

SOLD

For Sale

McKillop Team

467-8000

RE/MAX

YOUR LOCAL EXPERTS ! RESULTS THAT MOVE YOU !

View at mckillop.ca

EASY LIVING!
SPACIOUS RANCH
STYLE BUNGALOW ON
A HUGE, MATURELY
TREED DOUBLE LOT
IN THE HEART OF
STONEWALL! SUNKEN
LIVING ROOM W/
STONE FIREPLACE OVERLOOKING DECK & PRIVATE
YARD! CLOSE TO HOSPITALS, SCHOOLS, DOWN TOWN
ENJOY! **\$279,900** - Susan

**INVEST IN YOURSELF
AND YOUR FUTURE!**
THIS CUSTOM BUILT
BUNGALOW WILL
PAMPER YOU AND YOUR
FAMILY WHILE YOU ENJOY
THE PRAIRIE VISTAS
AND THE SECURITY OF
INCOME PRODUCING FARMLAND! 94.94 ACres,
1598 sq.ft., 5 bedroom, 2 baths Located North of
Stony Mountain. **\$549,900** Brandt

THE BOLD & BEAUTIFUL
A GREAT FLOOR PLAN MAKING LIFE
EASY WITH A TON OF IMPROVEMENTS
- ROOF RE SHINGLED, NEW FENCE
NEWER WIRING, BATHROOMS,
CENTRAL AIR CONDITIONING 2007,
HIGH EFFICIENCY FURNACE, NEWER
MAIN FLOOR FLOORING, HUGE KITCHEN WITH GRANITE ISLAND, COFFEE BAR
AND WALK-IN PANTRY. TWO TONED CABINETS, A SUPER LARGE 2330 SQ.FT
AFFORDABLE HOME FOR A GROWING FAMILY AND CLOSE TO SCHOOLS,
QUARRY PARK, DOWN TOWN, REC CENTRE IN STONEWALL **\$249,900** - SUSAN

**IT'S YOUR TURN TO ENJOY
AFFORDABLE COUNTRY
LIVING!** AFTER 30 YEARS
OF PURE ENJOYMENT,
THE CURRENT OWNERS
ARE MOVING TO TOWN!
5 GORGEOUS ACRES OF
TREES, TRAILS, YARD AND
GARDENS SURROUND THIS STURDY, WELL MAINTAINED
RANCH BUNGALOW. 34 X 35 SHED FOR ALL THE TOYS!
JUST OFF #7 NEAR BALMORAL. **\$279,900** - Brandt

Stonewall Teulon Tribune

VOLUME 6 EDITION 40

THURSDAY,
OCTOBER 1, 2015

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



TRIBUNE PHOTO BY LANA MEIER

Manitoba's Cluck and Quack Poultry Club held their annual sale last weekend. Members were selling their live poultry, specialty chickens, call ducks, bunnies and ponies. Along with the animals, a farmer's market section had been added for vendors to sell homemade goods. Pictured Jade and Jewel Vitt enjoyed meeting Goldie and Suzie Dyck of Ador-Me Mianature Horses.

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

TEULON: GORGEOUS GROUNDS & A PRETTY HOME. Solid 3BR, NEWER KIT, furnace, gas FP, flooring, windows, roof & MORE! Treed & fenced lot, dt/2, screen porch. **\$224,900**

GUNTON: FABULOUS 8 ACRE PROPERTY! 2760 SF, 6 BR, 3 bath QUALITY BUILT, nicely sheltered, off paved road, EZ 20 mins from Perimeter. MBR w/ensuite & jetted tub, Rec room & MORE! **\$384,900**

Experience Counts

The **Claudette GRIFFIN** Group

Past Director - Winnipeg Realtors®
Past Chair - Professional Standards

L.J. BARON REALTY EST. 1953

Family owned & operated over 60 years!

204-886-2393

baron@mts.net **www.ljbaron.com**

YOU + THIS PROPERTY = GREAT INVESTMENT! 12 Acre property in the town of Fraserwood with 1004 SF, 2 BR with insulated garage, newer windows, roof, exterior siding, bathroom etc. **\$149,000**

LONG TIME OUTFITTER IS RETIRING & SELLING IT ALL... Incl FISHING & HUNTING INVENTORY & 1679 SF, 5 BR, 3.5 bath hm, former B&B/Lodge w/ access to beautiful LK MB. Feat 640 SF, 2 BR seasonal cottage! Call for more info! **\$300,000**

Sea of orange at Teulon's annual Pumpkinfest

By Jennifer McFee

It was a warm way to welcome autumn last weekend at Teulon's 23rd annual Pumpkinfest.

Presented by the Teulon Agricultural Society, this year's festival was bigger and better than ever before.

When the new board took over Teulon's ag society, they amalgamated some of the annual fair items with the Pumpkinfest event. As a result, Teulon's fall festival celebrates all that is pumpkin.

This year's event featured higher prizes for the largest pumpkins, with \$1,000 for first-place winner Kenny Loehmer for his 267.5-pound pumpkin. Second place of \$500 went to Keenan Karnish for a 233-pound entry, and third place of \$300 went to Tracy McClintock for her 212-pound pumpkin.

The board had heard that Roland, Man., offers big prizes in their pumpkin weigh-off, so that's what prompted Teulon to follow suit.

"We all looked around the table and said let's put Teulon on the map. We felt that was important," said chair Lana Knor.

"We have quite a few entries. There was a really bad hailstorm in Teulon. We heard from a lot of families that they were growing them but they got destroyed. We're happy with what we got, but we want to see this whole place full of pumpkins next year."

This year's event also featured face-painting, balloon art, a caricature artist and a silent auction. Board member Robin Chestnut acted as the event's



Three-year-old Sammy is thrilled to see his Batman-inspired face paint.



Five-year-old Vander Lowe of Teulon visits with the pigs in the petting zoo.

MC, welcoming speakers who presented on topics such as small farming, keeping chickens, seed saving, composting, permaculture and more.

The festival included an outdoor component with 20 farmers' market vendors who braved the windy weather. Kids and adults alike were delighted by a petting zoo where they met pigs, goats, ducks, chickens, sheep, a horse and a cow.

And one lucky winner is the proud new owner of a Berkshire pig, donated by Knor as a unique raffle prize. Cindy Halayko of Teulon won the piglet, which she will leave on Knor's farm to raise until it is ready for slaughter.

This year's event was certainly a



TRIBUNE PHOTOS BY JENNIFER MCFEE AND STEFANIE LASUIK
Siena Dekezel, 17 months, of Stonewall attempts to push over one of the largest pumpkins at PumpkinFest.



Floyd the Clown impresses kids and adults alike with his balloon creations.

success that drew crowds from across the Interlake and beyond.

"The majority of us are from here, and there are so many people here that we don't even know," said Knor.

"We had some winners in the fair from as far as Rossburn."



Sophia, almost 4, and Olivia, 6, of Stonewall pose with the pumpkins.

Vice-chair Darci Loehmer agreed that the event proved popular, with pumpkin vendors even selling out of their stock.

"It was a huge success all day long," she said.



Tracey Malone - Financial Advisor
Inview Insurance, 344 Main Street, Stonewall
tracey_malone@cooperators.ca
Phone (204) 467-8927

autopac
A Manitoba Public Insurance product

Life & Disability Commercial Home Farm



SMI
SASKATCHEWAN MUTUAL
INSURANCE COMPANY

You have options...
Ask one of our professionals for a
COVERAGE
assessment on your
**Travel Trailer,
5th Wheel
or Motorhome.**



ONE
INSURANCE
oneinsurancegroup.ca



WCI grad nominated for Heroes of Mental Health award

Tara Green recognized for her ongoing work in suicide prevention

By Jennifer McFee

A Warren Collegiate Institute graduate is being recognized for her work in mental health.

Tara Green, 18, has been nominated for a Heroes of Mental Health awards in the category called the RBC Believe in Youth Award.

"It's basically for my work with youth and how I've prevented suicide that are due to mental illnesses. I've prevented over 100 suicides, and 75 per cent of them were due to mental illnesses," said Green, who is studying education at the University of Winnipeg.

"It feels absolutely amazing to be recognized for the work that I have done. I wouldn't have even thought that this could happen."

Green is involved with an organization called Hateless, which travels to schools across the country to provide motivational speaking and to engage with students through music and drama.

Their mission is to spread a message of hope and acceptance will also be providing resources about bullying and mental health.

"I share my story and I have kids in tears all the time, jaws dropping. It's powerful. I was bullied all my life from young to now," she said.

"I had both my knees broken. I've tried to commit suicide four times. I got into the drugs and alcohol. That's why I'm doing what I'm doing — because I want people to prevent others from doing what I tried to do."

Green, who was also nominated for a Women of Distinction award this year, said she provides her contact information while she does her motivational speeches.

"Kids are always coming up to me and talking to me right there personally, so I do keep in contact with a lot of them. I do drive out to where they are if it gets more serious," she said.

"My youngest one was six who wanted to commit suicide. It was hor-



TRIBUNE PHOTO SUBMITTED

Tara Green of Woodlands has been nominated for a Heroes of Mental Health award in the category called the RBC Believe in Youth Award.

rible. I didn't even know what to do because she was so young."

But her work is having an impact and it is also being noticed.

"My passion is saving lives and that's why I'm being recognized for it now."

Winners of the Heroes of Mental Health Awards will be announced at a luncheon at the Delta Hotel in Winnipeg on Oct. 8.

CIBC Run for the Cure

TRIBUNE PHOTO BY NATASHA TERSIGNI

In celebration of Client Appreciation Day, CIBC branches across Canada, including the Stonewall branch, donated \$1 from every client who made a eDeposit transaction on Sept. 25 to the Canadian Breast Cancer Foundation.

The donations were made ahead of CIBC's Run for the Cure in support of the foundation being held in cities across Canada on Oct. 4. So far 31 people have signed up through the Stonewall branch, including Stonewall employees pictured from left, Mary Lowdon, Shawnee Davis, Janice Carriere and Branch Manager Darlene Richardson, to take part in this year's run in Winnipeg. To sign up for the run or to make a donation in support of those participating visit CIBC in Stonewall at 356 Main Street.



