your body is likely telling you it simply isn't ready for that exercise. Don't force the body to do something just

to keep up with your teammates.

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

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



## 2015-16 GREEN ACRES ART CENTRE

**Program Registration Thurs. September 17**

**4:00 - 7:00 PM** (Located at the entrance to the Teulon park)

(204) 886-3192, [gaac@mymts.net](http://gaac@mymts.net), Box 545, Teulon, MB, R0C 3B0, [www.greenacresartcentre.org](http://www.greenacresartcentre.org)

**Intro to Theatre**  
With MTyp  
**SATURDAYS**  
Oct 17-May 7

**Creative Drama**  
(Grades 1-3)  
10:00 - 11:00am  
Make & act with masks, props, puppets & more  
**Junior Acting**  
(Grades 4-6)  
11:15 - 12:45  
Learn what acting is about and where to begin  
**Acting Intensive**  
(Grades 7-12)  
1:00 - 2:30  
Acting exercises, vocal training, improv, movement and scenework for all experience levels

**\$275.00**

Program sponsored by the After School Arts Enrichment Program



**Irish Dance**  
McConnell  
School of Dance



**SATURDAYS**  
Oct 3-May 7  
(28 Weeks)

**Ages 4 to 6**  
3:00 - 4:00PM  
**Ages 7 to 11**  
4:00 - 5:00PM  
**Ages 12 & up**  
5:00 - 6:00PM

**\$375.00**

**Highland Dance**  
With Miss Lesley



**MONDAYS**  
Nov 9-April 4  
(19 Weeks)

**New Beginner**  
\$209.00 ~ 5:30 - 6:15 pm  
**Returning Beginner**  
\$209.00 ~ 6:15 - 7:00 pm  
**Returning Intermediate**  
\$247.00 ~ 7:00 - 8:00 pm

**Private & Semi-Private**  
Lessons Available  
Contact GAAC for details

Thank you for your support Community Places Program; MB Tourism, Culture, Heritage, Sport & Consumer Protection; MB Children & Youth Opportunities; Interlake Community Foundation; RM of Rockwood; Town of Teulon

**Get Fit**  
With Patsy Duncan  
Starting Sept 8<sup>th</sup>  
\$6 drop-in fee

**MONDAYS**  
**Fun & Fitness**  
9:30 - 10:30 am  
**Sit and Fit**  
11:30 - 12:30pm

**TUESDAYS**  
**Instructor's Choice**  
4:00 - 5:00pm  
**THURSDAYS**  
**Fun & Fitness**  
9:30 - 10:30 am  
**FRIDAYS**  
**Lengthen & Strengthen**  
1:30 - 2:30pm

**Adult Art**  
With Graham Clarke



**WEDNESDAYS**  
Sept 16-Nov 25  
1:00 - 3:00  
Session 2: Jan - Mar  
Session 3: Apr - Jun

**\$130.00 per session**  
New student supply cost \$30  
Learn to use tempura paint, oil pastel, graphite (use of drawing pencils) & collaging.  
No experience necessary!

## Music Lessons

With Shane Taite

**SUNDAYS**

12 week sessions starting  
**Sept 27 - Dec 20**

\$20 per ½ hour lesson - Prepay monthly  
Scheduled between 1 & 5pm  
Guitar, Bass & Drum

For all ages, whether you're interested in rock, blues, country, pop, singer/songwriter or strumming around the campfire, there is a lesson plan for you!

**Regular Division:** 1 hour class ages 3 to 6-\$440; 1.5 hour class ages 7 to 14-\$540; 2 one hour classes \$705 (includes costume(s))  
**Competitive Division:** ½ hour weekly private lesson and 2 grp classes-\$1555, contact GAAC for program and audition details  
**Pre-Competitive Division:** ½ hour weekly private lesson & 1 hour grp class \$1350; 1.5 hour grp class \$1450; 2 one hour grp classes \$1615

GAAC programs may be changed or cancelled based on enrollment.

Payment plans available for GAAC programs.

All registrants require \$25 Individual or \$50 Family GAAC Membership (65+ no charge) valid Sept 2015 - Aug 2016.

Financial Assistance available through Canadian Tire Jumpstart Program. Apply at <http://jumpstart.canadiantire.ca/en/>

Join us at the GAAC Annual General Meeting, Sun, Nov 15, 6:30PM

Vendors wanted for GAAC Annual Craft Sale - Mall in the Hall - Sat, Nov 7, 10 - 3, Teulon Rockwood Centennial Centre, \$30.00/Table



Follow Green Acres Art Centre on Facebook or go to [www.greenacresartcentre.org](http://www.greenacresartcentre.org)

**Teulon**  
**Veselha**  
**Ukrainian Dance Club**

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

### Registration Dates:

**Sept 8/15 @ Sunova Curling Rink-Stonewall**

**Sept 17/15 @ Green Acres Art Centre-Teulon**

Ph 204-886-2983/204-461-3132 Tudc14@gmail.com



Learn to skate with the

**STONY MOUNTAIN SKATING CLUB**

Offering Skate Canada programs;

CanSkate, Parent & Tot, StarSkate and Junior Star  
Beginner to experienced

**REGISTRATION**

**at Stony Mountain Community Centre**

**September 8<sup>th</sup> and September 10<sup>th</sup>**

**5:00 pm - 8:00 pm**

**Also during Canskate Monday, October 5<sup>th</sup>**

**6:15 pm - 7:15 pm**





# Stonewall businesses provide movie props

D&D Cakes and Stonewall Florists offer items for film *A Dog's Purpose*

By Jennifer McFee

Lights, camera, action!

Two Stonewall businesses are making their mark on the Hollywood big screen.

If you look closely enough, you might be able to spot local items in *A Dog's Purpose*, a family-friendly flick that is being filmed in Virden, Brandon, Minnedosa and Winnipeg.

The movie, starring Dennis Quaid, centres around a dog's journey to find his life's purpose throughout several reincarnations. Most of the scenes are set in the 1960s and '70s, while others span the decades up to modern day.

Darlene Daigle of D&D Cakes was asked to provide three cakes

for a bakery scene set in the 1970s. In the past, she had baked some birthday cakes for actress Mary-Louise Parker when she was filming in the area. She had also provided cupcakes for the staff of a Beethoven movie when it was being filmed locally.

The cakes were memorable enough that the information trickled down to the creators of *A Dog's Purpose*.

"The set buyer came to visit me and talk to us about a month ago. I spoke with him a few times and he picked it up just a few days ago," Daigle said last week.

"They asked me to do a specific era. I like to do era cakes and vintage cakes. They're going to be used in a bakery scene that has to do with a wedding and I believe a birthday also."

Daigle, who co-owns D&D Cakes with daughter Diane, studied her tasty trade for several years and trained under expert Eveyln Fryatt.

Although it will be interesting to see the camera pan past her cakes in the film, Daigle finds most of her joy in the creative cake-making

"I LIKE TO DO ERA CAKES AND VINTAGE CAKES."

process.

