


**McKILLOP TEAM**  

**204-467-8000 BUY WITH THE MCKILLOP TEAM & GET THE HOME WARRANTY** [mckillop.ca](http://mckillop.ca)

**YOU CAN'T BEAT THIS PROPERTY!**  
 HUGE FENCED YARD, GARAGES, TREE FORT, 3 BEDRMS FOR ONLY \$199,900 TEULON - SUSAN/RYAN


**LOOKING FOR A UNIQUE HOME PRICED BELOW REPLACEMENT COST?** VENDOR SAYS SELL!!! \$309,900 TEULON - MATT


**BRAND SPANKING NEW! CAN'T BEAT THIS PRICE**  
 1340SQ.FT, 3BDRM, 2BATHS WOW! \$310,000 - MEAGAN


**JUST LISTED - STONEWALL IT'S A BEAUTY!**  
 STUNNING DESIGN & FLOOR PLAN \$409,900 - MATT

Check out our Fall Fashions arriving daily  She's Got The LOOK Boutique - Women's Fashions 371 Main St, Stonewall

VOLUME 7 EDITION 36

# Stonewall Teulon Tribune

THURSDAY,  
SEPTEMBER 8, 2016

SERVING STONEWALL, BALMORAL, TEULON, CUNTON, NARCISSE, INWOOD, LAKE FRANCIS, WOODLANDS, MARQUETTE, WARREN, ARGYLE, GROSSE ISLE, ROSSER, STONY MOUNTAIN, ST. LAURENT & KOMARNO



## Toe-tapping talent

TRIBUNE PHOTO BY LANA MEIER

Toes were tappin' and hands were clappin' Saturday afternoon in Ashern during a performance by the L'il Bitty Steppers of St. Laurent. The dancers were the opening act at the second annual Ashern's Got Talent show, performing high-energy Métis step dancing and jigging.

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


**TEULON \$152,000 DREAMING ON A SHOE STRING?**  
 Reno'd 2 br w/bsmt, gar, fenced 100 x 120 lot! NEWER KIT, BATH, WDWS & SHINGLES.


**STONEWALL \$319,900 5 PRIV AC!**  
 FAB 1919 SF, 3 br backs onto OAK HAMMOCK SANCTUARY. w/2 stall insul barn. Seas sunrm.


**TEULON \$299,000 ESCAPE FROM THE CITY!** 160 AC pasture w/fencing & corrals, lrg 40 x 96 insul metal shop/barn w/220. Older 2br, 840 SF MH.


**CHATFIELD \$275,000 160 AC CATTLE RANCH**  
 w/1188 SF, 3 br, w/full bsmt & sgl gar, 2 barns, 4 shelters w/H2O, a Biotech machine shed & MORE!

**Experience Counts**

**The Claudette GRIFFIN Group**  
 Past Director - Winnipeg Realtors®  
 Past Chair - Professional Standards

**L.J. BARON REALTY**  
 EST. 1953  
 Family owned & operated over 60 years!

**JOIN US SUN SEPT 11TH**  
**The Liliane Baron South Interlake Breast Cancer Support Group**  
**Breast Cancer Walk & Family Fun Day**  
 Registration: Noon at L.J. Baron Realty, 62 Main St, Teulon • Walk Starts at 1pm  
 Free Entertainment & BBQ

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


**WARREN \$255,000 CHARMING 10AC RETREAT!**  
 1489 SF, 3 BR, 1 1/2 BATH RENO'D GEM, NEWER SHINGLES, EVES, SOFFITS, FACIA (2016)


**KOMARNO \$219,900 11 AC HAVEN**  
 w/1360 SF, 3 BR, 1 1/2 bath w/bsmt & 40 x 160 Quonset & older GAR. Ideal set up for HORSES & SHOP


**INWOOD \$149,000 125 X 348 LOT!** 1370 sf, 5 BR, 2 bath, upgrades incl: Tri pane wdws, metal roof, insul & MORE!


**CAMP MORTON \$205,000 HISTORIC MASTERPIECE!**  
 2834 SF, 6 BR, 2 1/2 bath reno'd Former nunnery on PRIVATE 200 x 261 lot near lake.



# Stonewall entrepreneur to receive Manitoba Hero award

Danny Kleinsasser to be recognized at gala in Winnipeg Sept. 17



TRIBUNE PHOTO SUBMITTED

Danny Kleinsasser has been chosen as one of five 2016 Manitoba Heros and will be recognized at a gala on Sept. 17.

By Natasha Tersigni

Stonewall businessman Danny Kleinsasser, owner/operator of Danny's Whole Hog, has been chosen as a 2016 Manitoba Hero and is being recognized for his continued support to numerous Manitoba charities.

Kleinsasser will be honoured for his ongoing philanthropy work with charities and will be taking the stage at the awards banquet alongside four other deserving Manitobans on Sept. 17 at the Club Regent Event Centre in Winnipeg.

Kleinsasser is always helping others while also growing his barbecue and catering business and raising his family.

"When I first heard about receiving the award, I was very shocked because I feel there are many more deserving people. I am humbly accepting the award and I am hoping that through this, more people will learn about these organizations in need and will lend a hand. We are giving people in Manitoba, and at the end of the day, we should all be proud of how we support our communities," said Kleinsasser.

Some of the charities he supports include Winnipeg Harvest, Youth for Christ, Teen Challenge, Lighthouse Mission, CJOB's Hunger for Hope, the Winnipeg Goldeyes' Field of Dreams Foundation, the Kidney Foundation's Raising Hope on the Runway campaign and Siloam Mission.

"My business has been blessed so much and it is has allowed for me to give back."

Four years ago when Our Manitoba Heroes founders Paul Bennett and Jeff McWhinney started the gala, their intentions were to recognize everyday people doing extraordinary things. With this year's award recipients, Bennett is confident the gala is continuing to recognize outstanding community members and their continued work.

"We wanted to do something in the community that would reward and encourage those who are doing great things

Continued on page 3

## WARING LANDSCAPE SUPPLY

156 - 4th St. East (behind Tim Hortons®)  
Stonewall, MB

**Volume Discounts 18+ yards**  
**Custom Road Spreading • Call for pricing**

**Pickup or Delivery**  
Store 204-467-8906  
Cell. 204-799-2002  
Toll Free 1-855-744-2002

**EXCLUSIVE DEALER FOR:**  
**DEKORRA PRODUCTS LLC**  
**HOLLOW ARTIFICIAL ROCKS**  
**DO YOU HAVE SOMETHING TO HIDE?®**

**Plus our regular line of over 40 products**

**barkman™**  
**proud supplier**

paving stones / slabs / retaining walls  
rosetta / landscape kits / site furnishings

**PLENTY OF STOCK**

**Fall hours 7 days a week**

• Various sized & priced boulders in stock  
U-Pick Granite Piles (black or red) • U-Pick 6"-8" Granite Pond Stone  
Conveniently calculate your product needs. Visit our website (mobile friendly)

**www.waringlandscape.com**

**Tracey Malone**  
Financial Advisor  
Inview Insurance Services  
344 Main St | Stonewall  
204-467-8927  
[www.cooperators.ca/Inview-Insurance-Services](http://www.cooperators.ca/Inview-Insurance-Services)

**the co-operators®**  
A Better Place For You®

Home Life Investments Group Business Farm Travel

**What are you saving for?**  
Discover your path to financial security. Let's talk.

**Versatile Portfolios NAVIGATOR**



# Topigs Norsvin Canada seeking feed-back for proposed Woodlands facility

By Natasha Tersigni

While it is back to the drawing board for Topigs Norsvin Canada Inc. and their proposed Delta Research Facility to be located in the RM of Woodlands, the company is now looking to work with the community to find a suitable location for the facility in the municipality.

Topigs Norsvin Canada is a leading swine genetics supplier in North America. Topigs Norsvin produces and develops sound, profitable pig genetic programs and breeding systems for commercial hog production and is one of the largest genetics companies in the world with business activities in over 55 countries.

In June, Topigs Norsvin Canada Inc. applied for a conditional use permit with the RM of Woodlands to establish a finishing hog operation with a capacity of 2,746 places (450.7 animals) to be located at Road 14W and Road 78N. The conditional use permit is required as the proposed development would have a joint use as a swine research facility with the need for an attached hog barn.

Since submitting their application Topigs Norsvin has withdrawn their conditional use application for the proposed facility in the RM of Woodlands. Peter Mah, a project consultant with Topigs Norsvin told the Tribune that the company did so because community members had concerns regarding the proposed location of the facility.

"Often times with these types of facilities, people go quickly to judgment without knowing the full scope of the project. Quite frankly, we as a

company could have done a far better job in communicating what exactly the nature of the project is and what benefits it would bring to the community in terms of taxes and jobs," said Mah who added Topigs Norsvin is still committed to developing a facility in the RM of Woodlands.

"We want to see if we can work with the community and basically see if there are some alternative sites that we can take a good look at to review and see whether, in fact, it will meet the needs of the company along with provincial and local requirements."

With the goal of staying in the community, Topigs Norsvin is now reaching out for input on their project starting with an Open House at the Meadow Lea Community Centre on Sept. 8. There will be several senior managers, project leaders and provincial representatives speaking to community members regarding the proposed facility and are asking for input and feedback.

"The idea of the open house is to go back to square one and outline exactly what we are talking about and answer questions in a way people can understand. There are going to be people from government departments there that are specialists in their own right and they will be able to bring their expertise to provide some recognition in the role that government has in ensuring these facilities, wherever they may be located, are developed correctly," added Mah.

"We are very much committed still to finding a site in the RM of Woodlands, if at all possible. If at the end as a company we are not able to find a

## > MANITOBA HERO, FROM PG. 2

to receive recognition, which would then allow them to receive more exposure for their causes. We also wanted to continue to encourage these deserving people because it is not easy to do what they do on a continual basis," said Bennett, who added that once a list of nominations comes in every year, they are voted on by a selection committee made up of 10 to 12 prominent Manitobans.

"I think it is important that we recognize people that are doing great things in our communities."

Also being recognized with Kleinsasser at the Our Manitoba Heroes gala are comedian Big Daddy Tazz, who is a strong advocate to end the stigma surrounding mental illness; Ian Rabb, who has started three drug

and alcohol addiction homes; Jeff Fisher, a successful sports doctor who routinely gives back to his community through his foundation Project ECHO (ELITE Cooperative Help Organization); and Samantha Lussier, who led a successful national media campaign to find a liver transplant and raise money for an 11-year-old girl battling liver disease.

"I am hoping this is contagious and we can get many more people stepping forward to help out with different events or initiatives," said Kleinsasser.

For more information on the Our Manitoba Heroes gala or to purchase tickets for the Sept. 17 event, go to [www.ourmanitobaheroes.ca](http://www.ourmanitobaheroes.ca).



TRIBUNE PHOTO SUBMITTED

Topigs Norsvin Canada is a leading swine genetics supplier in North America with hopes of building a research facility in the RM of Woodlands. Topigs Norsvin is hosting an open house at the Meadow Lea Community Centre on Sept. 8 and is hoping for input from the community about their proposed facility.

location, we will be moving on to look at the project in other locations. Obviously our hope is to keep it in the RM of Woodlands."

## It's an *Inside* Job

An experience unlike anything you've done before.

TWO DAY MIND EXPANDING

### Workshop

Early Bird  
Registration  
\$297 pp

Limited  
Seating

- Two-day full admission to the workshop
- Activating Your Brilliance Participants Workbook
- Activating Your Brilliance Goal Card
- Copy of International Best Selling Book "Path to Abundance ~ It's Your Time"
- Refreshments

Final week for EARLY BIRD REGISTRATION!

This workshop is all about YOU!

- Do you ever feel like you have a greater purpose than the path you're currently on?
  - Do you feel like your life is coasting by on autopilot?
  - Do you feel like you are worth more than you're currently earning?
- If you answered 'yes' to any of these questions, then don't miss out on this workshop.



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

Saturday & Sunday - October 29 & 30  
at Quarry Park Heritage Arts Centre

ACTIVATING YOUR  
BRILLIANCE

To register or for more information  
[activatingyourbrilliance.com](http://activatingyourbrilliance.com)



# SCI grad explores Manitoba's north with Parks Canada

## Krista Dupras enjoys opportunity to participate in Parks Canada program

By Jennifer McFee

A recent graduate enjoyed the opportunity to discover the beauty of Northern Manitoba while also developing a network of fellow adventurers.

Stonewall Collegiate Institute grad Krista Dupras had the opportunity to participate in the Wapusk Leadership Camp from July 2 to 9.

Offered through Parks Canada, the program encourages youth to discover one of the country's most remote national parks. At the same time, participants have the chance to build knowledge about the environment and develop valuable leadership skills.

Dupras first heard about the camp during a presentation at school by a student who had gone on the trip. When she heard about it again the following year, she decided to apply.

"Not many people get to go to Churchill, so I thought it would be interesting. The application process was pretty simple," she said. "You just had to fill out a few questions about our community and culture and environment, and we had to have one reference."

She was one of 10 students chosen to take part in the weeklong adventure. In total, there were six girls and four guys. All participants, who came from Winnipeg, Thompson and Churchill, had either just finished Grade 11 or Grade 12. Parks Canada paid for the cost of the trip except for the airfare to Churchill, which was discounted at 50 per cent off.

"We met right in the airport when I first got there because we all went together," Dupras said. "It was my first time on a plane too."

Their first destination was the Churchill Northern Studies Centre, located 23 kilometres from Churchill.

"The study centre is so cool because it's very eco-friendly. They even have composting toilets. All of the food



Dupras saw hundreds of caribou while hiking. She said if you put your arms up in the air and slowly wave them around, they think you are one of them and will come closer, but when they catch your scent, they will head off on their way.



Some curious belugas followed their Zodiac.

they make, they get from as local as possible. They made all the breads



TRIBUNE PHOTOS SUBMITTED

Krista Dupras, right, holds a Hudson Bay scarf over the actual Hudson Bay.



A polar bear swim in the Hudson Bay was one of the activities.

fresh. It was really awesome," Dupras said.

"They have lots of labs and classrooms in there, and we stayed in a dorm situation."

The group spent the first and last nights of their trip at the study centre. In between, they took a helicopter to Wapusk National Park, which covers 11,475 square kilometres on the western shores of Hudson Bay.

"It's super remote and lots of it is marsh and water. We went into this little camp called Nestor 1. It's really tiny and it just has two small buildings, a kitchen and a dorm room. There was a really, really tall fence surrounding us to keep us safe from all the outside wildlife," Dupras said.

"It kind of felt like we were the zoo animals. When animals would walk by, they would be looking at us. It was really ironic because we were supposed to be looking at them, but they were looking at us in a cage-like enclosure."

Although they didn't see any polar bears, they did see Arctic foxes, hundreds of caribou and many different birds. They also saw two moose near the study centre.

Since it was summer, there was no snow, but the nights got pretty chilly.

"At night, it got down to about zero degrees, so it was really cold," Dupras said. "We slept in tents because there

Continued on page 7

# Somerset producer invents new way to sample seed

By Harry Siemens

Gerry Devloo's Canola Crusher is a faster, easier way to create seed counts and sample for green seeds.

Devloo, who is part of the family farm with his sons at Somerset, says

his new invention that received the Gold Award at the Farm Progress Show in Regina earlier this year is a canola tester that speeds up a previously tedious process.

"I designed the Devloo Canola Crusher as a result of testing a num-

ber of canola samples on our farm at harvest time a few years ago," says Devloo. "Finding the age-old method of testing canola for green seeds time consuming and tedious, I knew there had to be a better way. I began developing prototype machines. After sev-

eral versions and many hours later a marketable model developed."

Devloo says his goal was to offer a user-friendly, time-saving product

Continued on page 6



# Community garden keeps loving memories blossoming

By Natasha Tersigni

It has been over six years in the making and with countless community contributions the Teulon and District Memory Garden has grown into a beautiful sanctuary where loved ones' memories can be reflected on and cherished.

To honour the community's efforts that went into creating the memory garden, committee members held a special afternoon get-together on Sept. 5.

"This is our celebration of the work that has gone into the garden by our five active board members along with several other volunteers. We feel that we have finally gotten to the point where we just have to add a few more items and then the garden will be set. Our last finishing pieces to the garden include a fence line, a few extra benches and solar lights along the path," said the president of the Teulon and District Memory Garden committee Jan Lambourne.

With the items for the memory garden funded completely by donations and the work done by volunteer and boards members, Lambourne added that the garden is truly a community effort.

"We rely on our volunteers and we would not be here without all of their hard work," said Lambourne.



After years of work, the Teulon and District Memory Garden, located at the corner of 1 Avenue SE and 1 Street SE, has transformed into a community place where memories of loved ones can be cultivated.

"Along with our two memory stands, throughout the garden there have been many items, including benches, chairs, a picnic table and fountain, plants, trees and shrubs that have been donated in loving memory. That is the whole goal of our garden: for people to sit and relax and enjoy their loving memories."



Two large name stands are placed in the centre of the garden in memory of loved ones who have passed away.



TRIBUNE PHOTOS BY NATASHA TERSIGNI

To welcome community members to the Teulon and District Memory Garden and celebrate the years of work that have taken place, garden committee members held an afternoon get-together on Sept. 5. Teulon and District Memory Garden board members include, back row, left to right: Marla Yankech and Joan Trombo; front row: Diane Hnatchuk, Jan Lambourne and Olga Persoage.

## THE Flicks CINEMA

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

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

**PROGRAM SUBJECT TO  
CHANGE WITHOUT NOTICE**  
Cash only

**LAST DAYS:  
WED & THURS  
SEPT 7 & 8  
AT 8:00 PM**

**SUICIDE  
SQUAD**

Not Recommended For Young Children;  
Violence; Language May Offend

**PG**

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



Fri & Sat at  
7:30 &  
9:30 pm  
Sun-Mon,  
Wed-Thurs  
at 8:30 pm

Mila Kunis  
Christina Applegate

Adult  
Accompaniment  
Under 14; Nudity;  
Coarse  
Language

**14A**

FR-SAT-SUN-MON SEPT 16-17-18-19  
(CLOSED TUES) AND WED-THURS SEPT 21-22



Fri & Sat at  
7:30 &  
9:30 pm  
Sun-Mon,  
Wed-Thurs  
at 8:30 pm

Jonah Hill  
Miles Teller

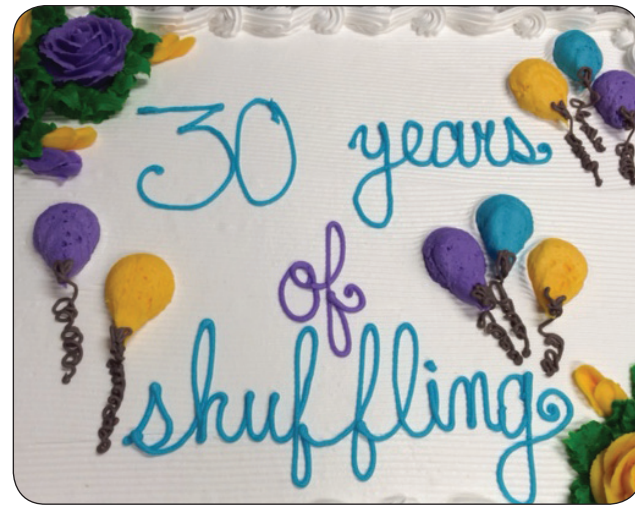
Adult  
Accompaniment  
Under 14;  
Substance Abuse;  
Coarse  
Language

**14A**

**Join us for**  
**Prime Rib Dinner**  
**Saturday, September 10th**  
**ROCKWOOD Motor Inn** 390 Main St. Stonewall **467-2354**



# Shuffling tournament celebrates 30th anniversary



TRIBUNE PHOTOS BY IZ HARKNESS

Argyle Curling Club recently celebrated its 30th anniversary with a combination shuffling tournament. The former shufflers who were able to attend were Marg Yule (who was instrumental in starting up the club), Ev Dew, Mae Hoey, Isla Jack, Lil Segal and Marion Snell. In total, there were 22 players for the tournament.