STAR

MACHINE SHEDS
INSULATED SHOPS
CATTLE SHELTERS
HAY SHELTERS
GRAIN & VEGETABLE STORAGE
AIRPLANE HANGERS
COMMERCIAL BUILDINGS



POST FRAME BUILDINGS

40 X 60 X 16 POST FRAME BUILDINGS
STARTING AT \$35,840.00 PLUS GST.
CALL FOR DETAILS

1066 Springfield Rd. at Lagimodiere Winnipeg MB
(204) 669-9200 Toll Free 1-888-545-2662
STARREADYTOMOVEHOMES.COM



STAR
READY TO MOVE HOMES

Birds of a feather, flock together at Quack and Cluck sale



TRIBUNE PHOTOS BY LANA MEIER

Manitoba's Cluck and Quack Poultry Club held their annual sale last weekend. Members were selling their live poultry, specialty chickens, call ducks, bunnies and ponies. Along with the animals, a farmer's market section had been added for vendors to sell homemade goods. Pictured from left, Jack Robertson of J & J Call Ducks shows Dianne Klassen the tag, which includes the birthdate of her newly purchased East Indie duck. Violet and Lily Lockery Penner were very excited to take their chickens Poof and Fuzzball home, while Vanessa cuddled with Astro, her Lopp bunny. Kylie Wasiuta sold a pair of mille fleur chickens to Jake Peters of Winkler. Wasiuta was also selling jams, jellies and preserves.

PET of the Month

Meet Smoky
Smoky loves to sit on your lap and scratches at the backdoor when he wants to get back into the house. Smoky will receive a \$10 Gift Certificate from Quarry Pets.

Sponsored by the **Tribune & Quarry PETS**
Supplies & More

For all of your pet's needs...
from nutrition to play & everything in between

Bath, Brush & Tidy
By Ashley Peltz

NOW AVAILABLE CALL FOR APPOINTMENT
317 Main St., Stonewall
(204) 467-5924

Fatal single vehicle rollover

Submitted

On Sept. 25 at approximately 10 am, officers from Stonewall RCMP were called to a single vehicle collision on Road 72N in the RM of Woodlands.

Officers and emergency personnel arrived at the scene and found a Manitoba Highways and Transportation truck that had rolled over. The driver of the vehicle, a 55 year-old male from Crystal City, was pronounced deceased at the scene.

Alcohol is not believed to be a factor in this collision.

An RCMP forensic collision reconstructionist and Manitoba Workplace Safety and Health are assisting with the ongoing investigation.

JOANNE LEVY
LIBERAL CANDIDATE
SELKIRK-INTERLAKE-EASTMAN

VOLUNTEER
for
CHANGE
in the
2015
FEDERAL
ELECTION

TEAM L'ÉQUIPE TRUDEAU
2015

204.513.1109 • votejoanne.ca
f/JoanneLevySIE • @J_Levy_Liberal

Authorized by the official agent for Joanne Levy.

BREAST CANCER SCREENING

could save your life!



A breast screening clinic is being held at the:
Stonewall Health Centre
589 3rd Ave. S.
November 3 to 25, 2015



Women 50 years & over call
1-800-903-9290

Holy Sisters rocked Warren



TRIBUNE PHOTOS BY NATASHA TERSINGI

Audience members were kept laughing and tapping their feet to the music on Sunday at Warren Collegiate where the Warren Herizon District Lions Club hosted the Sisters of the Holy Rock. The musical show inspired by the *Sister Act* movies starring Whoopi Goldberg raised approximately \$2800 for the club. The money will be used to fund various initiatives throughout the community.

Pan-fried pickerel feast



TRIBUNE PHOTOS BY NATASHA TERSINGI

An army of volunteers of all ages came together on Sunday to feed 236 guests at the Lake Francis Community Centre Inc. Fish Fry. Money from the biannual meal held every spring and fall goes to support the Lake Francis Community Centre to help with mortgage and maintenance costs. Event volunteers include, pictured left to right, Kathleen Normand, Marc Normand, Gisselle Pashe, Viviane Riding, Donna Porteous and Anita Oliver.

The LFCCI thanks everyone who attended and to all those who volunteered and donated items (buns, dessert, coleslaw, veggies, etc).

Join us for our

Prime Rib Dinner

Saturday, October 10th

ROCKWOOD Motor Inn 390 Main St. Stonewall 467-2354



Building Beautiful Smiles

Orthodontic specialist serving your community

Dr. Tim Dumore & Team
2541 Portage Avenue Winnipeg, MB
204-832-3910 www.drduore.com

Dr. Dumore & Team
ORTHODONTICS

THE Flicks

CINEMA

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

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

PROGRAM SUBJECT TO CHANGE WITHOUT NOTICE
Cash only

LAST DAY:
WED & THURS
SEPT 30-OCT 1
AT 8:00 PM

MAZE RUNNER
SCORCH TRIALS

Not recommended for young children; Frightening scenes; Violence PG

FRI-SAT-SUN-MON OCT 2-3-4-5
AND WED-THURS OCT 7-8

CLOSED TUESDAY

FRI-SAT-SUN-MON OCT 9-10-11-12
AND WED-THURS OCT 14-15

CLOSED TUESDAY

HOTEL TRANSYLVANIA 2
OCTOBRE 2015

Animated

Frightening Scenes

G

THE MARTIAN
ANDY WEIR

Matt Damon
Jessica Chastain

Not recommended for young children; Language may offend

PG

Tribune



PUBLISHER
Lana Meier



SALES
Brett Mitchell



REPORTER/PHOTOGRAPHER
Jennifer McFee



SALES
Stephanie Oland Duncan



REPORTER/PHOTOGRAPHER
Natasha Tersigni



DISTRIBUTION
Christy Brown



SPORTS REPORTER
Brian Bowman



PRINT
Dan Anderson



PRODUCTION
Nicole Kapusta



ADMINISTRATION
Allana Sawatzky



ADMINISTRATION
Corrie Sargent



PRODUCTION
Debbie Strauss



ADMINISTRATION
Tracy Farmer



ADMINISTRATION
Jo-Anne Procter



getheard

EDITORIAL > VIEWPOINTS > LETTERS



Special treat for stargazers

TRIBUNE PHOTO BY JO-ANNE PROCTER

Stargazers across Canada were mesmerized by a blood-red moon in the sky on Sunday night as a rare lunar eclipse and supermoon happened simultaneously. Viewers across the Prairies could see the partial eclipse. The moon started turning red, after 8 p.m. with the total eclipse ending approximately 10:30 p.m. The last one was in 1983, according to NASA, which calculates the next one won't be until 2033.

Wells in Rockwood test positive for E. coli

By Natasha Tersigni

A routine test initiated and paid for by quarry operators Glacial Aggregates has found E. coli bacteria is present in wells in the RM of Rockwood.

As Glacial Aggregates prepared to begin mining a new section of land for limestone, located near Highway 236 and Road 78, they tested nearby homeowner wells as stipulated in their development agreement with the RM of Rockwood. Friesen Drillers, which Glacial Aggregates contracted the well testing to, found samples of E. coli in the wells before Glacial began drilling their new section.

E. coli is a bacteria found in the intestines of humans and animals that will appear in water samples that

have recently been contaminated by fecal matter. Water containing E. coli is not safe to drink and corrective measures need to be taken.

RM of Rockwood CAO Chris Luellman confirmed that some wells tested by Friesen Drillers had samples that were positive for E. coli but adds it is not the RM's responsibility to contact homeowners to let them know of the positive test or to conduct further tests.

"In the Glacial development agreement, it says that they have to do pre-testing of the wells surrounding their quarry. Friesen Drillers is performing preliminary tests and I know they have come up with some E. coli samples. As far as I know, Friesen Drillers is contacting the homeowners to

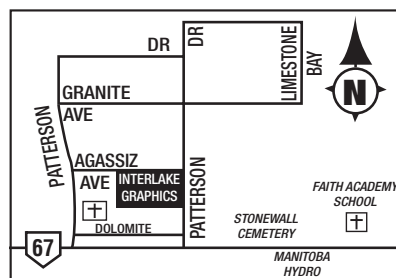
let them know they have found these samples," said Luellman.

"Once people are notified, they should come into (the RM office), grab a test bottle and test their wells. After that, it is the Office of the Drinking Water that should tell them what to do, if they should shock their wells."

While test bottles for water samples are available at the RM of Rockwood office, it is up to homeowners to send in and pay for their tests.

Luellman is recommending that anyone who has a contaminated well or needs more information regarding testing to contact the Government of Manitoba's Office of Drinking Water. For information on how to contact the office go to www.gov.mb.ca/water-stewardship/drinking_water.

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



> CONTACT US

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



"We appreciate the advertising support we receive which enables us to print, publish and distribute our community newspaper. Please shop local"

The Stonewall Teulon Tribune is published Thursdays and distributed thru Canada Post to 7600 homes by BigandColourful Printing and Publishing, a division of Interlake Graphics. Republishing in whole or part without permission is strictly prohibited. Printed in Canada by Prolific Printing. The newspaper is supported 100% by advertising dollars. If you enjoy the paper and would like to see the newspaper grow and prosper visit any of the advertisers and businesses in our rural communities. Keep your dollars working at home and shop locally. Notices, classifieds and advertisements can be purchased by calling our Office at 467-5836 or emailing ads@stonewallteulontribune.ca. our commitment to you, the reader - we will connect our people through articles in the paper to build stronger communities.

Mexican friends attend Stonewall Centennial



TRIBUNE PHOTO BY JO-ANNE PROCTER

Mexican exchange students Bernardo Rivera (left) and Ruben Ruiz attended the ISD school board meeting MOnday night to introduce themselves to the adminstration and trustees. The boys presented chairman Alan Campbell with a International Student program t-shirt and mexican flag.

By Jennifer McFee

Childhood friends Bernardo Rivera and Ruben Ruiz grew up together in the coastal city of Los Mochis, Mexico.

They likely never imagined that at the age of 13, they would embark on an adventure northward bound to Stonewall.

The adventurous amigos arrived in early September as exchange students in Grade 8 at Stonewall Centennial School, living in homestay arrangements with families in town. They plan to stay until early July, returning home to Mexico soon after Canada Day celebrations.

The teenage travellers both say they're enjoying the cool Manitoba weather, since their hometown is often a scorching 35 degrees.

So far, Bernardo says the experience has been fun, although the English language has been a challenge. For the rest of his Canadian quest, he has plenty of ideas for things to see and do.

"I would like to improve my English, learn how to skate, try snowboarding and see the lake frozen," Bernardo said via email.

