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VOLUME 9 EDITION 38

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Running for Terry

TRIBUNE PHOTO BY LANA MEIER

Rosser School students participated in their annual Terry Fox Run last Friday. Breaking away from the group, left to right, Ashton Baldwin, Beck VanKemenade, Charlie Beachell and Burke Johnson.

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Rosser students united for annual Terry Fox Run



TRIBUNE PHOTOS BY LANA MEIER

Rosser Early Years School students were keeping Terry Fox's dream alive of finding a cure for cancer raising over \$506.30. Forty students, staff and family members ran around the school track for a half-hour continuing Terry's run last Friday.



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Farming and food awareness



TRIBUNE PHOTO BY LAURA HOLTSMANN

Lakeside MLA Ralph Eichler was joined by CTV's Rachel Lagace last Monday to launch Farm and Food Awareness Week at Rosser Holsteins dairy farm, owned and operated by the Holtmann family. Each year, the week beginning the third Monday in September has been declared Farm and Food Awareness week by the government of Manitoba to promote Manitoba farms, Manitoba food and other products of farming in the province.

The theme of the fourth annual Manitoba Farm and Food Awareness week is "The Story Behind Our Food," aimed to educate Manitobans about food production, agriculture and farming practices.



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Local families to be honoured at park dedication

By Kai Franchak

Local history will be permanently on display thanks to the hard work of the Stony Mountain Community Association and two very special families.

On Sept. 23, plaques will be erected in two Stony Mountain parks explaining how Gerry Ducharme Park and Kelpin Park came to be named.

This dedication comes as part of a multi-year project in Stony Mountain that has included robust updates for the local parks. These include new play equipment, updated park signs, planting of trees and flowers, and other improvements. During the upgrades, the Stony Mountain Community Association became interested in sharing the significance of those who the parks are named after with the community.

Jane Emberly, a member of the Stony Mountain Community Association, became a contact between the community association and the Kelpin and Ducharme families. Emberly collected histories from each family and connected them with the community association. Those were then turned into plaques that will be permanently fixed at each park.

Emberly hopes that the plaques will help share these stories with everyone who visits the parks, especially newcomers who are not as familiar with the town's history.

Gerry Ducharme Park is dedicated to the memory of Gerard (Gerry) Ducharme, a devoted Stony Mountain community member. Ducharme was employed as the manager of the Stony Mountain public works department and was responsible for the overall maintenance and upkeep of the community. Ducharme did this with great enthusiasm, even earning himself and his crew the award for "Best Kept Village Sight" in 1995. Outside of this,

Ducharme was proud to raise his family in Stony Mountain and served as a volunteer firefighter, baseball coach and set up the annual Canada Day celebration and fireworks display.

Kelpin Park has slightly older roots. In 1905, Charles P. Kelpin and his team of horses, had quarry equipment moved to Stony Mountain. Kelpin would become instrumental in community development including the construction of roads, churches and homes as well as providing employment at the quarry for locals.

For over more than a century, Stony Mountain has been home to five generations of Kelpins and their involvement with the community. Don Kelpin Sr., the third generation to work at the quarry in Stony Mountain, was very active in community sports. In 1998, Don Kelpin, known in the community as "Mr. Don," was awarded a 1998 Olympic special award for his coaching work.

Kelpin Park was donated by the Kelpin family in 1920 alongside the land that the Catholic Church is built on in memory of three Kelpin generations who served in the First and Second World Wars.

The new park signs and plaques will be unveiled at the upcoming park dedication this Sunday starting at 11:30 a.m. at Kelpin Park, 63 Walker St. Following the Kelpin Park dedication, the program will then move on to Gerry Ducharme Park, 78 Gulay St. Everyone is welcome to attend.

For more information or to get involved with the Stony Mountain Community Association, contact Jane Emberly or Marcia Desmedt (president). Information can also be found on the Stony Mountain Community Association and at http://www.stony-mountainmb.ca/smca_3.html.




The Kelpin family will be celebrating five generations in Stony Mountain with the naming of Kelpin Park at 63 Walker St. on Sept. 23 at 11:30 a.m.



TRIBUNE PHOTOS SUBMITTED
The park at 78 Gulay St. in Stony Mountain will be named Gerry Ducharme Park also on Sunday.



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Local team looking for riders for 2019 MS Biking to the Viking

Submitted

In spite of a relatively low turn-out for the MS "Biking to The Viking," \$280,000 and counting was raised once donations are tallied after the

fundraising deadline Sept. 10.

MS staff said there were several pre-registrants who didn't show up for the ride Aug. 25-26 event, resulting in just under 400 riders this year.

Stonewall's Visionary Homies, sponsored by Stacey Nickel of Visionary Homes, finished all legs of the two-day event, coming in among the Top 50 riders each day.

"Day 1 was hard," said team member Ross Thompson. "It seemed we were facing swirling winds and for sure a headwind on the longest portion. Sunday was much better, with a shorter course, lighter winds and warm sunshine. The Homies had a



TRIBUNE PHOTO SUBMITTED

Stonewall's Visionary Homies, left to right: Alison Stewart, Stuart Slattery, Pauline Bloom, Ross Thompson and Cheryl Koonig.

good time and made good time."

All riders were motivated along the way by supporters and signs providing information on MS and encouraging words, such as "If You Think of Giving Up, Remember Who You Are Riding For" and "Don't be Limited by Your Challenges, Challenge Your Limits."

There was a disappointing glitch in the route as the organizers had to cancel and extra Challenge Loop due to a no-show from some volunteers.

"These and other minor matters were really of no consequence when one thinks of people who are affected by MS or cancer," said Stonewall Homie Stuart Slattery. "We all need to press on and help find cures."

Homie captain Cheryl Koonig said that the Stonewall Team will try to recruit more members for next year.

"We think we were on the fringe of the Top 10 fundraising teams this year, but want to do more."



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KINDERGARTEN / JUNIOR KINDERGARTEN REGISTRATION

INTERLAKE SCHOOL DIVISION welcomes families with children born in 2014 to register for Kindergarten & Junior Kindergarten. A document providing proof of age is required.

Registration packages are available online at www.interlakesd.ca as well as at your local school during your school's designated registration week.

Registrations will be accepted during regular school hours the week of **September 24th to 28th, 2018*** at:

Brant-Argyle School	Balmoral School
Rosser School	Stony Mountain School
Warren Elementary	Woodlands School

Registrations will be accepted during regular school hours the week of **October 1st to 4th, 2018*** at:

École R.W. Bobby Bend School
Teulon Elementary

Argyle School offers a divisional Multi-level Learning program with all/day, every day Kindergarten. Please contact the Brant-Argyle School Principal (204-467-2683) for details regarding this program.

French Immersion Kindergarten will be offered at École R. W. Bobby Bend School.

JUNIOR KINDERGARTEN

For interested families, a Junior Kindergarten (JK) Program will be offered this year for children born in 2014. Registration for this new ISD program will be part of the Kindergarten Registration Package available at your school and found on our website. To learn more about Junior Kindergarten please attend the Information Session being held in your community.

Please visit our website for more details at www.interlakesd.ca
Or email
Sandy Sigurdson - ssigurdson@isd21.mb.ca
Cynthia Jacobson - cjacobson@isd21.mb.ca

** Registrations for Kindergarten and Junior Kindergarten will be accepted during JK Information Sessions.*

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Stonewall students sample space salsa

By Jennifer McFee

How many people can say that they've tried salsa made with tomatoes grown from seeds that went up to space twice?

For a group of three Stonewall students, it seems almost like a commonplace occurrence.

While they were students at Ecole Stonewall Centennial School, Graeme Perrie, Carter Ives and Adam Stamler discovered that they were the winning team in the Student Spaceflight Experiment Program. All three students were in the extracurricular Space Club organized by science teacher Maria Nickel.

Their project is an extension of the classroom-based Tomatosphere program operated in Canada by Let's Talk Science. Through this program, students investigate the effects of outer space on seed germination. Classrooms receive two sets of tomato seeds, with one set that has been exposed to space-like conditions and the other set that is an untreated control set. Students plant the seeds and record germination information.

The trio's winning project re-exposed these Tomatosphere seeds to space conditions. The seeds flew again to the International Space Station on Mission 11 in August 2017 from the Kennedy Space Center in Florida. This flight marked the first time that the Tomatosphere seeds have received a



Students had the chance to sample homemade "space salsa."

second exposure to a space environment. The seeds returned to Earth on Sept. 17, 2017.

The student researchers, who are now in Grade 10 at Stonewall Collegiate Institute, grew the tomato seeds all summer alongside a control group of seeds called Ground Truth, which have never left the Earth. They have recorded the progress along the way, and now they are collaborating with University of Manitoba engineering grad students on two academic papers that focus on their experiment. These papers will likely be published in December.

To mark the moment, the students returned to their former classroom and enjoyed some salsa made by Nickel with the tomatoes grown from the seeds twice exposed to space con-



TRIBUNE PHOTOS BY JENNIFER MCFEE

Graeme Perrie, Carter Ives and Adam Stamler proudly show the tomatoes from their space experiment.

ditions.

On behalf of the group, Stamler outlined their observations about the tomatoes grown from the space seeds.

"The actual tomato plant itself is much larger than anything we've grown on the ground. The tomatoes themselves weren't huge but we grew a lot of them — a lot more than the Ground Truth tomato plants," he said.

"We're publishing a study about what we did and what happened and now we're going to try out tomatoes and see how they taste. I had one at home and it was very good, better

than anything I've bought at the store. My dad really likes them."

For Nickel, she is pleased that the students will be published at such a young age.

"Academically, it improves their research skills and hones their teamwork skills. It also builds on their academic knowledge base. Having the chance to work with the university on this is huge because it's further learning," she said.

"The end result is getting a paper published on what the kids have done in their research from start to finish."



A CTV cameraman filmed the students while they sampled the space salsa.

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TRIBUNE PHOTO BY JO-ANNE PROCTER

Gardeners throughout the Interlake are busy harvesting what is left in their vegetable gardens. This particular harvest consists of swiss chard, beets, eggplant, zucchini, carrots, peppers and tomatoes. And of course there are the late blooming flowers that make for beautiful bouquets. Zinnias, sunflowers, cosmos, datura and sweet peas are very prominent right now.

letter to the editor

Letters to the Editor:
letters@stonewallteulontribune.ca

It doesn't matter the size of the man in the fight, but the size of the fight in the man

Recently, Stonewall town council approved the first application under their new zoning bylaw category "Secondary Suites."

To say it in layman's terms, they are allowing persons owning an existing single family residence to construct an addition and turning the

residence into a two, or more commonly known as a duplex, family residence. At face value, all seems pretty harmless. Who wouldn't want to densify our residential areas and provide much-needed housing alternatives? Stonewall is light years behind all other rural communities

in our province, largely due to council's, past and present, adherence to community sentiment, "we need it, but not in my backyard."

So in council's zeal to activate this new bylaw and provide one housing unit for Stonewall, they have totally disregarded the precedent-setting requirements that have been imposed on many builders before.

Continued on page 8

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Pre-set fines for cannabis-related offences

Submitted

The province has established pre-set fines for cannabis-related provincial offences as part of ongoing efforts to make Manitobans aware of the laws and their consequences, Justice Minister Cliff Cullen announced recently.

"Our government is committed to protecting the health and safety of Manitobans as we manage the consequences of the federal government's decision to legalize cannabis," said Cullen. "Our government has introduced a number of laws relating to cannabis in the interest of public safety and these fines ensure we are open and transparent with Manitobans about the consequences of breaking the law."

The pre-set fines include offences related to:

- supplying cannabis to a young

person under age 19

- growing recreational cannabis in a residence in Manitoba
- smoking and vaping cannabis in provincial parks
- transporting cannabis, if not properly stored
- consuming cannabis in or on vehicles, including off-road vehicles
- failing drug-screening tests for both novice and supervising drivers as part of the graduated driver licensing program.

The pre-set fines largely mirror similar penalties in place for alcohol-related offences, Cullen said. Tickets for these offences range from \$113 to \$2,542, based on the severity of the offence.

The new fines align sanctions for novice, supervising and other drivers in the GDL program. The new

sanctions will require these drivers be able to pass a drug-screening test while having care or control of a motor vehicle, mirroring the restrictions currently in place for these drivers in relation to alcohol consumption.

"As a government, we understand that drugged driving is every bit as dangerous as drunk driving," said Cullen. "The new drug-related restrictions for novice drivers ensure that we treat cannabis just as seriously as we treat alcohol for drivers that are just learning to safely operate a vehicle."

Similar to the prohibitions around liquor, legislation will prohibit smoking and vaping cannabis in provincial parks in shared public spaces such as roadways and beaches. Additional restrictions will be implemented within government-operated locations in parks including campsites in camp-

grounds, outdoor spaces adjacent to yurts and vacation cabins, canoe routes and trails, along with remote outdoor locations, as well as back-country trails and campsites.

Certain exceptions will apply to medical cannabis along with private residences and cottage lots located within provincial parks. There will also be exceptions surrounding commercial establishments, where owners and operators can establish their own rules surrounding cannabis use for their patrons.

By establishing pre-set fines, it allows those charged to voluntarily pay their fine without having to appear in court, said Cullen, adding that this ensures less court time spent on cannabis-related offences for judicial officials and police officers.

Manitoba Rural Women's Day – 'Exploring Rural Health Care'

Submitted

Are you all aware of what health care services are available to you in rural Manitoba?

Join us at Manitoba Rural Women's Day to learn more on the topic of "Exploring Rural Health Care." This event is a great opportunity to network with other women and to learn and share on a topic of concern to all rural women, families and communities. This day is a ladies' time-out day, with laughter, a good lunch and a variety of speakers and display tables.

This is a full day of speakers that include STARS®, Regional Health

Authority, naturopathic doctor, pharmacist, Port in a Storm, Brandon University health-care researcher and Laughing Yoga.

In addition to great speakers, registration includes snacks, lunch, door prizes and the opportunity to visit numerous display tables throughout the day. By attending, you also have a voice in the topic to be explored at Manitoba Rural Women's Day 2019.

Display tables will include Manitoba Institute of Patient Safety, Manitoba Agriculture, Alzheimer Society, naturopathic doctor, Victoria Life Line (Virden only), Manitoba Women's In-

stitute, Innovative Hearing Technology, Prairie Mountain Health (Virden only) and STARS®.

The day offers ample opportunity to speak with presenters, visit display tables and network with the other participants.

Manitoba Rural Women's Day is coming to two locations in October. The first is in Virden on Saturday, Oct. 13 at Tundra Oil & Gas Place and the second is in Morris on Saturday, Oct. 27 at the Multiplex. The day runs from 9 a.m. to 4 p.m., with registration at 8:15 am.

Manitoba Women's Institute (MWI)

is appreciative of all our sponsors that help make this event possible. Our major sponsors this year are Manitoba Canola Growers and CN.