## > SAMPLE SEED, FROM PG. 4

that people would want to use.

"To work the Canola Crusher you place a canola sample in the hopper, turn the crank four turns resulting in a crushed sample on tape ready for examination," he says. "It's just that simple."

The old system of checking for greens in canola involves a little rul-

er with holes in it. The tester fills the holes with seed and applies tape to it. Then he pulls the tape off and the seeds stick to it and he crushes them by hand with a hand roller.

With the Devloo Canola Crusher, a producer gets a sample of 250 seeds applied to the tape much more quickly.

"It comes out already crushed in place and ready for inspection," Devloo says.

He says the main feature is saving time and this led him to a surprising market: there are a lot of grain research farms that are latching on to this idea because those people do thousands of samples every year.

"If they can save a little bit of time on each sample, that amounts to a lot of time in the year," Devloo says. "Other purchasers are grain elevators, but not too much yet ... mainly farmers and a lot of colonies are buying them."

Sampling canola remains an important part of the production process, Devloo notes.

"The canola industry grades the canola by the number of green kernels because the sample is supposed to be all yellow seeds," he explains. "If there is more than two per cent

greens, usually lose a grade. The way to inspect them is to crush the seeds and the internal colour of the seed is supposed to be yellow."

The Devloo Canola Crusher is the result of thousands of hours of research and work, and it's been paying off for Devloo.

"I made a number of machines ahead of time just on speculation and as it turned out it was a seller and people are really latching on to it now," he says. "I'm building them at home but getting some of the more specific parts farmed out, especially some of the cutting and the manufacturing of the precision rollers with the holes in it. The rest I make myself and I assemble them here, too."

The Devloo Canola Crusher sells for about \$800. Learn more by contacting Devloo at [gdevloo@explornet.ca](mailto:gdevloo@explornet.ca) or 204-744-2773.



**COME & ENJOY THE 14TH ANNUAL**

**south of the lakes art tour 2016**

Saturday, September 17th 10:00 - 5:00 pm  
Sunday, September 18th 12:00 - 5:00 pm

*Showcasing local artists and their works*

**ADMISSION/MAPS ARE FREE**

Watch for maps at all Hallmark Stores and around Stonewall, Rosser, Balmoral, Teulon and Selkirk  
For more information call Dolly @ 204-467-2766

*This event is brought to you by the Prairie Oak Regional Arts Council*



**FALL SPECIALS!**

**MONDAY TO FRIDAY**  
\$25 Walking  
\$38 Riding  
per player

**SATURDAY & SUNDAY**  
\$35 walking  
\$48 Riding  
per player

Membership options  
**for 2017**  
now available!



Located 35 Minutes north on HWY #7  
Call 886-4653 to book your tee time today!

**\*PRICES STARTING SEPTEMBER 12, 2016**



# Local couple draws the Queen of Clubs



TRIBUNE PHOTOS BY JO-ANNE PROCTER

After 48 consecutive weeks of draws, the pot that totalled \$30,487 in the popular Chase the Queen fundraiser held at Stonewall Legion was won on Aug. 28. Lucky Stonewall resident Dennis Nixey drew the Queen of Clubs and said he and partner Karen Kelner will be planning a hot holiday in the dead of winter.

"I just had this feeling, we might get lucky tonight," Nixey said. With four cards laid out on the table, he knew his next move. "I looked at the first card and it was my first instinct and she (Karen) said go for it."

Before heading out that evening, just as the couple had been every Wednesday, Nixey said, "Let's just bring it home tonight and then we don't have to go out next Wednesday night." They bought \$40 for the queen and then an extra \$10, but it was from the first set of tickets purchased that their lucky number was drawn.

The next run of Chase the Queen will start Sept. 7 with new rules. Fifty per cent of the night's sales will go into the pot, and the individual that gets the opportunity to pick for the Queen will automatically win 10 per cent of the night's sales and the Legion will keep 40 per cent to give away as donations. Since Chase the Queen started in 2014, seven lucky individuals have won a combined total of \$115,787.

## > PARKS CANADA, FROM PG. 4

wasn't enough room inside for everyone in the dorms. We were really chilly and wearing all the clothes that we brought."

During the day, they went hiking and learned about the landscape, wildlife and history of the area, and they also acquired GPS skills. They even completed a seven-hour hike to the coast of Hudson Bay, where they ate lunch that they had packed.

"We learned lots about the tundra and different greenery that was there because there wasn't much for foliage at all. It was basically flat. By the study centre, there were a good amount of trees but they weren't very tall and they were very thin," Dupras said.

"But when we flew to the national park, it was bare. You could see for as long as you could look without any interruptions. It was just flat with little pools of water and little shrubs. That's pretty much the vegetation you get out there. It was super cool."

The group also traversed the water on Zodiac boats on a beluga whale tour.

"They swim in little groups and we saw them everywhere. I was really,

really surprised about how many we saw," Dupras said. "They would swim right under our boat. We weren't allowed to touch them, but they were close enough that we could."

Dupras will provide a presentation to Grade 10 and 11 students at Stonewall Collegiate Institute to promote the trip and share her experience.

"The purpose of this trip was to show the importance of national parks for present and future generations to preserve it and see the beauty of it as well. They wanted to just show the importance of the different land types and hopefully to show us how important it is to preserve. I really do appreciate what the north has to offer and its differences. It was really cool," said Dupras, who will be studying kinesiology at the University of Winnipeg.

"One of the best things was also meeting the people in our group. The group from Winnipeg still hangs out today. We've all become pretty good friends. That was a pretty cool part of it too."



**ROYAL CANADIAN LEGION**  
STONEWALL BRANCH - 467-2261

Lic #418

**CHASE THE QUEEN**  
**Congratulations to our winners**  
**from Wednesday, August 31**

New round starts again Wednesday, September 7th with a new bonus...

The ticket picked receives 10% of the night's proceeds.

**See you there!**

**ALL ARE WELCOME**

**ALWAYS CALL 911 FOR EMERGENCIES**

**EMERGENCY DEPARTMENTS**  
**WILL NOW REQUIRE A**  
**PHYSICIAN AVAILABLE**  
**ON-SITE TO DELIVER CARE.**

We continue to recruit doctors to our region to keep emergency departments open. However, services in some emergency departments may be temporarily unavailable if a physician is not available on site.

**If an emergency department is not accepting patients**, you will see a green sign on the door. Please speak with staff inside who can help you identify your care options.



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

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



Interlake-Eastern  
Regional Health Authority



# Tribune



**PUBLISHER**  
Lana Meier



**SALES**  
Brett Mitchell



**REPORTER/PHOTOGRAPHER**  
Jennifer McFee



**SALES**  
Stephanie Oland Duncan



**REPORTER/PHOTOGRAPHER**  
Natasha Tersigni



**DISTRIBUTION**  
Christy Brown



**SPORTS REPORTER**  
Brian Bowman



**PRINT**  
Dan Anderson



**PRODUCTION**  
Nicole Kapusta



**ADMINISTRATION**  
Allana Sawatzky



**ADMINISTRATION**  
Corrie Sargent



**PRODUCTION**  
Debbie Strauss



**ADMINISTRATION**  
Tracy Farmer



**ADMINISTRATION**  
Jo-Anne Procter

# getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL

## The luck of the fisherman

Welcome, friends.

While out and about last week, I had the enjoyable experience of meeting two of our angling brothers who offered stories about "the one that got away."

I was slowly rolling along the winding paths of the small park at Norris Lake last Friday, admiring its rich deep blue waters while occasionally stopping to talk to campers. In time, I noticed a robust chap sitting on a park bench by his trailer getting his fishing gear ready while his wife and son enjoyed swimming at the beach. I parked and walked over to our new friend who said he was Craig Smith from Petersfield. I asked if he had a story for us whereupon he laughed as he tied a spoon on his rod's line.

"You bet," he replied. "When I was riverbank fishing on the Red River with a gang years ago, we caught a giant carp that looked five feet long."

Because he was the youngest at 16, they made him go down the embankment to land the fish so they could take a picture with it. While there, he found himself up to his backside in water and muck wrestling this huge yellow fish.

"Grab him by the gills," his friends called from the comfort of the park grass. Looking up at them, half-exhausted, he remembered thinking, "Why don't you experts come down here and do it?"

Try as he might, he could only grip the beast's slimy head as it thrashed from one side to the other like a gigantic snake. Finally, Craig's arms gave out and the fish rolled over out of his grasp to freedom in the muddy water.

"He's probably still in the river today," Craig offered with a hearty laugh.

The Winnipeg River by Powerview draws anglers from around the world. I was there a few days ago and ran into



**TRIBUNE PHOTO SUBMITTED**

A surprised Ron Ramuscak caught a nice pickerel on the Red and didn't quite know what to do next with it.

another fellow, Dave Ledrew, who lost a big fish.

Some years ago, he was boat fishing on the north shore's rock reef with friends when he suddenly got the feeling they had run aground. The boat literally stopped dead. It took a few minutes for Dave to realize the boat was free but that he had something heavy on his line that had gone to the bottom.

He reeled in slow and hard, inch by inch. It must have taken half an hour until, amazingly, the white underbelly of an enormous sturgeon appeared just under the water as it wrapped itself around the anchor rope. Try as they

might, when they would swing the boat around to free the fish, it would turn the other way, getting caught again. Then it got mad and began dragging the anchor, boat and all towards shore.

By now, Dave's rod had snapped in pieces and his line was only holding on by its biggest eye. The big fish, crazed, grounded itself with the boat against it. Here was a chance for the boys to get a picture with this creature, but as soon as they jumped out of the boat to grab it, it went wild, thrashing the water into white foam, snapping Dave's line. The freed fish, with great flick of its tail shot away like lightning and left the men hanging outside the boat empty-handed.

Over by the Manitoba Hydro steam plant park area early last week, I came across a bunch of guys from Acme Technical Services who had just decided to close up shop and go fishing. Now, we can all relate to that, right? I passed my card around asking for a story. One fellow, Ron Ramuscak, came forward and shared about when he was young and went fishing in a small lake by Ignas, Ont., with his buddy who was a paraplegic.

They caught and released fish all day and since Ron didn't like to touch fish at the time, his friend unhooked them until it came time to clean a few for supper. That his friend could not do, so Ron "got tough" and grabbed his filleting knife and became a true angler. Just as Ron was finishing his story, another Ron, Ron Natividad, came running at us over a small hill from the riverbank, his rod in one hand and a fish in the other.

It was the first fish he had ever caught and all the guys laughed at his "now what do I do with it" expression.

So long till next week, folks.

# Tribune

*The Selkirk Record*

*The Winkler Morden Voice*

## > CONTACT US

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



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



## > CONTACT US

By phone: **204-467-5836**

fax: 204-467-2679

Find us: **74 Patterson Dr.,  
Stonewall, MB R0C 2Z0**

Office Hours: Mon. - Thurs.: 8:00am-5pm  
Friday: 8:00 a.m. - 4:00 p.m.

## TO PLACE AN AD or for COMMERCIAL DESIGN & PRINTING

**Stephanie Duncan** 204-461-4771  
[ads@stonewallteulontribune.ca](mailto:ads@stonewallteulontribune.ca)

**Branden Meier** 204-641-4104  
[ads@expressweeklynews.ca](mailto:ads@expressweeklynews.ca)

or call our office at 204-467-5836

## OUR EDITORIAL STAFF

**Jennifer McFee** 204-461-5352  
[jen@stonewallteulontribune.ca](mailto:jen@stonewallteulontribune.ca)

**Natasha Tersigni** 204-558-2772  
[natasha@stonewallteulontribune.ca](mailto:natasha@stonewallteulontribune.ca)

**Brian Bowman** Sports Reporter  
[sports@expressweeklynews.ca](mailto:sports@expressweeklynews.ca)

View the Stonewall Teulon Tribune online at  
[www.stonewallteulontribune.ca](http://www.stonewallteulontribune.ca)

## TROUBLE WITH PAPER DELIVERY?

**Christy Brown, Distribution Mgr.:** 204-467-5836

The Stonewall Teulon Tribune is published Thursdays and distributed thru Canada Post to 7600 homes by BigandColourful Printing and Publishing, a division of Interlake Graphics. Republishing in whole or part without permission is strictly prohibited. Printed in Canada by Prolific Printing.

The newspaper is supported 100% by advertising dollars. If you enjoy the paper and would like to see the newspaper grow and prosper visit any of the advertisers and businesses in our rural communities. Keep your dollars working at home and shop locally. Notices, classifieds and advertisements can be purchased by calling our Office at 467-5836 or emailing [ads@stonewallteulontribune.ca](mailto:ads@stonewallteulontribune.ca). Our commitment to you, the reader - we will connect our people through articles in the paper to build stronger communities.



# letters

Letters to the Editor: [letters@stonewallteulontribune.ca](mailto:letters@stonewallteulontribune.ca)

The letter from E.J. Wood in last week's issue includes a number of inaccuracies that I would respectfully like to address.

Interlake-Eastern RHA continues to recruit doctors to our region to keep emergency departments open. We are in need of at least 20 to 25 more physicians to help us maintain our emergency departments and provide regular care to patients. With the exception of Winnipeg, other rural regional health authorities also struggle with physician shortages. They too will redirect patients to hospital emergency departments with physicians on-site. Interlake-Eastern RHA was unique in its adoption of "nurse-managed care" where a nurse would have access to remote physician support. We have been operating under nurse-managed care for over three years. Physicians, nurses and their respective colleagues have been clear that it was not intended to be a

long-term solution but rather to get us to a point where we had enough physicians to avoid service disruptions. We are not there yet.

When an emergency department is not accepting patients because a doctor is not available on-site, our staff members are posting a sign on the door indicating emergency department services are not available. We ask people to enter the emergency department and speak with nurses who will identify the best care option based on an individual's needs. People also have the option to call a toll-free number, 1-866-267-5818, to hear the emergency department schedule or they can visit [www.ierha.ca](http://www.ierha.ca) to see a month-long schedule of emergency department status at each hospital in the region.

The physicians in the region support the development of a reliable monthly schedule that is posted online and available by phone. This

schedule reflects, on a hospital-by-hospital basis every month, if emergency departments are accepting patients or not.

That being said, people may attend an emergency department where the doctor has had to leave to accompany a patient in ambulance transport to another hospital. In this circumstance, nursing staff will assess people and identify care options.

When time is of the essence, we strongly advise people to call 911 for an ambulance. Ambulances take patients to hospitals that can provide the physician care that is appropriate for their needs.

Over the summer, we worked with our physicians and nurses to carefully plan our exit from nurse-managed care. The decision to remove nurse-managed care from our hospitals was made with careful consultation of community members, physicians, acute care nurses and emergency

department staff from across the region.

There is no plan to permanently disrupt services in any of our emergency departments nor any type of planned rotational closures. We are continuing to recruit physicians with a view of enhancing these services.

Decisions about the delivery of care within Interlake-Eastern RHA are made in consultation with physicians and nurse practitioners, nursing staff, our staff leaders, community leaders, health groups and local health involvement group members. We greatly value the feedback we receive as we strive to deliver predictable health-care services while balancing the needs of all of our unique communities within our regional scope for delivery of care.

Ron Van Denakker  
CEO Interlake-Eastern RHA

## International Fetal Alcohol Spectrum Disorder Awareness Day – Sept. 9

### Submitted

On Sept. 9, the ninth day of the ninth month, people all over the world recognize International Fetal Alcohol Spectrum Disorder (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 services that are available.

Join us on Sept. 9 at noon to meet our team of FASD diagnostic co-ordinators, key workers and FASD coalition members. They will talk about FASD and hand out stress relievers in the shape of brains with the message "I learn differently" at the Interlake-Eastern RHA Corporate Office, Sunova Centre, 233A Main St., Selkirk.

"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 FASD diagnostic co-ordinator Sherisse Picklyk Dear. "Individ-

uals 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."

FASD diagnostic co-ordinators work with the Manitoba FASD Centre to screen referrals and to ensure diagnostic criteria is met while providing support through assessment. Key workers offer in-home intensive support to caregivers with children or youth up to age 21 who have FASD or confirmed prenatal alcohol exposure, and help families understand FASD. The MB Key Worker program offers services to families living in Selkirk or rural communities within a one-hour drive.

Devon Ungurain, FASD diagnostic coordinator, said she is often asked how FASD can still occur when the link between alcohol consumption and FASD is widely known.

Ungurain explained there are many complicated reasons for drinking during pregnancy, including addiction,

believing inaccurate information or women not knowing they are pregnant.

"Recognizing that each woman's life experiences and pregnancies are different can help us understand how a child can be diagnosed with FASD," she said.


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

The FASD team is scheduling sessions at local schools to present Visions and Voices, an adult speakers bureau devised of folks living with FASD. Visions and Voices speakers will provide an opportunity for students to learn more about FASD from a personal perspective and about respecting diversity amongst their peers. They also locally host Building Circles of Support, an eight-week informational series on FASD.

Join the FASD team on Sept. 15, at


the HEW Primary Health Care Centre (6:30 to 7:30 p.m.) for a viewing of *A Place where I Belong*, a film featuring Pine Falls resident Chris Martin, who is living with FASD. Martin will also be in attendance for a Q and A session after the video.

For more information or to contact a speaker, contact Lita Hnatiuk, communications associate for Interlake-Eastern RHA, at 204-785-4765 or [lhna-tiuk@ierha.ca](mailto:lhna-tiuk@ierha.ca).



**Parkside Ford Lincoln**

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



**Jim Buckle, Sales Manager**  
31 Years of Service

**Nashville, Branson, Pigeon Forge**  
October 23-November 5  
A special tour for music lovers that journeys through the musical heartland of America

**Branson and the Ozarks**  
November 3-11  
A fun filled tour with fabulous shows and unique sightseeing


**Selkirk Departure (minimum required)**

**Fortune Bay Resort Casino**  
Sep 18-21 Selkirk Departure  
\$180 Rebate, Food Coupons, Shopping & More!

**Fly & Stay Vacations**  
The Heart of Hawaii Jan 24-Feb 7  
Home to World Famous Waikiki Beach  
Beautiful Victoria, BC. Mar 1-15  
"The City of Gardens"

**Deadwood the Black Hills & Badlands**  
October 2-7  
Walk in the footsteps of legends like Wild Bill Hickok, Calamity Jane & Seth Bullock.

**EMBASSY TOURS 757-9383**  
[www.embassytours.ca](http://www.embassytours.ca) 1-800-723-8051




**Community Living INTERLAKE**

**Annual Year in Review and Open House**

**Come and Join Us Saturday Sept. 17, 2016**  
2-2:30 pm Annual Review  
2:30-4 pm Open House

- ✓ Refreshments
- ✓ Line Dancing
- ✓ Karaoke
- ✓ Tours
- ✓ Meet and Greet
- ✓ Packaging Display

307 Main Street  
Stonewall, MB





# The student becomes the teacher at Grosse Isle School

By Natasha Tersigni

With students returning to classes this week across the Interlake School Division, one teacher was anxiously awaiting for the first bell to ring at Grosse Isle School.

Former student Justin Anderson graduated from the University of Winnipeg's five-year integrated education program this past May and landed his first teaching position at the school he once attended.