For Ruben, he's still adapting to the school schedule, since he's used to a longer lunch and afternoon siesta. But he's making the most of his time and is looking forward to joining a soccer team.

"Everyone has been very nice here," Ruben said. "It's a very good town

with very good people."

Both boys attended the Sept. 28 school board meeting to introduce themselves to staff and trustees. They will also be appearing at Stonewall council in October.

In addition to Bernardo and Ruben, five more exchange students are attending school in Morden.

Other news in brief from Sept. 28 school board meeting.

Class size concerns resolved

After reviewing concerns from parents regarding the large class sizes at both Ecole R.W. Bobby Bend School and Ecole Stonewall Centennial School, the ISD board of trustees voted unanimously to hire a teacher for an additional Grade 7 class at Centennial and an EA on a more formal basis for the Grade 4 French Immersion (FI) class at Bobby Bend.

The decision was based upon the class size and composition, students with special needs, funded students and different variables that are important to be considered over and above the number of students in the room. For the 2015-16 school year, Centennial school will now have three Grade 7 classes, two English and one FI.

The board acknowledged the extremely valuable role that Educational Assistants play in every school in the division.

Stonewall Teulon
Tribune

What's *your* story?
Call 467-5836

Thanks to the Manitoba Tuition Fee Income Tax Rebate...

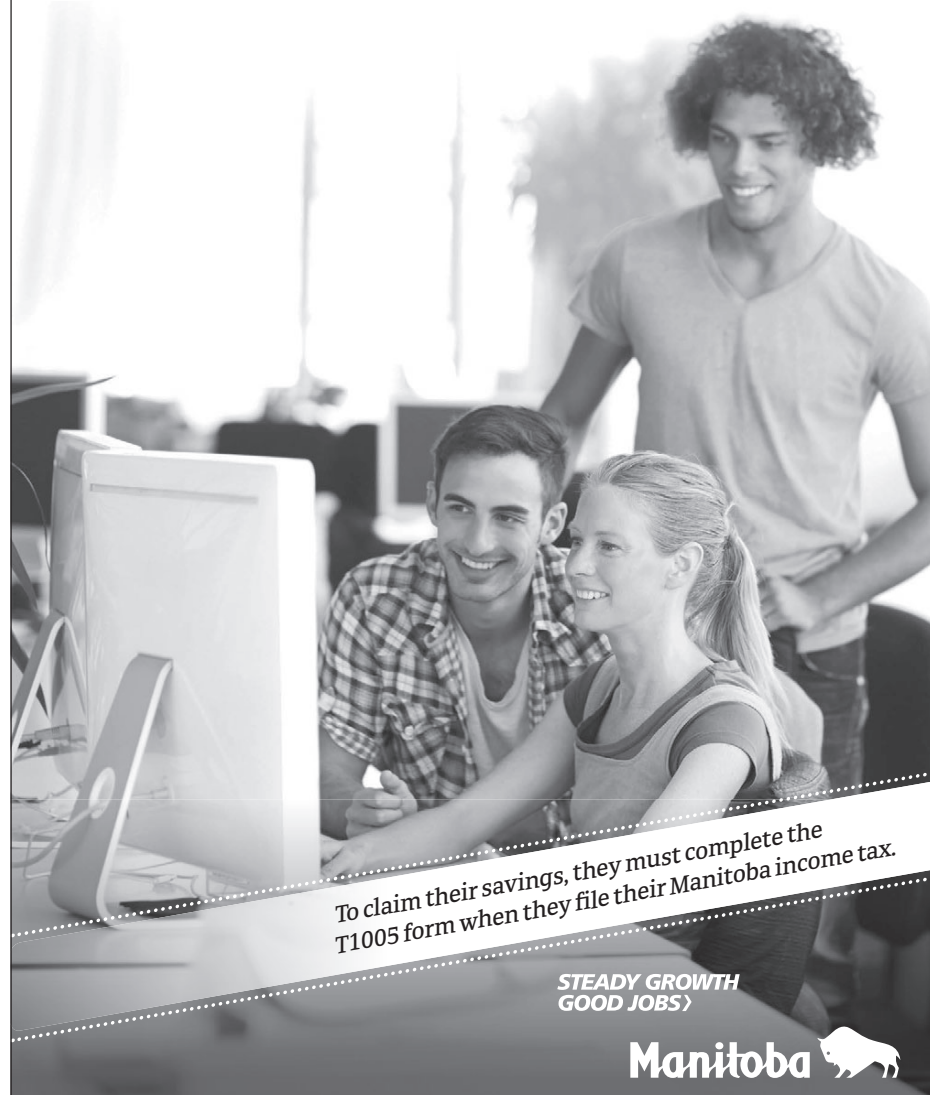
Our kids are building their futures here in Manitoba.

For information about saving up to \$25,000 on their Manitoba income tax, visit manitoba.ca/tuition



You want what's best for your children. A good education. A good career. And the opportunity to build their futures here at home.

Find out how your children can receive a tax rebate for up to 60% of their tuition – as much as \$2,500 a year. This extra cash will go a long way to helping them pay back their student loans, save for a house, or maybe even start a family.



To claim their savings, they must complete the T1005 form when they file their Manitoba income tax.

STEADY GROWTH
GOOD JOBS

Manitoba 

Listening for Grace to take stage in Stonewall

By Jennifer McFee

The latest outreach project at Stonewall United Church is bound to provoke thought and maybe even start conversations.

On Thursday, Oct. 15, the sought-after show *Listening for Grace* will take the stage, hosted by Stonewall United Church along with other area churches.

Ted Swartz's one-man play is about a widowed father who finds out his son is gay. The performance includes musical accompaniment by a cellist and a pianist.

Rev. Leonard Oracheski said the play doesn't advocate for or against any particular lifestyles.

"It's more about the relationship of a father and the people he met after they found out his son was gay," he said.

"*Looking for Grace* is an interesting title because his wife's name was Grace. It's a little play on that."

Everyone is welcome to attend, since the play itself is not specifically geared for the church community. In fact, no church-related paraphernalia will be visible for the performance.

Since the play tends to raise more questions than answers, Oracheski plans to offer a study group to the congregation and anyone else who would like to participate.

"A lot of people don't think about it until it happens within their family and then it takes on a whole different lifestyle," Oracheski said.

In the United Church, there's an option to do

same-sex marriage, he added.

"We went and had a discussion within the congregation for about six or seven months and then we had a vote on it," he said.

"We wanted to decide before we had somebody come forward in the

"IT'S MORE ABOUT THE RELATIONSHIP OF A FATHER AND THE PEOPLE HE MET AFTER THEY FOUND OUT HIS SON WAS GAY."



TRIBUNE PHOTO SUBMITTED

Listening for Grace is a one-man play by Ted Swartz, accompanied by a cellist and a pianist.

congregation because once you put a name to it, it gets a whole lot different. The church decided that we would do that, but we haven't had any requests so far."

Listening for Grace will begin at 7

p.m. on Oct. 15 at Stonewall United Church, located at 369 1st Ave. North.

Tickets cost \$10 and are available in advance at the church or at the door on the night of the performance.

MPI offers options to eliminate deductible for vandalism claims

News Release

Manitobans who insure their vehicles with an Autopac Extension deductible package (\$100 or \$200) will

now qualify to have their deductible reduced to \$0 for vandalism claims. This change in coverage by the Government of Manitoba will take effect today, following an amendment to the Automobile Insurance Coverage Regulation.

"Our govern-

ment has heard the concerns of those who have been victims of this senseless crime," said Gord Mackintosh, minister responsible for Manitoba Public Insurance.


"This amendment will benefit those vehicle owners who choose to carry the \$100 or \$200 deductible option, and who suffer damage to their vehicles as a result of criminal vandalism."

Last year there were about 10,000 vandalism claims opened with Manitoba Public Insurance. Vehicle vandalism came to the forefront earlier this year after a rash of criminal incidents within the capital region. Manitoba Public Insurance, Manitoba Justice, community representatives and the Winnipeg Police Service are committed to reducing this crime.

"As Manitoba's public auto insurer, we recognize the need to continually adapt our products and services to meet the evolving needs of our customers," said Ward Keith, vice-president Business Development & Communications and Chief Product Officer Manitoba Public Insurance. "We're pleased to be able to offer our customers the option to eliminate the deductible for vandalism losses if they choose to do so."

This policy change, which will automatically benefit approximately 75 per cent of all Manitoba Public Insurance customers who currently have the optional \$100 and \$200 deductible packages, will result in a minimal premium adjustment of \$3 to \$5 per year, which is expected to apply to policy renewals and reassessments effective March 1, 2016 or later. The average cost of a vandalism claim is about \$1,300.

Gunton Marquette Meadows
S O U T H I N T E R L A K E
GARDEN CLUB
Please join us at the
Annual Potluck Dinner & AGM
Thursday, October 8, 6 p.m.
at Parochial Hall, Stonewall
Speaker: Tami from Stonewall Florist
Topic: Fall Arrangements
Plant exchange - bring any plants you would like to share
For information Contact Linda 204-809-0423
Host interesting speakers and hands on workshops
Host the popular annual spring plant auction
Host next year's 55th annual flower fruit and vegetable show
Make monetary and/or plant donations to parks and community planting projects
Apply for grants to beautify our communities
Donate and plant trees in communities
Rent out garden plots in Stonewall
Weed the Town of Stonewall
Coordinate group road trips and garden tours
Everyone Welcome
Warren Woodlands Argyle

The Stonewall Chamber of Commerce & Teulon Chamber of Commerce
invites you to an
ELECTION FORUM
MONDAY, OCTOBER 5TH
Gunton Greenwood Community Hall
56 John Street, Gunton
Doors open 6:00pm - Forum starts 6:30pm

Attending candidates FOR Selkirk-Interlake-Eastman
EVERYONE WELCOME
James Bezan - Conservative
Wayne James - Green Party
Joanne Levy - Liberal
Deborah Chief - N.D.P.

Red Wagon Transportation gets the green light

By Jennifer McFee

Driveways and lot grades

At the Sept. 23 meeting, council passed first reading for bylaws regarding driveway guidelines and permits as well as lot grades.

If passed, the bylaws would require a \$1,500 deposit plus a \$300 permit fee to make changes to driveway. Similarly, the lot grade permit fee would increase to \$500 from \$300 and the deposit to \$1,500 to from \$500.

In both circumstances, the deposit would be returned as long as the project complies with all requirements.