"To be honest, I just really enjoy doing it. It's kind of neat to think that they will be in the movie, but that's about it," she said.

"I really enjoy what I do. I enjoy my work here. If you're happy with your work, that's a huge thing."

Daigle also informed the set buyer that he could find antique items for



TRIBUNE PHOTO SUBMITTED

Darlene Daigle of D&D Cakes was asked to create three '70s-era cakes for the film *A Dog's Purpose* starring Dennis Quaid.

the film at Stonewall Florists.

"It's just kind of a community thing," she said. "You recommend each other."

At Stonewall Florists, the buyer picked up some antique ladders and a

kitchen component to be used on the set.

Stonewall Florists has also provided props for the TV show *The Pinkertons*, a 19-century detective program filmed in Grosse Isle.

## International Fetal Alcohol Spectrum Disorder Awareness Day

Submitted

On Sept. 9 — the ninth day of the ninth month — people all over the world recognize International FASD Awareness Day as a reminder of the lifelong effects that drinking during pregnancy can have on a person. It's also a day to celebrate those who have FASD and to highlight the supports and services that are available to them and their families.

"There is no known level of alcohol that is considered safe for a developing fetus. Drinking alcohol while pregnant is a risk factor and can affect a child's development in a number of ways," said Sherisse Picklyk Dear, one of two FASD diagnostic co-ordinators working in Interlake-Eastern Regional Health Authority.

FASD diagnostic co-ordinators work in partnership with the Manitoba FASD Centre. They screen referrals of children and youth living in the region to ensure diagnostic criteria is met. Providing support and information

to families on the journey through assessment, FASD diagnostic co-ordinators can provide some followup and education post-assessment to the child or youth's circle of support. They also locally host an eight-week informational series on FASD called Building Circles of Support.

"Individuals with FASD have many strengths and gifts. The support and information that comes from an assessment goes a long way to helping kids reach their full potential," Picklyk Dear said.

Devon Ungurain, Interlake-Eastern RHA's other FASD diagnostic co-ordinator, said she is often asked how FASD can still occur when the link between alcohol consumption and FASD is widely known.

"There are lots of reasons why a woman might drink during pregnancy. The reasons are complicated and can be impacted by many factors. A woman can be four weeks or more into a pregnancy before she finds out

— she simply didn't know she was pregnant. Often women hear conflicting or inaccurate information on what lifelong effects alcohol may have on the fetus, or they struggle terribly with addictions. Recognizing that each woman's life experiences and pregnancies are different can help us understand how a child can be diagnosed with FASD," Ungurain said.

Since 2010, the FASD diagnostic co-ordinators have connected with over 350 caregivers seeking information, education and assessment for children and youth living in the Interlake.

Through the MB Key Worker program, Interlake-Eastern RHA offers in-home intensive support to caregivers with children or youth up to age 21 who have FASD or confirmed prenatal alcohol exposure. Key workers help families understand FASD by providing education, awareness and information specific to the needs of the child or youth. The MB Key Worker program is a three-year pilot based

out of Selkirk.

"The beauty of the program is that we carry small caseloads, allowing us to connect frequently with folks. There is nothing like this in Manitoba," said Shannon Foster, one of two key workers.

On Sept. 9 over the noon hour, come and meet the RHA's FASD team and some of the FASD coalition members. They will be handing out stress relievers in the shape of brains with the message "I learn differently" on them at the following locations:

- Selkirk: Interlake-Eastern RHA Corporate Office, 233A Main St.
- Pine Falls: Wings of Power Resource Centre
- Lac du Bonnet: Mrs. Lucci's Resource Centre
- Beausejour: Early Learning and Child Care Program (Provincial Building)
- Beausejour: Health Education and Wellness Primary Health Care Centre, 31-1st St. South



# Interlake volunteers needed to help new babies

By Jennifer McFee

Every baby deserves an equal start. That's the driving force behind You Can't Spoil A Baby, a 100 per cent volunteer-driven project based out of Winnipeg.

And now opportunities abound for rural volunteers as the project continues to expand outside city limits.

Project founder Pamela Delisle launched the initiative in 2011 to provide gently used baby items to families in need. Each gift package includes a full set of clothes from newborn to 18 months, along with at least three additional baby items.

With the help of a new crew of donation co-ordinators, Delisle and her volunteer team have been able to deliver more than 425 baby gifts to date. However, there is always more work to be done, since the waitlist often exceeds 100 names.

That's one of the reasons she's looking to grow the project in rural communities.

"I first learned about the inequality rural parents experience when I was a hospital social worker. My rural clients didn't have access to prenatal care in their own communities and therefore had to either drive or fly in to Winnipeg to receive care during their pregnancy," Delisle said.

"They shared with me that some of their communities didn't have clean drinking water, basic medical care, affordable food — let alone healthy choices."

Clients from these rural communities often found themselves with no parenting support groups, no help with learning to breastfeed and no affordable baby supplies.

"When I made the decision to stay home to raise my kids, I promised I

would not forget these rural parents. So four years into our project, we are in the position to broaden our reach and find volunteers in major rural Manitoba cities," Delisle said.

"These donation co-ordinator volunteers are experts in their communities and know best how to find donations and connect them to people in need. The position is low pressure and can suit almost anyone with a passion for helping families."

So far, donation co-ordinators have jumped on board in Winnipeg as well as in Selkirk, Shilo, Mitchell, St. Georges, La Salle and Whitemouth. Delisle would be pleased to welcome more helpers from the Interlake and beyond.

Donation co-ordinators must be willing to provide a drop-off location for donated items whether it's at their home or business — or even just in a covered bin in their yard.

When they receive a donation, they need to make sure it's clean and safe. After they have collected enough items for a complete gift package, they contact Delisle to let her know.

After that, Delisle provides information about a family in need. The donation co-ordinator contacts the family and confirms the address for delivery of the gift. The donation co-ordinator delivers the package and then provides an update to Delisle.

"We're trying to customize the position to what people have the interest and energy for. They can either take on a full leadership role with the position or they could just sit back and wait until enough donations come in for one complete gift. Then they get in touch with me and we make that match," Delisle said.

"Once we're more established in the



PHOTO CREDIT: ALICIA THWAITES

Gift recipient Angie Choboter and her son Samuel are all smiles alongside donation co-ordinator Lisa Morantz, who prepared and delivered their gift.

rural areas, the longer-term goal is to have enough people donating in Teulon, for example, and enough people asking for help in Teulon that the gifts can stay in the community. People would feel really good to know that they're helping somebody close by."

Currently, most people on the waitlist are from Winnipeg since that's where the group has been focusing its energy for the past four years.

"If there are people who are making donations in small towns who do not want their rural items going into the city, we can accommodate that too," Delisle added. "They just might have to be patient while we're finding somebody."

If donation co-ordinators are matched with a family in Winnipeg, they might opt to deliver the gift when

they drive to the city for work or for other errands.