Returning to teach in the Interlake has always been a goal for Anderson. Anderson spent his first three years of student teaching at John Pritchard School in Winnipeg and his last year teaching kindergarten to Grade 2 at Stony Mountain.

When he found a spot being open this year in Grosse Isle, he jumped at the chance to work at his alma mater, something he thought would not happen so early in his career.

"It is really awesome to be able to come full circle. I always dreamed of coming back here. I have been to quite a few schools and this has always been my favourite one, not just because I went here but just because of the community and that small school feel. I always had great

teachers and it is a privilege to come back here," said Anderson, who will be teaching primarily grades 5 and 6 along with art and music classes.

"I am excited about the music aspect being a musician myself. I had never had the opportunity to teach music and I am hoping to be able to incorporate some new ideas and initiatives here."

Returning to Grosse Isle School also allows Anderson to work alongside one of his former teachers, Monica Baldwin.

"Monica was my teacher and it is really neat being able to work with her. We have changed roles a bit, so now I am a co-worker and a friend, but she is still very much a mentor for me," he said. "It is really nice because she has been here for a long time, knows how things operate and is able to help me," said Anderson.

"Justin was a fabulous all-around student to teach. It is pretty awesome to have him back in Grosse Isle as a colleague. I'm very excited to get to work with him and learn from him as well. He is so excited and eager to start teaching in his old stomping grounds," added Baldwin.

While there are some differences from when he left nine years ago, Anderson said that the school and community are still the welcoming places he remembered.

"Things have changed for sure, es-



TRIBUNE PHOTOS BY NATASHA TERSIGNI

In just a few short years Justin Anderson, left, has gone from being one of Monica Baldwin's students at Grosse Isle School to her colleague. The Rosser native began his teaching career this week at Grosse Isle School, where he attended grades 4 through 8.

pecially our reliance on technology when we are teaching. We had blackboards in the school when I was here

and we definitely didn't have projectors or use PowerPoint at all. Even with the changes, it still feels like home."

## Herizons host first annual Harvest Hundred Club

Fundraising event will take place on Sept. 24 at the Warren Memorial Hall

By Jennifer McFee

The Warren and District Herizons Lion Club is gearing up for its first annual Harvest Hundred Club event.

The Sept. 24 fundraiser will feature a steak and shrimp dinner as well as entertainment by the band Stay Tuned.

Tickets cost \$75 for two people, and each ticket is entered into a draw for at total of \$1,500 in cash prizes. Every ticket is drawn with a range of prizes to be awarded. The first ticket drawn gets \$75, as does the 25<sup>th</sup>, 35<sup>th</sup> and 85<sup>th</sup> ticket drawn. For the 50<sup>th</sup> and 75<sup>th</sup> tickets drawn, the ticket holder will receive \$100. The lucky ticket holder of the 100th ticket drawn will receive \$1,000.

Several baskets will also be auctioned off at the event, which will take place at Warren Memorial Hall. Cocktails will be at 5:30 p.m. followed by supper at 6:30 p.m. and entertainment at 8 p.m.

Herizons member Meechelle Best said the organization helps families who have lost a home to fire or with costs for gas and parking passes for hospital visits.

"Basically, this is a fundraiser to help

us with the many projects that we do throughout the year. One of the other things we raise money for is to support the public park in Warren," Best said.

"That's a huge expense and undertaking, and our volunteers put in lots of hours to make sure those kinds of things work."

The fundraiser also serves as a membership drive for the Warren and District Herizons Lion Club as well as for the Warren Lions Club.

"Organizations are in peril in terms of recruits and memberships numbers," Best said.

"The quality and quantity of services that the Lions in Warren support would be greatly missed."

For membership information or to buy tickets to the Harvest Hundred Club, call or text Alicia at 204-461-3355.

**RELAY FOR LIFE**  
Canadian Cancer Society

**IT'S A JOURNEY.**

**GO THE DISTANCE.**

relayforlife.ca

**STONEWALL RELAY FOR LIFE**  
Friday, September 23<sup>rd</sup>  
Stonewall Collegiate Track  
6pm to 12am

For more info contact  
Christy at 204-513-0236  
or  
stonewallrelayforlife@gmail.com

**Accept the baton. Register today!**

Join us at our  
**Showcase & Sale**  
of local Artisans wares  
& Fair Trade Products

**Friday, September 9 • 7-9 pm**  
**Saturday, September 10 • 9 am - 5 pm**  
**at Heritage Arts Centre, Stonewall**

Also in attendance  
 **TEN THOUSAND VILLAGES**  
HARMONY. MADE BY HAND.  
Fair Trade Retailer Since 1946

See  
You  
There!



# St. Laurent Fire Dept. investing in new water truck

By Jeff Ward

In an ongoing effort to improve the safety of the community, the St. Laurent fire department has recently purchased a water tanker with a 3,500-gallon capacity.

The tanker will help give the crew the extra water they need to fight large blazes while increasing the total available water to 6,000 gallons.

Fire Chief Real Fontaine said that, on average, it takes 5,000 gallons to fully contain a fire and that this tanker will make it possible for his firefighters to attack fires and buy more time if mutual aid needs to be called in.

The tanker will cost approximately \$30,000, according to Fontaine, who said that he's been looking for a tanker truck since the winter. Shopping around for one that suits the needs of the community while also trying to keep the cost low took time, but Fontaine was able to find one for sale in Saskatoon and the deal was finalized on Aug. 29.

St. Laurent Reeve Cheryl Smith said the money for the purchase came from the fire department's reserves.

"This purchase is good news for everyone," said Fontaine

"It's a welcome addition to our fleet of water haulers and one that will be

very useful. One of the things that people don't know is that when we're putting out fire, there is a lot of water wasted. And the water needs to cool down the fire before it can put it out. So having more water available is always a good thing."

Fontaine said that the water waste comes from the spray arching over the fire or to the sides and that it's impossible to fight a fire without wasting some.

He added that fighting fires is about chemistry and knowing how to cool the blaze before being able to put out the flames. Having more water allows his team to have more time to cool down the fire and more time to call for mutual aid if

needed.

The tanker could be put into action right now if needed, but Fontaine said that he wants to make sure there is



TRIBUNE PHOTO COURTESY OF REAL FONTAINE

Real Fontaine will be working to clean out the interior of the new water tanker before it will be put into use at the fire department in St. Laurent.

no metal debris in the tank that could clog up the pumper first.

"THIS PURCHASE IS GOOD NEWS FOR EVERYONE."

*We believe in cherishing the small moments in life because they make the lasting memories*

**MacKenzie**  
FUNERAL HOME

204-467-2525 • info@mackenziefh.com

**Gauthier**  
Cadillac BUICK GMC

**2400 McPHILLIPS ST.**  
Call  
**JERRY VANDE**  
Sales Manager  
Ph: **204-633-8833**  
SHOP ONLINE AT  
**WWW.JIMGAUTHIERGMC.COM**

**Sig's Grill**

*Celebrating 30 Years in Business!*

**Join us in September for super Anniversary Specials**

*Thanks to all of our loyal customers for 30 great years!*

**Breakfast & Lunch Specials.**  
Open Monday-Saturday 6 a.m. - 4 p.m.

332 Main Street, Stonewall 204-467-9056

**Interlake-Eastern Regional Health Authority**

Office régional de la santé d'Entre-les-Lacs et de l'Est

*Please join us for our*  
**Annual General Meeting**  
**Monday, October 3, 2016**  
Quarry Park Heritage Arts Centre  
166 Main Street, Stonewall

**5:30 p.m. Tradeshow**  
The health programs and services available in our region will be featured. Our Mobile Wellness Team, our program staff and our community partners will be available to provide expert advice and to offer healthy lifestyle ideas.

**6:30 p.m. Annual General Meeting**  
Dr. Michael Routledge, chief provincial public health officer, will present highlights from the 2015 Health Status of Manitobans Report *Healthy Environments Healthy People* with a regional perspective by Interlake-Eastern medical officer of health, Dr. Tim Hilderman.

Also on the agenda is a review of Interlake-Eastern RHA activities; the Chair's Award for Excellent Customer Service and Community Leadership award; and an open forum for questions and answers.  
*Everyone welcome. Refreshments will be served.*

For more information, contact: Toll free: 1-855-347-8500  
E-mail: info@ierha.ca Website: www.ierha.ca

*Veuillez-vous joindre à nous*  
**le lundi 3 octobre 2016**  
à l'occasion de notre  
**Assemblée générale annuelle**  
Quarry Park Heritage Arts Centre  
166, rue Main, Stonewall

**17h30 Exposition**  
Exposition sur les programmes et services de santé offerts dans notre région. Notre équipe de santé mobile, le personnel de nos programmes et nos partenaires communautaires seront à votre disposition pour vous donner des conseils d'expert et des idées pour un mode de vie sain.

**18h30 Assemblée générale annuelle**  
Le D<sup>r</sup> Michael Routledge, médecin hygiéniste en chef du Manitoba, présentera les faits saillants du rapport de 2015 sur l'état de santé des Manitobains, *Healthy Environments Healthy People*, accompagné du D<sup>r</sup> Tim Hilderman, médecin hygiéniste d'Entre-les-Lacs et de l'Est, qui résumera la situation dans notre région.

L'ordre du jour comprend aussi un sommaire des activités de l'ORS d'Entre-les-Lacs et de l'Est, la remise du prix du président pour excellence en service à la clientèle et du prix du leadership communautaire et une séance ouverte de questions et réponses.  
*Bienvenue à tous. Des rafraîchissements seront servis.*  
Renseignements : Ligne sans frais : 1 855 347-8500  
Courriel : info@ierha.ca Site web : www.ierha.ca



# New group offers maternal mental support for new moms

## Coping with Change aims to help new moms deal with change

By Jennifer McFee

Pregnant women and new moms are invited to participate in a new workshop in Teulon designed to help them cope with the many changes in their lives.

Offered by the Interlake-Eastern Regional Health Authority, the Coping with Change educational program promotes maternal mental health through a woman-centred approach.

Geared for pregnant women and postpartum moms with babies up to about a year old, the program aims to provide assistance in the transition to mothering, which is not always easy.

Community mental health worker Liane Knoll-Kowk hopes to gather a group of up to 15 women to take part.

"We're going to be talking about the birth experience and its effects on their emotions and emotional adjustments in general during the postpartum period. We're going to normal-

ize the spectrum because it's a huge spectrum. Some moms have a real tough go and some moms don't. It's hard to sometimes find the language when you talk about that," she said.

"We'll be talking about relationships and how those change after the baby arrives. And we'll be talking about how to break isolation because, especially in rural Manitoba, you see so much of that. We'll also be talking about self care and learning some new coping strategies."

New moms will have the chance to voice their own realities of mothering while also developing connections with others.

"I think it would be exciting if they could develop a network within their own area as well because so many of them feel so alone and they're afraid to talk," Knoll-Kowk said.

"Moms always think that it should all be coming naturally to them, but

moms aren't born to mother — they learn that behaviour. It's so good to hear that you don't have to love everything about it. It's not an easy thing."

The group will meet Thursdays at the Teulon United Church CE Building (80 3<sup>rd</sup> Ave. SE) from 6:30 to 8 p.m. starting on Sept. 29 and wrapping up on Oct. 27 or at a later date, depending on the needs of the group.

There is no childcare available for older children, so the group will be specifically for moms who come on their own or with their new babies. Women from any area are welcome to attend.

Knoll-Kowk hopes to bring the group to the rest of the region over the next year to promote maternal health and to potentially prevent or decrease mental illness.

For more information or to pre-register, contact Knoll-Kowk at 204-785-7533.



**TRIBUNE PHOTO SUBMITTED**  
Interlake-Eastern Regional Health community mental health worker Liane Knoll-Kowk is looking for 15 pregnant women and new moms to participate in a new workshop.

# High-speed Internet waiting for ISD staff and students

## Back-to-school briefs with ISD Supt. Christine Penner

By Natasha Tersigni

Students and staff heading back to classes this week throughout the Interlake School Division (ISD) have a special surprise waiting for them: high-speed Internet.

After many project delays, the installation of the fibre network throughout the ISD is finally complete with the connection to the Internet taking place in August, just in time for the first day of school.

ISD Supt. Christine Penner is confident the high-speed Internet will be

able to aid teachers in delivering engaging lessons.

"For teachers in classrooms, it will be so much easier to access videos they want to show to help them articulate clearly the learning objective of a class. It will certainly help with inquiry-based learning, which is the basis of our 'Bring Your Own Device' initiatives in schools," said Penner.

### Capital Projects

Another major project still in the works for ISD is the roof replacement at Teulon Elementary School. With construction beginning in July, the roof is 50 per cent complete and work will continue into the fall.

"Our biggest capital project this summer has been a roof replacement at Teulon Elementary. With weather delays, the project is not complete and it will be under construction for a few more months going into the school year," said Penner, who added that the ISD is working closely with the site foreman to ensure as little disruption to the school as possible.

### Strategic Plan

Heading into the third school year

of the ISD 2014-18 strategic plan, the three priority areas remain at the forefront for staff across the division.

"We are continuing to focus on our three priorities, which are literacy and numeracy; creating a positive, respectful learning environment; and intellectual engagement and learning. We are going into our third year of initial assessments with literacy and numeracy and we are certainly continuing with implementing restitution division-wide," said Penner.

Restitution, a disciplinary approach that allows students the opportunity to fix their mistakes, was introduced last year and continues to be a primary area of development for teachers.

"On our first professional development day, all teachers will receive a desk flip-chart with restitution strategies on it and every school will receive a restitution kit that contains strategies and resources for implementing restitution," said Penner, who added that the 15 new teachers who have been welcomed into the school division this year will all receive a restitution workshop similar to what division staff received last year.

### Behavioural Lead Teacher

New full-time behavioural lead teacher Karen Klassen has been hired to work with students throughout the

division who are struggling with behavioural issues. As well, the position will allow for a proactive approach and will help teachers implement restitution strategies and behavioural management programs.

### Student Input


New this year, Penner, along with Assistant Supt. Margaret Ward, will be initiating a Superintendent Advisory Council. Students from all three high schools — one student each from Grade 10 to 12 — will be chosen to sit on the council to help provide input at the divisional level.

"The intent of the council is to hear the voices of our students in regards to strategies being used to address our divisional priorities. We want to know how students think we are doing," said Penner.

"I think it is really important to hear our students and allow for their input."

### School Zones

With schools back in session across the Interlake, motorists are reminded to adhere to the posted speed in school zones, which will be enforced from September to June. Even in school areas where the speed limits are not reduced, motorists are reminded to slow down and be mindful of children in and around roadways.



**STEPHEN BRETON**  
REAL ESTATE

**Teulon - 52 Cresent Creek**  
2008 modular home in mint condition  
**\$174,900**

---

**Gimli - 109117 - Hwy 9**  
commercial lot/older building **\$69,900**

---

**Sandy Hook - Hwy building lot**  
across from lake front property **\$24,900**

---

**204-999-2460**  
stevebreton.ca

ROYAL LEPAGE  
DYNAMIC REAL ESTATE  
INDEPENDENTLY OWNED AND OPERATED

*Living and serving the Interlake and Winnipeg!*



# Cluck and Quack sale coming soon to the Red Barn

## Exotic breeds of poultry and much more available

### Staff

For the second year, the Cluck and Quack Poultry Club is bringing its poultry and small animal sale to Stonewall.

This year marks the club's 14<sup>th</sup> sale, with the first dozen held in Beausejour before setting up last year at the Red Barn, located at Provincial Road 236 and Road 75N.

"The sale held in Stonewall last year was a trial to see how well we could do outside the 'home base' and it really did exceed our expectations with a remarkably large public attendance," said long-time club member Al Harris.

Based on last year's success, the fall event is returning to the Red Barn on Sept. 24 and 25 from 10 a.m. to 4 p.m., featuring exotic breeds of poultry for sale. Other sale items include rabbits, ducks, geese, pheasants, peacocks, goats, sheep, crafts and preserves. Industry representatives and crafters can also apply.

Vendors can sell from horse stalls or

from their trucks within an assigned area, and they're responsible for providing their own tables and cages for display.

Registration fees cost \$15 for club members and \$25 for non-members. To reserve a space, contact Harris at 204-467-8654 or govilon@mymts.net.

In addition to the chance to participate in the sale, Cluck and Quack membership provides a valuable networking opportunity with people who share similar interests. Members can participate in judged shows, agricultural events, and health and feeding seminars. As well, they receive a membership directory that lists the birds and animals of each member. Each spring, members look forward to a popular open auction.

Members can also participate in meetings held in February, April, June, October and December. Items that members are hoping to buy or sell are listed in the meeting minutes or online at [www.cluckandquack.ca](http://www.cluckandquack.ca).



TRIBUNE FILE PHOTO

The Cluck and Quack poultry sale will be at the Red Barn on Sept. 24 and 25 from 10 a.m. to 4 p.m.



## The Rosser Fire Department Open House September 17 11:00 am - 3:00 pm



**Located at the Rosser Fire hall  
(Rd 1E and HWY 221)**

**Free Hotdog lunch will be served**

**The fire safety training trailer will be there.**

**Come see and touch all of our trucks.**

**Try out our equipment and gear.**

**Meet all of our Firefighters.**





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

# Combat-style exercise programs on the rise

Exercise is an essential element of a healthy lifestyle. When combined with a healthy diet, exercise can help men and women maintain a healthy weight, delay the onset of certain diseases and improve overall health.

To ensure they get enough exercise, many people join a gym. But as popular as gyms are, many individuals have a narrow view of what constitutes a thorough "gym" workout. They may believe they'll spend their entire time like a hamster in a wheel on the treadmill or may be intimi-

dated by the rows of machines before them. Fortunately, today's gyms are much more than weight benches and elliptical machines. Many boast an array of fitness classes, and a great many more offer martial arts and combat-style classes. Such offerings attract fitness enthusiasts who may be looking for a workout with an edge. What's more, these types of routines can help increase stamina and strength all while reducing stress.

Kickboxing classes, bootcamp, high-intensity interval training and mixed martial arts are just a few of the programs on the rise in today's gyms. The following is a brief look at some of the popular class offerings at gyms around the country.

Mixed martial arts (MMA)

MMA is one of the fastest-growing sports in the world. MMA combines various styles of fighting in a no-holds-barred style of combat. Punching, kicking and classic martial arts moves are part of MMA. Wrestling may be thrown in for added fun as well. Fitness classes geared around MMA will incorporate many of the moves without the actual combat taking place. Therefore, expect to push muscles and flexibility to their peak.

**Kickboxing**

Kickboxing classes will pit you against a punching bag. You will learn proper punching stances and will work to improve balance and movement. People may believe only the legs and arms get a workout during kickboxing, but your core muscles do their part to help you keep your footing and put power behind your kicks and punches. Some kickboxing trainers will mix intervals into the training, providing additional core work and cardiovascular exercise.

**Krav Maga**

Krav Maga class may entice self-

Continued on page 15

## BALMORAL REC HOCKEY PROGRAM

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

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

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

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

## BALMORAL JUDO CLUB

**REGISTRATION:**

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

**SUNOVA CURLING CLUB**  
Tuesday, September 13  
6:30 - 9:00 pm

Ages 7 years and up

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

## fall registration 2016-2017

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

**Backcountry Fitness & Conditioning**  
Balmoral Judo  
Balmoral Powerskating  
Balmoral Rec Hockey  
Erika's Fitness Club  
Jansen School of Dance  
New Life Church  
Prairie Creative  
Stonewall Powerskating  
Quarry Choristers  
Rosssdale Ukrainian Dance Club  
Royal Canadian Air Cadets  
Stonewall Curling Club  
Stonewall Girl Guides  
Stonewall Karate  
Stonewall Scouts  
Stonewall Skating Club  
Stony Mountain Ski Area  
Teulon Cross Country Ski Club  
Viva la Musica

## Balmoral Power Skating

**Saturdays**

9 a.m. - Learn to skate (4, 5, and 6 year olds)  
9:45 a.m. - Level 1 power skating (6, 7 and 8 year olds)  
10:30 a.m. - Level 2 power skating (8, 9 and 10 year olds)

**\$260 - 20 weeks**

**Balmoral Recreation Centre**  
**October 15, 2016 to March 11, 2017**

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

To register contact Kelly Farmer @ 204-467-8884  
or register September 13 at VMSC 6:30-9 p.m.