Red Wagon Transportation

Council showed support for Bryce Spittal's business plan for Red Wagon Transportation to provide transportation and transit services in the Town of Stonewall.

Council will allow the business to provide transportation and taxi services within the town; however, any transporting outside the town would require permission from the provincial Motor Transport Board.

As well, Red Wagon Transportation must ensure it gets the appropriate liability insurances recommended by MPI, and all of its drivers must have a valid Class 4 drivers licence needed to drive a public service vehicle in Manitoba.

Montgomery Avenue fence

Stonewall's works and operations department is proceeding with the installation and pavement of the pathway of Montgomery Avenue and Oakford Boulevard. In addition, a wood privacy fence will be included in the project along the pathway beside 44 Montgomery Ave., at a maximum cost of \$3,500.

For the entire project, \$30,000 will be allocated from the gas tax reserve if required.

Lagoon project

The Town of Stonewall needs to expand both the hydraulic and organic capacity of its lagoon, and the expanded lagoon must meet new regulations under the Environment Act.

Tetra Tech Consultants Ltd. provided a number of options to expand the lagoon. The town would like to move forward with the designs and environmental act proposal to seek a new licence for the first phase of expansion.

To do this, the town is requesting that the Manitoba Water Services Board cost-share in the Phase 1 works, including the design and the environmental act proposal.

Following the council resolution, the town can now get in the queue for future funding.

Utilities deficit recovery

The Public Utilities Board identified that the Town of Stonewall utility incurred a deficit in 2009 for \$94,955 and in 2013 for \$62,000.

These deficits will be recovered through the accumulated utility surplus.

Ducks Unlimited Canada Presents Country Music Star

Chad Brownlee

**Live at The Hitch 'N Post,
Grosse Isle, MB
Friday, October 16, 2015**

**Tickets \$75 each
Includes sit down
supper & concert**

**For Tickets Contact:
Jody Trippier
204-467-3312
J_trippier@ducks.ca
Or visit: ducks.ca/events**

Sponsors:

McFadden Investors Group CIBC	CPS Canada LaFarge Lawson's Sales	Terraco Alan Hiebert Trucking Ltd. Western Air Brakes Ltd.
--	--	---

 Ducks Unlimited Canada
Conserving Canada's Wetlands

**If you got this card,
you're ready to vote!**


Voter Information Card	Carte d'information de l'électeur
Federal Election Monday, October 19, 2015	Election fédérale Le lundi 19 octobre 2015
If your correct name and address appear on this card, you are registered to vote.	Si vos nom et adresse figurent correctement sur cette carte, vous êtes inscrit pour voter.
To vote, you must:	Pour voter, vous devez :
<ul style="list-style-type: none"> • be a Canadian citizen • be at least 18 years old on election day • prove your identity and address – for the full list of ID, visit elections.ca 	<ul style="list-style-type: none"> • être citoyen canadien • être âgé d'au moins 18 ans le jour de l'élection • prouver votre identité et votre adresse – pour obtenir la liste complète des pièces d'identité, visitez elections.ca
Bring this card with you to avoid delays. Please note that this card is not a piece of ID.	Apportez cette carte avec vous afin d'éviter l'attente. Veuillez noter que cette carte n'est pas une pièce d'identité.
Ready to vote / Prêt à voter elections.ca	<p>Not your name? Incorrect address? Check your registration at elections.ca.</p> <p>Pas votre nom? Adresse incorrecte? Vérifiez votre inscription à elections.ca.</p> <p>DOE, JOHN Or to the Elector 123 MAIN STREET ANYTOWN ON K1A 5T7</p> <p>DOE, JOHN Ou à l'électeur 123 RUE MAIN ANYTOWN ON K1A 5T7</p>


Federal election day is October 19.

Did your voter information card arrive in the mail? It tells you that you're registered to vote, and explains when and where you can vote.

If you didn't receive one, or if it has the wrong name or address, **check, update or complete your registration at elections.ca.** Or call **1-800-463-6868** (TTY 1-800-361-8935).

Elections Canada has all the information you need to be ready to vote.





Jim Buckle
Sales Manager
24 Years of Service

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



Ready to vote
October 19, 2015



2015 federal election

Candidates rev up their campaigns as election nears



JAMES BEZAN



DEBORAH CHIEF



DONALD GRANT



WAYNE JAMES



JOANNE LEVY

By Brandon Logan

With just over two weeks remaining until the Oct. 19 federal election, candidates in the Selkirk-Interlake-Eastman riding are hitting the campaign trail non-stop.

Following our recent look into Conservative Party candidate James Bezan's and Liberal Party candidate Joanne Levy's campaigns, the *Tribune* contacted the remaining three candidates running in the riding.

Nationally, the NDP have stayed near the top of most polls throughout the campaign and local candidate Deborah Chief hopes that is true of this riding.

Chief has been going door to door talking to constituents in recent weeks. She said from her talks with community members, it appears people want change from Prime Minister Stephen Harper and the Conservatives.

"From what I've heard, the current government or the Harper government, they're just fed up with his leadership," Chief said. "People that I've spoken with want to see change in the government."

Chief said the NDP would be the best choice to lead, adding that addressing affordable housing, seniors' issues and First Nations are big advantages they have over the current government.

Change is also the theme Wayne James and the Green Party are running behind.

While the NDP, Liberals and Conservatives have used the word "change" throughout their campaigns nationally, James said the ideas are nothing more than "tinkering with the systems."

"There's no real change going on," James said, "whereas the Green Party is offering real change in the sense

that we recognize what we're doing here on the planet with our ever-expanding capitalist system of economics isn't sustainable.

"In fact, it's destroying our environment around us."

James said his party would address these problems head on instead of putting a "Band-Aid on top of a Band-Aid," which he says is what other parties are doing.

Rounding out the five Elections Canada official candidates is Libertarian Donald Grant.

Grant admits the Libertarian Party is in a stage where they want to be more recognizable in hopes of growing the party in the future.

He said the biggest component to this campaign is lowering taxes, something that is a topic of discussion for many Manitobans.

"I think the biggest component is we want a flat tax," Grant said. "We want

people to pay less taxes. The governments are taxing the heck out of us. They're tired of it."

With very few candidates across the riding, the biggest goal Grant and the Libertarians have is to earn more seats than the Green Party.

Campaigning is expected to ramp up for all five candidates over the next few weeks as the election nears.

A Selkirk-Interlake-Eastman all candidates debate will take place on Monday, Oct. 5 at Gunton Greenwood Community Hall in Gunton hosted by the Stonewall-Teulon Chambers of Commerce. Admission is free and doors will open at 6 p.m. with the debate set to start at 6:30 p.m.

For those hoping to get their vote in early, advanced voting across the riding will be taking place everyday from Friday, Oct. 9 to Monday, Oct. 12.

Voters got to the polls on Oct. 19.

Rockwood council briefs

By Jennifer McFee

Highway 7 concerns

At the Sept. 23 council meeting, Coun. Mark Hidlebaugh expressed concerns about the condition of Highway 7.

"Heading northbound on the two-lane highway up by Abas Esso is split all to heck. Right in the middle of the road, there's huge chunks of concrete out of there," he said.

"That's a main highway for us. It facilitates quarry traffic, and I'm really concerned, actually, about the way that highway is split. It's not little hairline cracks. There's pieces that are in there that are two and three inches open. They're all the way up to the bridge on Grassmere."

On the bridge, there is also a hump that seems to be getting higher, he added.

Council will write a letter to the province about the condition of the highway.

Changes to meetings

Rockwood council is moving towards changes in its meeting procedures. Pending final approval, a bylaw is in the works to regulate the proceedings and conduct of council and committees.

If approved, council meetings will be held the second Wednesday of each month followed by committee-of-the-whole meetings on the fourth Wednesday of the month.

Council also amended its schedule to accommodate Remembrance Day and the upcoming meeting for the Association of Manitoba Municipalities.

In October, meetings will be held on Oct. 7 and 28, with a board of revision meeting on Oct. 14. In November, meetings will be held on Tuesday, Nov. 10 and Thursday, Nov. 26.

Continued on page 10



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





ROYAL CANADIAN LEGION
STONEWALL BRANCH - 467-2261
Lic #418

CHASE THE QUEEN
WEDNESDAY NIGHTS \$500.00 AS OF SEPT 23

FALL SUPPER SUNDAY
OCTOBER 18TH 4 PM - 7 PM

ALL ARE WELCOME

> COUNCIL BRIEFS, FROM PG. 10

CAO report

Rockwood chief administrative officer Chris Luellman provided a report to council to give an update on projects and other items of interest.

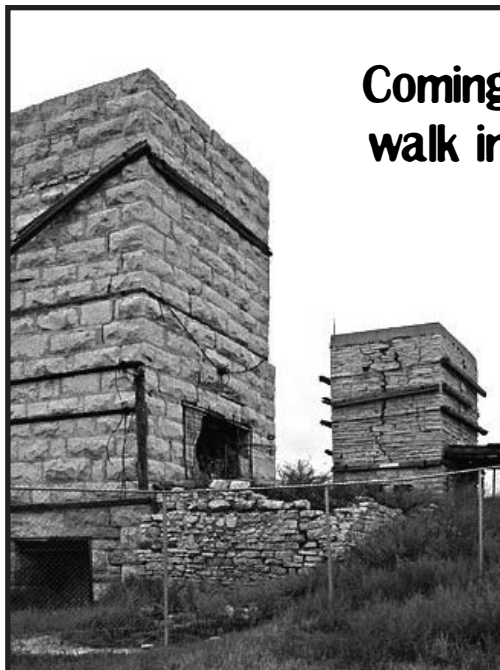
Rockwood staff repaired holes on Road 8E between Highway 415 and Highway 17. They also cleaned out beaver dams and plugged culverts.

A review of the water meter replacement program in Stony Mountain is underway for old meters to be replaced with new radio-frequency heads. The RM is investigating opportunities for outside funding to offset the expense, with the goal of creating a replacement plan for 2016.

Traffic device

A traffic device that shows drivers' speeds has been installed on Old Highway 7 south of Allard Place as a test area. Council will decide where they would like to have it placed permanently.

"I'M REALLY CONCERNED, ACTUALLY, ABOUT THE WAY THAT HIGHWAY IS SPLIT."



Coming to church is like a walk in the park. Literally.