This is the third year that Manitoba Women's Institute is hosting this learning opportunity, offered to all women, members and non-members.

See the MWI's website for additional information at www.mbwi.ca/manitoba-rural-womens-day-2018/. Advance registration of \$25 for the day is requested.

Livestock producers to receive additional funding to combat dry conditions

Submitted by Manitoba Agriculture

The Manitoba government is taking another step to help livestock producers who have been affected by dry conditions across the province, Agriculture Minister Ralph Eichler announced last Friday.

"Manitoba Agriculture supports our livestock sector across the province, and we recognize that many areas are feeling the effects of the hot, dry summer," said Eichler. "Effective management of both surface and groundwater sources used for livestock production is essential for ensuring the health and longevity of the livestock, pastures and associated water sources."

Ag Action Manitoba – Assurance: Beneficial Management Practices provides targeted incentive program-

ming to agricultural producers and select industry service providers to advance the adoption of beneficial management practices (BMPs) that reduce identified environmental risks, improve agro-ecosystem resilience, build public trust and improve environmental sustainability of farm options in Manitoba.

The Managing Livestock Access to Riparian Areas BMP provides funding for livestock producers to protect surface water. Recognizing that limiting livestock access to surface water may require alternate water sources, clarifications have been made to the BMP to enable funding for water source development.

New eligible costs to the BMP include:

- water source development — wells;

drilling new or deepening existing wells, test hole drilling, screening, casing, well caps, etc.; water pumps and required plumbing components; and professional and contractor fees.

- water source development — dugouts; constructing new or rehabilitating existing dugouts, test hole drilling, etc.; and professional and contractor fees.

To be eligible for funding under Ag Action Manitoba – Assurance: Beneficial Management Practices, applicants are required to complete an Environmental Farm Plan (EFP) to assist them to manage risk on their farm operations with respect to water quality and supply, soil health, air quality and biodiversity. Producers have until Feb. 15, 2019, to submit their EFP Statement of Completion.

Applications for several BMPs will be accepted on a continual basis throughout the fall, the minister said.

"Weather conditions have created a challenging summer for many livestock producers across the Prairies. I commend Minister Eichler for launching this program to help Manitoban producers improve the environmental sustainability of their operations," federal Agriculture Minister Lawrence MacAulay said today.

Producers can contact their local Manitoba Agriculture office or call the department (toll-free) at 1-84-GROW-MB-AG (1-844-769-6224) for more information on any of these programs and services or go to www.gov.mb.ca/agriculture under Quick Links.

getfishing

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> ARNIE WEIDL

A monster catch to end the day

Hi fellow fishers.

I've always felt a quiet comfort being outdoors in the cool, still, grey, overcast days of fall. It was just such a day last week as I stood by the landing at Balsam Bay watching a small boat, its little old motor making a muffled putting sound, carrying three anglers gliding through the motionless glassy water into harbour.

Their voices came across the bay in the damp air, two of them congratulating the other on his "big fish."

I walked over smiling, merging into the conversation with the question, "How big?"

The taller, more talkative of the three looked at me and then at the sign on my car door showing the papers carrying my fishing column and said, "We've been out there since daybreak and never caught a thing until we started coming in. Then Paul got this monster."

"Could I get your names and a picture of your catch for the paper?" I asked.

"Sure," the tall guy, Matt, said. "Chris Voreduse and I are twin brothers from Winnipeg and our friend Paul Devigne is from Alberta."

"That fish puts me in mind of the size of fish the commercial fishers around Lake Winnipeg's south basin are catching as they go into a third week of a good fall fishing season," I said.

"Well, maybe we'll all have great fishing on the ice this winter then," said Matt as they climbed into their truck after securing their boat and headed down the road.

A few days later on the Selkirk waterfront, I saw a thin, bespectacled chap with straight grey-streaked dark hair sitting in the back of his SUV, the back door up with his rods line in the water. When I asked him if he had a story for his fishing brothers and sisters, he fell silent for a while then came to life.

"I was sitting just like this a few winters ago on the Netley Creek ice," our new friend Greg Smith began, "getting my auger ready to make ice holes when I noticed a guy leave the holes he had been using and move away about a dozen car-lengths to make new ones. I thought 'What the heck?' I put my auger away, moved to his old holes and dropped my baited lines in. Instantly, I felt a hard pull on the rod in my hand. I reeled in quick and up popped a three-foot jack."

"Now that I think about it," Greg mused, "I should have been nicer and not held the jack up to my luckless fellow angler hollering thanks. He turned his back on me and I guess I don't blame him."

For some unknown reason, the Winnipeg Beach harbour complex, every once in a while, provides us with an extraordinary story. Last Saturday, it

happened again.

I was surprised to see maybe 30 cars parked by the north beach. As I stopped, two guys came up beside me.

"What's going on?" I asked one chap. He smiled widely behind dark glasses. White stubble showed on his face. Though of average stature, his upper body was overly developed.

"We're a group of wind surfers and parasailers. We check different spots around the south basin looking for high waves and on shore winds and today this is the perfect place for an afternoon of sailing. In the winter, we go kite boarding when we pinpoint an area on Lake Winnipeg that has small snow drifts and proper wind," new friend Roland Rioux from Winnipeg said. Then something he said caught my attention.

He said because their group comes and goes quickly from one community to another, the locals assume any garbage left on the shore or ice was theirs. Nothing could be further from the truth, Roland insisted, because they take special care to practise good outdoor housekeeping. I asked him if their group would consider joining the Manitoba Ice Fishing Association since we, too, promote not leaving garbage on the ice. We continued talking and when I asked if he had a fishing story for us, he gave something I had never heard before.

Their group takes special pains not



TRIBUNE PHOTO BY ARNIE WEIDL
Paul Devigne with his great catch off the waters of Balsam Bay.

to parasail anywhere there are carp in the spring. As we know, these fish jump out of the water to clean their gills or roll on top of the water when spawning. As Roland pointed out, the last thing a parasailer wants to do is hit something and "go over the handlebars."

He remembered once a carp surfaced right in front of him when he was flying along. His skag on the bottom of his board hit the fish. Roland turned, collapsing his parasail, ran his board onto the sandy shore and found that carp to make sure it wasn't suffering.

Good for you, Roland.

If you can, come by next week, friends. Bye now.

> LETTER, FROM PG. 6

I pursue this not only for myself, but for others like Shane Gabor, Paul Turner, Colin Cameron and at least six others that have done similar developments, all subject to the same precedent-setting requirements.

The issue is this. We were all forced to enter into development agreements with the town, had to pay legal fees to register such agreements as a caveat

attached to our property titles, and provided a separate sewer and water connection from each unit to the town main.

The town has requested none of the above from the existing applicant.

So ask yourself, does that seem fair?

I have submitted my invoices totaling \$9,980.39 to the town for reimbursement. I encourage all others to

do the same.

I have been singing this song for probably five years now, all through the lengthy process of the town attempting to adopt a new zoning bylaw. I have voiced my concerns regarding the implications of this bylaw to planners, consultants, politicians, etc. Apparently, I was ignored.

And worse yet, the town continues to ignore the illegal duplex residences

that presently exist, with full cooking facilities in basements with no fire separations between suites. It is not a good situation.

But in reality, why should the town be concerned about fairness and equal treatment for all?

When challenged, they have insurance to rely on. We, the taxpayers, allow the town to retain the services of a very competent insurance company, with offices full of very capable adjusters and lawyers. They love to take our money but are very reluctant to pay out for wrongly treated taxpayers. Believe me, I have first-hand experience of the system.

So, life goes on. It is difficult to fight city hall, but as my grandfather told me, "It matters not the size of the man in the fight, but rather the size of the fight in the man."

-Cal Turner
Stonewall

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Every last Saturday of the month. **See you September 29!**
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RCMP seek info about Stonewall business break-ins

By Jennifer McFee

Stonewall RCMP are asking the public to come forward with information about two business break-ins that occurred in the early hours of Monday, Sept. 17.

At 2:43 a.m., suspects broke in to the Red Star Chinese Restaurant. Another break-in occurred at the Stonewall Chiropractic Centre, but it is unknown whether that incident occurred before or after the B&E at Red Star.

Two suspects stole cash, a laptop and liquor from the businesses.

The first suspect was wearing jeans, a light-coloured jacket and running shoes. The second suspect was wearing a dark hoodie. Both of their faces were covered.

Anyone with information is asked to call the Stonewall RCMP at 204-467-5591 or Crime Stoppers at 1-800-222-8477.



TRIBUNE PHOTO SUBMITTED
Stonewall RCMP are looking for help in identifying the person in this video surveillance taken during a break-in at Red Star Chinese Cuisine in Stonewall on Sept. 17. If you have any information contact 204-467-5591.

Rockwood passes first reading on trailer park mobile home fees

By Jennifer McFee

A local museum is on the road to having a permanent venue.

At a meeting on Sept. 12, Rockwood council approved a request from Settlers, Rails & Trails to amend the zoning bylaw to include "public library and cultural exhibit" as a conditional use in the agricultural limited zone. This amendment will facilitate the development of the museum north of Argyle.

Since council passed the zoning bylaw amendment, the next step is for the museum to apply for conditional use.

In other Rockwood news:

- Representatives from Concord Colony requested permission from council to continue to operate their own water supply rather than hooking up to the municipality's supply. In a letter to council, Concord Colony indicated that their location has a history of water safety issues due to the actions of other parties beyond their control. They have been through one water crisis before, and as a result, they have placed a high priority on water safety.

"To that end, we feel that it is in our best interest that we be able to use our own water supply operated by our own staff, following all provincial regulations," the letter stated.

"It would be an unexpected hardship for our community if we were to lose access to our well and be required to switch to the rural water system."

The letter further states that the colony meets all regulations of Manitoba Water Stewardship. They have their own trained and certified operator, and they also have a backup operator in place. They would prefer to come to a long-term agreement with the RM to ensure that they have

the safest water possible while still continuing to use their own well and operator.

- Council passed first reading of a bylaw regarding monthly fees for mobile homes in trailer parks. Pending approval, the total monthly licence fee per unit (including lot rental fee and curbside waste collection) would be \$71.70 effective Jan. 1, 2019. The total fee would rise to \$75.45 per unit in 2020, \$79.60 in 2021 and \$83.75 in 2022.

- Council passed second and third readings of a bylaw to establish fines for violations of development agreement requirements related to operating a quarry. The fines are \$10,000 for the first offence, \$20,000 for the second offence in a 12-month period, and \$30,000 for the third offence within a 12-month period.

- Council passed second and third readings of a bylaw to prohibit and rectify unmanaged nuisance weeds, grasses and other herbaceous plants on private lands within the RM. Under this bylaw, property owners will need to cut and maintain grass and herbaceous plants consistent with their neighbourhoods from May 15 to Sept. 30 each year. The property owner will also be responsible for ongoing grass cutting in ditches from their property and to destroy or maintain nuisance weeds on their property.

- The Oct. 24 and Nov. 28 committee of the whole meetings have been cancelled. Instead, meetings will be held on Nov. 1 and Nov. 21. The inaugural meeting of the new council will be held on Thursday, Nov. 1.

Please join us for our Annual General Meeting

Monday, October 1, 2018

Selkirk Recreation Complex, 180 Easton Drive, Selkirk

5:30 p.m. Doors open
6:00 p.m. Annual General Meeting

Dr. Brock Wright, Shared Health Manitoba's CEO and provincial lead of health services will reflect on Shared Health's first year and at what lies ahead. He'll be joined by Interlake-Eastern RHA CEO Ron Van Denakker who will provide a regional perspective. Directors from the RHA Board will review Interlake-Eastern RHA's activities and we'll see the presentation of the Chair's Award for Excellent Customer Service and the Community Leadership award. The evening will offer an open forum for questions and answers. Everyone welcome!

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

*Veillez vous joindre à nous pour notre
Assemblée générale annuelle
Le lundi 1^{er} octobre 2018*

au Selkirk Recreation Complex, 180, promenade Easton, Selkirk (Manitoba)

17 h 30 Ouverture des portes
18 h Assemblée générale annuelle

Le D^r Brock Wright, PDG de Shared Health et responsable provincial des services de santé, se penchera sur la première année de Shared Health et sur ce qui nous attend. Il sera accompagné de Ron Van Denakker, PDG de l'ORS d'Entre-les-Lacs et de l'Est, qui fournira une perspective régionale. Les membres du conseil d'administration de l'ORS passeront en revue les activités de ce dernier, et on décernera le Prix d'excellence en matière de service à la clientèle et le Prix de leadership communautaire. Une période de questions s'ensuivra. Bienvenue à tous!

Pour en savoir plus ou demandes d'accessibilité, veuillez communiquer avec :
Sans frais: 1-855-347-8500 Courriel: info@ierha.ca
Site web: www.ierha.ca

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RM of Rockwood Candidates
(Reeve and Councillors)
Monday October 1st
at Stonewall Curling Club Lounge

Town of Stonewall Candidates
(Mayor and Councillors)
Wednesday October 3rd
at Odd Fellow Hall, Stonewall

.....

Doors Open at 6:30pm Starts at 7:00pm
Refreshments available - Everyone Welcome

Selkirk author shares novels with Stony Mountain Book Club

By Kal Franchak

Stony Mountain's "Book Club on the Hill" attendees got a treat last week when discussing their latest read.

On Sept. 10, the group hosted guest author Maureen Flynn of Selkirk who wrote *Buckle my Shoe* and *Shut the Door*.

This was the first time Flynn had been invited to a book club that's covered books she's personally written.

Flynn answered questions about herself to excited club attendees. One of the topics covered was how Flynn got started as a novelist. Despite no formal training, Flynn has spent much of her career as a writer. Although most of her experience was non-fiction prior to launching the *Buckle* series, Flynn's passion for reading helped inspire her fiction series.

Having grown up reading Nancy Drew, mystery has always been a passion for Flynn. Still a reader, Flynn finds she's not able to read fiction while writing. Instead, she enjoys reading non-fiction stories, some of which inspire her work. Her favourite book remains *The Diary of Anne Frank*.

For new authors it sometimes can be challenging to get started and to find the time to write a novel. Flynn started writing her book with just a pen

and paper while waiting in her car during her son's sport practices. She would listen to 1940s music, a time when some of the story takes place, for inspiration as she wrote.

Flynn's novels take her readers to all too familiar settings around Winnipeg but with a mysterious twist. Her debut novel *Buckle My Shoe* follows former detective Steve Ascot as he takes on a job of security guard in a Winnipeg hotel. Steve, who has a past of his own, finds the hotel is filled with mysterious secrets and characters. The book was inspired by the story of the The Marlborough Hotel and the ghost that supposedly haunts it.

Shut the Door, the sequel, again follows Steve Ascot as he tackles mysterious and paranormal affairs. This time he finds himself looking for secrets in the historic (and said to be haunted) Fort Garry Hotel, joined by a ghost writer named Penny. Trouble finds Steve and Penny as they uncover this mystery.