## Erika's Fitness Club

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

To register:  
Call: 204-294-8620  
Email: [zumbawitherikariley@gmail.com](mailto:zumbawitherikariley@gmail.com)  
[www.erikaszumbafitnessclub.com](http://www.erikaszumbafitnessclub.com)







Continued from page 15

### Availability

Continued on page 20

**STONEWALLCURLING.COM**



Air Cadets are for boys and girls ages 12 to 19 years of age. We offer a dynamic youth program emphasizing on Citizenship, Leadership and physical fitness. We offer Scholarships for Gliding and Power flying and fun summer training in Gimli MB, British Columbia, and Cold Lake AB. **We parade on Thursday nights between 6:30 and 9:30 pm at the Stonewall Legion Hall.** There is no cost to join cadets. If you would like more information, please call 995-1502 (after 5pm please), or come on down Thursday nights and check us out. (cadets start up on September 15)





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

## CrossFit combines agility and endurance



In 1974, a new trend made its appearance in the workout world: CrossFit. In recent years, it has become so popular that even Hollywood has gotten into the act. Thanks to the fitness specialists who teach this all-in-one sport, you can have a highly effective workout that's tailored to your needs and goals.

A new sport means new motivation. The idea is to challenge and surpass yourself, to get results you previously thought impossible. What would you like to improve? Here are the 10 general physical skills on which CrossFit is based: agility, co-ordination, cardiovascular endurance, balance, flexibility, strength, precision, power, speed and resistance.

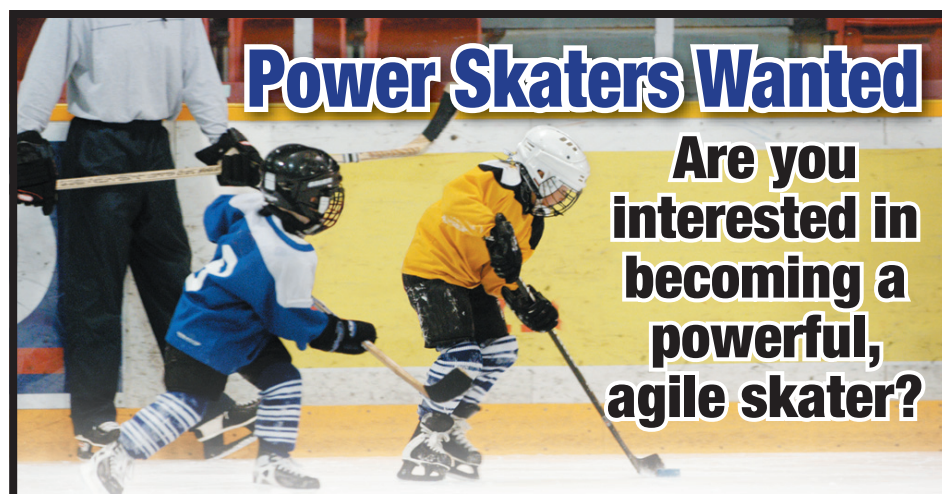
At the very least, you'll discover that you're capable of doing more

than you thought and that you have muscles you never knew existed.

All CrossFit exercises help you increase your body's work capacity by forcing your metabolism to continually readapt its neurological and hormonal readings. With the bursts of intense effort, your metabolism never plateaus and your improvements are continuous.

CrossFit combines movements from different disciplines, including weightlifting, powerlifting (muscular endurance), gymnastics and cardiovascular endurance. All routines are high intensity, but the fact that they are varied and functional makes them fun.

Don't be afraid to try something new. Find a CrossFit teacher who adapts their classes to newcomers, and you'll be well on your way to feeling good and fit.



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

**Registration Night Tuesday, September 13th  
6:30-9:00 p.m. at Sunova Curling Rink**

Session to run October 11, 2016 to March 14, 2017 (20 weeks)

**BEGINNER • INTERMEDIATE • ADVANCED LEVELS**

### TUESDAYS

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


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

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

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

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


**Questions: Contact Brock Couch at [brockcouch@gmail.com](mailto:brockcouch@gmail.com)**




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

## Jansen School of Dance

**Stonewall Location**



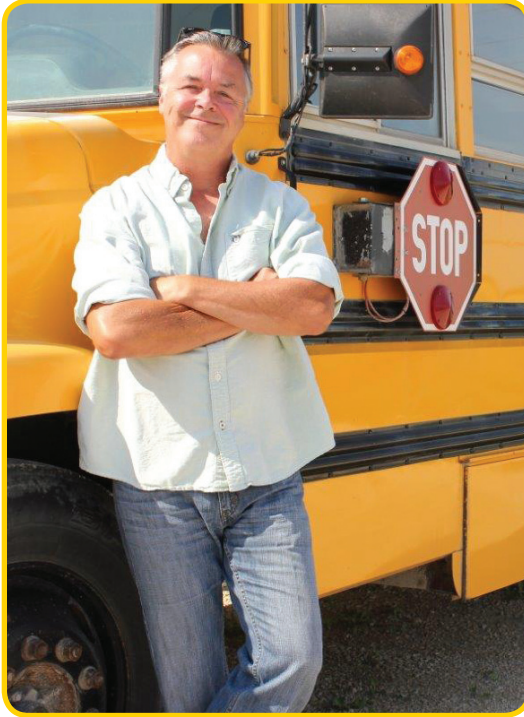
**Ages 3-Adult**  
**Registration for 2016-2017**  
**Tuesday, September 13, 2016**  
**6:30 - 9:00 pm**  
**Sunova Curling Club**  
*Under the direction of Patsy Newman*



*Classes run Saturdays from October to May*  
**Year End Recital**  
**For information**  
**Call 831-0760**  
**[patsynewman@gmail.com](mailto:patsynewman@gmail.com)**



# BACK TO SCHOOL 2016-2017



Mr. Streeter  
ISD Bus Driver for six years  
wants us to remember  
these important safety tips.

## Get Prepared for Back to School Safety!

As school doors open, traffic gets a little heavier on our streets. People are back from holidays, school buses are on regular routes, and more people are walking, cycling or driving to school.

To help with the transition and share the roads safely, read our safety tips. Help everyone stay safe this school year!

### 1) OBSERVE SCHOOL ZONE SPEEDS

Although you should always obey posted speed limits, it is especially important during the school year. Children crossing the road on their way to and from school can easily get distracted and step into harm's way. Slowing down and being vigilant is crucial to keeping kids safe. Children are often out throughout the day at recess, lunch, and for certain classes, so it's important to drive slowly throughout the day.

### 2) OBEY THE CROSSING GUARD

A crossing guard is there to keep children safe. Please follow his/her directions.

### 3) WATCH FOR DARTING CHILDREN

Kids are small and easily distracted, and for drivers, this can create dangerous situations on the roads. Be vigilant and alert behind the wheel. You never know when a small child might step out from between parked cars or off a sidewalk.

### 4) WALKING TO SCHOOL

Many children use roadways to make their way to and from school. Parents must review road safety rules with their children and the importance of not accepting rides or any invitations from strangers. It is best to walk with a buddy and keep focused on getting straight home.

To keep safe on roads, children pedestrians must:

- Find a safe and direct route to school with the help of their parents. Hazards should be identified and a designated route with safety rules should be established.
- Stay on sidewalks whenever possible.

If there is no sidewalk, use the left side of the road facing traffic.

- Cross streets only at crosswalks and learn to look to the left, the right and then left again before proceeding, even at intersections with pedestrian walk signs.
- Wait until traffic comes to a stop before crossing. Make sure drivers see you before you cross.

### 4) SCHOOL BUSES

Most mishaps take place outside the bus. Make sure children don't arrive too early at the bus stop where they can wander or get into mischief. Make sure children wait well away from the road and stay back until the school bus makes a full stop and

the doors open. Explain that they must walk at least three metres (10 feet) away when crossing in front of the bus so the driver can see them. You shouldn't pass a school bus when the signal lights are flashing (as children are often crossing the road at that time), and drive slowly as a general precaution.

### RULES FOR GETTING ON THE BUS SAFELY:

1. Be at the bus stop on time. Never run to or from the bus.
2. Wait at the designated stop in a safe place well back from the side of the road.
3. Remember the danger zone around the bus. The danger zone is anywhere close enough to touch the bus. The bus driver cannot see you when you are in the danger zone.
4. If you cross the street to get on the bus: when the bus comes, wait until it has come to a complete stop. The bus driver

will make sure all the traffic stops. The stop arm will be out and the red lights will be flashing. Watch the driver. When the driver knows it is safe, he or she will signal you to cross, but watch for traffic yourself. Walk, don't run.

5. Hold the hand rail as you get on the bus. Don't push or shove.

### RULES FOR ON THE BUS:

1. Take your seat as quickly as possible and sit properly, facing forward at all times.
2. Hold bags and parcels in your lap. Keep your head, arms and everything inside the bus. Don't throw anything out the windows or around in the bus.
3. Talk quietly. The driver must concentrate to drive the bus safely.
4. Save snacks for snack time at school or for when you get home.
5. No fighting, shouting or playing in or around the bus.
6. Always follow the bus driver's instructions.

### RULES FOR LEAVING THE BUS SAFELY:

1. When you leave the bus, hold the handrail and step away from the bus.
2. To cross the street in front of the bus, walk ahead at least 10 giant steps (three metres). Cross only when the driver gives a signal. Cross the street in single file.
3. If you drop something near the bus, don't pick it up. Tell the driver or another adult first.
4. If everyone is getting off the bus, the people at the front leave first. Do not push.
5. Be familiar with the bus driver's rules for emergencies.

Prevention is the key to safety. With education and awareness, all children should be able to get safely to school and home again. Take the time to share these valuable rules and tips with your children.

These safety tips were prepared by Public Safety Canada in collaboration with the Canada Safety Council.

## THIS MESSAGE IS BROUGHT TO YOU BY THESE COMMUNITY MINDED BUSINESSES

**DON'S MECHANICAL**  
• Heating • Ventilation  
• Air Conditioning  
• Gas • Piping  
204-467-2642

**LA INTEGRITY AUTO INC.**  
886-2365

**Town of Teulon**  
a great place to come home to  
www.teulon.ca

**Woodlands Vet Clinic**  
For animals small & large  
383-5065

**SCRAPYARD PAINTBALL**  
204-461-0749

**UNRAU REALTY**  
The Sign of Experience  
204-467-8295

**INTERLAKE SALVAGE & RECYCLING INC.**  
Stonewall Industrial Park 467-9344

**ADMIRAAL AUTO SERVICE**  
204-467-7512

**Sig's Grill**  
Stonewall 467-9056

**TMC Satellite**  
a division of TMC Distribution  
Satellite, TV & Internet Sales & Service  
204-467-2014

**Super 7 Service**  
**Esso**  
204-886-3777

**Stonewall Home Hardware**  
204-467-5589

**TUFF Contracting Ltd.**  
204-461-0749

**SOUTHSIDE SERVICE**  
Stonewall 467-2378

**MacKenzie FUNERAL HOME**  
204-467-2525

**Marketplace**  
467-8469 at Stonewall

**RM OF WOODLANDS**  
383-5679

**BRAKE FAMILY Auto Sales & Service**  
**NAPA AUTOPRO**  
204-467-9156

**INTERLAKE SCHOOL DIVISION**  
467-5100

**Warren Hardware**  
(2001)  
204-322-5215

**QUARRY VIEW**  
**Esso**  
HWY. 67 STONEWALL 467-9454

**Stonewall Teulon Tribune**  
467-5836

**QUARRY Stonewall Dental Centre**  
204-467-2177

**Stonewall Pharmacy Ltd.**  
467-8385

**Interlake Graphics**  
For all your printing and publishing needs  
Call 467-5836

**Ralph R. Eichler**  
MLA for Lakeside  
319 Main St., Stonewall, MB 204-467-9482

**WATERSONG FARMS**  
info@watersongfarms.com  
204-322-5558  
#117 PTH67 - 11 kms West of Stonewall

**Woodlands Physiotherapy Services**  
204-383-5465

**RM OF ROCKWOOD**  
467-2272

**FAMILY FOODS**  
From our family to yours  
467-5553

**Stonewall Tire**  
467-5595

**WARREN**  
322-5556 **Esso**

**TOWN OF STONEWALL**  
467-7979

**COMMERCIAL COMFORT**  
461-HEAT (4328)

**INTERLAKE TOWING**  
24 HOUR **CAA**  
278-3444

**CARRINGTON DENTAL Center**  
Stonewall (204) 467-2746

**Stonewall Chiropractic Centre**  
204-467-5523

**Rosie's Cafe**  
278-3358

**It's up to all of us to remember these safety tips**

**Inview insurance**  
Stonewall 467-8927

**ROCKWOOD LUMBER**  
886-3111

**Warren Tire**  
322-5347

**Oke Doke's DRIVING RANGE**  
204-467-2361

**RED STAR CHINESE CUISINE**  
467-8221

**Marquette Co-op**  
You're at home here  
**CO-OP** 204-375-6570



A young boy with short blonde hair, wearing a blue and white striped t-shirt, is focused on painting on a large white canvas mounted on an easel. He is holding a blue paintbrush and applying paint to the canvas. The background is a bright, sunny outdoor setting with green grass and blurred trees, suggesting a park or garden. The image is framed with rounded corners.



# TEULON CROSS COUNTRY SKI CLUB

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

**LEARN TO SKI PROGRAMS  
 SATURDAYS 10:30 TO NOON**

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

**STONY  
MOUNTAIN  
SKI AREA**



*Cool Since 1966*

**Snowphone  
(204) 344-5977**

**[www.skistony.com](http://www.skistony.com)**

*(buy online)*

***[info@skistony.com](mailto:info@skistony.com)***



**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)**



**ROSDALE  
UKRAINIAN  
DANCE SCHOOL**

**Ages 3 and up**  
**Registration:**  
**Thursday, September 1**  
6:30pm at Rosedale Hall.  
537 Donald Rd., St. Andrews  
Classes start Monday, September 12,  
at St. Andrews School  
For more info email  
rossdaledancers@gmail.com  
**[www.rossdaledancers.ca](http://www.rossdaledancers.ca)**



**View the Stonewall Teulon Tribune online at [www.stonewallteulontribune.ca](http://www.stonewallteulontribune.ca)**







# Your Wedding



## Four smart ways to invite your guests to table

What you give your guests to eat at your wedding reception shouldn't be decided lightly, especially as the meal generally swallows up a large part of the wedding budget. Here are a few options.

1. A banquet. This is the classic wedding dinner format. It's often preceded by a cocktail reception with appetizers and a cash- or open bar. The meal, which includes several courses, is served to guests at their tables by wait staff. The cost varies according to the number of courses and the choice and variety of dishes on offer.

2. Tapas. It's possible to replace the traditional three-course meal with tapas, or assorted samples of different dishes. These can be a meal in themselves when served at the table and in sufficient quantities.

3. A cocktail party. This format involves an informal seating plan that allows guests to circulate and nibble on a variety of finger foods through-

out the evening. It's a great way to encourage mingling among your guests.

4. A buffet. Simple and affordable, a buffet has the advantage of offering a wider variety of food. Guests get to serve themselves, according to their specific tastes.

Discuss the different options with the person responsible for the reception. Whatever format you choose, all ways provide options for the children

and ask guests about allergies, intolerances, and dietary laws. Think about whether you want to offer an open bar or a cash bar, and whether you want to serve a dessert in addition to your wedding cake. These days, other sweet ideas are gaining in popularity at receptions, including cupcakes and all-you-can-eat candy bars. Ask your caterer about all the latest trends.



## How to immortalize your wedding

Your wedding is going to be overflowing with meaningful gestures: bountiful affection, tender gazes, knowing smiles shared between the two of you, not to mention the kiss that seals your vows. Weddings are filled with a panoply of intimate moments that you'll want to capture for posterity. If it's documented well, it'll be an exciting day that you can live and relive, over and over again.

### A FEW CLICKS OF THE SHUTTER

Make sure the best moments of your wedding are captured by a professional photographer who knows how to be unobtrusive. But what if the weather's bad and the lighting in the hall is terrible? Don't panic; a

photo session can be scheduled a few days before or after the wedding. A good photographer will know how to immortalize your union in an unusual and stunning way, worthy of a glossy magazine.

With a photo booth and a few accessories at the reception, your guests can also pose for posterity. A few crazy snapshots will definitely help them remember the event. You can even ask your guests to send you a few of their favourite photos that they took during the festivities.

### A WEDDING FILMED FROM EVERY ANGLE

Guest interviews, staging, backstage cameras at the ceremony: it sounds like Hollywood! A wedding videographer will trace the history of this

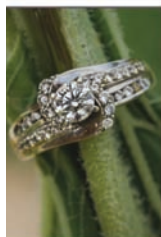
unique day as if it were a movie. You'll be filmed from the moment you start your wedding preparations with your bridesmaids, making the final product a treat for all the people you love.

So, would you like a wedding album or a movie? Why not both!



chantelle dione  
PHOTOGRAPHY

Photography for pure, unscripted, love.



www.chantelledionephoto.com

### A Great Place to Start



•Weddings •Socials •Showers •Meetings  
220 person Capacity • Kitchen Available  
**Odd Fellows Hall**  
CONTACT DEL AT 204-791-0564  
OR HALL 204-467-5556  
374 1st St West, Stonewall



Make your Wedding extra  
special have it at the

**QUARRY PARK**  
HERITAGE ARTS CENTRE  
166 Main St, Stonewall, MB  
Phone: 204 467-7980  
Email: stoneqp@stonewall.ca  
www.stonewallquarrypark.ca

### "We Do" INVITATIONS

Invitations  
Announcements  
Save The Date Cards  
Personal Stationary  
Thank You Cards



**Interlake  
Graphics**

74 Patterson Drive,  
Stonewall  
204-467-5836  
igraphic@mts.net



# Changes to garbage pick up in St. Laurent

By Jeff Ward

After a comprehensive yearlong review by the public works department in St. Laurent of the community's garbage pickup service, changes are now in place to make the service more efficient and keep the community a lot cleaner.

RM of St. Laurent Reeve Cheryl Smith said that the review of the system brought to light some problems with the Monday pickup service. The public works crew was finding that collecting all the garbage from the

west side of the municipality was taking too long and that the other areas scheduled for pickup were falling behind. Smith said that expansion of new beach developments, more full-time residents and fully functional parks have contributed to a much larger volume of refuse in the area.

The result of the review affects anyone receiving pickup service in the areas east of PR 415, Road 90N and everything north of PR 518.

"One of the things that this council has done well is allow our staff to take

leading roles," said Smith about her public works department.

"They update us at each council meeting and have been open about how much time it takes to do the beach properties. They came to us with a solution and we agreed that it was the right approach."

Smith explained that since implementing a garbage pick up system in the municipality, her public works staff has seen a huge difference in the cleanliness of the community. There is no longer garbage in the ditches when

staff cut the grass, and she said that this whole system has contributed to a much greener St. Laurent.