Starting **September 20th**, we'll be meeting at the **Sunova Auditorium** at Quarry Park. Whether you walk, ride your bike, or drive, why not come to church and stay for a picnic? Or a walk? Set in the lovely Quarry Park, **Sundays at 10 am**. Alive Family Church: moving back to our roots.



www.alivefamilychurch.ca

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

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

6:00 p.m. Health and Wellness Exhibits

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

7:00 p.m. Annual General Meeting

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

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



Interlake-Eastern
Regional Health Authority

Stonewall Teulon
Tribune

What's *your* story?
Call **467-5836**

**STEADY GROWTH
GOOD JOBS**



**PUT YOUR
INTERESTS
TO WORK
IN MANITOBA**

Turn the things that interest you into the life you want to live. Our economy is growing and the Manitoba government is strengthening education and career opportunities to support the path you choose. When you're ready to build the future you've always wanted, you'll find it right here at home. Start your journey today.

Find job & training
opportunities at
SteadyGrowth.ca

Manitoba 

Local book club to host Interlake author

By Natasha Tersigni

An honest and eye-opening account of the physical and emotional realities of going through treatments for prostate cancer is documented in the inspiring and passionate novel penned by Lake Winnipeg writer Bill Martin.

Martin's story of being diagnosed and treated for cancer is intertwined with poetry in his novel *Ripped Out: One Man's Journey Surviving Prostrate Cancer*. The book is this month's selection for the Stony Mountain Book Club and will be discussed at their upcoming meeting on Oct. 5. Martin will be in attendance at the meeting to lead discussions on the book he published in November 2014.

Throughout the novel, the reader is taken on a journey through Martin's discovery of prostate cancer at the age of 62 and then through the recovery from the removal of the prostate that left Martin impotent and incontinent.

Ten years ago, after a standard prostate-specific antigen (PSA) test came back high, Martin had a biopsy of his prostate and was told that he had cancer. After much discussions with his wife and debates with himself, he decided to have surgery to remove his prostate. The decision was not an easy one for Martin, who knew that the side effects were severe.

"At that time, my grandson Sam had just been born and I really wanted to see him grow up. I decided to have the surgery and I did become completely impotent and incontinent," said Martin, who added the book helped him work through his own

feelings of the side-effects from the surgery.

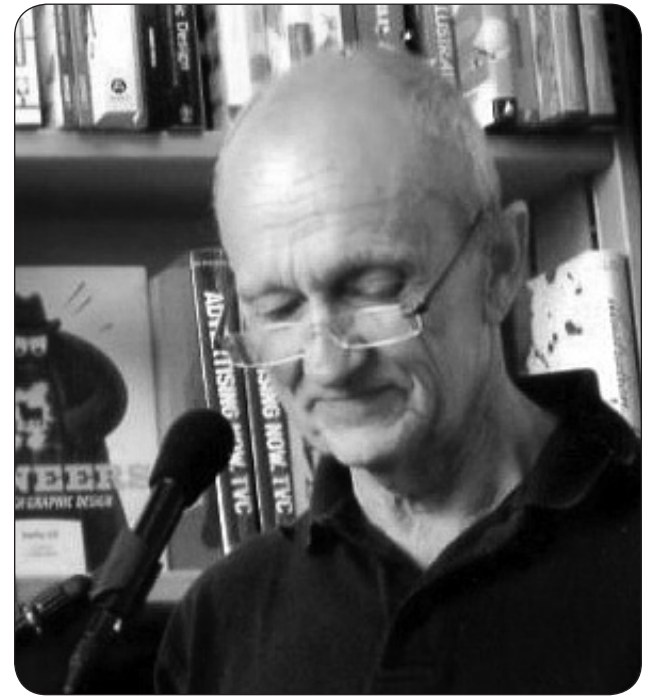
"I wrote the book so I could survive. After I had written it, I wanted other men to benefit from it. For those men who have had prostate cancer, they get depressed because they become impotent and incontinent. They often just quit and that is not necessary. I have had surgery to correct my impotence and incontinence. A lot of men don't even know that you can get that. While your sex life changes, it is still wonderful, but you are not the same man you were before."

Throughout the book, Martin writes about intimate details of his own life. He said he hopes it helps men discover they are not alone and they should not feel emasculated just because they have had to have their prostate removed.

"I want to get men talking about sex and their prostate. I want men to get over being shy and ashamed, and to get back to being in charge again. A lot of men give up. The other thing I want men to do is get tested, get a PSA rating," said Martin, who added that if he had not had a PSA test then he would probably be dead now.

Martin also touches on his own sex life to help men who are going through their own prostate cancer treatments realize that it is not all over.

To participate in the upcoming Stony Mountain Book Club and purchase your own copy of *Ripped Out: One Man's Journey Surviving Prostrate Cancer* contact Marcia Desmedt at 204-344-5018 or mdesmedt@mymts.net. The book club meets at Summit



TRIBUNE PHOTO SUBMITTED

Interlake author Bill Martin will be discussing his book *Ripped Out: One Man's Journey Surviving Prostrate Cancer* at the upcoming Stony Mountain Book Club meeting on Oct. 5.

Café with dinner starting at 6:15 p.m. and discussions at 7 p.m. The club meets the first Monday of every month.

WCI goes to bat for the kids



TRIBUNE PHOTO BY CHRISTIE CROW

Warren Collegiate's Grade 12 team, the Blue Jays, along with seven other teams from Interlake School Division went to bat for kids that need financial help to participate in sport. The third annual tournament raised \$650 this year for Kidsport. Kidsport is a not-for-profit organization that provides financial support to children 18 and under in order to remove financial barriers that prevent them from playing organized sport.

Pictured from left: Baily Proctor, Kelsey Manchulenko, Evan Brad, Kristen Olson, Koby Carriere, Kyra Hoffman, Brad Findlay, Sydney Hildebrandt, Ethan Fairlie, Taylor Radley, Chelsea Witt, Jason Peltz, Becca Schott and Brendon Burnett.

Member appreciation lunch



TRIBUNE PHOTO BY LANA MEIER

Sunova held a member appreciation lunch last Thursday with the \$237 in proceeds going to support the Stonewall Christmas Cheer Board.

Sunova staff served up Danny's Whole Hog and cake to over 100 members. Pictured, left to right, Brittany Eberts, Dawn Bourque, Leslie Smart, Betty Chaput, Chantelle Grenkow and Leonard McKnight.

Warren elementary needs your votes

By Natasha Tersigni

Warren Elementary School students and staff need the public's help to stock the library shelves in their classrooms and at the school.

Principal Chris Gamble entered the school in Indigo's national Adopt a School contest. The Indigo Love of Reading Foundation Adopt A School contest has schools competing for votes in an effort to win a grand prize of \$10,000.

Gamble is hoping to get the community supporting their effort by spreading the word about the voting process.

Schools in each province are competing for the most votes. The school in each province that receives the most online votes, or "adopts," will win \$10,000 worth of books from Indigo. Those that come in second will win \$7,500 in books and third place will receive \$5,000 to purchase books.

While Warren Elementary School's library is well stocked, Gamble said students are in need of non-fiction books in their classroom libraries to support the school's Balanced Literacy learning model.

"Our school set some new goals last year, and one of them was we are going to explore something called Balanced Literacy, which includes reading and writing and embedding that into everything we do. Our school has books, but what we need are more non-fiction books. We would like to fill all of our classrooms and the library with more non-fiction books," said Gamble, who added he would use the prize money to ensure there is

a wide variety of non-fiction books for students of all reading levels.

"It is difficult to build classroom libraries and they are a bit on the tired side right now. We really want to make sure those are spruced up for students."

The school also has the only accessible library for children in the Warren area, and last year Gamble introduced an early years program to support children that are not yet school-aged.

"We offer an early years literacy library service to our community. We had over 350 books donated to the school last year for this program. I wanted a place where moms, dads and guardians could pick up books for their children before they are in school. The more they read to their kids, the better ready they are for school when they get here," said Gamble.

With support from the community, the school is currently in first place with 2,795 adopts. Voting is free and is open until Oct. 10. Anyone can vote once a day per email or Facebook account.

"Nobody else in the Interlake School Division is participating in this and we got in early enough that we have a fighting chance to actually win," added Gamble.

To vote, log on to adoptaschool.indigo.ca, search for Warren Elementary School in Manitoba and click "adopt." No money is needed, but those who wish can also purchase a book for the school, earning the school 10 extra votes.



TRIBUNE PHOTO BY NATASHA TERSIGNI

Warren Elementary School is competing in the Adopt a School online contest and needs readers to log on to adoptaschool.indigo.ca and vote once a day until Oct. 10. Warren students are hoping to win \$10,000 worth of books to fill the shelves in their library. Pictured from left to right: Lily, Drew, Michaela, Logan, Alex, Kailey, Bennett and Matthew,

Watch out for deer ticks

Lyme disease is caused by a bacterial infection that people can get from the bite of an infected blacklegged (deer) tick.



Manitobans can reduce contact with deer ticks by avoiding wooded or forested habitat, wearing long pants and a long-sleeved shirt, tucking in clothing, using an appropriate repellent (it should state 'for use against ticks' on the product label), looking for and removing ticks as soon as possible.

For more information about Lyme disease, its symptoms and how to prevent it, visit our website at www.manitoba.ca/health/lyme/

You can help

You can help in the study of Lyme disease in Manitoba by collecting and submitting deer ticks for surveillance purposes.

- Deer ticks are smaller than the more common wood tick. Unlike wood ticks, they do not have white markings on their bodies.
- If you find a deer tick, remove it slowly from skin or clothing using tweezers and steady pressure; avoid twisting. Cleanse area with soap and water or a disinfectant.
- Place the tick in a small, crush-proof container (for example, a pill bottle) with a piece of slightly damp paper towel (to help keep the tick alive).
- Firmly tape the lid shut.
- Check the pictures and additional information on the website to determine if your tick might be a deer tick.
- Hand-deliver or mail the sample to the address below. If mailing, place the container in a sealed plastic bag then in a cardboard box labeled: RESEARCH SPECIMENS – FRAGILE – HANDLE WITH CARE
- Include your name, telephone number, email address and information about where, when and on whom (ex: a dog, a person) the tick was found. Deliver or mail to:

Passive Blacklegged Tick Surveillance Program
Cadham Provincial Laboratory
P.O. Box 8450, 750 William Avenue
Winnipeg, MB R3C 3Y1



RED RIVER COLLEGE

INTERLAKE CAMPUS

Upcoming Programming

Courses	Location	Start Date
Weekday:		
Event Planning	Selkirk	Oct. 22
Bookkeeping and Accounting for a Small Business	Selkirk	Nov. 2
Red Cross CPR Health Care Provider Level	Selkirk	Nov. 5
Red Cross CPR Health Care Provider Level	Selkirk	Nov. 6
Administrative Procedures	Selkirk	Dec. 2
Simply Accounting (Sage 50 2015)	Selkirk	Dec. 2
Customer Service	Selkirk	Dec. 15
Evening:		
Statistics	LiVE*	Oct. 5
Bookkeeping and Accounting for a Small Business	Selkirk	Oct. 13
Payroll and Taxable Benefits	Selkirk	Jan. 6
Saturday:		
Food Handler's Certificate	Selkirk	Oct. 3
Grievance Handling	Selkirk	Nov. 21

*LiVE - Attend classes online at scheduled times and interact with your instructor and other students. You will need access to high-speed Internet.