"We don't have any unrealistic expectations of people. We realize that our volunteers are using their own resources like gas, so we try to accommodate what people are excited to do," Delisle said. "Everyone has a different skill set and everyone can get involved."

In addition to donation co-ordinators, opportunities also exist for delivery co-ordinators, artistic volunteers and create-your-own-position contributors.

Anyone who is interested in becoming a volunteer can fill out a form on the You Can't Spoil A Baby website at [www.youcantspoilababy.org](http://www.youcantspoilababy.org) or email Delisle at [pamela@youcantspoilababy.org](mailto:pamela@youcantspoilababy.org).



## Stonewall house fire

TRIBUNE PHOTO BY NATASHA TERSIGNI

The Stonewall-Rockwood Fire Department responded to a house fire at 407 2nd St. West in Stonewall at 10:45 p.m. on Aug. 26. The fire caused significant damage to a exterior and interior of the home, along with damage to the neighbouring home's porch. The cost of damages has not yet been estimated and the cause has been deemed accidental.



## High school rodeo rides into Selkirk Park this weekend



TRIBUNE PHOTO BY LINDSEY ENNS

A competitor holds on tight during bull riding at the Manitoba High School Rodeo Association Finals in Selkirk Park on June 5. The Manitoba High School Rodeo is taking place this Saturday and Sunday at Selkirk Park.

### Staff

More than 100 competitors from across Manitoba, Saskatchewan, Ontario and North Dakota will be in Selkirk Park this weekend for the Manitoba High School Rodeo.

Hosting by the St. Andrews-St. Clements Agricultural Society, the two-day event kicks off Sunday, Sept. 6 and includes breakaway roping, team roping, tie down, barrel racing, bull riding, steer wrestling, pole bending and ribbon roping competitions, just to name a few. Events begin at 11 a.m.

on Sunday and 10 a.m. on Monday.

"It's just a family event," Manitoba High School Rodeo Association (MH-SRA) entry secretary Marcy Helmeczi said, adding they are always looking for more contestants. "It's basically a good way to meet other families and pretty much camp with your horse."

Helmeczi added riders will be competing in two age divisions, one for grades six to eight and another for grades nine to 12. Competitors will be riding for points and have a shot at winning a range of scholarships.

## Singer Steve Bell to make tour stop in Selkirk Sept. 19



TRIBUNE PHOTO SUBMITTED

Winnipeg singer, songwriter and storyteller Steve Bell is hitting the road with some new material and is bringing his fall tour to Selkirk on Sept. 19 for a show at Christ Church Anglican.

### Staff

To help mark his 25th anniversary as a solo artist, Winnipeg singer, songwriter and storyteller Steve Bell is hitting the road with some new material.

Bell recently released a multi-disc project entitled *Pilgrimage*, and this fall he will be touring his new material joined by Alana Levandoski.

"The project started out as a single album of new material," Bell said in a release. "We then thought that because it coincided with my 25th anniversary, it would be fun to expand

the project to be a bit of a celebration.

"It was a happy accident that the title *Pilgrimage* so suited the larger vision of the project."

Bell's fall tour includes a stop in Selkirk on Sept. 19 at Christ Church Anglican located at 227 McLean Ave. The show starts at 7:30 p.m. and tickets are being made available at Roxi's Uptown Café.

For more information, visit [stevebell.com](http://stevebell.com).

# worship *with us*

## Rights for the unborn

> FAITH

A few weeks ago when I was on holidays, my family and I went to the Human Rights museum in Winnipeg. I was quite impressed with the building and layout of human rights displays. But there were incredible stories of atrocities against humanity, and my heart went out to those who suffered unjustly from fellow human beings — six million Jews killed in the Holocaust; 800,000 people murdered in the Rwandan genocide. In Canada and throughout the world, countless lives have

been abused, infringed upon and destroyed because legislation did not protect their rights.

As I came to end of the tour — seven floors later — I couldn't help but think there was one group of people whose rights were noticeably missing — the unborn child. Each year, 42 million babies are killed globally — 100,000 being in Canada. These numbers become staggering when you add just a few years together. The Holocaust and Rwandan genocide, as atrocious as they were, pale

in comparison. Does not the cry of the unborn child reach the ears of God? He who says "before I formed you in the womb I knew you, before you were born I set you apart" (Jeremiah 1:5, NIV). The God-ordained purpose for so many million lives is being extinguished. God may have had a solution to so many of the world's problems (cancer, AIDS, etc.) but we have snuffed them out.

This may be a controversial subject, but why? Can we as civilized people not find a way to protect the rights for the unborn? Are we not essentially committing genocide toward those who cannot fight for themselves? As I ended the tour, I came across the words of Martin Luther

King Jr., who said, "We will have to repent in this generation not merely for the hateful words and actions of the bad people but for the appalling silence of the good people." This is why I write on this subject. Now is the time to speak up; now is the time to seek legislation that will protect the rights for the unborn.

John Harrison  
Executive Pastor  
New Life Church, Stonewall  
<http://johnharrison1.blogspot.com>





# South Interlake Seniors Resource

## 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)

## BUDDY SYSTEM



If you were in trouble in your home or suite and couldn't call for help how long would it take before someone checked up on you?

Seniors living alone that do not have daily homecare may be at risk. If you are in this situation do you have daily contact with someone?

A Buddy system is having daily contact with someone. This can be a family member, a friend or a neighbor. If your buddy can not reach you they should be able to confirm that you are all right. Your Buddy should have a contact name & number of someone that has the availability to verify that you are safe if they are unable to do so.

**Who will your Buddy be?**

## ACTIVE AGING WEEK 2015



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

This year's theme is "Live Your Adventure" your way.

What new activity will you try?

**September 27th – October 3rd**

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)

## "POTLUCK PLEASURE AND FELLOWSHIP"

BRING A DISH, COFFEE AND TEA PROVIDED

Tuesday, September 15th, 2015 @ 5:00

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

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

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

## What's new at 55 Plus September Calendar of Events!

**SOUTH INTERLAKE 55 PLUS, 5 KEITH COSENS DRIVE**

**Clip & Save**

Sept 7	Labour Day – Office Closed	Sept 22	Steppin' Out Orientation @ 10:00
Sept 10	Shopping Trip – Garden City	Sept 26	Made In Manitoba Show and Sale 11:30-5:00
Sept 11	Movie-The Longest Ride @ 1:00	Sept 28	Cribbage tournament @ 1:00
Sept 14	Active Wellness Startup	Sept 29	Steppin Out Orientation 10:00
Sept 15	Luncheon – Changed Date – 12 Noon	Sept 29	Red Cross Presentation: Disaster Preparedness @ 1:00
Sept 16	One Stroke Painting @ 12:00	Sept 30	One Stoke Painting @ 12:00
Sept 17	Casino Trip – McPhillips St Station	Oct 2	Alzheimer's Coffee Break and Bake Sale @ 1:00 pm
Sept 18	Harmony Jam @ 1:30		