Both Flynn's books are filled with familiar sights for Manitoba locals. Flynn explained that some publishers ask writers to use U.S. cities to include a larger audience, but she is more comfortable writing about what she knows. She seems to have found her niche, too, with both books making the McNally Robinson best-seller lists and a



TRIBUNE PHOTO BY MOLLIE MEIER

Stony Mountain Book Club with Selkirk author Maureen Flynn.

successful book launch at the Gaynor Family Library in Selkirk. Flynn says she's "happy people like to read it."

Now retired, Flynn can spend her days busy working on the next book in the *Buckle* series: *Pick up Sticks*. She wouldn't share exactly what will happen, but this next chapter in the story will take readers back in time to follow a couple of playwrights at the historical Burton Cummings Theatre in Winnipeg.

Flynn's books *Buckle my Shoe* and *Shut the Door* are available online through Pemmican Publications, Mc-

Nally Robinson Booksellers and Amazon. Her third book, *Pick up Sticks*, is currently being written.



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MAIN STREET (between 1ST Ave S and 1st Ave N)
No traffic interruption, some intermittent sidewalk delays. Sept. 19, 5:00 am-Sept 21, 3:00 am

MAIN STREET (between 1st Ave N and 2nd Ave N)
Intermittent traffic delays.
Sept. 19, 5:00 am-Sept 21, 3:00 am

1st AVE S. (between Main Street and 1st Street W)
FULL CLOSURE. Sept. 18, 8:00 am-Sept 21, 3:00 am

For further information please contact:
Location Manager: Bernie Narvey, 204-697-4429



The members of Stony Mountain Stonewall Masonic Lodge would like to invite you to an **OPEN HOUSE.**
Saturday September 22, 2018
from 1:30 to 3:30
with a presentation at 2:00
At the Masonic Lodge
on Main St. in Stony Mountain

*Have you ever wondered what is in that building or behind those doors?
Come and find out. We would be happy to explain it to you.*

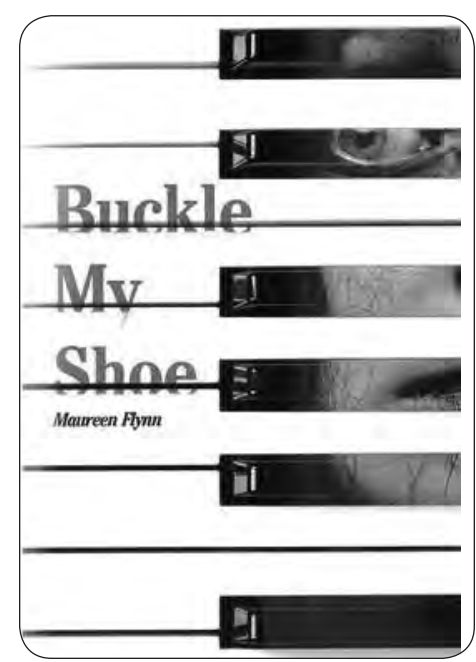
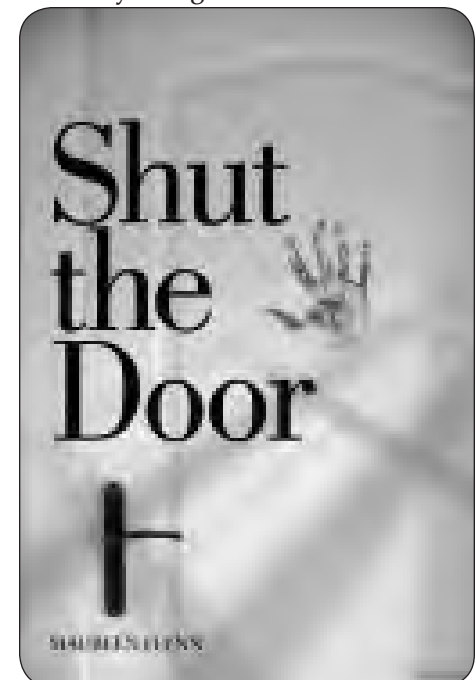
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South Interlake ATV Club celebrates 10 years

By Jennifer McFee

The South Interlake ATV Club is marking a milestone 10-year anniversary, and it welcomes others to join in the fun.

On Saturday, Sept. 29, the group will host a 10th anniversary celebration ride and lunch. The event is open to current and past members, as well as prospective new members.

Riders will meet at the Woodroyd picnic site and staging area at 9 a.m. and will leave at 9:30 a.m. From there, they will ride up to Broad Valley, where they will enjoy a catered lunch by Country Harvest Inn. The event will also feature a draw for door prizes, and riders will have the chance to participate in a poker chip run.

The long-standing club got its start in 2008 when a group of dedicated ATV enthusiasts wanted to improve the recreational opportunities for riders in the South Interlake area while also bolstering the acceptance of all-terrain vehicles.

In 2009, the club signed a 25-year lease and management agreement for the Interlake Pioneer Trail, making it the first designated ATV trail in Manitoba.

"The trail itself was a rail line established back in 1914 and was last used by trains in the 1980s. The rails were removed and sold in the early 1990s. The trail's original name was the Prime Meridian Trail, and when it was changed to the Interlake Pioneer Trail, proposals were taken for groups to manage and maintain the trail," chairperson Suzanne Otte explained.

"The newly formed SIATV club forwarded a proposal and it was accepted with limitations that two sections of the trail be deemed non-motorized."

The following year, the club secured

grant money with the help of ATV Manitoba. With the grant, they were able to buy picnic tables, animal-proof garbage receptacles and regular garbage cans, trail signs, posts, hardware, outhouses and trail-head sign kiosks. Volunteer work crews from the South Interlake ATV Club put up signs and set up rest stops, picnic areas and staging areas along the trail.

"The Interlake Pioneer Trail is a multi-use trail which sees ATVers, hikers, birdwatchers, geocachers, mountain bikers and horseback riders in the summer. ATV traffic is permitted from May 1 to Oct. 31," Otte said.

"In the winter, the trail is maintained by Snoman from Nov. 1 to April 30 for snowmobilers who purchase trail passes."

The scenic 106-kilometre trail passes around Argyle and then through Inwood, Sandridge, Narcisse, Chatfield, Poplarfield, Broad Valley and ends up in Fisher Branch. Along the way, trail users will find amenities such as outhouses and picnic tables, as well as garbage and recycling containers.

Trail access from the south starts at Highway 67, which features a newly developed small staging area.

"There is also a staging and picnic area north of the town of Argyle. The Woodroyd staging area and picnic site was once a stock yard/train station and was developed with a grant from Community Futures. The site features a loading ramp, a brand new picnic shelter, an outhouse, recycling and garbage containers," Otte said.

"If you are looking for a different way of exploring the Interlake, whether it's by ATV, horseback, hiking, biking or geocaching, the Interlake Pioneer Trail has got something for you."

Over the years, the South Interlake



TRIBUNE PHOTO SUBMITTED

Suzanne Otte was part of the South Interlake ATV team that signed the historic Interlake Pioneer Trail. The club is hosting a 10th anniversary ride on Sept. 29.

ATV Club has received community recognition along with awards from the Interlake Tourism Association in 2011 for promoting tourism in the area. In addition, the RM of Woodlands provided recognition awards in 2014 and 2015.

With a focus on giving back, the club hosted the Ride for Dad from 2013 to 2015 and won awards for being the top fundraising team all three years.

Looking ahead, the club hopes to boost its membership by encouraging people to come out to the 10th anniversary celebration.

"If anybody is interested in the club or joining the club, they would be welcome to attend and then hopefully become future members," Otte said.

"Typically we've done this ride in the early summer in the end of May or beginning of June. We called it the Iron Man Ride. This year, with the fire ban earlier in the season, we weren't able

to do the ride so that's why we're doing it now in September."

Anyone who would like to join the festivities for the 10th anniversary celebrations can RSVP to Otte at sotte@hotmail.com by Tuesday, Sept. 25. For the Sept. 29 event, everyone is asked to bring \$10 cash for lunch and \$5 if they'd like to participate in the poker chip run.

The club is also planning its end-of-season ride and barbecue in Portage la Prairie on Oct. 13, and anybody who decides to become a member is welcome to participate.

"The club has accomplished a lot in 10 years," Otte said, "and we are looking forward to growing the membership and the sport of ATVer in our area."

For more information about the South Interlake ATV Club, visit www.siatvclub.com.

Stonewall and Rockwood to hire rec facilitator

Stonewall council news in brief

By Jennifer McFee

Discussions have been underway about preserving Stonewall's limestone kilns at Quarry Park as part of the town's strategic planning earlier this year.

The town sought recommendations from a company, which provided several options — including one with a quoted budget price of \$3.2 million.

"It's going to be something that the new council is going to have to take a look at and see if it's something

that they want to tackle. It's a lot of money to restore the old kilns. But the flipside is that if we don't spend the money to restore them, then they're just going to come apart sometime," Mayor Lockie McLean said by phone.

"It's certainly something that we wanted to get an outside assessment of to determine what we're dealing with if we don't do restoration and also if we do complete the restoration. So that's just sitting there for the new council to mull over."

In other council news:

- The Town of Stonewall signed an agreement with the RM of Rockwood to establish a recreation department that will be called the Rockwood Stonewall Regional Recreational Agency. The new group will serve all of Stonewall and Rockwood, and it will include two members from each municipality. The committee will meet several times per year. Plans are also in the works to hire a recreational facilitator for the regions of Stonewall and Rockwood starting Jan. 1, 2019.

"This will allow us to look at ways that we can utilize recreational facili-

ties that we have. Also, a person dedicated to recreation can look at grants that may be available to help communities with recreational needs that we have now and in the future," McLean said.

"It's a new position and it's a new partnership with the RM of Rockwood. There was a lot of drive on both sides — on Stonewall's council and on Rockwood's council — to get this done and I'm very pleased that we've done it."

WCI students receive 2017-2018 academic awards

Staff

Warren Collegiate students were rewarded for their 2017-2018 academic success at a ceremony held on Sept. 12.

Merit awards with honours were awarded to students who earned 90 per cent or higher. Grade 9: Lane Bond, Riley Janke, Abby Gayle Procter, Kaden Stewart and Paige Wright. Grade 10: Alexis Cowan, Jordan Crooks, Johnathan Holtmann, Shay-Lee Jackson, Katelyn LaCombe, Jade Perrett and Liam Stairs. Grade 11: Kylie Bond, Madeline Boonstra, Laura Brad, Jessica Buhler, Ciarra deLaroque, Payton Janke, Kayleigh Malcom and Jacee Turner.

Students who maintained marks between 80 per cent and 89.99 per cent were as follows: Grade 9: Amber Archer, Gerrit Boonstra, Bryan Braun, Emma Briere, Riley Buchanan, Ta-

mara Buhler, Sarah Crockatt, Hannah DeBin, Brady deLaroque, Bobbie Fairlie, Emily Fehr, Ashton Fisher, RYanne Gareau, Emma Goodman, Sheamus Gorman, Andrew Henry, Kailey Langrell, Grace McDonald, Naomi Voth and Tara-Lynn Whiffen. Grade 10: Daniel Braun, Kiera Dowd, Jennifer Fossay, Hailey Friesen, Hannah Friesen, Max Garfinkel, Olivia Genio, Connor Henry, Joy McCutcheon, Elizabeth Overton, Wynter Petteerson, Melissa Schroeder, Hunter Sholdice, Abbygale Smith-Dukta and Mackenzie Turner. Grade 11: Malika Bangle, Nicholas Black, Brooklyn Buchanan, Myla Chastelaine Pasouquen, Amber-Lynn Cochrane, Hannah France, Reanne Glover, Grace Goodman, Ethen Hooper, Madison Langrell, Marc Normand and Willow Reimer.



TRIBUNE PHOTOS BY HANNAH FRANCE

Grade 9 Merit awards with honours winners, left to right: principal Laura Perella, Paige Wright, Kaden Stewart, Abby Procter, Riley Janke, Lane Bond and vice-principal Tyler Oliver.



Grade 11 merit awards with honours winners, left to right: principal Laura Perella, Kayleigh Malcom, Jacee Turner, Payton Janke, Ciarra deLaroque, Jessica Buhler, Laura Brad, Madeline Boonstra, Kylie Bond and vice-principal Tyler Oliver.



Grade 10 Merit awards with honours winners, left to right: principal Laura Perella, Liam Stairs, Kate LaCombe, Johnathan Holtman, Jordan Crooks, Alexis Cowan and vice principal Tyler Oliver. Missing from the photo are Ariana Huff, Shay-Lee Jackson and Jade Perrett.

Dedication to long-time employee



The Veterans Memorial Sports Complex meeting room was officially named the Gary Stutsky Meeting Room at a special celebration honouring Gary Stutsky's 30 years of employment with the Town of Stonewall. Stutsky was very excited about the dedication and thanked all of his family, co-workers and friends before cake and coffee were served. Left photo, from left: Town CAO Wally Melnyk, Mayor Lockie McLean, Stutsky and Shane Scott. Right, a very proud Stutsky with his cake.

TRIBUNE PHOTO BY JO-ANNE PROCTER

Cvet's Pets continues to help local vets suffering from PTSD

By Natasha Tersigni

As military veterans and first responders continue to use service dogs to ease symptoms of Post Traumatic Stress Disorder (PTSD) the need is

high for supplies to care for the animals. To support the veterans and their service dogs a Bud, Spud and

Continued on page 19



TRIBUNE PHOTO BY NATASHA TERSIGNI

Christie Williams, left, organized a Bud, Spud and Steak night at Stonewall's Royal Canadian Legion that raised \$5,850 for Chris Cvetkovic's organization Cvet's Pets.



RENAISSANCE.

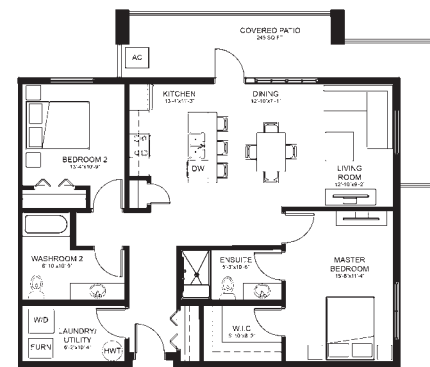
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Public Utilities Board

Régie des services publics

Reminder Notice of Public Hearing

You're Invited

to share your views about the proposed rate increases from Manitoba Public Insurance

The Manitoba Public Insurance Corporation (MPI) has applied to the Public Utilities Board (Board) for a 2.2 per cent increase to Basic Autopac vehicle insurance rates and premiums, effective on March 1, 2019.

Further details are available at the MPI website, www.mpi.mb.ca or the Board's website at www.pubmanitoba.ca.