For information on these and other courses and programs, call the Interlake Campus at 204.785.5328 or 1.866.946.3241, or see rrc.ca/interlake.

Lions celebrate three decades of community service

By Natasha Tersigni

In the multipurpose room of their largest accomplishment in the community, the Stonewall and District Lions Manor, current and past members of the Stonewall and District Lions Club came together to celebrate the club's 30th anniversary on Saturday.

Volunteering at community events, assisting with funding to community projects and building a 123-suite independent 55-plus complex are just a few ways in which the Lions have been supporting Stonewall and surrounding communities for the past 30 years.

"To put in 30 years to help the district is great; that is what we are here for. We have had very

good members and everybody chips in and helps," said Stonewall and District Lions Club president Ralph Sinclair, who has been a member of the club since it was first established in Stonewall in 1985.

"The Lions Manor is the biggest project that we have ever done and it took a lot of planning and organization. At first it was a challenge as we were not sure we would get enough people to come in, but then it took off. Now we have a wait list for a suite here."

During the celebration, Lion Wally Finnbogason was recognized for his continued commitment to the Lions as he is a charter member and has also been with the club for 30 years.



TRIBUNE PHOTOS BY NATASHA TERSIGNI
Original members who are still serving, Ralph Sinclair, pictured left, and Wally Finnbogason celebrated the Stonewall and District Lions Club's 30th anniversary on Saturday.



Lions Zone 13 (Warren, Stonewall and Teulon) Chair Mel Harrison, pictured right, presented a pin to Lion Wally Finnbogason for his 30 years of membership to the Stonewall and District Lions Club.

Limited Time Only

\$249⁹⁵

MSRP \$279.95 with 16" bar

MS 170
Gas Chain Saw

Displacement 30.1 cc
Power Output 1.3 kW
Weight 3.9 kg (8.6 lb)*

Fall SAVINGS 2015

<p>MS 180 C-BE \$349⁹⁵ <small>with 16" bar</small></p> <p><small>31.8 cc / 1.5 kW / 4.2 kg (9.3 lb)*</small></p>	<p>MS 250 \$449⁹⁵ <small>with 16" bar</small></p> <p><small>45.4 cc / 2.3 kW / 4.6 kg (10.1 lb)*</small></p>	<p>MS 271 \$549⁹⁵ <small>MSRP \$599.95 with 16" bar</small></p> <p><small>50.2 cc / 2.6 kW / 5.6 kg (12.3 lb)*</small></p>
<p>MS 291 C-BE \$599⁹⁵ <small>MSRP \$639.95 with 16" bar</small></p> <p><small>55.5 cc / 2.8 kW / 6.2 kg (13.7 lb)*</small></p>	<p>MS 241 C-M \$599⁹⁵ <small>MSRP \$689.95 with 16" bar</small></p> <p><small>42.6 cc / 2.2 kW / 4.7 kg (10.4 lb)*</small></p>	<p>MS 391 \$699⁹⁵ <small>MSRP \$709.95 with 16" bar</small></p> <p><small>64.1 cc / 3.3 kW / 6.4 kg (14.1 lb)*</small></p>

*Powerhead only.

** Don't miss your chance to get the Wood-Pro™ Kit. Simply purchase any one of the following chain saws between now and November 27, 2015 and you will receive a STIHL Wood-Pro™ Kit FREE. This kit includes: a Woodsman™ Carrying Case, STIHL hat and a replacement loop of OILOMATIC™ chain - an \$85 value! Hat may not be exactly as shown. Offer valid until November 27, 2015, while supplies last.

Eligible Models: MS 150 C-E, MS 150 T C-E, MS 170, MS 171, MS 180 C-BE, MS 181 C-BE, MS 193 C-E, MS 193 T, MS 211, MS 241 C-M, MS 250, MS 251, MS 251 C-BE, MS 271, MS 291, MS 291 C-BE, MS 311 and MS 391.

STIHLCanada

www.stihl.ca

Receive a Free Wood-Pro™ Kit

with the purchase of any eligible STIHL Chain Saw™

An \$85 VALUE!

Feature prices are in effect until November 27, 2015 for all power tools at participating STIHL Dealers, while supplies last.

- OILOMATIC™ Chain Loop
- Woodsman™ Carrying Case
- STIHL Hat

Grosse Isle Recreation Club

Fall Supper

Sunday, October 4, 2015 • 3:00 pm - 6:30 pm

Adults - \$13.00 Children 6 to 12 - \$6.00 Preschoolers Free

Grosse Isle Community Centre

Hwy 6 - 13 km from the Perimeter

Contact Person - Lois, Phone 467-5615

Olde Cramb Farm

PUMPKINS FOR SALE

Located 3/4 mile west off Hwy 236 on Rd 75N
1 mile south of Stonewall | 204-467-2850

TTM Teulon Tractor & Motor
AG & AUTO PARTS
#7 Hwy. Teulon 204-886-2084

www.stihl.ca

Warren and Rosser fire departments host open houses

By Jo-Anne Procter

The Woodlands and Rosser fire departments both hosted the their open houses last weekend. Visitors enjoyed great food and educational instruction by volunteer fire fighters.

Fire Prevention week Oct 4-10 is an ideal time for families to ensure smoke detectors are in working order, fire extinguishers are up to date and for families to discuss their home escape routes and a meeting place in case of a fire.

This weekend Stonewall, Teulon and Stony Mountain will host their events.



TRIBUNE PHOTOS BY JO-ANNE PROCTER



Of all the beverage containers that weren't recycled, how many were yours?

Last year, Manitobans recycled more beverage containers than ever before. Unfortunately, tons of them still ended up in the landfill, not a blue bin. Even a few containers pile up fast, so recycle your empty cans, bottles, cartons, and juice boxes every time.



New, expanded Lyme disease risk areas identified

By Staff

Blacklegged ticks that carry Lyme disease are expanding their reach across the province.

Provincial health officials warned last Friday the bug is expanding to new areas in the northward and westward regions of the province, which includes the Interlake region.

Areas such as Teulon and Patricia Beach are now considered risk areas for Lyme disease.

A provincial monitoring program that tracks blacklegged ticks identified a number of new and expanded Lyme disease risk areas.

A press release from the province said the risk of tick-borne disease transmission is greatest in these ar-



A blacklegged tick.

Blacklegged ticks are commonly

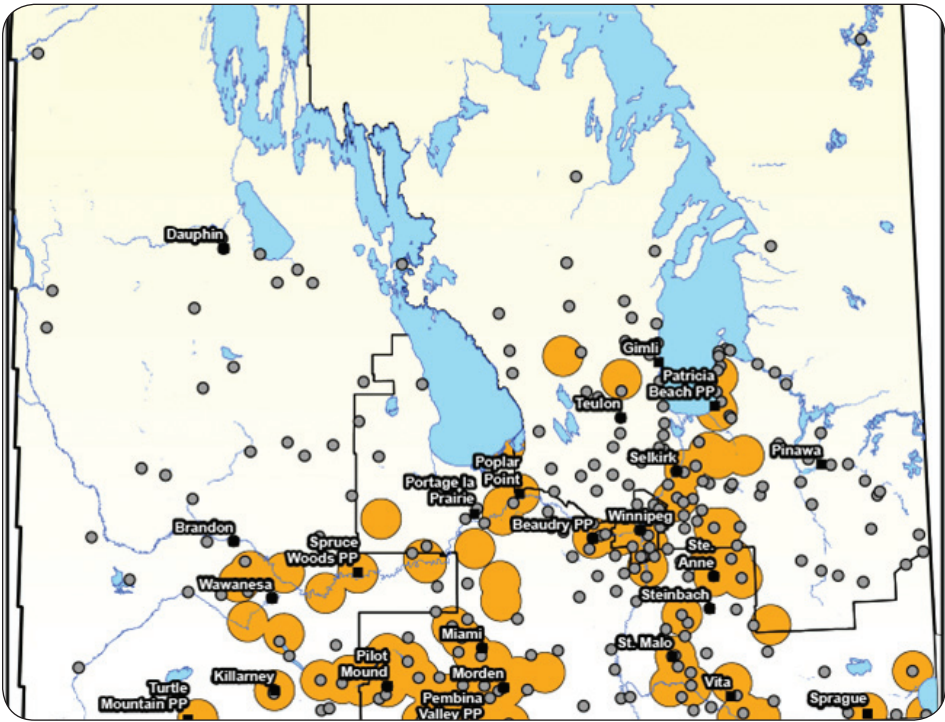


PHOTO COURTESY: CENTERS FOR DISEASE CONTROL AND PREVENTION

Blacklegged ticks like the one pictured left transmit a bacterium that causes Lyme disease. Provincial officials say the ticks are spreading to the northward and westward regions of the province.

found along the edge of forests and in areas with thick, woody shrubs and other vegetation.

Limiting exposure to blacklegged ticks is the key to tick-borne disease prevention, officials say.

The province says Manitobans can take precautions to minimize their risk of tick exposure by applying tick-repellent, inspecting themselves, children and pets after spending time outside, and staying to the centre of walking trails.

Wearing long pants and long-sleeved shirts is also recommended as is keeping grass and shrubs around homes cut short. This will create drier environments that are less suitable for blacklegged tick survival.

Blacklegged ticks can cause Ana-

plasmiasis, Babesiosis in addition to Lyme disease.

Symptoms of the three illnesses include everything from fever, chills, headache, joint aches, body aches, loss of appetite, nausea or fatigue and vomiting.