**Fundraising  
Event for  
55 Plus**

**Made in Manitoba Show and Sale**



**SATURDAY, SEPTEMBER 26TH  
11:30AM-5:00PM**



**Featuring:**

- Go Natural Goat Milk Products
- Raku Pottery
- Glass Art
- Custom Engraving
- Jewelry
- Wood Work
- Photography



*Come in and see beautiful, hand crafted, made in Manitoba items at the 55 Plus fundraiser. Local artisans showcase their made goods for your perusal and purchase.*



## ACTIVE WELLNESS CLUB

**FALL SESSION SEPT 14 - OCT 23**

**6 Week Session (No classes Oct 12th & Oct 21st)**



## STEPPIN' OUT



**Tuesdays @ 10:00am**



**55 Plus Centre**

**Orientation Sept 22 & Sept 29**

- Leaders for the first two sessions
- Learn the different walking paths, maps provided
- Become familiar with the exercise equipment in Archie Gray Park
- Healthy snack will be provided for after the walk
- More info and discussions for the future of the program will be occurring



**BE RED CROSS READY:  
DISASTER PREPAREDNESS**



This presentation will focus on the necessities and details should you face an emergency or disaster situation.

**TUESDAY, Sept 29th, 2015**

**1:00 PM**

Lions Community Centre 5 Keith Cosens Drive  
Stonewall, Manitoba

## SEPTEMBER LUNCHEON

**SEPTEMBER 15TH 12:00 NOON**



**MENU:  
Ham with  
Salads  
Dessert  
\$8.00**



**EVERYONE WELCOME!**

**No tickets or reservations required!**



## BUS TRIPS:

**SHOPPING TRIP- GARDEN CITY**

**9:15-SEPT 10TH**

**CASINO TRIP -**

**MCPHILLIPS STREET**

**10:00-SEPT 17TH**

**CALL FOR DETAILS!**

**CALL THE 55 PLUS TO REGISTER:**

**204-467-2582**

## ALZHEIMER'S COFFEE BREAK AND BAKE SALE

**Friday, October 2nd**

Lions Community Centre

5 Keith Cosens Drive, Stonewall, MB

Presentation:

@ 1:00

Coffee and Baking:

@ 2:00-3:30

Sponsored by South Interlake 55 Plus in  
support of the Alzheimer Society



**THURSDAY EVENINGS 7:00PM**

**@ STONEWALL CURLING CLUB**

**SEPT 17TH: MOVE TO CENTENNIAL SCHOOL**

**EQUIPMENT AVAILABLE FOR USE**

**PADDLES FOR SALE**

This is an "Age-Friendly" activity and will be hands-on. No previous experience necessary.

Members: \$3 Non-Members: \$5 Drop-ins: \$7

For more info contact the 55-Plus office at 204-467-2582

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



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Mustangs buck Thunder in Midget football action

By Brian Bowman

The Interlake Thunder played three good quarters but had one bad one against the St. Vital Mustangs in Midget Football League of Manitoba action last Saturday in Stonewall.

But that one poorly played first quarter cost them big time.

Interlake spotted the Mustangs an early 20-0 lead as St. Vital cruised to a 38-14 victory.

"It was quite a competitive game," said Thunder head coach Kris Johnston. "In fact, I don't think the score reflects how close the game was. They got on us early and we came out of the gates slow."

St. Vital capitalized on a couple of Interlake turnovers and miscues on special teams to jump out to the quick 20-point lead courtesy of three touchdowns (an extra point was blocked).

"We got down fast and it was a culmination of us coming out slow and them coming out fast," Johnston said. "We got down and battled back through adversity with a couple of guys going down with injuries. But I was impressed with how our guys rallied, they didn't give up, and they didn't give in."

The Thunder got on the board when quarterback Declan Kubel found receiver Alex France in the end zone for a touchdown. France had a nice game, finishing with six catches for 64 yards.

"Alex played fantastic," Johnston praised. "He was a huge part of that drive."

The Thunder started to gain momentum in the game and then Kubel had a short TD run to close the deficit to 23-14. But that would be as close as the Thunder would get, however, as the Mustangs scored a pair of touchdowns.

Despite that one-yard plunge by Kubel, Interlake's running game was shut down most of the game by St. Vital. Dominic Suniga led the Interlake with 29 yards on 10 carries while David Aisicovich gained 24 yards on nine rushing attempts.

"The run game was a little slow to get started," Johnston admitted. "We did get it going on a couple of drives and it was complimenting the passing game quite nicely. But injuries to the linemen really hurt us. We had three linemen between the first and third quarter go down with injuries."



TRIBUNE PHOTO BY LANA MEIER

The Thunder's Kyle Reynold runs with the ball after intercepting it from the Mustangs during Interlake's home-loss Saturday.

In the air, Kubel finished the game 16-for-30 for 197 yards. Seven of those passes were caught by Kurtis Janzen, who finished with a team-high seven receptions for 107 yards. Janzen currently leads the league in receiving yards (229) and touchdowns (three).

Defensively, the Thunder had four interceptions, one each by Carter Safiniuk, Kyle Reynolds, Matt Thoresby, and Thomas Dunlop.

Josh Schellekens had a fumble recovery.

Up next for the Thunder (1-2) is a game this Satur-

day against the Greendell Falcons (0-2) at the University of Manitoba (12:30 p.m.).

The last-place Falcons have scored just 27 points while giving up a league-high 96. This game certainly is a winnable one for the Thunder.

"Greendell is a fast, athletic team and they have a tailback (Demi Adeleye-Olusae) that is multi-dimensional athlete that is a good pass catcher," Johnston noted. "He's a very well-rounded football player, a dangerous, football player that is fast."



### Sept. 12, 2015 at The Selkirk Rec Field

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11:30	PEEWEE
2:00 P.M.	ATOM
4:30 P.M.	CRUNCHER

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Blue Jays pull off late-game heroics again in postseason

By Brian Bowman

The one thing that can be said about the Stonewall Blue Jays in the playoffs this season is that this club simply does not quit.

And they have a penchant for the dramatics.

Trailing 5-1 to the Elmwood Giants in the bottom of the sixth inning Monday evening at Fines Field, Stonewall's offence finally awoke as the Blue Jays scored three runs in that inning and then added a pair in the seventh for a dramatic 6-5 walk-off win.

"It just seems like the boys don't quit," said Blue Jays' player/coach Adam Kirk. "Even though it was 5-1 in the fourth, fifth inning, it looked pretty grim, but we had a hit, a walk, a hit, and then it was 5-3."

"The boys never say die. It's not something that we're overly excited (to do) but it's nice that it's there, that's for sure."