A public hearing on the proposed increases will be held on:

Monday, October 15, 2018 at 9:00 a.m.
Public Utilities Board Hearing Room
4th Floor, 330 Portage Avenue, Winnipeg, MB R3C 0C4

If you are interested in learning about this rate increase, you are encouraged to attend the hearing, observe the hearing via live streaming, or provide your perspective through the Board's on-line comment tool.

If you wish to speak at the hearing or make a written submission, please contact the Board Secretary at 204-945-2638 or toll free 1-866-854-3698, no later than **September 21, 2018**.

For more information, visit www.pubmanitoba.ca.

Manitoba Public Utilities Board
400-330 Portage Avenue
Winnipeg, Manitoba R3C 0C4
Phone: 204-945-2638 | Email: publicutilities@gov.mb.ca

Relay For Life walk

FRIDAY SEPT 21st 2018

6PM to midnight STONEWALL COLLEGIATE TRACK

EVENT SCHEDULE

- 5:15pm Site open for teams to begin setting up
- 5:15pm Team and Survivor registration opens
- 5:15pm-7:45pm Luminary sales open
- 5:30pm - 12:00am Food vendor on sight - Me and My Dogs Hotdog cart
- 6:00pm - 6:15pm Opening Ceremonies and Survivors' Victory Lap
with Khartum Shrine Pipes and Drums and Friends
Greetings from Relay for Life Chair
Opening stretches with Sarah Todd
Greetings from Canadian Cancer Society Rep
- 6:15pm Helium balloon release and Relay begins
- 7:00pm - 8:00pm Past the Perimeter performs
- 8:00pm - 8:20pm Luminary Ceremony (Amazing Grace)
- 8:45pm Teagan Sheppard sings
- 9:00pm - 10:00pm Past the Perimeter performs
- 10:00pm Sarah Todd exercising under the lights
- 11:50pm Closing Ceremonies and final lap



Everyone Welcome - Please join the fun and cheer on the walkers

Lap beads sponsored by Adrenaline Fitness - *Count Your Laps*

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Stonewall Collegiate
Stonewall Florist
Stonewall Teulon Tribune

Town of Stonewall
Tim Horton's
Stonewall Family Foods
Prairie West Ice Cream



Big Interlake Mechanical grand opening well attended

By Jeff Ward

An estimated 170 people attended the grand opening celebration of St. Laurent's newest business, Big Interlake Mechanical, last week.

Owners Jessica Chartrand and Wayland McKay held their celebration Sept. 10 as a thank you for all of the community support they had received in their journey to open their new business.

McKay is a diesel mechanic by trade and will use his skills to fix a variety of heavy equipment, recreational and aquatic vehicles. The couple had a food truck serving burgers, dogs and fries and Interlake Packers provided some food.

St. Laurent Reeve Cheryl Smith and Jenny Petersen of Community Futures West Interlake spoke during the event. McKay said support from council and the community was overwhelming.

"We did expect quite a bit to show

up, but we really didn't know how many. It was really nice because there was a lot of support and inquiries about when we're open to start accepting work."

The business is going through the finishing touches right now and recently had gravel laid for their parking lot and driveway as well as a protective fence put up. McKay said that they don't have a date for when they'll be open but that it will be very soon. He is still waiting for tools that he ordered to come in and they are still working on getting a billboard placed and buying advertising.

"We had some seasonal people asking if they could bring stuff already and just the other day we had a car show up with stuff for me to fix. People really want this service out here so I'm excited to open," said McKay.



TRIBUNE PHOTO VIA FACEBOOK

St. Laurent Reeve, Cheryl Smith, centre spoke during the grand opening celebration of Jessica Chartrand, left, and Wayland McKay's, right, new business Big Interlake Mechanical.

Teulon RCMP respond to two-vehicle fatal collision

Submitted

At approximately 8:20 p.m. on Sept. 14 Teulon RCMP responded to a report of a two-vehicle collision on Highway 17, approximately six kilometres west of Teulon.

The initial investigation has determined that an eastbound vehicle, being driven by a 27-year-old male from Inwood, hit the shoulder and overcorrected where it then collided with a westbound vehicle, being driven by a 69-year-old male from the RM of Armstrong.

Both drivers were transported to hospital where the 69-year-old male was later pronounced deceased.

The 27-year-old male was arrested for impaired driving causing death and remains in hospital at this time with serious but non-life threatening injuries.

It is unknown if seatbelts were in use at the time. Police believe speed was also a factor in the collision.

Teulon RCMP along with a forensic collision reconstructionist continue to investigate.

Fall Suppers

Enjoy!

ARGYLE FALL SUPPER

Argyle Curling Rink

Sunday, September 23rd

3:00 - 6:00 pm

No reservations required
Take-out available 3:30 - 5:30 at Argyle Hall (204-467-8710)
Adults \$15 Children (6-10) \$5 5 & under FREE (Dine in only)
For more info: fallsupperargyle@gmail.com

Meadows Fall Supper

Sunday, September 30

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

Adults \$15.00 Kids 6-10 \$7.00
Kids under 5 Free

For reservations call Dolores 204-322-5637

WOODLANDS FALL SUPPER

Turkey Dinner & all the Trimmings

Monday, October 8th - 3pm-6pm

Woodlands Hall

Adult \$15.00 Kids 6-10 yrs \$6

No reservations req'd. Take Out Available

Info call Wendy at 204-383-5295

Guntun
Fall Supper

Adults \$15
Children (6-12yrs) \$6
5yrs & Under Free

Guntun Greenwood Community Hall

Saturday, September 29th • 4:00 ~ 7:00 pm

For info call Tony 204-886-2886

Grosse Isle Recreation Club
Fall Supper

Sunday, September 30, 2018 • 3:00 pm - 6:00 pm

Adults - \$15.00 Children 6 to 12 - \$7.00 Preschoolers Free
No reservation required.

Grosse Isle Community Centre
Hwy 6 - 13 km from the Perimeter, 117 Rd 72N E (MB-321)
Contact Sandy 204-886-8785

Fall Supper

in support of
Bethel Children's Home

A ministry of Bethel Rays of Hope

Saturday, October 20

3:30 pm - 6:30 pm

New Life Church, Stonewall
6106E PTH67

Adults \$15
Children (6-12 yrs) \$5
Children 5+
under FREE

• Take out available • Farmers Market

Join us at Teulon's 26th Annual PUMPKINFEST

Where we celebrate fall
and all that is Pumpkin!

Saturday, September 22

9 am - 4 pm

Teulon Hall, 14 Main St, Teulon MB

Fair Competition

45 Categories to Win
1st \$5 2nd \$3 3rd \$2
\$25 Prize for best in class

- Pumpkins
- Carved / Created Pumpkins
- Fall Arrangements
- Baking with Pumpkin
- Vegetables
- Canning
- Photography

Entries can be dropped off
Fri 7-9 pm Sat 8:30-9:30 am

For a complete list of categories go
to www.teulonpumpkinfest.com

Contact Ashley at 204-886-7970

In the hall Judging 10-12
Doors open at 12 for viewing

Inside Hall

9-10:30 Pancake Breakfast
9:30-10:15 – Growing Mushrooms
Presentation
11 am – Mark Morissau Fiddler
11:45 – Baby Contest
12 pm – Canning 101 Presentation
1 pm – Aurora Farms Presentation
2 pm – Robin Chestnut – Juggler
2:45 – CSI Blue Grass Band

Grandstand Area (South of Hall)

10 am – Gigantic Pumpkin Weigh Off
11 am – Ruff House Rowdies
& Smart Dog Show
2:45 pm – Ruff House Rowdies
& Smart Dog Show

www.teulonpumpkinfest.com
for more information

Largest Pumpkin Competition

1 ST PLACE \$1000	2 ND PLACE \$500	3 RD PLACE \$300
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Drop off Saturday 8:30-10:00 am, Weigh off starts at 10:30 am

All Day Activities

- Farmers Market
- Petting Zoo – with over 30 animals
- Pony Rides *** new this year!
- Gigantic Games
- Fall Family Photos
- Lions Canteen & Food Trucks
- Pumpkin Carver
- Silent Auction

Sunova Kids Tent & School Playground

10 am-2 pm - Kids Crafts
10 am-2 pm- Hula Hooping
– learn & participate
11-2 - Wagon Rides
10-2 - Face Painters
12 pm - Old Fashioned
Games
1 pm – Pie Eating Contest
2:45 pm – Pie Bingo
3:30 pm – Teulon
Rockwood Rec Comm
Ball Drop

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Children Under 2 FREE



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Loaf and Honey wins Poutine Cup

By Jennifer McFee

A catering company with local connections has been crowned the champions of the 2018 Poutine Cup.

Loaf and Honey took home the Judges Choice award from the event, which was held at Fort Gibraltar on Thursday, Sept. 13.

They competed for the coveted title against eateries including the Squash Club, Park Café, Alycia's, Underdogs, Chew, Promenade, Little Goat and One Great City.

Dustin Peltier and Rachel Isaak, who make up Loaf and Honey, submitted a last-minute creation called "Pomme au Fromage Vieilli."

The culinary duo is chalking their win up to their unique cheese, which they make themselves using a labour-intensive technique that Peltier learned from a Trappist monk named Brother Alberic.

"We did fried apple wedges and we made our own pork sausage from local pork. We smoked that and we took all of the drippings and renderings and paired it with Barn Hammer brewery's 'Le Sneak Belgique,' and that was the base for our gravy," Peltier explained.

"Then we used our cheese, which is called Prairie Traditions. We went with that because it was the first cheese made in Manitoba and it has such a long traditional history behind it that we felt it gave it some homage.

"And you can't have a poutine without potatoes so we pickled some potato cubes and that went on top. Then we sprinkled some fried sage leaves on top and then we finished it with a savoury apple chip."

The judges filled out score cards to rate the different poutine submissions in categories such as presentation, wow factor, fries and taste.

Shawn Brandson, who co-created the event with his wife Connie McKane-Brandson, said that Loaf and Honey's poutine won because it was unique and different.

"The apples had a touch of sweetness that was balanced by a savoury spice. The gravy, which was basically Barn Hammer Belgium beer, thickened to give a deep bitter component to the dish," Brandson said.

"There was pickled matchstick potatoes that were fried crispy to give a bit of crunch and acidity. It was a dish that could have bordered on dessert, but with the bitterness of the beer and the acidity of the pickled crispy potatoes and their homemade cheese, it became a complete dish."

Peltier said they wanted to keep the dish savoury, even though many peo-



The winning creation of the 2018 Poutine Cup was Loaf and Honey's "Pomme au Fromage Vieilli."

ple associate apples with dessert.

"We like to show that flavours are not always what you expect," Peltier said.

"We needed a win for ourselves as a boost. We were doing this as a publicity thing and we weren't really expecting to win. After we won, we felt we really needed that."

Loaf and Honey has been navigating regulatory hurdles as they try to get their cheese on the market, which is proving to be a challenge since it is made with raw milk.

"We're jumping through a lot of hoops. We really thought we were going to be at market four months ago, so we're essentially doing our catering to pay to keep this cheese alive," Peltier said.

"It's been tough and we're trying to keep going. We're not going to stop. For the Poutine Cup, we actually had Loaf and Honey T-shirts made up that have a cheese wheel on the back and it says 'Save the Cheese.' The more public awareness that we have, the more people are asking for it."

Looking ahead, Loaf and Honey is gearing up to participate in Nuit Blanche as part of the HaCHere Collective with the theme "Drop the Beets."

"There are six of us that do pop-up dinners, so we're going to be in the basement of Forth (171 McDermot Ave. in Winnipeg)," Peltier said.

"All six of us are going to be doing a food market stalls and small little tastes and all the cool different things about beets."

They are also working towards bringing the HaCHere Collective dinner series out to the Warren and Stonewall area.

For more information about Loaf and Honey, visit www.loafandhoney.com. Updates are also posted on Facebook and Instagram.



TRIBUNE PHOTOS SUBMITTED

Loaf and Honey, a catering company with local connections, won the Judges Choice award at the 2018 Poutine Cup.



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Ride-in-Rally donation

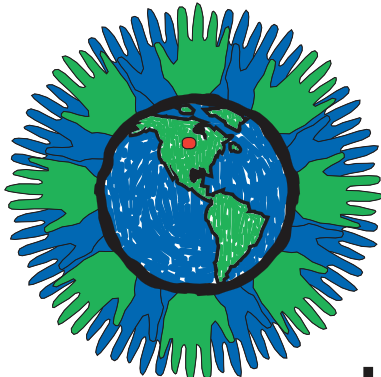


The third annual Teulon Ride-In Rally Committee donated \$3,500 to Project New Hope Canada. Approximately 150 cyclists participated in the two-day rally in support of veterans with PTSD, making it the most successful rally yet. Pictured left to right: Carolyn Adamko, president of PNHC; David Leduchowski, chairman of the rally committee; and Noreen Stone, treasurer of PNHC. These funds, along with funds from other fundraisers, will be dedicated towards supporting the 2019 Spousal Resiliency Training Retreat.

Early in 2018, PNHC contributed \$6,000 towards this year's retreat taking place Sept. 28 to 30 in Russell where upwards of 35 spouses will receive valuable training to be better equipped to face the challenges in their lives. It is hoped that we can match or exceed that amount for 2019. PNHC would like to thank David Leduchowski, Wray Whitmore and the rest of the rally committee volunteers for all the hard work they put in as well as all of the participants that made this donation possible.

Coming up on Oct. 21, PNHC will be holding a Fall Supper fundraiser in Meadow Lea Hall (corner of highways 227 and 248 near Marquette) preceded by an Old Time Dance. Dance is from 1 to 5 p.m. and supper is at 5:30. Cost is \$15 for each. If interested, call Carolyn at 204-383-5223 or 204-461-1616 to reserve a seat at the supper.

TRIBUNE PHOTO BY DON ADAMKO



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STONEWALL TOWNWIDE LITTER CLEANUP

Saturday, Sept 22 at 10 a.m.

Stonewall Youth Drop-In Centre
311 1st St. E., Stonewall

Rain date: Sun, Sept. 23 at 2 pm

**T-shirt, gloves and bags
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Details: reactinc.org or (204) 467-2334

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Kicking Cancer to the curb

By Jo-Anne Procter

The race is always on to find a cure for cancer. On Sept. 15, Christina Hooper of Backcountry Fitness and Conditioning and a handful of volunteers hosted the fourth annual Kicking Cancer Run in Warren. Over 60 enthusiastic runners signed up for the 2km or 5km walk/run and raised \$4800 for the CancerCare Manitoba Foundation.

Prior to the Zumba warm-up, Kerri Johnson from the foundation thanked all the runners for their support of the fundraiser.

"Isn't it wonderful to have the ability to have a fun event and help an important cause," said Johnson.

Since 2015 the Kicking Cancer Run has raised \$10,000.