Symptoms can begin as early as three days after a bite has taken place or be delayed by as much as six weeks.

A total of 11 people have already contracted an illness from black-legged ticks so far this year.

People who think they may have a tick-borne disease should see their doctor. For more information, they may also contact Health Links-Info Santé at 204-788-8200 or (toll-free) 1-888-315-9257.

MANITOBA LIQUOR & LOTTERIES PRESENTS

A CLUB REGENT EVENT CENTRE

YOUTH LEADERSHIP EVENT

BE INSPIRED BY THE BEST



GUEST SPEAKER
ROBERT PARISH
FOUR-TIME NBA CHAMPION,
NAISMITH MEMORIAL BASKETBALL HALL OF FAME

WITH APPEARANCE BY
IMPACT TEAM MEMBER **JANINE STEPHENS**

OCTOBER 10 | 11AM | \$12 INCLUDES HOT DOG,
CHIPS AND DRINK

ALL AGES

club Regent
EVENT CENTRE

Events at Club Regent Event Centre are age restricted unless otherwise stated.
*Prices include taxes and agency fees.
**Subject to change.
Tickets are available at the casinos, charge by phone at 1-855-985-5000
or order online at ticketmaster.ca

The NBA and NBA member team identifications are the intellectual property
of NBA Properties, Inc. © 2015 NBA Properties, Inc. All Rights Reserved.

See a complete listing of our upcoming shows at
CASINOSOFWINNIPEG.COM





**Fabulous Fall Suppers**

Stonewall - New Life Church	Oct. 3	3:30-6:00pm
Grosse Isle - Grosse Isle Community Centre	Oct. 4	3:00-6:30pm
Woodlands - Woodlands Hall	Oct. 12	3:00-6:00pm

With gratitude we honour OUR LOCAL HEROES

We thank all the brave men and women who make our communities a safe place to live. These people often put themselves on the line so that our lives and home may be more secure. They are the first to lend a hand in times of crisis.

This section proudly brought to you by your local business community &

Tribune Stonewall Teulon

Interlake Graphics
For all your printing
and publishing needs

Stonewall EMS Paramedics



Left to right: Stephanie Papagiannopoulos, Kevin Stambrook
Fabio Nizzola, Dirk Slikker
Eight paramedics in total work on shifts out of this station.

Every year, Stonewall and Teulon EMS staff respond to over 1,500 calls. When an accident or a critical health event occurs in this area, Interlake-Eastern RHA paramedics are among the first to arrive and provide care on-site. This care continues in transit to a medical facility if required. Paramedics also accompany patients on transports via ambulance from one medical facility to another. These men and women are trained to step into situations where most of us would be at a loss in terms of how to help. Paramedics take control of medical care, they provide comfort and they work to save lives. They are local, everyday heroes who are a part of our communities.

Teulon EMS Paramedics

(pictured left to right)
Trevor Michalsky and Kevin Kohinsky
Four paramedics in total work on
shifts out of this station.



Stonewall RCMP Detachment

Left to right: Cst. Mark Walker, Cpl. Chris Fearn, S/Sgt. Kelly Glaspey.
One Staff Sergeant, eight Constables and two Detachment Services Assistants



Teulon RCMP Detachment

Pictured: Cst. Ryan Guest
One Corporal, three Constables and one Detachment Services Assistant.

The Royal Canadian Mounted Police



The Royal Canadian Mounted Police (RCMP) is the Canadian national police service that is a national, federal, provincial and municipal policing body. Across the country the RCMP provide a total federal policing service to all Canadians and policing services under contract to the three territories, eight provinces, more than 150 municipalities, more than 600 Aboriginal communities and three international airports.

Stonewall Florist
204-467-2470

Ralph R. Eichler M.L.A. for Lakeside
Constituency Office: 319 Main St., Box 1845, Stonewall, MB R0C 2Z0
Tel: (204) 467-9482 www.ralpheichler.ca
Toll Free 1-800-282-8069 ext. 0541

SOUTHSIDE SERVICE
Stonewall 467-2378

Stonewall Chiropractic Centre
204-467-5523

FAMILY FOODS
From our family to yours
467-5553

CARRINGTON DENTAL Center Stonewall (204) 467-2746

COMMERCIAL COMFORT INC.
461-HEAT (4328)

RED STAR CHINESE CUISINE
467-8221

QUARRY Stonewall Dental Centre
204-467-2177

McSHERRY Auction Service Stonewall (204) 467-1858
Auctioneer - Stuart McSherry

Inview Insurance
Stonewall 467-8927

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

ABAS Auto
204-633-8888

DavDar Industries
Electrical Contractors 467-7763

Sig's Grill
Stonewall 467-9056

FIRE PREVENTION WEEK

OCTOBER 4-10

A Salute to Our Local Volunteer Fire Departments

Since 1922, Fire Prevention Week was recognized to honour the Great Chicago Fire in 1871 that killed more than 250 people, left 10,000 homeless and destroyed more than 17,400 structures and burned more than 2000 acres.

Fire Prevention Week is October 4 - 10, 2015. The theme this year is "Hear the Beep where you Sleep - Every Bedroom Needs a Working Smoke Alarm". This message reinforces the importance of having working smoke alarms, testing them once a month and practicing your fire escape plan.

Some smoke alarm tips:
Install smoke alarms in every sleeping room, outside each sleeping area and on every level of your home.
Test your smoke alarms monthly.
When a smoke alarms sounds, get outside and stay outside.

Replace all smoke alarms in your home every 10 years. To determine the age of your smoke alarm, look at the back where you will find the date of manufacture. Smoke alarms should be replaced 10 years from the date of manufacture.

Immediately replace any smoke alarm that does not respond properly when tested.

Working smoke alarms save lives, cutting the risk of dying in a home fire in half. Smoke alarms should be installed and maintained in every home.

There are two kinds of alarms. Ionization smoke alarms are quicker to warn about flaming fires. Photoelectric alarms are quick to warn about smoldering fires. It is best to use both types of alarms in the home.

Smoke alarms are an important part of a home fire escape plan.

Plan your escape:
Your ability to get out of your house during a fire depends on advance warning from smoke alarms and advance planning.

Smoke Alarm Videos - the National Fire Protection Association (NFPA) has developed several videos to help you, your family and your community learn about the importance of installing and maintaining working smoke alarms in your home. Visit NFPA's website at <http://www.nfpa.org/safety-information/for-consumers/fire-and-safety-equipment/smoke-alarms/smoke-alarm-videos>

Files from Manitoba Office of the Fire Commissioner <http://firecomm.gov.mb.ca/home.html>



Stony Mountain Rockwood

Wallace Drysdale (Chief), Marcel McIvor (Deputy), Cam Stewart (Captain), Gerrit Eising, David Genge, Richard Stolar, Jim Chrisp, CJ Butcher, Rob Broadfoot, Aaron Kletke.
Missing: Greg Campbell (Deputy), Harry Somers (Captain), Chris Pilcher, Jason Hiraoka, Kevin Knapp, Paul Rogers, Chris Houlden, Tim Wytinck, Dean Crompton, Kristina Colatruglio, Keith Roy, Rick Gulay.

OPEN HOUSE & BBQ

Sunday October 4th at the Stony Mountain Fire Hall 12pm-3pm Free Hot Dogs & Drinks

Come out & see our Equipment Demonstrations and meet your local firefighters

Annual Equipment Fundraiser Fireman's Ball, November 7th. Tickets available from Pick N Pay or your firefighters.

UNRAU REALTY 204-467-8295
The Sign of Experience

The Kiln DRIVE-IN Phone 204-467-9125

BRAKE FAMILY Auto Sales & Service 204-467-9156

EVERY BEDROOM NEEDS A WORKING SMOKE ALARM.
Hear the **BEEP** where you **SLEEP**
NFPA Sparky's trademark of NFPA

FREE BBQ & Open House

At the Stonewall Fire Hall • Saturday October 3rd • 11am-3pm
Hot Dogs, Hamburgers, Smokies, Coffee & Pop
Engine 20 & Rescue 23 on display
Vehicle Extrication Demonstrations at 1130am & 130pm
Come out & say hello to your firefighters and Sparky!



Stonewall Rockwood

Marcel Labelle, Ryan Frost, Jason Sugimoto, Ron Maryniuk, Scott James, Brendan Potter, Matt Wahoski, Ryan Fotty, Peter Bullivant, Todd Kozokowsky, Derek Becker, Jason Holmes, Kevin Boughton, Brian Baryluk, Darrell Humeniuk. Missing from photo, Don Baryluk, Brent Anderson, Drew Assels, Colin Ballantyne, Tim Cameron, Andrew English, Kent Fingas, Rob MacLean, Curtis McClintock, Guy Prud'homme, Brad Ritchie, Ryan Ritchie, Doug Steinke, and Darcy Unger.
TRIBUNE PHOTO BY LANA MEIER

Do you know how to use your portable fire extinguisher?

In case of fire, you should always evacuate your home as quickly as possible. However, in some situations a portable fire extinguisher can be very useful if it's used properly. Do you know how to use yours?

The first thing to remember is that a portable fire extinguisher should only be used on a small fire or incipient fire - one in the initial stages - and only if the room isn't filled with smoke. After all, it takes just three minutes to be asphyxiated. If you're

sure you aren't in any danger, follow these steps to use your extinguisher:

1. Remove the extinguisher from its mounting and heft it in your hands to make sure it's full. Check that the needle is in the green zone of the pressure gauge.
2. Position yourself between the fire and an exit (or with your back to the wind if the fire is outside), and approach to within two or three metres of the fire.
3. Remove the safety pin by turning it and breaking the seal, as necessary.
4. Take hold of the nozzle and aim it at the base of the flames, pressing the lever down as far as it will go. Sweep the nozzle from

side to side, always at the base of the flames, being sure to cover the entire width of the fire.

5. Stop only when the flames are extinguished or the fire extinguisher is empty. If the fire doesn't go out or if the room is filling with smoke, evacuate the premises immediately. Call 911 and wait for the firefighters to arrive. If the fire seems to have gone out, call the fire department anyway; the fire could have spread into the walls.

After the fire, be sure to replace your fire extinguisher or have it filled, even if it isn't empty. Place it near an exit where it is visible and easy to get to.