"This change in the schedule doesn't affect too many people, and their collection will now happen on Wednesday instead of Monday. Service will still continue throughout the municipality, and during the discussion, we wanted to make sure that everyone here would receive the service regardless of where in the RM they are," said Smith.

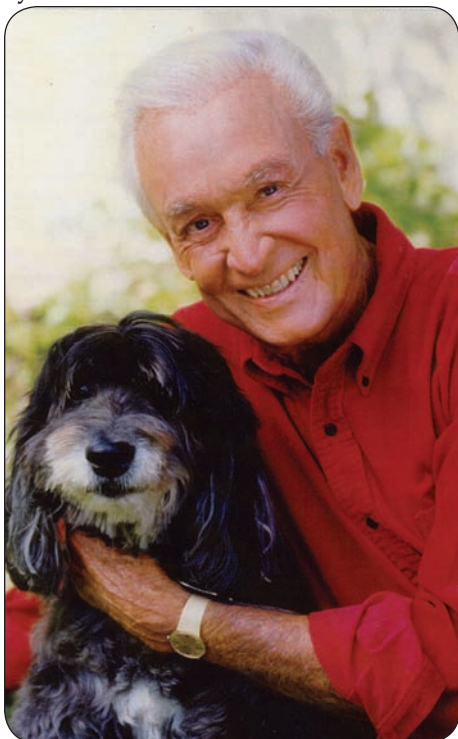
## Bob Barker backs local black bear project

By Jennifer McFee

Former *Price is Right* game show host Bob Barker continues to express support for a proposed black bear rehabilitation centre on Roger and Judy Stearns' property in Rockwood.

He is donating \$50,000 towards the proposed project, which is expected to cost approximately \$75,000 in total.

"I was happy to have this opportunity to make this contribution," Barker said in an email to the *Tribune*. "I consider it money very well spent. Roger and Judy Stearns are heroes in my eyes."



TRIBUNE PHOTO SUBMITTED  
Bob Barker with his furry friend Federico.



### ARGYLE FALL SUPPER

NEW  
LARGER  
VENUE

Argyle Curling Rink

Sunday, September 25th, 3:00 - 6:00 pm

No reservations required

Take-out available 3:30 - 5:30 at Argyle Hall (204-467-8710)

Adults \$13 Children (6-10) \$6 5 & under FREE (Dine in only)

Contact Lisa Riley 204-461-1559

Argyle Curling Club 204-467-5730

### Warren United Church Fall Supper & Bake Sale

Warren Memorial Hall

Sunday, September 18th, 3:00 - 6:00 pm

Adults - \$13 Children (6-10) \$6

Reservations not required

Take-Out Meals at Warren Fire Hall

Multi-Purpose Room 3:00 - 5:30 pm



### Fall Supper

in support of

### Bethel Children's Home

A ministry of Bethel Rays of Hope

Saturday, October 1  
3:30 pm - 6:30 pm

New Life Church, Stonewall  
6106E PTH67

Adults \$13  
Children (2-12 yrs) \$6

"Take Out" available by calling 204-344-5214



### WOODLANDS FALL SUPPER

Turkey Dinner & all the Trimmings

Monday, October 10th - 3pm-6pm

Woodlands Hall

Adult \$13.00 Kids 6-10 yrs \$6

No reservations req'd. Take Out Available

Info call Wendy at 204-383-5295



### Gunton Fall Supper

Gunton Greenwood Community Hall

Saturday, September 24th - 3:00 - 7:00 pm

For info call Tony 886-2886

### Meadows Fall Supper

Adults \$12.50  
Kids 6-10 \$7.00  
Kids under 5 Free

For reservations  
call Dolores  
204-322-5637

**Sunday, September 25**

Seating must be reserved  
for either 4:00 pm or 6:30 pm

**Meadows Community Hall**  
located 25 kms west of Perimeter on Hwy 221

**Please visit one or all of these fall suppers  
and enjoy the fruits of their labour.** *Enjoy!*



# Your FARM



## Open Farm Days will be the talk of the herd

Interlake farms will be opening their gates on Sept. 18

By Natasha Tersigni

In their fourth year participating in Manitoba Open Farm Day, Ken and Iris Overby will be welcoming members of the public to tour their free-range bison herds on Sunday, Sept. 18.

The Overbys have been raising bison on their farm located just south of Inwood since 1994. Today they have over 300 animals, and the couple enjoys sharing their knowledge of the bison industry with visitors.

"We find most of the public is three generations removed from the farm, so Open Farm Day gives them an opportunity to see what farming is all about, how we treat animals and where their food source comes from. The tours help to give them a better idea of what it looks like to farm today," said Ken.

With only approximately 30 to 50 bison farms in the province, guests visiting the Overbys' farm have the unique opportunity to see what farming the indigenous species looks like. Guests will be taken through a herd of 130 animals of all different ages to see how they live off of the land. Guests won't be able to touch or feed the animals but will be able to see them in

their natural habitat.

"We try to be very hands-off and give them their space," added Ken.

"The biggest advantage of ranching bison is that they are indigenous to North America. That is why we do not need shelters and the animals can just winter out on the pasture. Our bison operation is very hands-off. I have never personally seen a bison calf born. They are a really neat species in how well they take care of themselves and how well suited they are for our environment."

As well as giving tours of the pastures, the Overbys will discuss different aspects of their operation including how the animals are treated and how they maintain pasture management through rotational grazing.

"When we do the tour, it is not just about how we treat the animals; it is also how we treat the environment. We are bison producers, but because the bison majorly feed on the grass in the pasture land, we are also harvesting the grass and the sun on marginal land," said Ken.

The Overbys will be welcoming the public between 1 and 5 p.m. during Open Farm Day. Pasture tours will be



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Inwood's Iris and Ken Overby will once again open their bison farm to the public for Manitoba's Open Farm Days on Sept. 18. Along with tours of their bison pasture, guests will see firsthand how a ranch is operated.



Guests visiting the Overby farm on Open Farm Days will be able to tour the pastures and see the bison up close.



Agriculture  
is our way  
of life too

1-800-387-3232  
fcc.ca



**Farm Credit Canada**  
Advancing the business of agriculture

Canada

gin at 1 p.m. and 3 p.m. on Sept. 18.

Along with the Overbys, two additional Interlake farms are participating in Open Farm Day: Riverton's Integrity Foods and Gimli's Mission Trail Farms.

At Integrity Foods, guests will be able to walk through the bakery's gardens and learn about conservation, growing, harvesting and preserving food. As well, there will be pets to see including goats, sheep, pigs, a mini-

ature donkey, ducks, cats and rabbits, plus fresh pizza from the wood-fired oven and soup to enjoy.

At Mission Trail Farms, a dairy farm just south of Gimli, guests will be able to tour a 50-cow milking operation as well as see milking demos at 12:30 p.m. and 3:30 p.m.

For information and directions on all farms participating in this year's Manitoba Open Farm Day, go to [www.openfarmday.ca](http://www.openfarmday.ca).



# Travelling show to raise money in Interlake communities

*The Musical of Musicals: The Musical* will headline in Stonewall on Nov. 12

By Jennifer McFee

A group of performers will tour the Interlake with a travelling show while also raising money for good causes in each community.

Husband-and-wife duo Mitch and Kendra Obach are part of the newly formed Interlake Players, along with Lindsey Sturgeon and Chris Armstrong.

At the recent Coffee-house to End Cancer event, they provided a sneak peak of their upcoming show entitled *The Musical of Musicals: The Musical*.

"It's a satire of well-known musicals and musical writers," explained Selkirk resident Mitch Obach. "The play actually occurs five different times, and each time is a different musical style and also satirizing different musicals."

The plot remains the same, although it is approached in five different musical styles: Rodgers & Hammerstein (*The Sound of Music*, *Oklahoma!*), Stephen Sondheim (*Into the Woods*, *Sweeney Todd*), Jerry Herman (*Mame*, *Hello Dolly*), Andrew Lloyd Webber (*Evita*, *The Phantom of the Opera*), and John Kander and Fred Ebb (*Chicago*, *Cabaret*).

"We were really drawn to it because for people who really like musicals

and know musicals, it pokes fun at musicals but it also really celebrates these different styles," Obach said.

"The references are really great, but at the same time, we thought that it was quite funny even if you're not as familiar with any of these musicals or if you're not a big fan of musicals in general. We thought it was good for different types of audiences that way."

The performance gives the foursome a chance to enjoy time on stage while also performing in Interlake communities that are close to their hearts.

"We thought it was a new idea to be an Interlake travelling theatre group, and we're partnering with local charities so they can use it as a fundraiser. A few of us that used to do some perform-

ing, and maybe haven't done as much since we've gotten older and busier, thought it would be fun to get back up on stage," Obach said.

"Kendra and Lindsey Sturgeon run the musicals at Stonewall Collegiate Institute, so they're on the other end of the musical a lot of the time. They're not on stage, but they're directing and choreographing. We thought it would be fun for them to get up on stage, too, and run the show for people to see."

**"IT'S A SATIRE OF WELL-KNOWN MUSICALS AND MUSICAL WRITERS."**



TRIBUNE PHOTO BY JO-ANNE PROCTER

Mitch Obach and Lindsey Sturgeon provided a sneak peek of their upcoming musical during the recent Coffeehouse to End Cancer.

The show will start off in Selkirk on Oct. 29, followed by performances in Gimli on Nov. 4, Ashern on Nov. 5 and Stonewall on Nov. 12.

"We're still working on charities, and we'll be working with different groups for different places. Hopefully then the locals can do a lot of the promotional work since they know the best approach to getting people to a show," Obach said.

"It's not going to necessarily be the exact same thing every night in terms of ticket price or what the show has to

offer. I think the Ashern one will be a full meal dinner theatre whereas others will just be straight shows."

In Stonewall, the group is partnering with Paige Procter, and proceeds from the show will go towards her Coffee-house to End Cancer. In Gimli, they're partnering with the A-Spire Players, and proceeds will go towards that local theatre group.

Anyone who would like more information can contact Kendra Obach at klobach@gmail.com.

## Upcoming workshop for family members providing end-of-life care

By Natasha Tersigni

For family members providing end-of-life care to a loved one, it can be a very emotional and stressful time for them. On top of preparing to say goodbye to a relative, caregivers are often dealing with the implications of the health-care system and trying to manage daily life with the added stressors of caring for a terminally ill family member.

To provide ways of managing the added stress and emotions that often come with being a family caregiver, the South West District Palliative Care (SWDPC) is hosting a presentation called "Why Care About the Caregiver?" on Sept. 14 at the South Regional District Library Stonewall Branch. The presentation is free and will take place from 7 to 8:30 p.m.

Hosted by palliative care resource nurse Deborah Krahn, the workshop will look at ways of coping with providing end-of-life care to a fam-

ily member. Attendees will be encouraged to participate by providing their own ideas and experiences caring for a family member.

"One of our members heard Deborah Krahn speak at the 2015 Palliative Manitoba's conference and thought it might be worthwhile to bring her to the Interlake. She has agreed to come and her workshop will fit nicely with our mission to provide education to the public," said SWDPC board member Lois Borkowsky.

"This is a difficult subject to talk about, so this will be an opportunity for people to discuss ideas and share information. One of our hopes for the evening is to share with caregivers the resources that are available through the SWDPC right here in their community."

For more information or to RSVP for the event, email s.w.d.p.c@hotmail.com or call 204-513-1728.



**PEOPLE'S CORNER**

**Law Office**

- **FAMILY LAW**  
(Custody, Support & Divorce)
- **WILLS & ESTATE LITIGATION**
- **REAL ESTATE**

**Call for Appointments**  
\*Local Appointments upon Request

**MICHELLE LAHAM SZUTIAK**  
Experienced Lawyer & Interlake Resident  
Call (204) 691-5969 or email mszutia@peoplescornerlaw.ca




# worship *with us*

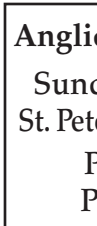
> FAITH



**Teulon United Church**  
9:30 a.m. Teulon  
Phone 886-2382  
teulonpastoralcharge@mymts.net



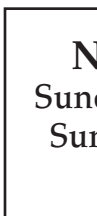
**Stonewall United Church**  
369-1st Ave. N., Stonewall  
Service and Sunday School  
Sundays 10 a.m.  
Phone 467-5469 (office)  
www.stonewallunited.ca




**Anglican Parish of St. Cyprian**  
Sundays at 10:00 am at  
St. Peter Lutheran Church  
PTH #7, Teulon  
Phone 886-3203



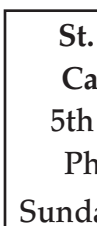
**Interlake Full Gospel Assembly**  
Teulon  
Sundays at 11:00 am  
Phone 886-2680



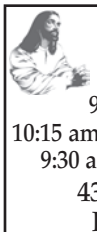
**New Life Church**  
Sunday Service 10:00 a.m.  
Sunday school 9:30 a.m.  
Teulon 886-3269



**St. Peter Lutheran Church**  
Sunday Service - 10:00 am  
PTH #7, Teulon  
886-2159



**St. John Vianney Catholic Church**  
5th Ave SE Teulon  
Phone 467-9016  
Sunday Mass 11:30 am



**Anglican Church of the Ascension**  
9:30 am - Traditional Service  
10:15 am - Choral Service & Sunday School  
9:30 am - Wednesday Morning Prayer  
435 1st Ave. N., Stonewall  
Phone 467-8466 (office)




**Grosse Isle and Rosser United Church Services**  
Rosser Sunday 9:45 am

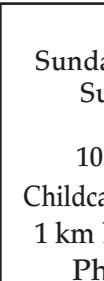
**Lilyfield United Church**  
Rd. 68 & Sturgeon Rd.  
Service 9:30 a.m.  
Phone 344-5426




**Alive! Family Church**  
Sunday Hymn Sing 10:00 a.m.  
Sunday Worship 10:30 a.m. at  
Sunova Auditorium, Quarry Park  
Interpretive Centre, Stonewall  
Phone 467-2870  
www.alivefamilychurch.ca



**Warren & Meadow Lea United Church Services**  
Joint Services  
Alt. Sundays at 10:30 am  
Call 322-5752 for location of service.



**New Life Church**  
Sunday Service 9:00 & 10:45 a.m.  
Sunday Morning Classes  
9:00 a.m. - All Ages  
10:45 am - Nursery - Gr. 4  
Childcare for Nursery School to Gr. 4  
1 km East on Hwy 67, Stonewall  
Phone 467-5529 (office)




**Woodlands Gospel Chapel**  
Service 7 p.m.  
Sundays  
Hwy 6 + Rd 82,  
Woodlands  
Phone 467-5109



**Cornerstone Pentecostal Church**  
Sunday Worship &  
Sunday School 10:30 am  
Youth Nights - Sundays 6 pm  
Thursday Bible Study  
& Kids Club 7 pm  
308 2nd Ave. N., Stonewall  
Phone: 467-9797



**Christ Church Anglican**  
97 School Rd,  
Stony Mountain  
Service 10:15 am  
Phone 489-4847  
or 344-5220



**Christ the King Catholic Church**  
Sunday Mass 10:00 a.m.  
315-2nd St. E., Stonewall  
Phone 467-9016

## A worship-centred lifestyle

In the early 1960s A. W. Tozer said "worship is the missing jewel of the evangelical Church." Since then the church has taken great strides to rediscover this missing jewel. The worship of God should not be rote and boring, but made fresh and exciting. As Milfred Minatrea said in *Shaped by God's Heart* we need to "rewrite worship every week." The worship service should not be an event to be endured, but a gathering to be enjoyed.




One of the great books of the Bible to rediscover worship is in the book of Psalms. Psalm 1 opens the book with six verses; Psalm 150 ends the book with six verses. Psalm 1 is Word-centred; Psalm 150 is worship-centred. As you set your life's foundation on a Word-centred lifestyle it should ultimately move you a worship-centred lifestyle of the living Word—Jesus Christ. Not only is worship an attitude of being reverent in God's presence, but it is also one of celebration. Psalm 150 is the grand climax and finale to the entire book of Psalms. It is a psalm of excitement and exuberance, a psalm of praise to the Lord. Thirteen times in this psalm you are called to shout out hallelujahs or praises to the Lord. It is like a grand finale of fireworks that celebrates God.

*"Praise the LORD. Praise God in his sanctuary; praise him in his mighty heavens. Praise him for his acts of power; praise him for his surpassing greatness. Praise him with the sounding of the trumpet, praise him with the harp and lyre, praise him with timbrel and dancing, praise him with the strings and pipe, praise him with the clash of cymbals, praise him with resounding cymbals. Let everything that has breath praise the LORD. Praise the LORD."*


The book of Psalms teaches that a life that is Word-centred is blessed, and a life that is blessed worships God. And a worship-centred lifestyle will restore and revitalize your soul in a world that can easily take away your joy and strength.

John Harrison  
Pastor of Spiritual Development  
New Life Church, Stonewall  
johnharrison@mymts.net

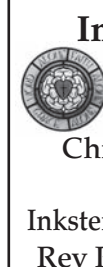
**Balmoral United Church**  
Sundays 11:15 am  
Phone 886-2382  
teulonpastoralcharge@mymts.net



**Stony Mountain United Church**  
12 Main St., Stony Mountain  
Phone 344-5426



**St. Joseph's Roman Catholic Church**  
Sunday Mass 8:30 am  
Stony Mountain  
Phone 467-9016



**Immanuel Lutheran Church (LCC)**  
Service 10:30 am  
Childrens Sunday School during Worship  
Inkster & King Edward, Winnipeg  
Rev Richard Beinert 632-6911



**Church of the Annunciation Woodlands Service**  
12:00 noon

*To participate in this monthly section please call 467-5836*



# Organizers prepare for Stonewall's annual Terry Fox Run

By Natasha Tersigni

On Sept. 18, the Stonewall Terry Fox Run will take place to honour our Canadian hero and to help keep his dream of finding a cure for cancer alive. Stonewall will join over 9,000 communities across Canada next Sunday for the annual walk.

Going into its 36th year, both locally and nationally, the non-competitive event encourages participants to collect pledges and then run, walk, blade or bike to raise money for cancer research.

In Stonewall, registration for the event will take place at Quarry Park Heritage Arts Centre at noon and the event will begin at 1 p.m. The course is five kilometres on paved surfaces and allows for participants to go at their own pace.

Run organizer Ray Steen is hoping for great weather and an even better turnout at this year's event.

"Last year, we had 107 participants and 13 volunteers, so we are hoping for similar numbers again this year. With that number of participants, we were able to raise \$11,925.65," said Steen, who added there would be something new for this year's run.

"To begin the event, we are having a local piper and drummer Jimm Simon



TRIBUNE FILE PHOTO

Last year's Terry Fox Run in Stonewall had 107 participants and raised close to \$12,000 for cancer research. This year, organizers are hoping for a similar turnout at the event being held on Sept. 18.

and Aileen Najdich lead us from the registration site at Quarry Park up to Memorial Park where the run takes

place. This is the first time we are having this and we thought it would be exciting for participants."

For more information on the Stonewall Terry Fox Run, contact organizer Ray Steen at 204-467-2283.

## 'New physical learning' exercise trains the brain of a Parkinson's patient

### Gimli Parkinson SuperWalk planned for Sept. 18

Submitted

Every hour of every day in Canada, a person is diagnosed with Parkinson's disease.

That equates to approximately 25 Canadians receiving this diagnosis from their doctor. This number will increase up to 51 people per day in 2031. In Manitoba, there are an estimated 6,500 individuals diagnosed with the neurodegenerative disease. New research reveals how "new physical learning" exercise can dramatically improve the slowness, stiffness, balance and behavioural/cognition issues associated with Parkinson's disease.