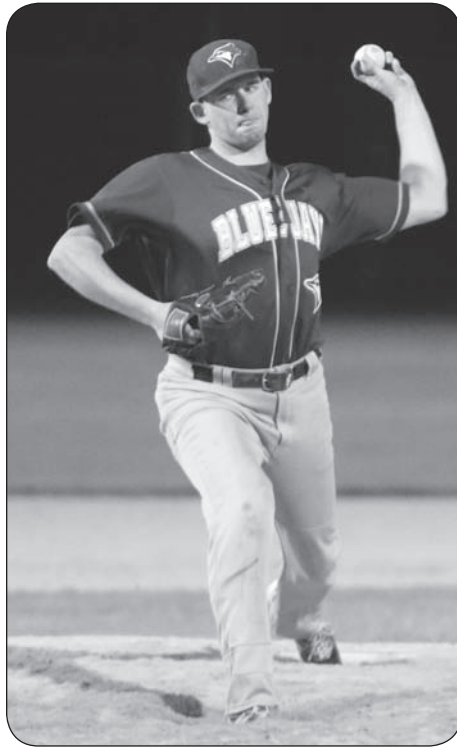
Scott Harris led off the inning with a double and then Josh Drews smacked another double, scoring Harris. Drews was advanced to third and then Kirk got an intentional walk before Rory Tycoles delivered the game-winning hit to score Drews.

Drews earned the complete-game victory.

Game 4 of the best-of-seven Winnipeg Senior Baseball League championship series was played Tuesday evening but no score was available at press time.

Game 5 will be played tonight (7:30 p.m.) at Fines Field in Stonewall. The series, which the Blue Jays led 2-1 heading into Tuesday's game, expects to go down to the wire and Stonewall may benefit from having an extra home game in the series.

"I keep telling the boys win at home," Kirk said, noting he wanted to thank the fans for coming out to Fines Field to watch their games. "Just make sure we win at home and when



Josh Drews earned the win on the mound.

we go on the road, if we can steal one, then we're in better shape. Ideally, we would like to wrap up this series this week."

Stonewall won Game 1 of the series 9-7 at home on Aug. 26 but Elmwood came right back with an 8-1 victory at Koskie Field the following evening.

"They're a good hitting team," Kirk said of the Giants. "Our pitching, honestly, could be a little bit better. It hasn't been terrible but it could be a bit better. We're just not locating as good as we were in the last couple of games against St. B."

"But the defence has been good and the pitching has held us in, which we need it to do."

If necessary, Game 6 of the series will be played this Tuesday at Koskie Field while a Game 7 would return to Fines Field on Sept. 9.

All games start at 7:30 p.m.



TRIBUNE PHOTOS BY LANA MEIER

Jays' second baseman Tyler Paul gets the out on second during the seventh.



The Blue Jays celebrate their come from behind dramatic 6-5 walk-off win at Fines Field last Monday.

## Stonewall Jets start MMJHL training camp

By Brian Bowman

The sound of pucks hitting the boards and skates carving up the ice were heard at Veterans Memorial Arena earlier this week as the Stonewall Jets started their training camp for the upcoming season.

The Jets held their registration and

first tryout practice this past Tuesday and then were on the ice again last night. The Jets will have another tryout practice tonight and Sept. 8 before Stonewall begins its preseason schedule with a home game against the Charleswood Hawks on Sept. 9.

Stonewall will then host the Ft. Gar-

ry/Ft. Rouge Twins on Sept. 11 and the St. Vital Victorias on Sept. 12 before visiting the Transcona Railer Express on Sept. 13.

The Jets will wrap up their preseason schedule with a home game against the Pembina Valley Twisters on Sept. 16.

The Manitoba Major Junior Hockey League begins its regular season on Sept. 19 when Pembina Valley plays at the defending-league champion St. Boniface Riels.

Stonewall plays its season opener the next afternoon (2 p.m.) at Transcona. The Jets home opener is Sept. 25 when the Raiders Jr. Hockey Club comes to town.



# Humeniuk invited to Tournament 12 baseball event

By Brian Bowman

When most people are asked how their summer was, they usually answer in a positive way.

But, in the case of Ryan Humeniuk, he had a simply outstanding summer – especially on the baseball diamond.

"This was a perfect summer for me," said Humeniuk last Friday afternoon. "I performed (well) where I wanted to perform and I was selected to the teams that I wanted to be selected.

"I've been given all of the opportunities and now all that's left is go out there and work hard and showcase that I deserve to be there."

Humeniuk's summer got even better recently when he found out that he was selected to participate in the Tournament 12 showcase in Toronto later this month.

"This is honestly really cool," said Humeniuk, a Stonewall native and member of Team Manitoba. "It's one of the teams in the beginning of the year that I had my eyes set on to try to make. Going to the Canada Cup and events like that, I really wanted to perform, not just for the province of Manitoba to try to win, but also to get noticed for the Tournament 12."

Humeniuk certainly did get noticed

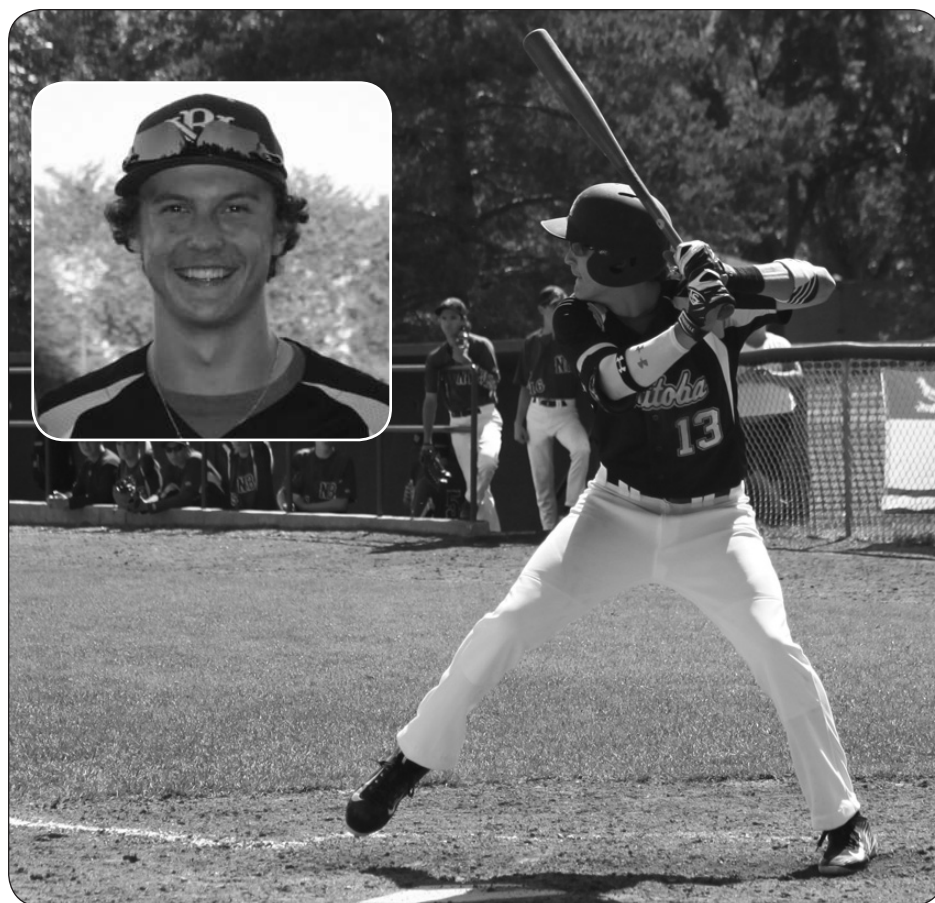
this summer. And he hopes to get noticed once again by a bevy of college and pro scouts that will be searching for young talent in Toronto.