"I sure hope you know how important this is and how much of a difference this makes for people on their cancer journey."

Johnson explained that the dollars raised at the event are helping fund projects at CancerCare Manitoba, supporting patients and their families and helping invest in research that will uncover key solutions to give our loved ones many more tomorrows.

"Cancer doesn't play fair, it doesn't discriminate by age or gender. Cancer touches too many people," she said. "On behalf of everyone at CancerCare Manitoba, our doctors, our healthcare professionals and especially the patients and families, thank



Winners of the 5km run back row, left to right, Lee Stewart (third), Hunter Sholdice (first) and Michaela France (second). Winners of the 2km run, front row, Colby Darragh (second), Samantha Boonstra (first) and Blake Darragh (third).

you." Besides the run there were other activities including a dog show and a special visit from Princess Anna from Frozen.

There were vendors and crafts for sale, a silent auction and 50/50 draw.



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Participants take off from the starting line.



Princess Anna from Frozen arrived in a big red chariot driven by local volunteer Warren Woodlands firefighters Dorian Conley and Kiefer Buchanan.

> CVET'S PETS, FROM PG. 13

Steak fundraiser was held for Cvet's Pets at the Stonewall Royal Canadian Legion Branch #52 on Saturday.

The event, organized by Christie Williams for the third time in Stonewall, raised more than \$5,700 for Cvet's Pets, a non-profit organization that provides military veterans and first responders with all the supplies they need for their specially trained therapy dogs that include kennels, brushes, leashes, toys and food. The founder of Cvet's Pets, former Winnipeg Blue Bomber long snapper Chris Cvetkovic, spoke at the event about the work his group does throughout the year.

"We are a small organization, so us being able to give these kits to people who serve our country is a very gratifying experience and is something that means a great deal to me. When I was able to meet these people and see that they are no different on the outside but on the inside they are broken, that really touched me," said Cvetkovic.

"As a professional athlete, I know that when you are deemed as being strong or an alpha, no one ever asks you if you need help. What these people do for a living, whether first responders or military, they protect

us but a lot of us don't think to ask them if they need help."

During the event, retired Stonewall RCMP officer Al Sullivan spoke about the important service that therapy dogs provide to those suffering from PTSD. Sullivan, who was a police dog handler with the RCMP, now volunteers with a non-profit organization that trains the therapy dogs before they are given to their owners.

"I can't describe to you what an amazingly rewarding feeling it is to work with these dogs and these people. The dogs make a real difference in their lives," said Sullivan, who added these dogs are trained to smell and sense triggers from their owner and then intervene to bring their attention away from the trigger and symptoms of PTSD.

"All of the veterans we work with receive the start-up kit from Cvet's Pets and it is extremely important. The people that are benefiting from these kits are on hard times mentally, physically and financially so these kits are good quality equipment and are really appreciated."

For more information on Cvet's Pets go to www.cvetpets.com.

Massage Therapy - What it Can do for You...

Do you feel stressed, suffer from chronic pain/ headaches or feel stiff all over? Massage therapy could help!



Massage therapy is the manual manipulation of soft tissues (muscle, fascia, tendons and ligaments) to promote healing of tissue and restore well-being of the client. There are many massage therapy methods, most commonly

known as modalities, that can add to a massage therapists training. Cupping, fascial release, kinesiology taping, breast massage, pre and post sports massage are some of the modalities our Registered massage therapists are trained in at Steelcity Physiotherapy.

Cupping is one of the oldest and most globally practiced medical treatments in human history. Cupping massage is a modified version of this ancient practice. It works by creating a vacuum in the cup which draws the skin up, separating the layers of skin, muscle, and fascia. The suction brings the blood to the level of the skin, creating a vacuum below the skin, separating the tissue layers. Cupping is beneficial for scar tissue, nerve pain and improving range of motion.

or repetitively move in one direction all day long.... beware, your fascia will respond to these stresses on your body possibly creating dysfunctional movement patterns. This repeated stress may ultimately predispose you to an injury cycle. Its better to take some extra care in the short term than to set yourself up for long-term trouble. When your muscles are chronically tight, the surrounding fascia tightens along with them. Fascia may become rigid, compressing the muscles, vasculature and nerves. Massage therapy can help stop this vicious cycle. Try it today!



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Cook time: 30 minutes
 Servings: 4
 8 frozen prepared waffles, toasted
 8 ounces Smithfield Anytime Favorites Quarter Boneless Sliced Ham, any flavor
 4 large eggs
 4 slices cheddar or American cheese
 maple syrup (optional)
 Prepare waffles according to package directions; keep warm.
 In nonstick skillet over medium-


FamilyFoods
 Phone 467-5553

Simple Ham and Waffle Breakfast Sandwiches

high heat, cook ham slices until lightly browned, about 30 seconds per side; keep warm. In same skillet over medium heat, fry eggs until desired doneness.

Lay out four waffles and top each with sliced cheese, ham and fried egg, topping with remaining waffles to finish. Serve warm with maple syrup, if desired.

Tip: Try spreading fruit jam on your sandwich for a change of pace.



Cook time: 20 minutes
 Servings: 4
 8 soft corn tortillas
 oil
 1 cup Eckrich Deli Ham Off the Bone, cubed
 handful green bell peppers, chopped
 handful red bell peppers, chopped
 8 eggs
 2 tablespoons milk

Deli Ham Breakfast All Day Tacos

pinch salt
 pinch pepper
 1/2 cup shredded cheddar cheese
 sour cream (optional)
 cilantro (optional)
 salsa (optional)

In pan over low heat, warm tortillas, flipping after 15 seconds. Remove. Increase heat to medium; add oil and warm ham; set aside.

In same pan, saute peppers. Add eggs, milk, salt and pepper until eggs are cooked. Add cheese and ham.

Spoon mixture onto tortillas. Top with sour cream, cilantro and salsa, if desired.



Cook time: 10 minutes
 Servings: 2
 4 ounces Eckrich Deli Oven Roasted Turkey Breast
 4 ounces Eckrich Deli Black Forest Ham

Ham and Turkey Roll-ups

lettuce leaves
 2 tablespoons chunky guacamole
 1/4 cup cucumbers, chopped
 1 tablespoon shredded cheddar cheese
 2 slices bacon, cooked and chopped
 Layer turkey and ham slices. Layer lettuce, guacamole, cucumber, cheese and bacon crumbles. Roll meat and insert toothpick to hold. Include additional toppings, as desired.



Self-Mutilation is a Serious Cry for Help

understood. They may feel that everyone hates them, and so they begin to hate themselves. The self-mutilation can also be a way of punishing themselves for being a failure.

Self-mutilation is a fairly common problem, especially among adolescents. The person may scratch or cut themselves or burn themselves with cigarettes. Most often it is done on the arms but could also be on the legs or abdominal area. It is upsetting for a parent to find that a child has self-inflicted this kind of harm. It is confusing, as it does not make sense for someone to try to hurt themselves. Often parents will respond with anger, when in reality the individual needs a compassionate response.

The reason people hurt themselves in this way is that they are feeling tremendous pain emotionally. Irrational as it might seem, they believe that if they create physical pain, it will somehow help them to forget the emotional pain. Sometimes they are very angry and feel unaccepted and mis-

It may also be an attempt to let others know how much they are hurting. It is not an easy thing for an adolescent to verbalize feelings of hurt, alienation, confusion, or rejection. Even if they could, it is not always easy for parents to know the appropriate response to such feelings. Sometimes the reaction is to be defensive, and that only serves to alienate the adolescent even more. Self-mutilation is a serious cry for help. It is a case where counseling is strongly recommended, as it may take someone professionally trained to get to the bottom of what is really going on for the one in pain.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books, cds or MP3's, visit www.gwen.ca. Follow Gwen on FaceBook for daily inspiration.



Orange Whole-Wheat Waffles with Yogurt and Fresh Berries

orange zest. In a third bowl, beat the egg whites until firm, but not stiff.

3. Make a well in the dry ingredients and pour in the milk mixture, blending gently only until the ingredients are combined. Add the butter in a slow stream, continuing to blend until the butter is incorporated. Gently fold in the egg whites.

4. For the yogurt topping: In a small serving bowl, whisk together the yogurt, honey and orange zest.

5. Pour 1/2 cup of the batter (or more, depending on the size of your waffle iron) onto the waffle iron and, using a metal spatula or table knife, spread the batter to within 1/2 inch of the edge. Close the cover and cook approximately 3 minutes, or until crisp and golden brown. (If your waffles aren't crisp, even after a "ready" signal has sounded, continue to cook them, watching carefully, until crisp and golden. If not serving immediately, place the waffles in a single layer on a baking sheet in the preheated oven while you finish with the remaining batter.)

6. Serve the waffles topped with a generous dollop of the yogurt mixture and garnish with some berries.

Note: Nonfat, as well as reduced- to whole-fat varieties of Greek yogurt work in this recipe.

Makes about 6 5- to 6-inch waffles
 Serves 4 to 6
 Orange Whole-Wheat Waffles
 2 1/4 cups white whole-wheat flour
 3 tablespoons sugar
 2 teaspoons baking powder
 1/4 teaspoon salt
 1 1/4 cups whole milk
 1/2 cup freshly squeezed orange juice
 2 eggs, separated
 5 teaspoons packed, grated orange zest
 6 tablespoons unsalted butter, melted and slightly cooled
 Yogurt topping
 1 cup Greek-style yogurt (see note)
 4 teaspoons honey
 1 teaspoon grated orange zest, packed
 Fresh raspberries, strawberries or blueberries, for garnish
 1. For the Orange Whole-Wheat Waffles: Preheat a waffle iron (and, if you plan to hold the waffles until serving time, preheat the oven to 200 F).
 2. In a large serving bowl, stir together the flour, sugar, baking powder, and salt. In another bowl, whisk together the milk, orange juice, egg yolks, and

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Capital campaign begins with splashy Family Fun event

By Natasha Tersigni

To officially launch their capital campaign for their splash pad project, the Stonewall Kinsmen and Kinette Club's hosted a Family Fun Event at Stonewall's Scouts Hall on Saturday.

Volunteers from both clubs cooked up hot dogs and hamburgers for lunch and children were entertained with bouncy castles, Thomas the Train, face painting and glitter tattoos. Kin and Kinette members were also on hand to provide information on how donations to the capital campaign can be made.

With \$150,000 already raised and another \$100,000 needed to reach their goal, the Kinsmen Club has decided to reach out to local businesses and community members to help raise the

final amount needed.

"This capital campaign is a way to make our final fundraising push for the project. We hosted the Family Fun Event as a way to reach out to community members and really show what the Kinsmen and Kinette Clubs' are all about," explained Kinsmen member Chris Luellman.

With this new campaign, supporters can purchase a brick for \$100 or can make a corporate donation from \$500 to \$10,000. The Kinsmen Lake Splash Pad is planned to be built next to Kinsmen Lake in Stonewall's Quarry Park.

More information on the splash pad, including how to donate to the capital campaign, can be found at stonewallkin.com.



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Brothers Trent and Jase Deprez took a ride on Thomas the Train at the Kinsmen Splash Pad Family Fun event.



Kinsmen and Kinettes volunteers Brenda Gagnon and Pam Moody served lunch to over 150 people on Saturday.



Ashlyn Olafson, left, admires her glitter tattoo made by Cassie of Parties by Cassie.



Brody Kirk enjoys playing on one of the three bouncy castles.

Still time to register for Abas Auto Stony Mountain Run

By Jennifer McFee

On your mark, get set, go!

Runners are gearing up for the 4th annual Abas Auto Stony Mountain Run on Saturday, Sept. 22.

The Stony Mountain Community Association is organizing the much-anticipated event as a fundraiser for its projects. Just like in previous years, 100 per cent of the proceeds will be used towards the Stony Mountain Trail Project.

"Over \$15,000 has been raised by the Run for the project over the past three years and our target is to contribute another \$6,000 this year," said race director Dave Van Heyst.

"Although 'Run' is in the title, we have all ages and abilities participating, whether they are runners or walkers — so everybody can join in and support a great cause. Stony Mountain offers a great location for an event like this with quiet streets,

challenging hills, trees, quarries and, of course, many new trails."

The Stony Mountain Trail Project has been a long-time vision of the Stony Mountain Community Association. Over the past three years, it has become one of the major projects for the group.

"When we started, the village of Stony Mountain had a limited number of sidewalks or developed trails, so the increasing number of people walking or cycling in town typically did so on the streets or through the undeveloped former quarry property on the north side of town. Stony Mountain's hills, quarry and forest provide a great opportunity to provide safe and scenic alternatives for the active transportation and fitness options," Van Heyst said.

"The SMCA and RM of Rockwood have partnered on the project with the SMCA taking the lead on devel-

oping the recreational trails in parks, forested and quarry areas while the RM of Rockwood has been developing sidewalks and paths along town streets."

In addition to the annual run and other Stony Mountain Community Association fundraisers, major funding has come from the Richardson Pioneer Foundation (which donated \$15,000 in 2016), the provincial government through the Small Community Transportation Fund (which contributed \$50,000) and the RM of Rockwood.

"To date, the project has resulted in three kilometres' worth of gravel trails and 500 metres of asphalt sidewalk paths to be added to our community," Van Heyst said.

"The paths are well used and it is common to see individuals out for a jog or walking their dog and couples or families out for a stroll. The quarry

trail has also been quite a hit among younger children who love searching along the trail and collecting small painted rocks hidden along the way and hiding their own rocks for others to find."

This year, the Stony Mountain Community Association will finish the quarry loop by adding another half-kilometre gravel trail. As well, the RM of Rockwood will build a much-needed sidewalk along Memorial Street from Vincent to Arthur.

"The SMCA have also been installing park benches with help with a Canada 150 grant from the Interlake Foundation and two trail-head map structures provided by Olympic Builders," Van Heyst said.

"Plans for next year on the recreational trails include the installation of a trail map and trail direction signs.

Lions Manor celebrates completion of project

By Jennifer McFee

It was a festive scene at the Lions Manor last Friday when tenants and guests gathered to celebrate the completion of the expansion project.

Now the Lions Manor has a total of 194 suites, including 71 new ones.

"It was a celebration with the tenants of the fact that it's now fully occupied and all of our construction is completed," said Manor board chair Bill Ridgeway.

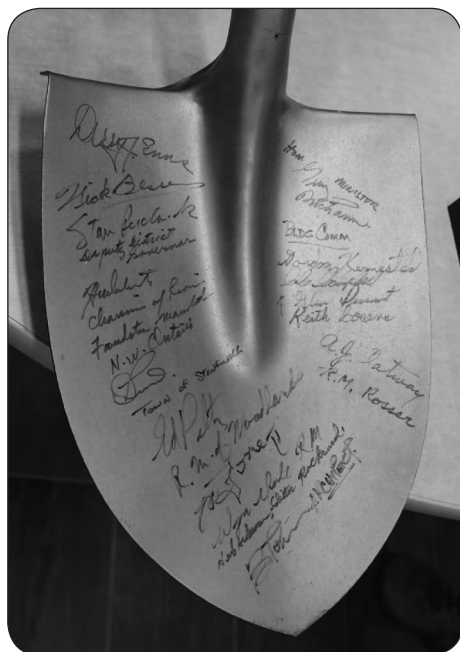
"As far as we know, everybody's happy. There were lots of smiling faces. They moved in as we completed sections, and the last move-in was April."