For people with Parkinson's disease, "new physical learning" exercise can be a critical and very beneficial part of managing this progressive neurodegenerative disorder. It builds on the basics of developing balance, strength and agility with cognition through a wide range of exercises including dance, strength training, boxing, yoga,

tai chi and other activities. Parkinson's patients benefit from revolving through a series of activities to both stimulate the Parkinson's brain with dopamine while slowing the progression of a loss of balance and flexibility which declines at an accelerated rate in people with Parkinson's.

Kelly Williams, a clinical resource nurse at the Movement Disorder Clinic in Winnipeg, emphasized the intent is to train the brain to do movements more automatically and to protect the brain from degenerating as quickly.

"The whole point is to challenge your body. Teach yourself something new. New physical learning creates a mind-body connection that protects your brain from degenerating as quickly, also known as neuroprotection."

So what kind of exercises are best? Lorri Apps, managing director, Manitoba, Parkinson Canada, says that depends on what stage of Parkinson's disease a person is living with. Apps

said, "It is important to speak to your doctor to determine what is right for your individual health and abilities. The key is consistency."

Bernice and Vern Teichel know the benefits of staying active and exercising daily to manage Vern's Parkinson's illness. The father of two was diagnosed in 2004 after he noticed a twitch in his left pinkie finger. Since then, he has given up playing hockey.

Vern and his wife exercise daily by golfing, walking or participating in strength training or lawn bowling.

Steve Van Vlaenderen also knows firsthand what this recent study confirms. Exercise of any kind, whether weight training, cycling or boxing, can slow the progression of Parkinson's. Diagnosed with the disease in 2011, Steve commented, "My exercise routine changes five times a week to include strength training, brisk walking with a 40-pound weight vest strapped to my torso, tai chi as well as other exercises that challenge my body and mind."

Steve will be participating in this year's Parkinson SuperWalks in Winnipeg and Gimli with a 40-pound weight vest strapped to his torso. For

Steve, this signifies "the burden that Parkinson's not only places on the person who is diagnosed with this disease but also on family members and friends who also deal with the effects of this debilitating disease."

Steve, Vern, Bernice and Kelly will join hundreds of other Manitobans as they participate in the Sept. 10 Parkinson SuperWalk in Winnipeg.

To also promote this year's Parkinson SuperWalk and to raise funds for research, services and programs, and advocacy, Steve worked with Popeye's Winnipeg and Brandon, who are offering a special promotion in support of Parkinson Canada until Sept. 8.

The two-kilometre SuperWalk 2016 will take place on Saturday, Sept. 10 at the University of Manitoba, Max Bell Centre, Field House (109 Sidney Smith St.).

For further information and to register, please visit [www.parkinsonsuperwalk.ca](http://www.parkinsonsuperwalk.ca).

Other Parkinson SuperWalk locations include Brandon on Sept. 10, Morden on Sept. 17 and Gimli on Sept. 18.



# Get ready for annual Stony Mountain Abas Auto run

The 2nd annual event is set for Sept. 24 to raise funds for walking and cycling trails

By Jennifer McFee

It's nearly time to lace up for the second annual Stony Mountain Abas Auto Run.

Set for Saturday, Sept. 24, the event is hosted by Stony Mountain Community Association to raise funds for the walking and cycling trail network in the area.

Last year's inaugural event was a great success with more than 150 participants who raised upwards of \$4,500 for the trail project. As a result, they were able to develop one kilometre of the trail.

Several options are available for participants in the fundraising event, including the new All Fab Olympic 10k Quarry Run. For those looking for a shorter run, they can opt for IG Team Deprez – What the Hill 5k Race or the McKillop Team Mountain Mile Relay with teams of four people who run one mile each.

Other options include the Sunova

Stony Scamper, which is a three-kilometre walk or run that is suitable for all ages, or the CRIK Hop, which is a fun spring for kids under six years old.

Run volunteer Cheryl Kalupar is encouraging school groups to participate in the event. The school that sends the most participants will be awarded with a banner.

"We're really hoping to get a lot of the Interlake schools on board for the relay teams," said Kalupar, who expressed gratitude for this year's sponsors.

"We're also hoping that the adults will get on board. Last year, we had a lot of seniors doing the event and they all got finisher medals. For some of them had never gotten a medal before in their life."

Participants can register online at [www.events.runningroom.com/site/?raceId=13128](http://www.events.runningroom.com/site/?raceId=13128). They can also drop off a completed application form and

**"WE'RE REALLY HOPING TO GET A LOT OF THE INTERLAKE SCHOOLS ON BOARD."**



TRIBUNE FILE PHOTO

The 2nd annual fundraising Stony Mountain Abas Auto Run will take place Sept. 24.

cheque at the Pic N Pay store in Stony Mountain. Forms and more information are available online at [www.stonymountainmb.ca/SMRUN/](http://www.stonymountainmb.ca/SMRUN/).

A booth will also be set up during the registration night in Stonewall at the Sunova Rink. As well, a last-minute registration opportunity will take place at the Stony Mountain rink on Sept. 15 from 6:30 to 8 p.m.

The first 50 entries in either the What the Hill 5k Race or 10K Quarry Run will receive a Stony Mountain Run toque courtesy of Abas Auto. The first 100 entries in the Stony Scamper will receive a Stony Mountain Run water bottle courtesy of Sunova.

This year, between 200 and 300 participants are expected to take part in the event.

## All welcome for pickleball

Staff

If you're looking for a way to keep active and have fun, it's worth trying the sport of pickleball.

This racquet sport is a cross between tennis, badminton and table tennis. Locally, pickleball players have been meeting at Stonewall's curling club.

But starting Sept. 15, the pickleball games will move to the gymnasium at Stonewall Centennial School. Pickleball players, as well as those who are new to the sport, can join in the fun every Thursday starting at 7:15 p.m.

South Interlake 55 Plus organizes the outing, which is open to players of all ages and abilities. The cost is \$3 for 55 Plus members, \$5 for non-members who play on a regular basis, or \$10 for anyone who would like to drop in intermittently.

For more information, contact South Interlake 55 Plus at 204-467-2582 or [si55plus@mymts.net](mailto:si55plus@mymts.net).



**TRIBUNE PHOTO BY LANA MEIER**  
Lorna Feakes is one of the many who enjoy the sport of pickleball. The Stonewall club is moving to the Stonewall Centennial School gymnasium starting Sept. 15. All are welcome.

## Steelers seek billet families for upcoming hockey season

By Dave Baxter

The Selkirk Steelers is looking for local families that are willing to take in hockey players and help them feel at home this hockey season.

The Steelers Junior A hockey club is currently seeking billet families for the 2016-17 junior hockey season, as some on this year's roster don't live in the immediate area and will need a place to stay for the season.

Billet families are asked to take in a player for the season. The Steelers director of business operations, Don Gilman said the 2016-17 season will start with between six and eight players needing a place to stay. So far four families have signed up to take in players.

Gilman said billet families are asked to provide a caring home atmosphere for players and they also encourage families to come out and cheer on the Steelers during the hockey season.

He added there is always the chance throughout the season that players from other communities could be signed by or traded to the Steelers, so it would ideal to have a billet family wait

list.

"The outreach of this league is becoming more North America wide, where it used to be province wide," Gilman said. "We would like the luxury of a waiting list of people wanting to billet."

"Sometimes during the season players are made available, and in the decision making process of whether or not to take that player is if they have somewhere to stay, so we have to billet them in a hurry."

Families with extra space in the home and "empty nesters" work well as billet families, Gilman added.

Any family that takes in a Steelers player will get a small amount of compensation for food and other household items, an invite to Steelers events throughout the season and are often given season tickets to attend Steelers home games.

Anyone that would like to inquire about being a billet family for the Selkirk Steelers can contact Don Gilman directly at 204-471-8844 or email Brian Cutting at [brian@selkirksteelers.com](mailto:brian@selkirksteelers.com).



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Kessler getting in her kicks at UND

By Brian Bowman

For a lot of young athletes, the decision to go away for school is not a very easy one.

And, in some cases, that decision does not work out very well.

But for Veronica Kessler, the move south to attend school and play soccer for the University of North Dakota was a real easy one. And it's been a tremendous move for the personable 18 year old from Balmoral.

"It's really fun and I really enjoy it," said Kessler last Friday afternoon, just hours before UND was set to host their arch-rivals from NDSU. "There are so many (good) things about (UND)."

Kessler has really enjoyed being away from home and experiencing school and collegiate soccer with her teammates.

"There's always 30 different girls (with) you every single day and having the exact same experience of having 6 a.m. weight (training) and then we go to class all day with three hours of training at night," explained the former Stonewall Collegiate star athlete.

"Everyone is going through it with you and the experience of making those friends (is great)."

Kessler has also had the interesting experience of travelling throughout the U.S. This year, UND will hit the road to play in several Midwestern states along with Utah, Idaho, Montana, and Colorado.

"We travel so much," she stressed. "Last year, we did California, Arizona, Utah, Oregon and Illinois. It's crazy but you get to see all of the different places. The travelling kind of sucks, though, because you're going 12 hours a day with straight plane rides with five different stops, playing a game, and then travelling that night."

"That part is a grind but being able to see the country and play the sport



Veronica Kessler

you love at the same time is amazing."

Kessler's collegiate career got off to an amazing start last season as she scored a pair of goals in UND's home opener against the University of South Dakota. She was deservedly named the Big Sky Offensive Player of the Week.

"I remember it because it was Aug. 30 and my number is 30," she laughed. "And I also wear No. 30 for Charlie Cooke, so I remember it very easily. It was pretty exciting when I scored my first goal and it was the first goal of the game."

Kessler appeared in all 18 games — starting in 13 — last season.

This season, UND was 1-3-1 heading into last Friday's game but Kessler said the Fighting Hawks have tons of talent with 14 players in their sophomore season.

"We have improved so much," she said proudly. "Most of our games are losses by one goal or ties, which is so much better than the year before. Our



TRIBUNE PHOTOS SUBMITTED

Balmoral's Veronica Kessler, left, is excelling on the soccer pitch — and in the classroom — with the University of North Dakota.

team now has so much experience under our belts and we have improved so much since the spring season."

The goal for UND this season, said Kessler, is to earn a berth into the Big Sky Conference tournament. The Fighting Hawks have plenty of potential going forward with this group in the next couple of years.

"I am so looking forward to that," she beamed. "Our senior year is going to be amazing. Having us all go through the four years together (is going to be great)."

As good as Kessler is on the soccer field, she's equally impressive in the

class room. She earned Big Sky All-Academic honours last year while maintaining an impressive 3.875 GPA in her first semester and a 4.0 in the second semester.

She is currently a psychology and criminal justice major.

"First semester was a lot harder," she said, noting she made the Dean's List and the honour roll at UND. "I thought I would be used to it because I played a lot of sports in high school. What helped was the fact that our coach had mandatory study tables, so you had to study a minimum of six hours a week."

## 2017 Canada Summer Games volunteer recruitment started

Submitted

The 2017 Canada Summer Games Host Society needs 5,500 Games-time volunteers for one of the largest multi-sport and cultural events ever hosted in Winnipeg from July 28 to

Aug. 13, 2017.

"We want to emphasize the human legacy these Games will bring to our city and province," said 2017 Canada Summer Games Host Society co-chair Mariette Mulaire. "Behind every

exciting moment at the 2017 Canada Summer Games you'll find our volunteers. They will represent the best of the Games and the benefits to the community will extend long past August 2017."

Volunteers can register online at [canadagames.ca/2017](http://canadagames.ca/2017) or in person at the volunteer recruitment centre. The centre is located at 296-240 Graham Ave. and is open Monday to Friday from 9 a.m. to 3 p.m.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Thunder Midget struck down by Mustangs

By Brian Bowman

The St. Vital Mustangs are currently the best team in the Midget Football League of Manitoba.

And the Interlake Thunder saw why last Saturday.

St. Vital improved its record to 4-0 after defeating the Interlake 48-6 in Stonewall.

"They are a very, very good football team, no doubt about it," said Thunder head coach Kris Johnston. "They have veterans in a lot of key areas and they have a tremendous quarterback, who I have a lot of respect for."

The Mustangs took a 14-0 lead on their first two possessions of the game and then added a pair of touchdowns and a field goal late in the second quarter to go up 31-0 at the break.

"They were solid drives and they moved the ball down the field," Johnston said. "They chewed up a lot of time off the clock in the first quarter and gave our offence very little time on the field."

Mustangs' quarterback Joshua Jammieson did a real good job moving St. Vital down the field. He finished the game 17-for-26 for 234 yards and three touchdowns. Those TD passes were caught by Garrison Trinder, Nick Lian, and Colin Pantos.

Liang also added a TD on the ground along with Drey Warde and Breydon Stubbs.

Defensively, the Mustangs did a great job game planning for the Thunder's offence. Outside of Inter-

lake quarterback Thomas Dunlop, the Thunder rushed the ball just nine times for a paltry 13 yards.

"The fact that we were down early obviously had a significant effect on our play calling," Johnston said. "We came into the game with very much a goal of running the ball."

Dunlop, meanwhile, had a good game throwing the ball. He completed 12 of 17 passes for 126 yards and he scored the Thunder's lone touchdown on the ground in the third quarter.

"Thomas Dunlop played a fantastic game," Johnston stressed. "They did everything humanely possible to limit him throwing the ball and completing passes. But, despite all of that, he was absolutely magical in a number of situations by creating plays."

"He was monumental in any, and all success, we had on offence."

Alex France was the Thunder's top receiver in the game, hauling in seven catches for 81 yards. Germain Waldner was Dunlop's next favourite target, adding three catches for 38 yards.

"Overall, our receivers played well," Johnston said. "They were there for our quarterback when he needed them to be and they made some catches, they made some plays."

With last Saturday's loss, the Thunder are now 2-2 and remain in sole possession of third place in the five-team league. Interlake will hit the road this Saturday (7 p.m.) when they battle the fourth-place Southwest Wolves (1-3).



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Thunder's Alex France of Warren makes a nice catch during Interlake's loss to the Mustangs last Saturday.

Interlake has already forgotten the loss to St. Vital.

"We have to make sure that we're looking forward and it's a long sea-

son," Johnston said. "We get two cracks at everybody and we have to move on from this past week."

## Interlake 'AAA' coaches named for upcoming season

### Staff

The Interlake Minor Hockey Association has announced their "AAA" coaches for the 2016-17 season.

Dwayne Swanson returns as head coach for the Midget "AAA" Provincial team. He has been coaching for over 15 years, with the last six directly involved with Interlake's regional programs.

Al Chop will be assisting Swanson with this year's team.

The Lightning Female Midget team will be coached by Chantal Larocque. She originally hails from Ste. Anne

and has coached at the PeeWee and Bantam "AA" levels and at the Midget "AAA" level.

Larocque has an extensive playing career at the University of Manitoba, University of Minnesota-Duluth and in Calgary in the WWHL. She is also a member of Manitoba's ball hockey team.

Jessica Jones will be an assistant coach for the Lightning Midget Female team.

The Bantam "AAA" male team, meanwhile, will see Chad Balmer take over the team from last year's coach,

Todd Studler.

Balmer, who resides in Selkirk, has been involved in minor hockey for over 10 years, coaching at the Bantam "AAA" and "AA" levels within Hockey Winnipeg over the last few years.

He was also on the awards committee for the 2014-2015 Western Canadian Bantam "AAA" Championship. He is involved in many development programs and owns/runs a pre-season camp in East Selkirk.

Trent Goodbrandson will be assisting with this year's team.

The Interlake Ice Bantam female

team will be coached by Paul Miller. Miller is originally from Balmoral and now resides in St. Andrews.

He has coached various levels of hockey for the past 20 seasons, from House League to Bantam "AAA". Miller's coaching background has included instructing a skating and skills enrichment camp for Novice to coaching at the Manitoba Winter Games.

Miller is a former member of the Stonewall Minor Hockey Club and North Dakota State University Bottineau.







**ACREAGE AUCTION****SATURDAY, OCT. 1 • 10 AM**

1 mile west of St. Francis Xavier on Hwy. 1, then a 1/2 mile northwest on #424. Very neat low houred equipment, 1990 Chev 1500 only 120,000 one owner km's, MF 1250 Compact tractor, White 6065 w/ loader FWA. Paola - owners 204 864 2165.

For more complete listing [www.billklassen.com](http://www.billklassen.com)

**Bill Klassen Auctions Ltd.**  
Ph: (204) 325-4433  
Cell: (204) 325-6230  
Fax: (204) 325-4484

**McSherry Auction Service Ltd****ACREAGE AUCTION  
LEON PELLETIER****Sunday Sept 18th @ 10:00 am****Beausejour, MB****South 10 Miles on Hwy 302 #61129****Auction Note: The Acreage is Sold!****Leon was a Welder, Farrier & Enjoyed His Hobby Farm!****Contact: (204) 866-4141**

**Truck & Trailer** 02 Dodge 3500 4x4 Cummins Dsl 6 Spd/Std Dually w Wet Kit 207,000 KM Sft \* 2000 Custom Built 5th Wheel 24' Hyd Tilt Flat Deck Tandem Dually Tractors, Backhoe & Skidder JD 1120 Dsl HL 3PH 540 PTO w JD FEL 4500-5000 Hrs \* Set ½ Tracks off 16.9-30 \* Kubota B7500 MFWA Hydrostatic 3 PH w FEL 806 Hrs \* JD 540 Skidder \* Case 580 Gas Backhoe w FEL \* JD 920 – Not Complete \* Equip JD 14' Tandem Disc Notched on Front \* JD C-14 10' Deep Tiller \* Int 1100 Trailer 7' Sickle Mower \* JD 350 Side Del Rake \* Sovena 3PH Rotovator \* Trailer Post Pounder \* Hyd Post Hole Digger \* 9' FEL Blade \* 12 Volt Seed Broadcaster \* 4 Wheel Farm Wagon \* Water Tank Trailer \* Tools Hobbart Beta 2510 Mig Welder \* Hobbart 140 Amp 9 HP Gas Welder w 60' Cable \* Metal Band Saw \* Air Comp Triple \* Floor Drill Press \* Metal Chop Saw \* 2 Pipe Benders 1) Hyd 1) Manual \* Acetylene Torches \* Booster/Charger \* Power Tools \* Airless Paint Sprayer \* Air Impact \* Welding Clamps \* Floor Jack \* Hand Tools \* Livestock Items 2000 Custom Built 5th Wheel Tandem \* 14' Stock Trailer \* Deck for 1 Ton Truck w Hyd Drive Tilt Squeeze Chute \* Farmhand 16" Hammer Mill \* 22) 16' Corral Panels \* 22) 10'-12' Corral Panels \* 6 Ton Hopper Bin \* Square Bale Feeders \* 120 8 Month old Isobrown Laying Hens \* 4) Giant Angora Rabbits \* Chicken/Rabbit Cages \* Chicken Waterers & Feeders \* Single Seat Sleigh \* Bob Sleigh \* Saulky Cart \* 3 Saddles \* Horse Tack \* Set Work Harness \* \* 5) Elec Fencers \* Power Dehorners \* Power Hoof Trimmers \* Yard & Shed 2012 Kubota T1880 Hydro 18HP R Mower w Rear Bagger \* Roto Tiller \* Stihl Chain Saw \* 8' Roller Conveyer \* 2013 Canopy 10' x 16' Shelter \* 8' x 10' Galv. Yard Shed \* Household & Antiques Washer \* Dryer \* Int 20 Run Seeder \* Esterly Cast Seat \*

**Stuart McSherry (204) 467-1858 or (204) 886-7027**  
**[www.mcsherryauction.com](http://www.mcsherryauction.com)**

**McSherry Auction**  
**Construction/Agriculture**  
**Marilyn Mateychuk**

Sat, Sept 17th 10:00 am  
Steinbach, MB - 15 Miles  
South On Hwy 12 #38019  
Contact: (204) 434-6622  
**Internet Bidding available**  
**@ [www.bidspotter.com](http://www.bidspotter.com)**

Crawlers, Excavators &  
Screener \* Wheel Loaders,  
Graders & Scrapers \* Tractors  
& Skid Steer \* JD 6605  
MFWA \* Ford New Holland  
TD 145 Bi Direct \* Farm  
Equip \* Trucks \* Trailers \*  
Construction Misc & Tools \*  
Huge Auction! Go To Web !