The Blue Jays Baseball Academy, in collaboration with Hall of Famer Roberto Alomar, will host the third-annual Tournament 12 showcase baseball tournament at Rogers Centre from Sept. 14-18.

The Tournament 12 highlights the best Canadian amateur players with college eligibility. Eight teams represent the Canadian provinces with Humeniuk on the Prairies squad. He is one of six players invited from Manitoba.

"There is a scout day where you work out and show off your skills," Humeniuk, who will be an outfielder at the Tournament 12, explained. "There will be tons of scouts – it's going to be awesome – and you'll also get to showcase your skills in game situations."

All players were selected by the Blue Jays Baseball Academy, with the assistance of the Blue Jays' scouting department, Baseball Canada, and the Major League Baseball Scouting Bureau.



TRIBUNE PHOTO SUBMITTED

Stonewall's Ryan Humeniuk was recently selected to participate in the Tournament 12 showcase in Toronto later this month.

## Stonewall U14 boys place second at tourney



TRIBUNE PHOTO COURTESY OF SUZANNE CIULLA

Pictured, left to right, back row: Garry Vandenbossche (coach), Nic Vandenbossche, Billy Lyner, Lukas Funk, Danté Lourenco, Aiden Erickson, Chris Wiebe, Gio Ciulla, Alex Renner, Santo Ciulla (coach); front row: Tanner Tavares, Logan Bakos, Todd Holmes, Michael Lychak, Dawson Samms, Matthew Lychak and Asa France.

By Brian Bowman

The Stonewall U14 boys' soccer team finished second at the East St Paul Prairie Classic tournament after losing 1-0 to Valley Gardens in the gold-medal game last Sunday.

Valley Gardens scored the game-winning goal after capitalizing on a penalty kick late in the contest.

Stonewall earned a spot in the gold-medal match after defeating Borderland (2-0) and Kenora (1-0) on Saturday.

Earlier in the tournament, Stonewall played to a

scoreless draw against Valley Gardens.

Stonewall had defeated Valley Gardens earlier in the season, in the WYSA's Players' Tournament, and looks forward to another potential rematch in the Cambrian Cup "A" Side Championship final.

Stonewall started their playoffs Wednesday at the Lorette Sports Centre but no score was available at press time. Stonewall will then play West Kildonan at Victory School in Winnipeg on Sept. 9 and their final home game of the season is Sept. 16 at VMSC.

Both games start at 6 p.m.

## Stonewall makes huge Impact on Aeros

By Brian Bowman

In soccer, scoring goals is often a difficult task.

But the Stonewall Impact FC made it look real easy last Sunday at home, blasting the Portage Aeros 10-1 in Manitoba Major Soccer League action.

Dylan Andrade had a fantastic game, scoring five of those goals while Lucas Van Den Bosch, Matthew Benga, Kahlil-Diaz Hammond, Jason Ferris and Keaton MacLeod added singles.

Andrade is among the league leaders in goal scoring with 15 through 16 games.

Ken Buhr scored Portage's lone goal.

With the lopsided win, Stonewall is now 12-2-2 and in second place in the MMSL's 3rd Division.

Impact FC will wrap up its regular season with a home game against Rovers FC on Sept. 13. Game time is 4 p.m.

In 5th Division action, Stonewall United FC was edged 2-1 by Mutiny FC on Aug. 25.

Chris Thompson scored Stonewall's goal while Tyler Arnason netted a pair for the winners.

The loss snapped a four-game win streak for Stonewall, which is now 10-5-2 on the season. That leaves them in third place, behind only United Nova FC (14-3-0) and CCS Sweat Shack (14-3-0).

Stonewall will conclude its regular season this Tuesday against Rangers FC at Shaughnessy Park in north Winnipeg. Game time is 9:30 p.m.

Playoffs begin later this month.



# Lowdon wins CAF Golf National Championship

By Brian Bowman

After finishing as a runner-up three times at the CAF Golf National Championship, Cameron Lowdon accomplished something he hadn't done before.

He won it.

Lowdon finished with a three-round total 226 for a comfortable five-stroke victory at the Shilo Golf & Country Club last month. Lowdon fired rounds of 74, 82 and 70.

"It was tight," said Lowdon, who lives in Stonewall. "There was nine of us within three strokes going into the last round. The course was setup up really tight the first two days. The greens were just tough."

Lowdon trailed by a stroke going into the final round and then had a tough start on Day 3, making bogey on the first three holes.

But he suddenly caught fire, nailing birdies on eight of the final 15 holes.

"Once I realized I was in it, I kind of just wanted to stay out of my own way," Lowdon said. "I hit some shots to about two inches (from the hole). I

didn't even have to worry about some of the putts and that was great.

"I did that on back-to-back holes and then I made a 30-foot putt on 16. At that point, I was just trying to stay out of my own way."

Lowdon, 48, did a great job during his final round after shooting a rare 82 on the second day.

"The course was setup tough and I just got a little disjointed," Lowdon admitted. "I was a little disappointed with myself after that but I was able to put it behind me, thank goodness, and once I got the first three holes out of the way, things started coming together."

With the national title, Lowdon will now be going to the World Military Championships in South Korea in October. An estimated 7,000 athletes — and 200 Canadians — will be participating at those championships.

"We're really looking forward to this one," Lowdon said. "We're participating in the World Military Games, which is the whole thing. We're not going to be the only sport there."



TRIBUNE PHOTO BY SGT. BRENDA WOODS  
Stonewall's Cameron Lowdon (far right) will be heading to South Korea to compete in the World Military Championships in October after winning the CAF Golf National Championship last month.

## Tournament champs



TRIBUNE PHOTO BY SUZANNE CIULLA

The "Messi Dribblers" defeated SJR Eagles 5-3 to claim the U14 Boys trophy at WYSA's 1st Annual 3v3 Tournament held Aug. 29 at Assiniboine Park. The Dribblers were undefeated throughout the tournament, outscoring their opponents 28-4. Pictured, left to right, Santo Ciulla (coach), Asa France, Aiden Erickson, Chris Wiebe, Gio Ciulla, Danté Lourenco, Nic Vandenbossche and Garry Vandenbossche (coach).

## Ledochowski on her game



TRIBUNE PHOTO SUBMITTED

Jacey Ledochowski of Teulon was selected as Manitoba's MVP in Game 1 at the Western Girls' PeeWee (14U) Baseball Championship in Yorkton, Sask., last month. Ledochowski was strong offensively and excelled as an outfielder and pitcher during the tournament.