The project fell behind schedule for several reasons, mainly due to a delayed start that resulted in not getting the roof on before the snow started to fall.

With the project now complete, they shared a moment to enjoy cake, ice cream and other refreshments together."

"The new multipurpose room, which is where we held our activity, is all finished now. It has a huge 86-inch television, so tenants are really enjoying watching sporting events on it. We also now have four guest rooms," Ridgeway said.

"The one thing that we are very proud of is that we built it with support from Noventis Credit Union for a mortgage, but we didn't go cap in hand to be beholden to any level of government for funds."



Current Lion board member and one of the original board members Ralph Sinclair, far left, holds the shovel that was used in the ground breaking ceremony 30 years ago. Next to Sinclair is Bill Ridgeway (Lions Manor chair), Gareth Boys (District Governor of 5M-13 and Andre LaFleche (Lions Manor general manager).



Eva Cameron, left, who moved into the Manor in 1989, cuts the cake with Bob and Diane James who are residents of Phase 4.



Groundbreaking photo from 1988, left to right, Gord Kernested, Cole Campbell, Felix Holtmann, Harry Enns, Minister of Government Services Gerald Ducharme, Keith Cosens and Glen Durant.

> ABAS AUTO RUN, FROM PG. 21

We also plan to do some research and develop interpretive signage with historical and natural points of interest about the Stony Mountain community and installing them along the trail route."

For this year's run, Van Heyst expresses gratitude for the support of the sponsors.

"We are very pleased to welcome back our title sponsor Abas Auto, who has been with us every year and continue to be a great supporter of the Stony Mountain community," he said.

"We are very excited that all of our other event sponsors — All-Fab, Olympic Builders, Deprez and As-

sociations Private Wealth Management, The McKillop Team Remax Town and Country and Sunova Credit Union — are all back again this year."

Online registration for the Abas Auto Stony Mountain Run is available through the Running Room until midnight on Thursday, Sept. 20.

In addition, in-person registration will take place at the Stony Mountain Community Centre on Thursday from 6:30 to 8 p.m. On Friday, registration will take place at the Running Room on Kenaston Boulevard from 5 to 7 p.m.

Race day registration will run from 8:30 to 9:30 a.m.

Several race options are available, so there will be something for all ages and skill levels to walk or run.

This year, participants can opt for the All-Fab Olympic 10K Quarry Run, which costs \$30 and has a start time of 10 a.m.

Another option is the Deprez & Associates PWM What the Hill 5K Race, which costs \$30 and starts at 10:15 a.m.

The McKillop Team Mountain Mile Relay will feature teams of four runners who each run 400 metres (different from previous years when each runner ran one mile). The cost is \$36 and this race starts at 9:45 a.m.

The Sunova Stony Scamper is a three-kilometre fun walk or run with awards for the Top 3 male and female runners born in 2005 or later.

The cost is \$25 per person or \$75 per family, and start time is 10:15 a.m.

Last but not least, the 2018 T-Rex Toonie Run is a short spring for kindergarten and pre-school aged children. The cost is \$2 on race day, and there is no online registration for this one. The start time is 9:40 a.m.

Each participant will receive a finisher medal at the finish line, and a podium awards ceremony with trophy presentations will start around 11:30 a.m. Adding to the fun, the event will also feature door prizes.

For more information or links for registration, visit stonymountainmb.ca. Updates are also posted on the Facebook page entitled "Stony Mountain Run."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Jets impressive at preseason tournament

By Brian Bowman

It may have been just a preseason tournament, but the Stonewall Jets couldn't have asked for a better start to their season.

The Jets were a perfect 3-0 at the exhibition tourney last weekend.

Stonewall wrapped up play Sunday with a 2-1 shootout win over the Transcona Railer Express.

Chance Dickenson and Jaytey Towle scored for the Jets in the shootout.

Transcona's Ryan Sinclair opened the game's scoring with a shorthanded goal at 19:27 of the first period. The score stayed that way until 11:52 of the third when Stonewall's Lucas Neufeld scored a power-play goal, assisted by Jayden Allary.

Riley Buhay and Tre Strachan were in goal for Stonewall.

On Saturday, the Jets pounded the Pembina Valley Twisters 5-1.

The Twisters' Braeden Beernaerts scored just 5:44 into the contest but it was all Stonewall after that.

Towle and Aiken Chop replied in the first period and then Bryce Stovin and Chop tallied in the middle frame.

Brendan Abraham then closed out the scoring late in the third.

Strachan and Adam Swan were in goal for the Jets.

Stonewall started its preseason schedule last Friday with a solid 3-2 win over the Raiders Jr. Hockey Club.

Allary gave the Jets a 1-0 lead with a first-period goal and then Chop and Towle notched power-play goals in the third for a 3-0 lead.

But the Raiders made the game interesting with late goals by Cody Merritt and Nolan Wisniewski, on the power play.

Curtis Beck and Buhay split the goal-tending duties for Stonewall.

The Jets will host the St. Boniface Riels on Wednesday (7:30 p.m.) and then will wrap up their preseason schedule Friday (8 p.m.) when they visit Transcona.

Stonewall will begin its regular season on Sept. 28 at 7:30 p.m. when it hosts the St. James Canucks.

Two days later, the Jets will hit the road to play Transcona for a 2 p.m. matchup.



TRIBUNE PHOTO BY LANA MEIER

The Jets' Brandon Abrahams carries the puck up ice against the Twisters.

Third annual golf tournament fundraiser for veterans with PTSD

Submitted

On Sept. 7 Project New Hope Canada held its third annual fundraising golf tournament at the Canadian Forces Base Winnipeg Golf Course. Twenty-seven golfers came out and enjoyed a sunny morning of four ball - best ball fun golf followed by a delicious lunch of pork tenderloin, corn on the cob, salads and dessert. Winning team members were Chuck Black, Bryan Crandell, Merrilee Crandell and Terry Greenwood with a low score of 29 for nine holes. Random team winners were Irene Tully, Barb Riddell, Judy Baldwin and Ina Laird.

Individual prizes were given to Rosemarie Taylor for closest to the line, Susan Roy for ladies' closest to pin, Bill Sutherland for men's closest to pin, Ian Hamelin for the putting

contest and Randy Horel for the chipping contest.

Despite the small size this tournament raised approximately \$800 towards next year's Resiliency Training Retreat for Spouses of Veterans with PTSD held annually in September.

Next year's golf tournament has been booked for June 14 and plans are underway to try and double the number of participants. PNHC thanks all of the participants and volunteers that helped make this tournament a success.

Oct. 21 is a Fall Supper and Old Time Dance fundraiser at Meadow Lea Hall (Jct Hwy. 227 & 248 near Marquette, half hour west of Winnipeg). If interested, please call Carolyn 204-383-5223 or 204-461-1616 to reserve a seat for supper.



TRIBUNE PHOTO SUBMITTED

Winning team members were Chuck Black, Bryan Crandell, Merrilee Crandell and Terry Greenwood with a low score of 29 for nine holes.

Stonewall super in winning GVC soccer tourney

By Brian Bowman

The Stonewall Collegiate Rams girls' soccer team could not have asked for a better start to their season.

Stonewall was sensational in winning the Garden Valley Collegiate tournament in Winkler last weekend after defeating defending-provincial champion Minnedosa 2-1 in penalty kicks in the championship game.

"It was a lot of fun and they did really, really well," said Rams' co-coach Lindsay Dudeck.

There was a great atmosphere - and a ton of support - for the Rams in the final

"They were so pumped," Dudeck recalled. "On the sidelines, all of the boys came to watch from Stonewall Collegiate. Mr Cassils and Chico, the other coach, were all there huddled up watching us. When we scored the last goal, all of the girls and all of the guys rushed onto the field and were cheering and jumping around, hugging each other, and congratulating each other.

"It was awesome."

Courtland Armstrong was outstanding in goal, stopping two of Minnedosa's shots in the shootout while Callie Argan, Cindy Wills, Paris Grosselle, and Emma Stewart scored for the Rams in the victory.

Stonewall trailed 1-0 late in the game before Argan netted the equalizer. It was a great goal at a very crucial point in the game.

"I was eye level with the ball going in and I think everyone kind of did a double take and said 'Oh gosh' did that actually go in?" Dudeck said. "All of the girls rushed to her and high-fived her, gave her some hugs, and congratulated her. It was awesome and a beautiful goal."

The Rams started the tournament with a 1-0 shootout win over Garden Valley Collegiate.

Stonewall then blanked Lorette 2-0 as Taylor Ferris and Paris Grosselle tallied.

The Rams were very good on the defensive end in both games to earn the pair of shutouts.

"With Courtland in net, she was a brick (wall)," Dudeck said. "She was amazing and did so well for her team and herself."

Stonewall gained a lot of confidence in the tourna-



TRIBUNE PHOTO SUBMITTED

Rams win gold at Garden Valley Collegiate tournament: Back Row, left to right, Mrs. Brunel (coach), Tess Derksen, Julia Mann, Brooklyn Cherniak, Chloe Morrison, Emma Stewart, Taylor Ferris, Sam Melsted, Paris Grosselle, Autumn Sinclair, Courtland Armstrong, Ms. Dudeck (coach), Ms. Melsted (coach); front row, Braxtyn Ollson, Hailie Andries, Dana Beck, Cindy Wills, Taylor Sveinson, Callie Argan, Kalista Nugent, Kira Hatcher, Bobbi Bullivant. Missing from the photo are Desiree Singh, Skylar Kopec and Ms. Graves (coach).

ment. The Rams have a good shot of winning a Zone 5 title and advancing to provincials this season.

"I think it was monumental for their confidence," Dudeck said. "Knowing that Minnedosa was such a good team, and that there was a lot of pressure on them to win the final game to win the tournament, I think some of the girls were feeling the pressure, especially the older ones in Grade 11 and 12.

"But that win worked wonders for their confidence...and it helped their standings for provincials, which are coming up."

Stonewall is back in action Thursday when it plays the Lakers in Gimli. On Monday, the same two teams will battle in Stonewall. Both games will begin at 3:30 p.m.



TRIBUNE PHOTO BY ASHLEIGH VIVEIROS

The Stonewall Collegiate Rams' Chloe Morrison, right, chases a Garden Valley player during tournament action last weekend.

Rams crowned consolation champs at boys' soccer tourney

By Brian Bowman

The Stonewall Collegiate Rams had a very tough matchup in its first boys' soccer game of the season.

Stonewall drew Steinbach in its first game of the season and eventually dropped a hard-fought 2-0 decision at a Garden Valley Collegiate tournament.

"Our guys played well," said Rams' co-coach Jason Cassils. "Steinbach is one of the top teams in the province for boys' soccer. They're (good defensively) and they're pretty quick. They have a couple of strong offensive players.

"They're athletic, pretty quick, and they defended well."

Steinbach took a 1-0 lead with an

early goal just six minutes into the game and then made it 2-0 midway in the second half.

Rams' goalkeeper Lukas Funk played very well throughout the game, noted Cassils.

Steinbach went on to defeat Garden Valley 2-1 in the final.

The loss relegated Stonewall to the consolation side where they trounced Northlands Parkway 5-0.

"The guys played very well," Cassils said.

Noah Bracken led the Rams with a pair of goals while Aiden Erickson, Gio Ciulla, and Dante Lourenco added singles.

The Rams then won the consolation title after edging Minnedosa 3-2, who

took an early 1-0 lead in the game.

Stonewall tied the score at 1-1 in the 23rd minute and then grabbed the lead about five minutes into the second half.

The Rams made it 3-1 around 10 minutes later before Minnedosa replied with about 90 seconds remaining in the game.

Bracken, Erickson, and Ciulla scored for Stonewall.

The Rams were still awaiting their schedule for this season at press time.

But what Stonewall does know is that they have a very good team this season, with plenty of seniors throughout their roster.

Those seniors can all score, which is a nice luxury to have.

"We can get a lot of offence from different guys, so that's nice," Cassils said. "We have lots of returning players this year. "Guys started in Grade 9 and have played all four years."

Cassils is hopeful that the Rams can get through their zone championship and into the provincials.

"It depends on how we play," he insisted. "They have had some experience at provincials, which will help them. Chico (Andrade) has done a good job with them, he's back coaching again, and the nice thing is that they were at provincials the last two years.

"The novelty has kind of worn off and now they want to do well. They have a goal."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Kessler, Fighting Hawks flying past soccer opponents this season

By Brian Bowman

Veronica Kessler's senior season with the University of North Dakota Fighting Hawks women's soccer team could not have started any better.

North Dakota has bolted out the gate this fall - compiling an impressive 6-1-1 record - while outscoring the opposition by a whopping 32-3 margin.

"This season has been our best in the Division I era," said Kessler from Grand Forks last week. "It's been really exciting and the whole team is absolutely stoked."

"What has been really exciting this year (is the fact) we were the longest standing Division 1 team to not concede a goal."

After winning a pair of exhibition games, the Fighting Hawks ripped off shutout wins over Nichols State (3-0), Southern University (4-0), and Idaho (1-0). North Dakota then played to a 0-0 draw with Montana before getting edged 1-0 by Bemidji State on Sept. 9.

That's an extremely impressive shutout streak.

"It was really exciting and we got a lot of attention for that," Kessler said. "It's been a really great year and we're really excited to see how the rest of the season goes."

The Fighting Hawks continued their success last weekend with road wins over Grambling State (2-0) and Alcorn State (12-0).

Kessler scored her first goal of the season against Alcorn State, ripping a shot from the centre of the box that sailed into the left side of the net.

Kessler scored a ton of goals as she starred for the Stonewall Collegiate Rams. But she was moved to a defender position in her first two years of collegiate soccer before getting moved up to the midfield/forward position.

"I was a forward/mid in high school so when I came to college it was really hard because the coach that was here really liked me on defence," she recalled. "The biggest transition for me was learning to play a position that I had never played before but it went really well."

Kessler admits she is more comfortable playing her old high school position. But she is taking great pride in her team's stellar play on the defensive end.

"We have the ability to stop a lot more shots," she said. "The last couple of years, we defended as a team but this year we're putting our bodies in front of the ball because we don't want anyone to shoot on us."

"We tell ourselves every game that we're the best backline in the country, which probably isn't true. Our mentality really pushes us through the game to get in front of every ball and stop their players before they can get a shot off."