(204) 467-1858 or  
(204) 886-7027  
[www.mcsherryauction.com](http://www.mcsherryauction.com)

Book Your Classified Ad Today -  
Call 467-5836 or Email [igraphic@mts.net](mailto:igraphic@mts.net)

**McSherry Auction**  
**Service Ltd**  
**ESTATE &**  
**MOVING SALE**

**Wed Sept 14th @ 4:00 pm****Stonewall, MB**

**Yard Items \* Tools \***  
**Antique Furniture \***  
**Antiques \* Household \***  
**Go To Web!**

**Stuart McSherry**  
**Stonewall, Manitoba**  
**(204) 467-1858 or**  
**(204) 886-7027**  
**[www.mcsherryauction.com](http://www.mcsherryauction.com)**

**Auction Sale**

**Leon Pelletier**  
Sunday, Sept 18 @ 10AM  
Beausejour, MB  
South 10 Miles on Hwy  
302 #61129

02 Dodge 3500 4x4 Cummins  
Wet Kit \* Welding Equip \*  
Farrier Equip \* Acreage Equip  
\* Trailers \* Tractors \* Equip \*  
Livestock Items \* Yard \* Tools \*  
Go To Web \*

(204) 467-1858 or  
(204) 886-7027  
[www.mcsherryauction.com](http://www.mcsherryauction.com)

**RURAL MUNICIPALITY  
OF WOODLANDS**

**NOTICE OF PUBLIC AUCTION**  
**SALE OF LANDS FOR ARREARS OF TAXES**  
**RURAL MUNICIPALITY OF WOODLANDS**

Pursuant to subsection 367(7) of *The Municipal Act*, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the 5th day of October, 2016, at the hour of 7:00 PM, at:

Rural Municipality of Woodlands  
57 Railway Ave, Woodlands, MB

proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
84730	LOT 7 BLOCK 1 PLAN 19934 WLTO IN NORTH 1/2 22-14-2 WPM - 304 PARKER STREET	L -\$25,300 B -\$132,500	\$5,885.73
102400	NW SECTION 32-15-2 WPM WHICH LIES TO THE SOUTH WEST OF THE SOUTH WESTERN LIMIT OF OAK POINT HIGHWAY PLAN 621 WLTO EXC FIRSTLY: ALL MINES AND MINERALS AS MORE FULLY SET FORTH IN TRANSFER G 47510 WLTO AND SECONDLY: PUBLIC ROAD PLAN 14778 WLTO	L -\$900	\$1,019.73
102700	SW SECTION 32-15-2 WPM WHICH LIES TO THE SOUTH WEST OF THE SOUTH WESTERN LIMIT OF OAK POINT HIGHWAY PLAN 621 WLTO EXC FIRSTLY: ALL MINES AND MINERALS AS MORE FULLY SET FORTH IN TRANSFER G 47510 WLTO AND SECONDLY: PUBLIC ROAD PLAN 14778 WLTO	L -\$35,100 B -\$158,500	\$5,263.45
205700	THE NE 1/4 SECTION 24-15-4 WPM EXC THEREOUT ALL MINES AND MINERALS AND OTHER MATTERS AS MORE FULLY SET FORTH IN A DEED REGISTERED IN THE WINNIPEG LAND TITLES OFFICE UNDER THE OLD SYSTEM NO. 243219	L -\$74,400 B -\$127,100	\$4,944.35
218200	PARCEL 1: THE SE 1/4 OF SECTION 12-14-1 WPM EXC WATER CONTROL WORKS, PLAN 14451 WLTO	L -\$341,000 B -\$136,300	\$11,132.85
218300	PARCEL 2: THE SW 1/4 OF SECTION 12-14-1 WPM EXC OUT OF PARCEL 2, ALL THAT PORTION CONTAINED WITHIN THE FOLLOWING LIMITS: COMMENCING AT A POINT IN THE WESTERN LIMIT OF SW 1/4 DISTANT NLY THEREON 680 FEET FROM THE SOUTHERN LIMIT OF SAID SW 1/4 THENCE ELY, PARALLEL WITH SAID SOUTHERN LIMIT, 335 FEET THENCE NLY, PARALLEL WITH SAID WESTERN LIMIT, 500 FEET THENCE WLY, PARALLEL WITH SAID SOUTHERN LIMIT, TO SAID WESTERN LIMIT THENCE SLY, ALONG SAID WESTERN LIMIT, TO THE POINT OF COMMENCEMENT	L -\$270,700	\$5,856.03
227425	LOT 1 PLAN 28864 WLTO EXC ALL MINES AND MINERALS AND OTHER MATTERS, TOGETHER WITH THE RIGHT TO ENTER AND REMOVE THE SAME AS MORE FULLY SET FORTH IN TRANSFER NO. B8632 WLTO IN SE 1/4 31-14-1 WPM	L -\$15,800 B -\$206,900	\$6,269.94
234800	THE SE 1/4 OF SECTION 12-15-1 WPM SUBJECT TO THE RESERVATIONS AND PROVISIONS CONTAINED IN THE GRANT FROM THE CROWN	L -\$49,400	\$2,198.63
234900	SW 1/4 12-15-1 WPM EXC RAILWAY PLAN 2171 WLTO SUBJECT TO THE RESERVATIONS AND PROVISIONS CONTAINED IN THE GRANT FROM THE CROWN	L -\$34,800	\$1,904.03
256800	SE 1/4 25-16-1 WPM EXC ALL MINES AND MINERALS	L -\$35,300	\$2,710.97

The tax sale is subject to the following terms and conditions with respect to each property:

- The purchaser of the property will be responsible for any property taxes not yet due.
- The Municipality **may** exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in **cash, certified cheque or bank draft** to the Rural Municipality of Woodlands as follows:
  - The full purchase price if it is \$5,000 or less; OR
  - If the purchase price is greater than \$5,000, the purchaser must provide a non-refundable deposit in the amount of \$5,000 and the balance of the purchase price must be paid within 20 days of the sale.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.
- The purchaser will be responsible for registering the transfer of title in the land titles office, including the registration fees.

Dated this 29<sup>th</sup> day of August, 2016.

Managed by:



Adam Turner  
Chief Administrative Officer  
Rural Municipality of Woodlands  
Phone: (204) 383-5679  
Fax: (204) 383-5160

# Classifieds

Stonewall Teulon  
**Tribune**

**McSherry Auction Service Ltd**

**CONSTRUCTION/AGRICULTURE**  
**MARILYN MATEYCHUK**  
**LATE GEORGE**

**Saturday Sept 17th @ 10:00 am****Steinbach, MB**

**15 Miles South On Hwy 12 #38019 or 5 Miles**  
**North West on Hwy 12 - Zhoda Turn Off**

**Contact: (204) 434-6622**

**AUCTION NOTE: Internet Bidding will be available!**  
**Go to [www.bidspotter.com](http://www.bidspotter.com)**

Crawlers, Excavators & Screener CAT 225 Track Excavator 5991 Hrs \* Screener 28" W 36' L 4 Cyl Wisc w Side Load Hopper \* CAT D7 P Shift Hyd Angle Dozer \* 87 CAT D6B Straight Dozer w Winch 6714 Hrs \* Komatsu 65E P Shift Straight Dozer Ext Track Full Canopy \* CAT D7E Disassembled Not Complete – For Parts \* Wheel Loaders, Graders & Scrapers 2) Champion 740 Graders w Snow Wing 1) P Shift \* AC 940 P Shift 3 Yard Wheel Loader 3124 Hrs \* Michigan 75A Series 3, 2 ½ Yard Wheel Loader \* Int 3850 1 ½ Yard Wheel Loader \* 2) Cat 619 Scraper Buggy Std \* Tractors & Skid Steer JD 6605 MFWA Cab Quad P Shift w L/H Rev 3 PH 540/1000 FEL w 5903 Hrs. \* Ford New Holland TD 145 Bi Direct w FEL & 3PH 3300 Hrs \* Case 2290 Cab 540/1000 w Factory Duals 9641 Hrs \* 94 Belarus 5170 MFWA Cab 3PH 540/1000 w FEL 4372 Hrs. \* JD 3020 Dsl 540/1000 w FEL \* 2) Vers 145 4 Wheel Drive \* Bobcat 722 Skid Steer 4536 Hrs. \* Ford 8 N 3PH \* Farm Equip NH 414 12' Disc Bine \* Vermeer 605 J Auto Tie Rd Baler \* Vicon 6 Wheel rake \* AC Side Del. Rake \* Amco 24' Tandem Disc \* Hyd 48' Diamond Harrows \* Crown Hyd Rock Picker \* JD Trail 6' Rotary Mower \* Flexicoil Trailer Post Pounder \* 3PH Posthole Auger \* Trucks 93 Chev 2500 Gas 350 4x4 w Service Box 229,000 KM \* 92 Western Star Wet Kit 1,123,038 KM \* 73 Kenworth W900 Wet Kit \* 73 White Freightliner w Wet Kit \* Trailers Martin 50 Ton Triple Axle Low Bed \* 82 Great Dane 20 Yard Belly Dump Gravel Trailer \* 75 Arnes 22' End Dump \* Trailmobile 50' Flat Deck Highboy w Sliding Tandem \* Semi 40' 2 Room Freight Trailer \* 03 ABU B H 16' Tandem Flat Deck Trailer \* WW B H 16' Tandem Stock Trailer \* BH 12' Flat Deck w Fuel Tank \* Semi Converter \* Construction Misc Hobbart Trailer Gas Welder \* Gardner Denver Trailer Air Compressor 4 Cyl Dsl \* 5 HP Pull Type 6' Vibrating Packer \* 2) Snow V Plows \* D8 Straight Dozer \* Angle Dozer for D7 \* 7' 3 Way Dozer \* Dozer A Frame for D8 \* Grader Blades \* Hyd Cylinders \* Pup Engine Off D7E \* Air Jack Hammer \* Misc & Tools Squeeze Chute \* Corral Panels \* Honda 5000 Watt Generator 25 Hrs \* Water Pumps \* Fuel Slip Tanks w 12 V Pumps \* Trailer Post Auger w New Engine \* Tire Machine & Balancer \* Metal Band Saw \* Upright Air Comp \* Acetylene Torches \* Drill Press \* Hyd Crimper w Fittings \* Air Tools \* Power Tools \* Hand Tools \* Shop Misc \*  
**Stuart McSherry (204) 467-1858 or (204) 886-7027**  
**[www.mcsherryauction.com](http://www.mcsherryauction.com)**

Please support  
our advertisers  
**SHOP LOCAL**

**McSherry Auction Service Ltd**

**AUCTION SALE**  
**HUGE ESTATE OF**  
**LIONEL FILION**

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

Steep Rock, MB  
2 1/2 Miles East on Hwy 239  
Contact: Erwin (204) 768-0183  
Modern & Vintage Items  
\* Over 25 Tractors \*  
Crawlers \* Wheel Loader  
\* Haying & Grain Equip  
\* Vintage Vehicles \*  
Trailers \* Saw Mill \*  
Farm Misc \* Tools \*  
Antiques \*  
**Stuart McSherry**  
**Stonewall, Manitoba**  
**(204) 467-1858 or**  
**(204) 886-7027**  
**[www.mcsherryauction.com](http://www.mcsherryauction.com)**

**McSherry Auction Service Ltd**

**AUCTION SALE**  
**ESTATE OF ANDREW &**  
**DONNA KACHKOWSKY**

**Sunday Sept 11th @ 10:00 am**

Lockport, MB  
253 Rockhaven Rd  
Contact # (204) 295-9730  
MF 35 Utility 3PH w MF200 FEL \* Ford 8 N 3PH \* 01 GMC Safar Cargo Van \* 96 GMC 1500 4 x 4 \* 75 GMC 3 Ton Truck w 14' B & H \* BH 16' Flat Deck Trailer \* Al 14' Boat & 50 HP Mercury \* BH 14' Camper \* JD 160 R Mower \* JD Snowblower \* JD 50 Metal Trailer \* Air Comp 3 HP \* Gas Port Air Comp \* Power Tools \* Air Tools \* Onan Engine \* Sleeper for ½ Ton \* Antique Outboards \* Navy Boat Anchor \* Brass Propeller \* "Bennett" Lubster \* Ignition Cabinets \* Auto Brass Horn \* Auto Lights \* Auto Parts \* Licence Plates \* OIL CANS \* Lawyers Bookcase \* DR Table \* Table \* Trunk \* Hall Mirror \* Airplane Ashtray Stand \* Brass Fan \* Pocket Watches \* Lamps \* Cocks \* Lincoln Truck \* Magazines \* 2) Coca Cola Coolers \* Post Office Sign \* Pepsi Sign \* Pepsi Clock \* Coca Cola Sign \* 7 Up Signs \* Traffic Signs \* Calendars \* Household \* Fridge \* 2) Deep Freezers 1) Upright \* Wicker Furniture \* LR Chairs \* Bedroom Furniture \* Lots More- Go to Web!!!!  
**Stuart McSherry**  
**Stonewall, Manitoba**  
**(204) 467-1858 or**  
**(204) 886-7027**  
**[www.mcsherryauction.com](http://www.mcsherryauction.com)**



# get inspired

> MEAL IDEAS

**THE Marketplace**  
AT STONEWALL 467-8469

## Bowl of Chili Soup



- 1 lb (500 g) extra lean ground beef
- 1 tsp (5 mL) canola oil
- 1 onion, finely chopped
- 4 cloves garlic, minced
- 1 jalapeno pepper, seeded and minced
- 1 tbsp (15 mL) chili powder
- 1 tsp (5 mL) dried oregano
- 1 tsp (5 mL) ground cumin
- 1 can (28 oz/796 mL) diced tomatoes (no salt added)

- 1 can (19 oz/540 mL) no salt added red kidney beans, drained and rinsed
- 3 cups (750 mL) sodium reduced vegetable or beef broth
- 1 green bell pepper, chopped

Directions

In a soup pot, brown beef, stirring to break up meat. Scrape into colander and let fat drain out.

Return pot to medium heat and add oil. Cook onion, garlic and jalapeno pepper for 3 minutes or until starting to soften. Stir in chili powder, oregano and cumin and cook, stirring for 1 minute. Return beef to pot and stir to combine.

Add tomatoes, kidney beans and broth to pot and bring to a boil. Stir in pepper; cover and simmer for 15 minutes for flavours to blend.



## Wild Rice Soup

- 2 tablespoons unsalted butter
- 3 carrots, finely diced
- 2 leeks, white and light green parts, finely diced
- 2 celery stalks, finely diced
- 1½ cup all-purpose flour
- 2 quarts Chicken Broth (see below)
- 3¼ cup wild rice
- 1½ teaspoon salt, or to taste
- 3¼ cup heavy cream, hot
- 3 tablespoons dry sherry
- 1½ cup minced chives
- 3 tablespoons chopped parsley

Heat the butter in a soup pot over medium heat. Add the carrots, leeks and celery. Cook until softened, about 5 minutes.

Reduce the heat to low, add the flour, and stir well. Cook gently, about 3 minutes, stirring constantly.

Add the broth gradually, whisking well with each addition to eliminate flour lumps. Bring to a simmer.

Add the wild rice and salt. Continue to simmer until the rice is tender but still somewhat chewy, about 45 minutes.

Stir in the heated cream and sherry. Season with salt. Serve in heated bowls, garnished with chives and parsley.

Chicken Broth

Makes about 2 quarts

4 pounds stewing hen or chicken parts or meaty bones, such as backs and necks

3 quarts cold water

- 1 large onion, diced
- 1 carrot, diced (about 1½ cup)
- 1 celery stalk, diced (about 1½ cup)
- 5 to 6 whole black peppercorns
- 3 to 4 parsley stems
- 1 bay leaf
- 1 sprig fresh thyme
- 1½ teaspoons salt, or to taste

Place the chicken and water in a large pot (the water should cover the chicken by at least 2 inches; add more if necessary). Bring the water slowly to a boil over medium heat.

As the water comes to a boil, skim any foam that rises to the surface. Adjust the heat once a boil is reached so that a slow, lazy simmer is established. Cover partially, and simmer 2 hours, skimming as often as necessary.

Add the remaining ingredients. Continue to simmer, skimming the surface as necessary, until the broth is fully flavored, about 1 hour.

If using hen or chicken parts, remove them and cool slightly. Dice or shred the meat, and reserve to garnish the broth or save for another use. Discard the skin and bones.

Strain the broth through a fine sieve or cheesecloth-lined colander into a large metal container. Discard the solids.

If you are using the broth right away, skim off any fat on the surface. If you are not using the broth right away, cool it quickly by transferring it to a metal container (if it's not in one already) and placing the container in a sink filled with ice-cold water. Stir the broth as it cools, and then transfer it to storage containers. Store in the refrigerator, up to 5 days, or in the freezer, up to 3 months. Label and date the containers clearly before putting them into the freezer

## Sometimes Changing for Someone Else Is the Best Route



Conventional wisdom regarding relationships now holds that it is not healthy to change who we are to suit another person. If we give up our true natures, trying to be someone we are not, then we will ultimately pay a price.

While there certainly is some truth to this argument, the issue is just not that simple. Protecting our individuality and the right to be who we are can, unfortunately, be used as an excuse for not growing. It can also be an excuse for continuing attitudes or behaviours that are damaging or hurtful.

If a relationship is to continue in spite of differences, a healthy balance must be found. If a man enters into marriage and family, but then decides he really is a party animal who must socialize frequently, there are going to be problems. Fulfilling his needs may seriously compromise the well-being of his family.

However, a man could also argue that his wife's desire to pursue a career might also seriously compromise the well-being of the family. Now what? It is obviously necessary to have some agreement about which values take priority.

Most would agree fulfilling one's potential is a higher value than partying. A woman may love to go to the opera or ballet, while her partner is not only disinterested, but highly allergic to such activities. She may push him to stretch his boundaries a little, and accompany her.

This probably is not fair, or neces-

sary. The relationship will not suffer that much if he never learns to like ballet. However, if her husband is not really into communication or showing affection, and she asks him to become more involved in these activities, this is a different matter.

If he takes the stance he's just not a talker, and is not the affectionate type, there could be serious consequences. Similarly, if a woman is given to angry outbursts where she cuts her partner to shreds, and claims that it's just the way she is and cannot change, she is choosing a destructive path.

When we say that we cannot, or will not, change we may be putting our relationship on the line. This is not always a bad thing. Sometimes it makes things very clear. If an abusive partner says change is not possible, that is a very clear message for the other one to move on.

If a woman tells her partner she wants more closeness, affection and communication, and he responds he is just not the type, the relationship is in serious trouble. To refuse to work towards improving those areas is to refuse to develop the relationship. It's a little like saying "I'm not hungry, so you can't eat." Hunger for relationship does not go away. The hungry partner is left with two options: starve to death, or eat out.