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## AUCTIONS

Donogh Antiques Total Liquidation Auction Sale, Brandon, MB., Saturday, September 19, 9:30 a.m. Building sold everything sells. Website: [www.mrankinauctions.com](http://www.mrankinauctions.com). Phone 204-727-1088, 204-729-1212.

## AUCTIONS

Meyers Auction 1 p.m. Sept 26, Erickson MB. 7450 sf vacant store front building with living quarters, 3 bedrooms, 2 baths. 204-476-6262 [www.meyersauctions.com](http://www.meyersauctions.com)

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## THE RURAL MUNICIPALITY OF ROCKWOOD

### PUBLIC NOTICE

#### BOARD OF REVISION 2016 GENERAL ASSESSMENT, BUSINESS ASSESSMENT AND PERSONAL PROPERTY ASSESSMENT

PUBLIC NOTICE is hereby given that the 2016 General Assessment, Business Assessment and Personal Property Assessment Rolls to be revised was deposited in my office on May 29, 2015 and is open to Public Inspection.

THE BOARD OF REVISION will sit to hear complaints of the various assessments on **WEDNESDAY, OCTOBER 14, 2015** at the hour of **3:00 p.m.** in the Council Chambers of the Rural Municipality of Rockwood at 285 Main Street, Stonewall, Manitoba.

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

#### APPLICATION FOR REVISION:

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

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

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

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

#### APPLICATION REQUIREMENTS:

Section 43(1) An application for revision must:

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

**AT LEAST FIFTEEN (15) DAYS BEFORE THE SCHEDULED SITTING DATE OF THE BOARD AS INDICATED IN THE PUBLIC NOTICE; DEADLINE FOR APPEALS IS 4:30 P.M., LOCAL STONEWALL TIME, MONDAY, SEPTEMBER 28, 2015 - 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: 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.

Lori Glucki, Secretary  
Board of Revision  
The Rural Municipality of Rockwood  
Box 902  
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Stonewall, Manitoba R0C 2Z0

DATED this 12th day of June, 2015.

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*Tenders will be accepted until*

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# get inspired

> MEAL IDEAS

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## Hearty Fish Soup with Spinach

### Ingredients

1 tbsp (15 mL) vegetable oil  
1/2 tsp (2 mL) turmeric  
1 small leek, white part only, minced  
1 small fennel bulb, diced, with leaves set aside  
1 garlic clove, chopped  
2 tbsp (25 mL) flour  
1 cup (250 mL) low-sodium vegetable broth  
4 cups (1 L) 1% milk  
1 lb (500 g) white fish, skinned and cubed  
10 oz (227 g) bag of fresh spinach, stems removed, and coarsely chopped  
Pepper to taste

### Directions

In a saucepan, heat oil over medium heat. Add turmeric, leek, fennel bulb, garlic and cook for 8 minutes without letting mixture brown.



Add flour and cook 1 minute, stirring. Add broth and milk and bring to a boil. Season fish and add to soup. Simmer partially covered for 10 minutes at medium low. Add spinach and fennel leaves. Adjust seasoning and continue cooking another minute. Serve nice and hot.  
Prep time: 35 min | Cook time: 25 min  
Makes: 4 servings

www.heartandstroke.mb.ca

## Best of Summer Avocado Veggie Sandwich

### Ingredients

1/2 avocado, very ripe, peeled  
1 tablespoon fresh lemon juice  
1/8 teaspoon salt  
4 slices Roman Meal bread  
2 tablespoons red wine vinegar  
2 lettuce leaves  
4 slices tomato  
8 slices cucumber  
12 slices sweet bell pepper

### Preparation

Combine avocado, lemon juice and salt in small bowl. Spread mixture evenly over 2 slices of bread.



Place tomatoes, cucumber and peppers on covered surface. Drizzle with vinegar. Layer lettuce, tomato, cucumbers and peppers evenly between slices of bread, creating 2 sandwiches.  
Preparation Time: 10 Minutes  
Ready in Time: 10 Minutes  
Servings: 2

## Crunchy Pecan Shortbread Bars



### Ingredients

1-1/4 cups flour  
1/4 cup granulated sugar  
1/2 cup (1 stick) butter or margarine  
1 egg, slightly beaten  
1/3 cup maple-flavored syrup  
1/4 cup firmly packed brown sugar  
1 tablespoon butter or margarine, melted  
1 teaspoon vanilla  
1-1/2 cups Post Selects Maple Pecan Crunch Cereal

### Preparation

MIX flour and granulated sugar in medium bowl. Cut in 1/2 cup butter until mixture resembles coarse crumbs. Press crumb mixture firmly on bottom of greased 9-inch square baking pan. Bake at 375°F for 20 minutes or until very lightly browned.  
MIX egg, syrup, brown sugar, 1 tablespoon melted butter and vanilla until well blended. Stir in cereal until well coated. Spread evenly over warm crust.  
BAKE an additional 20 to 25 minutes or

until topping is firm around edges and slightly soft in center. Cool completely on wire rack. Cut into 24 bars. Sprinkle with powdered sugar or drizzle with melted semi-sweet baking chocolate, if desired.

Preparation Time: 10 minutes  
Bake Time: 45 minutes  
Makes 24 bars, 1 bar per serving.

Source: Post Selects Cereals®  
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## Conflicts are Counter-Productive

By Gwen Randall-Young

I have believed for a long time that most extended conflicts are counter-productive. Conflict may be useful in the beginning, because it points out to us that someone is unhappy with the way things are. That should be the signal to get into problem solving with a win-win orientation. However, that is not generally the way it works.

Most people are uncomfortable with conflict, and tend to get into emotional or defensive reactions. This extends the conflict, and often expands it to include other arenas of life, not just the current situation. So, "You forgot to take out the trash this morning," becomes "You never help around the house," and if the conflict continues this in turn can become "I don't know why I married you, I'm sure I could do better!" So what do we do if we do not agree with a charge that has been leveled at us?

Debating the point, unless all parties are incredibly patient and polite, usually creates a lot of anger and frustration. We know there are two sides to every story, and both parties are certain that their version is the most correct. How then, do we get to peaceful resolution when we can't even agree on the "facts."

Well, there is a way to bypass the conflict, which allows all to remain in their highest selves and also focuses on solutions. It goes like this. If your partner tells you, for example, that you are watching too much T.V., and you really don't think you are, instead of arguing the point, you ask yourself, "If this were true, what would the solution be?" Well, it might be to watch less T.V., or it might be to watch less when your partner is around. Your partner may really be telling you

that he/she wants more of your attention.

Often we cannot decipher the hidden meanings, or they may even be out of the awareness of the one making the comment. If your child says, "You never play with me!", and you choke because if you played one more Sesame Street game you'll go crazy, instead of telling the child that he/she is suffering from delusions, you ask yourself, "If this were true, what would the solution be?" Now, it might be playing more with the little one, or it might be finding out what specifically you have been judged as not playing enough of. Perhaps the message is "You don't ever play outside with me." Another solution might be as simple as planning to play at times in the beginning of the day, so the child knows exactly when you will be available.