"And our goalkeeper Olivia Svenson is amazing in net. Any time a shot does get through, she's got our backs."

North Dakota's schedule this season has the players travelling to many different states in the U.S. The Fighting Hawks have already played in Louisiana three times - on two different trips - this season

and will be making stops in Omaha, Denver, and South Dakota next month.

"It's just nice to have different teams to play against," Kessler said, laughing that she didn't see any alligators on her first trip to Louisiana. "In our past three years, we always played the same teams over and over. We stayed in our own little bubble, mainly on the west coast and the northern tier."

"Now, being able to go down south there's different teams, different weather, and it's really interesting how the playing style differs from one area of the country to another. It's a ton of fun to travel to those places and to experience the different styles of soccer."

Kessler has really enjoyed her time at UND. She has loved her experiences on the soccer field and has cherished the friendships she has made with her American teammates. Thirteen of Kessler's 32 teammates this season are seniors - meaning they have shared a lot of great memories together

The time, she said, has gone by very quickly.

"People always told me that my four years of college soccer will go by so quick and I was always kind of skeptical of that," she said, noting that she wants to go to medical school after she graduates from UND.

"But looking back, I don't even know where the three years have gone."

"But the last three years, soon to be four, have been incredible. I never knew I would have this much fun in college and I think part of it is the girls that I am with."

Those seniors will be going their separate ways after this school year but Kessler said there has already been talk of getting together in Grand Forks for a hockey game/reunion in the future.

"I think our class will always stay in touch and it will be interesting where everybody ends up," she said. "We'll still be friends when we're 80 years old."

Here are some interesting facts about Veronica Kessler's high school and collegiate career.

2017 (Junior): Named to Big Sky Conference Fall All-Academic Team...Appeared in nine games...Earned third letter.

2016 (Sophomore): Named to second straight Big Sky Conference Fall All-Academic Team... Appeared in all 18 games, starting all but one... Ranked second on the team with five points on two goals and one assist...Picked up a goal and an assist in a 4-1 win over Southern Utah... Other goal came in a 2-1 loss at Idaho State... Earned second letter.

2015 (Freshman): Earned Big Sky All-Academic honours...Named Big Sky Offensive Player of the Week on Sept. 1 after scoring two goals in the home opener against USD...Appeared in all 18 games and started in 13...Had nine shots on the season with two goals...Scored first collegiate goal against South Dakota...Logged 1,071 minutes of playing time...Earned first letter.

Before UND: Four-year letter winner at Stonewall Collegiate Institute...Helped SCI to four



PHOTO BY RUSS HONS, FIGHTINGHAWKS.COM
Veronica Kessler is really enjoying her collegiate soccer career with the University of North Dakota Fighting Hawks.

section championships, a provincial championship in 2013-14, two provincial second-place finishes in 2013-14 and 2014-15, and the provincial semifinals in 2011-12...Team captain of the SCI Rams for three seasons... Named SCI Female MVP Award for soccer in 2012-13... Earned SCI Female Rookie Award for soccer in 2011-12...Recorded over 50 goals and 100 assists, never missing a game, in her prep career... Selected to the Manitoba provincial soccer team from 2011-15... Also played two years with the Portage Trail Soccer Club's U18 premier team, helping her squad to a provincial club championship and a fifth-place championship at nationals in 2013...She also competed in track and field in high school and is the current section record holder in the triple jump, 3,000m, 1,500m, and 4x400...Four-year honour roll student at SCI.

Thunder outguns Park West Outlaws in football action

By Brian Bowman

The Interlake Thunder may be new to the Rural Manitoba Football League, but they sure look like they have a good handle on the nine-man game.

For the second straight week, the Thunder cruised to a lopsided victory after Interlake trounced the Park West Outlaws 55-13 last Friday in Stonewall.

"It was a good way to start at home," said Thunder head coach Mitch Obach. "We maybe had a little bit of a slow start as it was 28-13 at the half. We had a couple of little issues getting going but once we got rolling the boys played really well in the second half.

"They took it to another level that we were hoping they would find."

Good teams close out games with strong second halves - and the Thunder did exactly that against Park West.

"It was a good team win," Obach said. "We used all of our guys and we have a roster with a lot of talent on it, so we were able to wear those guys down on Friday."

Interlake really wore down Park West with its strong running game. Colton Nedotiafko rushed for 185 yards on 29 carries and also caught two passes for 70 yards.

He finished the game with a rushing touchdown and a receiving major on an impressive 63-yard screen pass.

"We rushed the big back even though you know that they are cueing in on him," Obach said. "And there are going to be runs that don't go for much... but he's the type of guy that keeps working and working and eventually he gets some nice blocks and he breaks one. He had another strong game."

Interlake running back Graeme Perrie also had another strong game on the ground with six carries for 70 yards and two TDs.

Brady deLaroque and quarterback Joshua Charison also scored rushing touchdowns for the Thunder. Charison also connected with Karsen Karish for a four-yard score.

Interlake's passing game continues to improve, said Obach.



TRIBUNE PHOTO BY KIM DELAROCQUE

Interlake running back Graeme Perrie rushed for 70 yards and two touchdowns to lead the Thunder to an impressive 55-13 win over the Park West Outlaws.

Defensively, once again, the Thunder had a huge game from Colton Meisner and Brandon Linklater. Meisner finished the game with 14 tackles and an interception for a touchdown while Linklater had 12 tackles and a pick.

"They both had monster games," Obach praised. "They are our two guys in the middle as linebackers and they were all over the field making plays.

"That means that the defence is doing its job when the guys in the middle are racking up the stats. Everyone is filling their gaps and plugging their holes and those guys clean it up.

"That's a positive sign, for sure."

Tanner McCallen and Jonathan Pchajek also had interceptions while Aden McLean recovered a fumble. That type of defence make the Thunder of-

fence's job a whole lot easier.

"They were turning the ball over in big situations," Obach said. "One was a blocked punt and we ended up scrimmaging right on their goal line and we had a pick six two weeks in a row. They're not just turning it over, but they're putting the offence in good position or scoring points themselves."

Interlake will hit the road this Sunday for a 2 p.m. game against the Clippers in Dauphin Dauphin easily won its game last week, defeating the Moosomin Generals 41-0.

"We're looking forward to it and we'll see how it shakes out," Obach said. "They took it to (Moosomin) pretty good last week and they are, I think, the three-time defending champions so they will be as tough as a team that you're going to get."

Lightning drop trio of games at preseason tournament

By Brian Bowman

Goal scoring was a problem for the Interlake Lightning last weekend at the annual Southwest Cougars' Midget "AAA" tournament.

Interlake scored just three goals in three games — all losses — to begin its preseason schedule.

The Lightning started play with a 3-1 loss to the Parkland Rangers. Interlake was then defeated by the Norman Northstars (8-2) and the Southwest Cougars (4-0) on Sunday.

Despite the three losses, new Lightning head coach Jamie Corbett saw plenty of positives from his players during the weekend.

"I was trying to explain this to the boys at the end of the weekend," he said. "To keep everything in perspective, at the end of the day, the first two

games we played were against teams that had basically formed their team.

"We had a lot of guys playing this weekend who, at the end of the day, aren't going to be there."

Interlake released seven players after Sunday's games even though Corbett was pleased with everyone's effort on the ice.

"The energy was good, the effort was good," Corbett said, noting the Lightning's top two forwards didn't make the trip. "We had a lot of 15-year-olds there and this really isn't a 15-year-old league, for the most part.

"That being said, a couple of the younger kids showed very well."

Corbett really liked the attitude of the Lightning players last weekend.

"We have a really strong room," he said. "The attitude of the boys in the

room was exceptional, even when things started to get a little tough. The last game we went with a small roster and then had a couple of injuries early in the first, so our small roster got even smaller and the boys battled and they competed."

The Lightning had about 30 players — including eight goaltenders — come out for training camp.

That's a small number of players to choose from to ice a competitive team in the Manitoba "AAA" Midget Hockey League.

Interlake will be looking to strengthen their club with some late cuts from the three Winnipeg teams.

"We had smaller numbers that I'm used to but it's all part of the process," Corbett said. "We have new bodies coming in and we're going to look at

some different kids and different options to complement the kids we have in camp. The unfortunate reality is that we are going to have to lean on the city a little bit."

Interlake will continue preseason action Thursday (7 p.m.) when it plays the Eastman Selects in Gimli.

The Lightning won't begin their regular season until Oct. 3 (8 p.m.) when they play the Selects in Beausejour.

"That was by design," Corbett admitted. "We had asked for that first weekend of the season off. We thought it would be a good idea to take that weekend off and we're going to go on a team-building excursion. We have a little camping trip planned for the boys and we're going to get to know each other."

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THE RURAL MUNICIPALITY OF ROCKWOOD



PUBLIC NOTICE

The Rural Municipality of Rockwood hereby gives notice that the date of the following Regular Meeting of Council has been changed:

From: Wednesday, October 10, 2018 starting at 9:00 a.m.

To: **Wednesday, October 3, 2018 starting at 9:00 a.m.**

Council,
Rural Municipality of Rockwood

ROCKWOOD STONEWALL REGIONAL RECREATION COMMITTEE



RECREATION FACILITATOR



The Rockwood Stonewall Regional Recreation Committee is seeking applications from qualified individuals for the position of Recreation Facilitator.

Reporting to the CAO of the Town of Stonewall, the Recreation Facilitator will consult with existing recreation groups to research, develop, implement, administer, and promote quality recreation programs and activities, based on the needs of the entire region, in order to provide opportunities that build a healthy, vibrant and strong community for all age groups.

Remuneration will be commensurate with education, qualifications and experience.

The preferred applicant will have attained the required knowledge, skills and attributes through completion of a post-secondary Recreation diploma or degree, in combination with a minimum of 3 years of programming experience. Equivalencies will be considered.

A detailed Job Description with a map of the Recreation Region can be obtained on the Town of Stonewall website at www.stonewall.ca or the RM of Rockwood website at www.rockwood.ca.

Qualified persons are invited to submit a detailed resume including three references, **marked RECREATION FACILITATOR**, to the undersigned. Applications will be received until a suitable candidate is chosen.

Town of Stonewall **Attention: Wally Melnyk** wmelnyk@stonewall.ca
293 Main Street, Box 250, Stonewall, MB R0C 2Z0

Deadline for applications: 4:00 PM on October 5th, 2018

Start date: as soon as possible

We thank all those persons who apply, however only those granted an interview will be contacted.

EDUCATIONAL ASSISTANTS

Interlake School Division invites applications for the following Educational Assistant positions:

- Balmoral School - 3.0 hours/day
- Warren Elementary School - 3.0 hours/day
- Brant-Argyle School - 3.0 hours/day (Term position until Dec.21/18)

Applicants must have a minimum of a Grade 12 education. Rate of pay will be as per the current I.A.N.T.E. Collective Agreement.

Direct inquiries to Michelle Procter, Student Services Administrator, email: mprocter@isd21.mb.ca, tel: 204-467-5100.

Applications are to include a complete resume and three references. Deadline for receipt is September 24, 2018, 4:00 pm.

Apply to:

Human Resources
Interlake School Division
192-2nd Avenue North
Stonewall MB R0C 2Z0
hr@isd21.mb.ca



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RURAL MUNICIPALITY OF ROSSER PUBLIC NOTICE - BOARD OF REVISION

PUBLIC NOTICE is hereby given that the **2019** Assessment Rolls for the Rural Municipality of Rosser has been delivered to the Municipal Office at 0 077E PR 221, Box 131, Rosser, MB and are open for public inspection during regular office hours.

THE BOARD OF REVISION shall sit to hear complaints on Thursday, **November 1st, 2018 at 9:00 a.m.** in the Municipal Council Chambers in Rosser, Manitoba.

ANY PERSON, including the assessor, who believes that an assessment ought to be revised may make application for revision of an Assessment Roll in accordance with Sections 42 & 43 of The Municipal Assessment Act.

APPLICATION FOR REVISION:

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under 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, or the assessor may make application for the revision of an assessment roll with respect to:

- liability to taxation;
- amount of 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
- state the grounds on which the application is based; and
- be filed by
 - delivering it or causing it to be delivered to the office indicated in the public notice given under subsection 41(2), or
 - serving it upon the secretary, at least 15 days before the scheduled sitting date of the board as indicated in the public notice.

Applications for revision or complaints must be received by 4:30 p.m. Tuesday October 16, 2018, no late exceptions will be allowed. Applications should be mailed: Secretary, Board of Revision Box 131, at 0 077E PR 221, Rosser, Manitoba, R0H 1E0 emailed: info@rmofrosser.com or faxed: 204-467-5958. Applicants will be notified, in writing, of the date and time of the hearing of their application.

Applications which do not include the above information may not be considered by the Board. Applicants who fail to attend the Board may have their Application for Revision dismissed without a hearing. Dismissing an Application without a hearing ends the Appeal Process for the Applicant.

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

- examine Municipal Assessment Rolls for comparable properties;
- select comparable properties from the rolls; and
- discuss the matter with the Municipal Assessment Branch, Portage la Prairie, Manitoba (204) 239-3332 or Toll Free 1-866-401-8986.

DATED this 14th day of September, 2018 at the Village of Rosser, in the Province of Manitoba.

Larry Wandowich, Secretary
Board of Revision
Rural Municipality of Rosser
Box 131 0 077E PR 221
Rosser, Manitoba R0H 1E0

HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. Stonewall Elk Ranch Ltd., 204-467-8884 or e-mail stonewoodelkranch@mymts.net

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Flax straw - \$3/bale. Monday - Saturday. Call Bill Matheson 204-461-0706 or Nick 204-461-1906, Stonewall.

CRAFT SALES

CALLING ALL CRAFTERS - Tables are available for rent (\$25) at the Odd Fellow & Rebekah Memorial Eye Foundation's Annual Craft Sale on Saturday, October 27 from 10 - 2:30 p.m. For more information and a registration form, please call Margaret at 1-204-888-4433.

OBITUARY

Murray David Coolidge

After a long struggle, with his family at his side, Murray, of Stonewall, formerly of Warren, passed away on Monday, September 10, 2018 at the age of 77 years.

He is survived by his wife of 57 years Phyllis; brother Gordon; brother-in-law Russell (Karol). He will sadly be missed by his son Blair (Nadine); daughters Penny (Dwayne) and Krystal (Stuart); grandchildren Adam (Gwen), Stuart, Graham (Ashley), Eric, Neely, Rhys, Kenzie, and Daryn; and great-grandchildren Bailey, Jasper, and Riley.

Murray was born in Crystal City, Mb. to Earle and Mae Coolidge on March 13, 1941. Murray enjoyed many years following his kids and grandkids in all of their activities: baseball, hockey, ringette, track and field. He also loved country and blue grass music, spending many years travelling to music festivals with friends.

Remembrance service will be held on Sunday, September 23 at 2:00 p.m. at Stonewall Quarry Park Heritage Arts Centre.