Emotional starvation compromises physical health, and eating out, well, you know where that leads. Both are ways to get out. It is wise to remember when a partner is asking for more in a relationship, it is because they truly WANT the relationship. Sometimes changing at the request of another is in our best interests. When they stop asking, it might be too late.

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)

**Do you have a Health or Wellness Business?** **Call Stephanie at 467-5836 to advertise**

**Learn how to create a safe haven.**

*We help you radically reduce chemicals in your home*

**Norwex**

Ask me how

**Stephanie 204-896-3980**

Independent Sales Consultant  
cleanwithwater15@gmail.com

**ISAGENIX**

Weightloss • Energy & Performance • Healthy Aging

**Allana Sawatzky**

[allana333@hotmail.com](mailto:allana333@hotmail.com)

**Janice Gulay**

[jkaraim@mymts.net](mailto:jkaraim@mymts.net) (c) 1-204-648-3836

**Rose Sawatzky**

[isa.rose1957@gmail.com](mailto:isa.rose1957@gmail.com) (c) 1-204-479-8227

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



# OBITUARY



**James David Robertson**  
April 11, 1929 – August 14, 2016

Dave Robertson, formerly of Marquette, peacefully passed away while listening to his favourite fiddle music, at the age of 87.

He leaves his children Hugh and George Matheson, Donna (Gary Tait), Gordon (Jane Field), Allen and Loreen (Rick Hogg). Grandchildren Lisa, Carla, Nikki, Lindsey, Kelly, Glen, Clay, Heather, Jo-elle, Alex, K.C., Kevin, Jared and great-grandchildren.

Dave is survived by his sister Eleanor Proctor, sister-in-law Helen (George Liebrecht) and numerous nieces, nephews and cousins.

He was predeceased by his wife Janet (Toogood); parents Alex and Margaret Robertson; siblings Joyce (Fred Hassett), Lorna (Alan Lillies), George (Carole) and June (Stan Jeffries).

Dave was born on April 11, 1929. He attended Poplar Heights School and boarded in Poplar Point for Grade 11. He completed

his Diploma of Agriculture at the University of Manitoba where he made many lifetime friends. In 1953 he purchased 12 purebred registered Holsteins and the dairy farm was established at Marquette.

Dave married Janet Toogood on July 2, 1954. In 1956, two brothers, Hugh and George Matheson, aged 4 and 2, joined the family followed by Donna, Gordon, Allen and Loreen. As the family expanded, so did the farm with Dave and Janet purchasing several pieces of land including the original "Robertson Old Place" and the Dyer farm. Dad came from an era when everyone helped each other, whether it was building a house, barn or taking off the harvest.

In 1996 Dad retired and he and mom then enjoyed their many years attending fiddle festivals, making numerous friends and spending time with the grandkids and family.

Dad's most memorable moments were reflecting on his lifetime of hunting adventures. To say he was an avid hunter was an understatement! He loved hockey and ball and was always ready to attend any event his family was involved in. He cherished the many gatherings held over the years.

A celebration of Dave's life will be held on September 24, 2016 at 2:00 p.m. at Meadow Lea Community Centre.

The family would like to extend a heartfelt thank you to all the Home Care Workers and Rosewood Lodge Staff. We are grateful to Dr. K. Graham and especially Dr. Ken Van Amyde for the decades of exceptional care and concern.

Flowers are gratefully declined. If you so wish, a donation in Dave's memory may be sent to Rosewood Lodge, 513 1st Ave N, Stonewall, MB R0C 2Z0, Meadow Lea United Church, c/o Tammy Mathew, Box 52, Marquette, MB, R0H 0V0 or a charity of one's choice.

MACKENZIE FUNERAL HOME TEULON  
(204) 467-2525 • info@mackenziefh.com



## TOWN OF STONEWALL NOTICE OF BOARD OF REVISION

### General Assessment & Personal Property Assessment 2017 and 2016 Supplemental Property Taxes

Public Notice is hereby given that the 2017 General Assessment and Personal Property Assessment Rolls for the Town of Stonewall have been delivered to the Town Office at 293 Main Street, Stonewall, Manitoba and are open for public inspection during the regular business hours.

The Board of Revision shall sit to hear applications respecting assessment on **Thursday, October 20th, 2016 at the hour of 6:30 P.M.** in the Council Chambers of the Town Hall, 293 Main Street, Stonewall, Manitoba.

Applications for revision of assessment shall be made in accordance with Sections 42 and 43 of the Assessment Act:

#### APPLICATION FOR REVISION

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under section 114(1) of The Real Property Act, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, the authorized agent of the person, mortgagee or occupier, or the assessor may make application for the revision of an assessment roll with respect to the following matters:

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

#### APPLICATION REQUIREMENTS

- 43(1) An application for revision must:
- be made in writing;
  - set out the roll number and legal description of the assessable property for which a revision is sought;
  - set out which of the matters referred above in subsection 42(1) are at issue, and the grounds for each of those matters; and
  - be filed by
    - delivering it or causing it to be delivered to the office of the Town of Stonewall, Box 250, 293 Main Street, Stonewall, Manitoba, R0C 2Z0, or
    - serving it upon the Secretary of the Board of Revision

The final date on which applications shall be received by the Secretary of the Board of Revision is **Tuesday, October 4, 2016.**

Dated this 1st day of September A.D., 2016 at the Town of Stonewall in the Province of Manitoba.

Diane Allan, Secretary  
Board of Revision  
Town of Stonewall  
Box 250, 293 Main Street  
Stonewall, MB  
R0C 2Z0

Stonewall Teulon  
**Tribune**

# Announcements

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

## ANNOUNCEMENT

### ANNIVERSARY



Happy 50th  
John and Gail Sinclair  
1966 – September 10 – 2016

-Love,  
Darrell, Shawna,  
Emalia, Lilly, Rochelle and Ryan

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

Stonewall Teulon  
**Tribune**

Call 467-5836 or  
email igrphic@mts.net



**North American Lumber**  
Building on your ideas since 1906

# NOW HIRING!

## SALES & YARD LABOURER Full /Part Time

This position will work at the sales desk as well as in the yard. Duties will include assisting customers, point of sale cash and credit transactions, receiving product; loading building materials such as lumber, siding, fasteners, etc.; strapping and securing loads; delivering and unloading of building materials and duties as assigned.

Candidates need to be organized, honest, reliable, and customer-focused. Must have a valid Class 5 driver's license and a clean driver's abstract. Previous experience driving trucks, pallet jacks and forklifts required. Ability to work with little supervision and lift heavy loads continuously through the day. A background in construction and/or retail sales would be an asset.

## DELIVERY DRIVER Full /Part Time

Duties will include assisting customers, loading building materials such as lumber, siding, fasteners, etc. onto the customer's vehicle or Company truck, strapping and securing loads, delivering and unloading of building materials at the customer's request.

Candidates need to be organized, hard working, honest, reliable, and customer-focused. Must have a valid Class 5 license with a clear driver's abstract, previous experience driving trucks and forklifts, able to work with little supervision and lift heavy loads continuously through the day.

A background in construction and/or retail sales would be an asset.

**Email your resume to:**  
**careers@northamericanlumber.ca**

### Book your announcement today

- BIRTHDAYS •
- OBITUARIES •
- IN MEMORIAMS •
- NOTICES •
- BIRTHS •
- ANNIVERSARIES •
- MARRIAGES •
- ENGAGEMENTS •
- THANK YOUS •

Stonewall Teulon  
**Tribune**  
Call 467-5836

### Hip or Knee Replacement?

Problems walking or  
getting dressed?  
The Disability Tax Credit

**\$2,000**  
Yearly Tax Credit

**\$20,000**  
Lump Sum + Rebate

Apply anytime of the  
year. Lowest rate in  
the industry.

**Reliable Expert Service**  
**204-453-5372**

MUNICIPALITY OF  
KILLARNEY - TURTLE MOUNTAIN

#### Finance Manager

Responsible for the financial  
affairs of the Municipality in-  
cluding budget development,  
financial reporting, revenue  
collection, etc.

Deadline: **September 12, 2016**

Please see [www.killarney.ca](http://www.killarney.ca)  
for a full job posting.

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



# Announcements

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

Stonewall Teulon  
Tribune

## OBITUARY



David Blain Williams, "Whitey"

It is with broken hearts and great sadness that we announce the peaceful, yet sudden, passing of our dear Dad, grandfather, brother, uncle and friend on Sunday, August 28th, 2016 at his home in Stony Mountain, MB.

Dad was born March 25, 1952 in Winnipeg. Having spent his childhood in St James, he moved to Stony Mountain in 1983 to raise his family. He always enjoyed summers with his family and others at his parent's home in Petersfield and winters watching his girl's figure skating. Dad was very involved within the community, the SM Figure Skating Club, Legion #142 and was a key founder of the Stony Mountain Youth Centre.

Dad began his career with Dixon Heating and Sheet Metal in 1968, where he worked for 10 years before founding his own heating and sheet metal company. Collaborating with his father, they created Custom Machinery and Design, where he became a well-known highly skilled machinist. Dad also had a love and an extensive knowledge of World War history. He enjoyed games with his family and friends and was an avid, life long Blue Bomber fan.

Sadly, his son David predeceased him in 1991, his father Howard in 2000, and his mother Eleanor in 2005.

Left to honor his life and memory are his loving daughters Tracy (Cj) and Crystal (Kevin), his grandchildren Seona, Emileigh, Jayla, Liam and his faithful "grand puppy" Buddy. Also left to cherish his memory are his sisters Brenda, Nancy (Doug), along with the mothers of his children, Pam and Lin, many nieces, nephews, cousins and close friends.

The family would like to extend a special thank you to his very close friends Mark Ireland and John Wallace.

We would like to extend an invitation to all of Dads friends and family to a remembrance of his life at the Stonewall Legion Club Room, 459 Main St. Friday September 9th, 2:00 p.m.

In lieu of flowers the family request that contributions made to the Stony Mountain Community Club or Deer Lodge Center Foundation [www.deerlodgcentrefoundation.com/donate/](http://www.deerlodgcentrefoundation.com/donate/) (Cremation has taken place)

## ANNOUNCEMENT

### IN MEMORIAM



In loving memory of  
John "Jack" Munro  
who passed away  
September 10, 2011

-Forever loved, remembered and  
deeply missed by  
wife Bernice and family

## ANNOUNCEMENT

### CARDS OF THANKS

Special thank you to our family for all the hard work they did for our 65th Wedding Anniversary party. Thanks to everyone who came to help us celebrate. Thanks for the lovely cards and gifts we received. Special thanks to Dave Marj and Jason for the music at the house after. It was a great party.

-Thanks again,  
Jim and Betty Sorenson

## E.J. SMITH SELKIRK MEMORIALS

A Family Business Making Quality Memorials Since 1896



Black granite with  
grey base.  
Includes design,  
lettering & installation.  
Single or Companion.  
Some restrictions apply.

Visit us at  
49 Main St. Selkirk or  
call  
Toll Free:  
1-866-475-6025

Free in-home  
consultation  
Browse prices on our  
website!

[www.smithmemorials.ca](http://www.smithmemorials.ca)

We have been manufacturing custom designed  
memorials in Selkirk for over 40 years

**Biz Cards**  
Get The Job Done!  
Call 467-5836 ads@stonewallteulontribune.ca

**Fall Cleanups**  
Aeration/  
Power Raking  
204-298-5639  
bnaawncareservice@gmail.com

**SHERLOCK TREE REMOVAL**  
Pruning • Stump Grinding  
Licensed Arborists  
Fully Insured - Claim Free  
25 years Experience  
Vince 861-0487  
Darren 861-0028

**CONCRETE Foundations & Floors**  
Appreciating the people of Stonewall & surrounding areas for 34 years.  
Keith Assels 204-886-2104

## ROCKWOOD UPHOLSTERY COMMERCIAL/RESIDENTIAL



- CUSTOM UPHOLSTERY
- FOAM REPLACEMENT
- FRAME REPAIR
- AUTOMOTIVE
- MARINE/RV
- HOUSEHOLD

Servicing Winnipeg & South Interlake  
Phone 204.894.2944  
[rockwoodupholstery@gmail.com](mailto:rockwoodupholstery@gmail.com)

**Advertising that Works!**  
**To place your BIZ CARD**  
**call 467-5836**

**Kyle Scrivens**  
Comfort Advisor/Sales  
**AirWise Home**  
Your Heating, Cooling and Ventilation Specialists  
Cell (204) 979-9307  
Fax (204) 694-5456  
[kyle-airwise@mymts.net](mailto:kyle-airwise@mymts.net)  
**204-467-9578**

**A King's Comfort**  
Infloor Heating  
A DIVISION OF MELAINE SERVICES INC.  
All infloor heating built and maintained for:  
Residential, Industrial, Workshops  
Darryl Harrison  
CIPH Certified Hydronic Designer  
Mobile: (204) 461-4216  
website: [www.akingscomfort.com](http://www.akingscomfort.com)  
**FREE Quotes**

**INTERLAKE INSULATORS**  
Spray Foam  
Gatorskin Coatings  
25 year Warranty Roofs & Foundation  
**Brent 204-461-4669**  
[brentmeyers\\_88@hotmail.com](mailto:brentmeyers_88@hotmail.com)

**INTERLAKE TOWING**  
24 Hour Service  
CAA & MPIC Approved  
**204-278-3444**

**STEP UP TREE REMOVAL**  
Tree Cutting and Removal  
Tree Trimming and Pruning  
Bucket Truck - Fully Insured  
Text or Call ROB 204-785-3273  
**24 HOUR EMERGENCY SERVICE**

**ALICE ROOFING LTD**  
Complete Roofing Services  
• Residential • Agricultural  
Licensed and Insured  
**204-757-9092**  
[www.aliceroofing.ca](http://www.aliceroofing.ca)

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

Signs - Banners - Posters  
Billboards - Awnings - Sign Holders  
Vehicle Graphics - Wraps - Magnetics  
Laser Engraving  
awards - medals - plaques - glassware  
rubber stamps - granite - lamicroids  
Promo Items - Personalized Gifts  
Clothing  
hats - t-shirts  
team & work uniforms  
Embroidery  
**204 467 9405**  
[drdecad@mymts.net](mailto:drdecad@mymts.net)  
330 Main St.  
Stonewall, MB  
[www.doctordecad.ca](http://www.doctordecad.ca)





Get The  
Job Done!

# Biz Cards

Call 204-467-5836 ads@stonewallteulontribune.ca

**KROLL** Painting & Renovations  
f Complete Renovations  
• Restaurants • Stores • Residential  
• Offices • Rec Rooms • Bathrooms  
791-0553 krollpainting@mts.net

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

**Odd Fellows Hall**  
• Weddings • Socials • Showers • Meetings  
• Capacity 220 persons • Kitchen available  
374 1<sup>st</sup> St. West  
Stonewall  
Del Phillips 204-791-0564  
Text if possible  
Hall 204-467-5556

**MAXWELL'S**  
PROFESSIONAL PAINTING  
COMMERCIAL/RESIDENTIAL  
Cell: (204) 792-0675 or (204) 467-5008  
Email: maxpro@mts.net  
Box 275, Stonewall, MB R0C 2Z0

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

**Murray's** Painting & Decorating  
Mark Murray  
Bus. 204-467-5242

**CNJ Stucco and Acrylic**  
Pargings • Garages • Paper & Wire  
New & Re-Stucco Repair Work  
204-206-0276 FREE ESTIMATES  
Teulon, MB

**Electro Wright** CONTRACTING INC.  
24 HR Emergency Services  
Derek Fotty  
Ph. (204) 467-RITE(7483)  
Fax. (204) 467-2000  
Email. electrowright@mts.net  
Electrical Contractors

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

**Vic's Autobody & Towing**  
CAA 24 Hr. Towing  
204.886.2972

**ROCKWOOD** MOTORSPORTS  
PARTS & ACCESSORIES FOR:  
• ATVs • SNOWMOBILES • DIRT BIKES  
WWW.ROCKWOODMOTO.COM  
467-9222  
4 Granite Ave. Stonewall

**ISAGENIX**  
Weightloss • Energy & Performance • Healthy Aging  
Allana Sawatzky  
Independent Associate  
allana333@hotmail.com • www.isaproduct.com

**Ralph Tanchak..Artist** - murals  
- commission paintings  
- art instruction  
- caricature parties  
phone: 204-461-0160  
f Colour-Splash Artist Ralph Tanchak

**WOODLANDS** HVAC  
Heating Ventilation Air conditioning  
Commercial/Residential  
CURTIS OLIVER  
1.204.461.1678 • woodlandshvac@gmail.com

stonewall chiropractic centre  
Also Acupuncture • Custom Orthotics • Massage Therapy  
Billing to Autopac, Blue Cross, WCB  
204-467-5523

**GRANTHAM LAW OFFICES**  
Lawyer & Notary Public  
STONEWALL OFFICE:  
#1-278 Main St., Stonewall 467-5527

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

**STONEWALL Veterinary Hospital**  
Monday-Wednesday, Friday 8am to 6pm  
Thursday 8am-8pm Saturday 9am-4:30pm  
4 Dolomite Avenue, Stonewall, MB 204-467-2481

**McLeod Mechanical Services**  
RESIDENTIAL & COMMERCIAL  
Grosse Isle, MB 204-513-1154  
mcleodmechanicalservices@highspeedcrow.ca

- Plumbing
- Heating
- Gas Fitting
- Air Conditioning
- Backflow Testing & Installations

**NAPA AUTOPRO**  
Brake Family Auto Sales & Service Ltd.  
Auto Service • Maintenance & Repair  
Used Vehicle Sales  
napaautopro.com  
214-2nd Ave North, Highway 67  
Stonewall 204-467-9156

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

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

**PLUMBING**  
Commercial & Residential  
New Installation & Service  
Plumbing & In-Floor Heating  
Water Softener Installations  
Water Filtration/Reverse Osmosis  
**RILEY PATTERSON**  
Journeyman Plumber  
Cell 204-461-0035

Heating & Cooling • Refrigeration  
REFRIGERATION • HEATING & COOLING  
**COMMERCIAL COMFORT INC.**  
Residential & Commercial  
461-HEAT (4328) Owner: Jeff Meier  
commercialcomfort16@gmail.com

You'll Be Glad  
You Called Sure-Clad  
for your  
siding • soffit • fascia • metal roof & wall sheets  
windows & capping • continuous eavestroughing  
roof top snow removal • spring gutter cleaning  
Call 204-467-5109 • 204-467-5749 • Cell 204-461-0860  
surecladconst@gmail.com

**Roof Express Ltd.**  
Complete Roofing Services  
Licensed & Insured • Argyle, MB  
Residential • Agricultural  
204-774-2030  
www.roofexpress.ca

**INTERLAKE EAVESTROUGHING & SIDING INC.**  
Siding, Eavestroughing, Soffit,  
Fascia, Capping Windows  
Free Estimates • 781-0533  
www.interlakeinc.ca

**PERIMETER DRILLING LTD.**  
\*Water Wells \*Pressure Systems  
\*Repairs \*Septic Systems  
Phone: 204.632.6426  
Email: pdl1@mymts.net  
FREE CONSULTATIONS  
Servicing the Community for Five Generations

**Sudden Impact Construction**  
SINCE 1997  
Mike Simcoe  
• Concrete Pads • Framing • Roofing  
• Siding • Ag Buildings • Windows/Doors  
• Skid Steer Services • Post Hole Drilling  
• Custom Building - Homes, Decks, Garages  
~ FREE ESTIMATES ~ FULLY INSURED  
TEULON, MB PH: 204-886-7743  
suddenimpact@highspeedcrow.ca  
www.suddenimpactconstruction.com