When an adolescent says, "You just don't understand me!", instead of saying "That's because you're so strange.", you can say to yourself, "If that were true, what would the solution be?" The solution in this case might be to ask "what is it exactly, that you think I'm not understanding." You might also decide to sit down and listen to your teen, with only one agenda: to understand their point of view. Often we are so busy formulating our responses or preparing our objections that we truly have not understood their feelings on an issue.

So there you have it. An effective way to move into problem solving before the conflict gets out of hand.

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)

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

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## UPCOMING EVENTS

Separated - Widowed - Divorced. Beginning Experience (BE) is a non-profit, peer support grief resolution program helping single-again persons deal with the natural grief process and offers an opportunity for turning pain from loss into an experience of positive growth. We offer a program of 10 weekly sessions, 3 times per year. Next 10 week program starts Sept. 9th, 2015. We also offer a week-end retreat, 2 times per year. Next weekend retreat to be held Oct 30th - Nov. 1st, 2015. For more information - please call 204-275-3090 or visit [www.beginningexperience-winnipeg.ca](http://www.beginningexperience-winnipeg.ca)

## HEALTH

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## POTATOES FOR SALE

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## ANNOUNCEMENTS

### IN MEMORIAM



### In Loving Memory Matthew MacIntyre

December 18, 1984 - September 6, 2012

"The sun is most radiant and most beautiful when it is setting. And though it disappears from view, it never dies..."Awakening From Grief.

Three years have gone by without you, Days have turned into years; They hold a thousand memories, And a thousand silent tears. Like the sun you faded from our view, But you are held close in our hearts forever and always With the love we have for you. Matthew, we miss your smiles, laughter and all your gentle ways, Wishing with all our hearts you were here today. Matthew you are loved dearly and so sadly missed.

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

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## ANNOUNCEMENTS

### IN MEMORIAM



### In loving memory of Harry Bejzyk who passed away September 7, 2014

Love Leaves A Memory  
Those we love don't go away,  
They walk beside us every day;  
Unseen, unheard, but always near,  
Still loved, still missed and very dear.  
For death leaves a heartache,  
No one can heal;  
And love leaves a memory,  
No one can steal.

-Lovingly remembered by his  
children, grandchildren, companion, sister,  
brother, in-laws, nieces and nephews

## ANNOUNCEMENTS

### IN MEMORIAM



### Arnold Jansen

A heart of gold stopped beating,  
Hardworking hands went to rest;  
God took you home to prove to us,  
He only takes the best.  
We will always remember the way you looked,  
The way you walked and smiled;  
All the things you did for us,  
Will be with us all the while.  
Life is but a stopping place,  
A pause in what's to be;  
A resting place along the road,  
To sweet eternity.

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# Announcements

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## ANNOUNCEMENTS

### CARD OF THANKS

Thank you to Corey Kowalchuk and his children Sierra and Ryder for donating their time to help with the maintenance at the Komarno Holy Trinity Cemetery. Your thoughtfulness was very much appreciated by the parishioners. God Bless.

## ANNOUNCEMENTS

### CARD OF THANKS

The family of the late Elsie deLaroque would like to thank all of our family, friends and neighbours for the sympathy cards, flowers, calls, visits, baking, acts of kindness and donations to St. Oswald's Cemetery Fund. We are grateful to Dr. Graham and the staff at Rosewood Lodge for their compassionate care. Thanks to MacKenzie Funeral Home, Stonewall for their services and to Rev. Claire Speary for conducting the funeral service.

-With appreciation,  
Charlie and Lynda and family,  
Donna and family,  
Linda and Rob and family

## ANNOUNCEMENTS

### CARD OF THANKS

HUGE thank you to everyone who has come out and supported Coffeehouse to End Cancer over the years, your continued support and generosity has made this the best year yet! Thank you to Toni Delaroque, Jessie Minaker, Debbie Hueging, Brontee Gray, Cassie McIvor and Leanne Stewart for helping set up all day, Taylor Sheppard for the Photo Booth, to all of the people that donated baking and to all the other incredible volunteers! Thank you to all the local businesses that donated and to the Stonewall Teulon Tribune, McLeod House, Quarry Days Committee and Sunova Credit Union for their sponsorship. Thank you to Anderson's Hitch N Post for the use of their venue and Gergs Music, Cory Sulyma and Ben Mak-Wiebe for sound equipment! Thanks to Arrow Specialties and Jenn Egan for production and design of our shirts! Lastly thanks to the performers and to all those who came out to show their support and to the many others that could not attend but donated!

-Paige Procter

## OBITUARY

### Milton (Earl) Nichol

December 29, 1927 – August 27, 2015

It is with heavy hearts, we announce the passing of our Dad, Earl Nichol, of Stonewall, MB, on Thursday, August 27, 2015 with his family by his side.

Earl is survived by his children, Larry (Val), Blaine (Leona), Tannis (Ken), Maureen (Donnie), Karen (Anthony), Craig (Laurie-Ann); grandchildren, Scott (Cali-Ann), Brandon (Tara), Brent (Kendra), Matthew (Jen), Brian, Neil, Kyle, Blair, David (Rachele), Cortney (Shane), Ashley (Blake), Sean (Jocelyn), Sidnee and Riley; great-grandchildren, Trey, Marissa, Coralyn, Taylor, Bria, Cadan, Dane, Erin, Isabella and Fiona; sister Bertha Norberg and brother Cliff.

Predeceased by his wife, Helga; parents Milton and Eva; brothers George and Ken; granddaughter Lisa; great-grandchildren Anna and Nicholas.

Dad was born and raised near Warren and lived there until his move to Lions Manor in Stonewall in 2012. He married Helga Johnson from Lundar in 1952 and together they raised a family of six. He drove fuel trucks for many years, then managed the Gulf fuel station in Stonewall. He worked for a number of years at StandardAero and later Aero Recip from which he retired in 1992. Sports were always a passion for Dad, including baseball in his younger years, curling well into his eighties and golfing several times a week until this past July.

Dad was an avid reader and could finish off a couple of books a week and was always interested in geography with an atlas handy beside his chair. Dad had an amazing memory and kept his brain sharp by doing crosswords and puzzles in the paper.

He will be sadly missed by his family and friends.

Special thanks to Dr. Graham and the staff of Stonewall Hospital, Home Care and Palliative Care for their care and compassion.

Memorial service will be held on Thursday, September 3, 2015 at 1:00 PM at MacKenzie Funeral Home, 433 Main St, Stonewall, MB.

In lieu of flowers, donations may be made to Mood Disorders Association of Manitoba. www.mooddisordersmanitoba.ca

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**Early Booking Deadlines** for the Sept 10<sup>th</sup> Edition is Sept 4<sup>th</sup> at 4 p.m. **204-467-5836**

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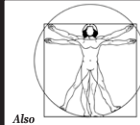
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