In lieu of flowers, please consider donations to Cancer Care Manitoba. Our family would like to thank everyone for all of the incredible support we have received.



UPCOMING EVENTS

Century Farm Country Market at Warren open Fri., Sept. 14, 4-7 p.m. and Sat., Sept. 15, 10-1 p.m.; as well as Fri., Sept. 21, 4-7 p.m. and Sat., Sept. 22, 10-1 p.m. Final 2 weekends! Garage sale, baking, fall produce - all available! Corner of 3W & 77N at Warren (beside the Warren golf course).

Antique & Collectible Sale! Huge fall event! Largest of the season. Over 200 tables! Friday, September 28, 4 p.m. - 9 p.m. and Saturday, September 29, 10 a.m. - 4 p.m., \$5 per person. Assiniboia Downs, 3975 Portage Ave., Winnipeg. Great selection, door prizes and free parking.

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TOWN OF TEULON UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING

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

TOWN OF TEULON BY-LAW NO. 6/2018 Being an AMENDMENT to the TOWN OF TEULON ZONING BY-LAW NO. 18/02, as amended.

HEARING LOCATION: Town of Teulon Council Chambers
44 Fourth Ave. S.E., Teulon, MB
DATE & TIME: Tuesday, October 9, 2018, at 7:05 PM

GENERAL INTENT: To:
1. Add a definition for "Secondary Suite";
2. Add general regulations for Secondary Suites; and
3. Allow "Secondary Suite" as a conditional use in the 'RA' Residential Suburban Zone, 'RG' Residential General Zone, and 'RS' Residential Single-Family Zone.

FOR INFORMATION CONTACT: Eric Shaw, General Manager
South Interlake Planning District, 285 Main Street,
Stonewall, Manitoba, R0C 2Z0 Phone: 204-467-5587

A copy of the above by-law and supporting material may be inspected at the South Interlake Planning District, 285 Main Street, Stonewall, Manitoba during normal office hours (8:30 AM to 4:30 PM), Monday to Friday. Copies may be made and extracts taken therefrom, upon request.

Note: Property owners are responsible for notifying lessee

Invitation to Bid The Renaissance Life Lease Housing Complex

Stonewall, Manitoba

As Construction Manager, Westland Construction Ltd. requests quotations from subcontractors.

Bids will be accepted by fax (204-694-5484) or email (NikThorington@westlandltd.net) before **2:00 PM local time**

Tuesday October 2, 2018 at Westland Construction Limited, Unit 1 - 475 Dovercourt Drive, Winnipeg, Manitoba, R3Y 1G4.

Bid Documents will be available online at www.buildworkscanada.com
Plan deposits and bonds are not applicable. For those who are not able to access Buildworks, please contact Westland for project document access.

Questions are to be directed to Westland Construction c/o Nik Thorington: NikThorington@westlandltd.net
The lowest or any bid may not necessarily be accepted.



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ANNOUNCEMENT

CARDS OF THANKS

The Liliane Baron South Interlake Breast Cancer Support Group would like to thank all those who came out with their pledges and donations and supported our 17th Annual Walk & Family Fun Day. We are so thankful to live in a community with such big hearts that allows us to assist women within our South Interlake area who may need a variety of help and services after a diagnosis of breast cancer. Many thanks to our donors: Kindu Ltd, Rockwood Motor Inn, Teulon Grocery, Country Corner Café, Teulon Tractor Pull, Mike and Darlene Walsh, Rockwood Lumber, Leo's Sales & Service, Sue Roberts - Winnipeg, Dola Bros Trucking, Sunova Credit Union, Blue Skies Pastry, Teulon Tractor Motor, G&A Rentals, Kozy's Productions, Town of Teulon, Red River Co-op, Teulon, Inwood Garage, Sudden Impact Const. Congratulations to all the winners of our Best Dressed in Pink competitions as well! You really help to make our day so much fun for everyone. And a big thanks to our great entertainers, Stonewall's own "Stay Tuned."

ANNOUNCEMENT

IN MEMORIAM



Judith Marlene Willey
In loving memory of
my wife, our mother and grandmother
who passed away
September 22, 2017

Remembering you is easy,
We do it every day;
But missing you is the heartache,
That never goes away.
If memories bring us closer,
We are never far apart;
For you are always in our thoughts
And forever in our hearts.
-Always loved and deeply missed by
her husband Blaine,
children Damon and Kari, Ryan and Christine
and grandchildren Nathan and Keira

ANNOUNCEMENT

IN MEMORIAM



Bill Peters

September 25, 2008

In Loving Memory
A cherished smile,
A heart of gold;
To the dearest man,
We knew.
Happy memories fond and true
From us who thought the world of you.
-Forever loved,
Sadie and family

ANNOUNCEMENT

IN MEMORIAM



Tully, Clayton Frederick
June 24, 1983 - September 19, 2000

It isn't what we write,
It isn't what we say;
It's how we feel deep inside,
As we think of you today.
We will love you forever,
We will miss you always;
As long as we live,
Our son and brother you'll be.
Love Mom, Garrett, Elaine, Sierra, Wyatt
Elliott, Grace, Brooklyn, Eli

OBITUARY

Irene Persoage



On Tuesday, September 11th, 2018, Irene gave up her four-year battle with cancer and peacefully slipped away at Seven Oaks Hospital.

She was predeceased by her parents, Alex and Frances Persoage, sister-in-law Lois Persoage and special niece Kim Moore.

Surviving are her brother Eddy, sister Alice, nephew Michael and Sherry Persoage all of Teulon, MB, niece Lesley and Robert Philippot of Stonewall, niece Kelley and Aryan Farrokki of North Vancouver, and special cousin Vivian Broder.

Irene received her education in Teulon and Success Business College in Winnipeg. For several years she worked in the office of A & M Hurtig Furs, then onto CBC Radio Manitoba in Program/Production. She loved her job and her co-workers and even after retirement looked forward to their get togethers.

Irene loved discussing world current events and politics. Being a forever Liberal, she had no Trudeau complaints. As a CNN fan, she was always ready for Trump trashing. She moved to the Maples Care Facility in April and was able to bring along her huge tv, telephone and satellite radio, just like home she said, only smaller and of course she couldn't go into their kitchen and start cooking.

She often said how much she liked the care givers, so very kind and always smiling. She was happy to join Barbara and Mildred in the dining room each day, because all three were on the same page.

A special thank you to Shirley Patton-Penner, who for over two years, prepared delicious frozen dinners, soups, and desserts so Irene could just pop them in the oven.

Funeral Service was held at MacKenzie Funeral Chapel in Teulon on Hwy 7 on Tuesday, September 18th at 11:00 a.m. with Shirley Williams officiating. Interment at St. Stephens Cemetery, Pleasant Home.

In lieu of flowers, donations may be made to St. Boniface CancerCare, c/o Donations CancerCare 1166-675 McDermot Ave. Winnipeg, MB R3E 0V9 or the Teulon Museum Box 44 Teulon, MB R0C 3B0

Good Night Irene Sweet Dreams

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OBITUARY

Marion Catherine Smerchanski



It is with profound sadness that the family of Marion Catherine Smerchanski (nee Baley) announce that Marion passed away peacefully at Goodwin Lodge in Teulon, Manitoba on September 11, 2018, at the age of 95. She was the last surviving member of her generation of the Baley family, being predeceased by her parents, brothers and sisters.

Marion married Stanley Smerchanski on July 29, 1950 in Winnipeg and was predeceased by her husband in 1958. After Stan's death, she returned to university in Winnipeg to complete her Education Degree. She began a lengthy teaching career in Teulon. She loved playing and coaching baseball as a young woman. She retired from teaching in the mid-1980s. Marion enjoyed socializing with the Teulon Association for Retired Teachers (TARTS) and was the happiest visiting with family and friends and enjoying a cup

of tea.

Marion will be sadly missed by her sons Gerald (Silvia) and Grant (Glenda Cavers) and her grandchildren Kristin Smerchanski and Derek Smerchanski and many nieces and nephews and friends.

A private family memorial service will be arranged.

The family would like to thank the staff at Goodwin Lodge for their compassion and care.

In lieu of flowers, donations can be made to Windsor Cemetery.



OBITUARY

Dennis James Lindley

March 20, 1952 - September 15, 2018

It is with great sadness that the family of Dennis are announcing his passing on September 15, 2018 at the age of 66 years at Stonewall Hospital.

Dennis was born March 20, 1952 and lived his entire life on the family farm.

In keeping with Dennis's wishes, cremation has taken place and no service will be held. He will be buried by his parents at the Grassmere Church Cemetery at a later date.



OBITUARY

Bradley Cody James Jackson
1997-2018

It is with great sadness we announce the passing of Bradley Jackson on Saturday September 8th, 2018 in Minneapolis, Minnesota.

Service of Remembrance will take place on Saturday, September 29th at 12:00 noon at the Assiniboine Downs (3rd Floor) 3975 Portage Ave. Winnipeg MB. Parking will be available for those who are travelling by semi.

Longer obituary to follow in next edition.

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OBITUARY



Robert Charles Appleyard

With great sadness, we announce the passing of our much loved dad, Bob, on Saturday, September 15, 2018.

Bob leaves his children Glenn (Valerie), Linda Tyerman (David), and Lorna Baker (Dale). Missing him greatly are his grandchildren: Cody Appleyard (Jacky), Cheryl Appleyard (Darcy), Lori Jivan (Jarrett), Sara Convery (Kevin), Whitney Gemmill (Bill), Kenzie King (Tom), Kelly Farmer (Trevor), Tricia Tyerman (Ratheesh), Roberta Baker, Patti Taylor (Travis), Michael Baker (Marie-France). Dad was also blessed with 15 great-granddaughters and 3 great-grandsons. Bob is also survived by his sister Ruth Sampson (Mel), brothers James Appleyard, and Douglas Appleyard (Beverly); in laws: Janice Appleyard, Joyce Stewart, Kitty Stewart, Mary Stewart, Ken Stewart (Marilyn), and Lloyd Stewart (Darlene), as well as numerous nieces, nephews and cousins.

Predeceasing Bob was his beloved wife Doreen (Stewart), his son Allan and daughter-in-law Kathy, his parents Bob and Amy, as well as brothers Ken and Ron, and sister, Isabel Nichol.

Our Dad was born February 24, 1925. He attended the Rockwood and Grosse Isle Schools. Dad married our Mom in September 1951. In 1960, we all moved to the farm near Balmoral where Dad happily lived the rest of his life until some health obstacles required a recent move to Lions Manor in Stonewall.

Dad was strong willed and worked hard to provide for his family. In addition to farming, he drove a school bus for 35 years. Dad also had a passion for his horses and many people had fun on wagon and sleigh rides behind his team. He was also enthusiastic about antiques and old tractors and rarely missed an auction sale. Dad loved to dance, particularly enjoying the old time music and fiddling tunes. After our Mom passed away in 1996, Dad began bowling in the Friday senior league and looked forward to weekly golf games at Inwood in the summers with his buddies.

Dad was very involved with his family, and at gatherings it was obvious from his smile that he derived great pleasure from simply being with, listening to, and watching the young ones. A game or two of crib never hurt either.

As per Dad's wishes, cremation has taken place. A private family gathering is to be held at a later date.

A simple life well lived—we will always miss you, Dad.



204-886-0404

OBITUARY

Frances Murdena 'Deanie' Kerr
(nee Conquergood)



With a sense of deep sadness, as well as gratitude for a long life well-lived, we announce the passing of Deanie Kerr in Des Moines, Washington on May 6, 2018. Deanie and twin sister Jean were born at the Winnipeg General Hospital, October 27, 1924 and grew up on the farm in Lilyfield, Manitoba. After graduating from Transcona High School and before joining the Canadian Army (CWAC's), Deanie worked for Winnipeg Electric Company. After the war, she worked at Consolidated Motors where she met Wally Kerr. They were married in 1952 and moved first to Idaho and then to Seattle where they settled.

Deanie was predeceased by father Murdoch Conquergood; mother Frances Conquergood (nee MacKay); infant brother Thomas; brother Ross Conquergood; sister Flora Green; husband Walter Kerr (1997); and companion Roy Airth (2014). Deanie is survived by daughters Jean Kerr, Sandra Price, Leisa Russell (Brian) and grandchildren Rebecca Price, Sammy Russell, John Russell and Daniel Russell. She is survived by sisters Wilhelmina Smee, Jean Patterson and Shirley White and many loving nieces, nephews, family members and friends. There was nobody more fun to be around than Deanie. She was funny, lovingly candid, sweet and salty and always, always full of life and love. A Celebration of Life was held in Des Moines on May 12, 2018.

OBITUARY

Dennis Dale Conger



On September 6, 2018 Dennis (Dad) passed away peacefully at the Stonewall Hospital at the age of 77 years with family by his side.

Dennis (Dad) will always be remembered by his loving wife of 53 years Gloria; daughters Shelley and her husband David Beaulieu, Monica and her husband Don Morrison; cherished grandpa of Chloé and Kaiden; and sister Denine (Frank Kamp). He will also be remembered by numerous nieces, nephews and cousins.

Dennis (Dad) was predeceased by his parents Willis and Stella Conger.

Dad took great pleasure in being in the company of his family and many friends at home in Stony Mountain, MB, at the cabin in Ghost River, ON and at his winter home in San Carlos, MX.

Dad's loving, kind and humorous ways will always be remembered. We will truly miss you and love you always.

We wish to thank Dr. Graham and staff at the Stonewall Hospital for their compassionate care. A celebration of life will be held at MacKenzie Funeral Chapel on Friday, September 21, 2018 at 11:00 a.m. in Stonewall, MB.

In lieu of flowers, donations may be made to CancerCare Manitoba, 1160 - 675 McDermot Ave, Winnipeg, MB R3E 0V9.

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A NOTE TO OUR CUSTOMERS
Due to the nature of this sale, we felt a brief explanation is essential.
At closing, 6 p.m. Sat. Sept 29th we will tally the 20 days of paid sales and divide by 20 to get the average daily sale. The day which is closest to the daily average, without going over it, will be the day which ALL purchasers will receive their purchase amount back, taxes excluded.
In the case of credit card (Smitty's, Visa, Mastercard) purchases, we will issue a credit immediately.
As we are tremendously overstocked right now, every item in stock will be included in this sale. No exceptions - clearance, damaged, discontinued, even new arrivals; furniture and appliances.
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- All sales must be paid in full to qualify for this sale.
- Visa, Mastercard or Smitty's Credit Cards accepted.
- Sale Starts 9a.m. Tues., Sept. 4 and ends Sat., Sept. 29, 6p.m.
- All purchasers on free day will be notified and receive their full refund by Wednesday, Oct. 3, 6p.m.
- All sales tallies and free day will be verified by our accounting firm.
- Commercial sales excluded in tallies and free day.
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