Stony Mountain Pharmacy
204-344-0286

Stonewall Veterinary Clinic
204-467-2481

Stonewall Tire 467-5595
GOODYEAR

Stonewall Pharmacy Ltd. 467-8385

PURE ELECTRIC 204-791-8073

OKE DOKES DRIVING RANGE
204-467-2361

RM OF ROCKWOOD
204-467-2272

Sun Life Financial Barb Kaminski
Life's brighter under the sun 204-989-8078

Quarry FURNISHINGS "ROCK SOLID SAVINGS"
204-467-7283

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

MacKenzie FUNERAL HOME
204-467-2525

ADMIRAAL AUTO SERVICE
204-467-7512

Stonewall Home Hardware 204-467-5589

Stonewall Teulon Tribune
467-5836

TOWN OF STONEWALL
467-7979

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

THE Marketplace 467-8469 at Stonewall

QUARRY VIEW Esso
204-467-9454

Quarry PETS 204-467-5924
Supplies & More

FIRE PREVENTION WEEK

OCTOBER 4-10

Stonewall Teulon
Tribune
467-5836

Daphne
Shepherd
204-886-2000

RE/MAX
Encore Realty

Ralph R. Eichler MLA for Lakeside
Constituency Office: 319 Main St., Box 1845, Stonewall, MB R0C 2Z0
Tel: (204) 467-9482 www.ralpheichler.ca
Toll Free 1-800-282-8069 ext. 0541

Hwy 17 Service **Tempo**
278-3351

Rosie's Cafe
278-3358

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

T M Teulon Tractor & Motor
AG & AUTO PARTS
886-2084

Sole Purpose Reflexology
& Hair Salon
886-3910

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

Town of Teulon
a great place to come home to
886-2314 www.teulon.ca

MacKenzie
FUNERAL HOME
204-467-2525

ROCKWOOD LUMBER
886-3111

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

 **RM OF ROCKWOOD**
204-467-2272

A Salute to Our Local Volunteer Fire Departments



Back row, Left to Right : Rey Girardin, Tyler Wilton, Lyle Crowe, Dan Hutchinson, Kyle Kearney, Curtis Good, Robin Chestnut, Cory Moeller, Kelly Klein, Sean McGill, Glenn Carroll,
Front row, Left to Right : Gord Chubey, Captain Taras Derbowka, Deputy Chief Ryan Trombo, Captain Scott Skinner, Deputy Chief Perry McMahon, Chief Chris Dawson
Missing : Glenn Marmonier, Robin Halabicki, Nolan Kroecker, Kurt Drohomereski, Reid Campbell

BBQ & OPEN HOUSE

At the Teulon Fire Hall Sunday October 4th 11am-2pm

Come out for a BBQ Hot Dog & Firefighter Fries

MPI Text and Drive Simulator • Free Truck Rides & Tours

Public Education & Information



We Salute
RM of St. Laurent
&
RM of Armstrong
Volunteer Fire Departments

 **St. Laurent** 204-646-2259

Rosie's Cafe
278-3358

Hwy 17 Service **Tempo**
278-3351

get inspired

> MEAL IDEAS

FAMILY FOODS

From our family to yours

Phone 467-5553

Choco-Mint Crownies



Ingredients

1 1/4 cups flour
1/2 teaspoon baking soda
1/4 teaspoon salt
1/2 cup (1 stick) butter, softened
1/2 cup granulated sugar
1/2 cup firmly packed light brown sugar
1 egg
3 teaspoons McCormick® Pure Vanilla Extract, divided
1 package (12 ounces) miniature chocolate chips (2 cups)
1 package (family-size) fudge brownie mix
1/2 teaspoon McCormick® Pure Peppermint Extract

Preparation

Mix flour, baking soda and salt in medium bowl. Set aside. Beat butter and sugars in large bowl with electric mixer on medium speed until light and fluffy. Add egg and 2 teaspoons of the vanilla; mix well. Gradually beat in flour mixture on low speed until well mixed. Stir in chocolate chips. Set aside.

Prepare brownie mix as directed on package, adding remaining 1 teaspoon vanilla and peppermint extract.

Pour brownie batter into greased a 13x9 pan. Bake in preheated 350°F oven 15 minutes.

Drop cookie dough by the tablespoonful on brownie, covering the top evenly. (Batter will spread during baking.) Bake additional 20 to 25 minutes or until cookie top is golden brown. Cool completely in pan on wire rack.

Preparation Time 20 minutes

Cook Time 20 minutes



Butternut Squash & Linguine

Ingredients

1/2 box Dreamfields Linguine
2 teaspoons olive oil
1 tablespoon minced garlic
4 cups butternut squash pieces (about 1-inch pieces)
1/2 cup dry white wine or reduced-sodium, fat free chicken broth
1/4 teaspoon salt
1/4 cup chopped fresh sage or 4 teaspoons dried sage
1/4 cup crumbled goat cheese, blue cheese or shredded Parmesan cheese
Crumbled cooked prosciutto or bacon, optional
Additional cheese, optional
Toasted chopped walnuts, optional

Preparation

Cook pasta according to package directions. Drain and return to pan; cover and keep warm.

Meanwhile, heat olive oil in large nonstick skillet over medium heat until hot. Add garlic; cook and stir until fragrant, about 1 minute. Stir in squash, wine and salt. Simmer 12 to 15 minutes just until squash is tender, stirring occasionally. Stir in sage.

Toss squash with pasta and cheese. Sprinkle with prosciutto, additional cheese and walnuts, if desired.

Preparation Time 20 minutes

Cook Time 22 minutes



Roasted Tomatoes



4 medium ripe tomatoes, cut in half
2 tbsp (25 ml) canola oil
1/4 cup (50 ml) finely chopped red onion

The Skill: Giving Recipes a Healthy Makeover



Whenever possible, opt for ingredients that are close to nature (such as fruits, vegetables, and whole grains) instead of using more processed items. Anything packaged should be low in fat, salt, and added sugars. Including fruits, vegetables, and whole grains will also help you pump up the volume of your food, helping you feel fuller and more satisfied from a smaller amount. You can also upgrade the nutritional value of meals you prepare by using skim milk instead of whole milk in your cooking and replacing some (or all) of the all-purpose flour with whole wheat flour, oatmeal, or wheat germ when making breads, muffins, or other baked goods.

Making healthy ingredient substitutions allows you to maintain the familiar taste and appearance of your favorite dishes while boosting their nutritional value and health benefits. Opting for the more nutritious choice can have a variety of trickle-down benefits for your health and waistline. For example, a study from Navarra, Spain, found that when people were assigned to follow a Mediterranean diet that was rich in virgin olive oil for three years, they achieved significantly higher levels of antioxidants in their blood, which was associated with reductions in body weight during that time.

Meanwhile, culinary herbs and

spices can give our health a boost as well as infusing our meals with extra flavor. For example, cinnamon may lower blood sugar as well as artery-clogging LDL cholesterol and total cholesterol. Rosemary has strong antioxidant properties and anti-inflammatory effects, both of which can help protect against heart disease and cancer. (Ground cloves, oregano, ginger, allspice, and cinnamon also have been found to have high levels of antioxidant activity.) Thyme, rosemary, and sage can inhibit the growth of human colon cancer cells, according to laboratory research from the University of Georgia. And turmeric (used in Indian curries and stews) has been found to have strong anti-inflammatory properties and appears to inhibit the growth of cancer cells. Moreover, in a recent study from China, curcumin (the major component of turmeric) was found to increase the level of apoptosis (cellular suicide or self-destruction) in triple-negative breast cancer cells in a laboratory setting, thereby inhibiting the cancer cells' growth. (It has been found to have similar effects on lung cancer, prostate cancer, colorectal cancer, and oral cancer cells.)

Disease-Proof: "The Remarkable Truth About What Makes Us Well"
by David L. Katz, MD, MPH, FACPM, FACP

Brenda Stafford - Juice Plus

- Team Pursuit

Find us on FACEBOOK

1 clove garlic, minced
1/2 tsp (2 ml) black pepper
1/3 cup (75 ml) fresh bread crumbs
1 tbsp (15 ml) chopped fresh flat leaf parsley
1 tbsp (15 ml) chopped fresh basil
1 tbsp (15 ml) chopped fresh oregano

Directions:

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

canola oil.

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

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

Learn how to create a safe haven.

We help you radically reduce chemicals in your home

Norwex®

Ask me how

Stephanie 204-896-3980

Independent Sales Consultant

cleanwithwater15@gmail.com

Juice PLUS+
WHOLE FOOD NUTRITION
17 fruits, vegetables, grains and 9 berries in capsule form

Brenda Stafford
bstaffordjuiceplus@mts.net

Sandy Lefley
sleffley@highspeedcrow.ca

Shelley Schaeffer
curveappeal@shaw.ca

Jocelyn Derksen
jjderksen@me.com

www.canada.juiceplus.com



Live life to its fullest with



USANA
INDEPENDENT ASSOCIATES

Nutritional Supplements

Energy & Weight Loss

Skin Care Nutrition for Skin

Al Sanche - 461-1223

Madge Meakin - 467-9806

Bill & Shelley Kelly - 467-5372

Bruce & Bambi Rutherford - 467-2102

ISAGENIX®
Weightloss • Energy & Performance • Healthy Aging

Allana Sawatzky
isaallana@hotmail.com

Janice Karaim
jkaraim@mymts.net

Rose Sawatzky
isa.rose1957@gmail.com

www.isaproduct.com



October is Car Care

Canadian winters are notoriously harsh and throw all kinds of weather our way, sometimes making driving a harrowing adventure, so it's important to be prepared.

Here are some tips to ensure that you and your car to make it through the season unscathed.

Switch to a winter weight oil. Viscosity varies with temperature, so your car may benefit from a different weight of engine oil in the winter. A lighter weight engine oil will improve engine start-up and provide better lubrication during the colder months.

Check your tire pressure. Be sure to check the pressure of your tires (including your spare tire) at least once per month this winter – every 5°C change in temperature results in about a 7_kPa (1 psi) change in tire pressure. Properly inflated tires last longer, make your vehicle safer to drive and can improve your fuel efficiency by 3.3 per cent.

Keep your gas tank at least half full. Maintaining at least a half tank of gas will limit condensation in your gas tank and prevent your gas line from freezing

ing during the colder months. Adding a little gas-line anti-freeze every second fill-up can also help to prevent freezing.

Check and/or replace your battery. Very cold temperatures will reduce your car's battery power, so it's important to keep the connections clean, tight and corrosion-free. If your battery is more than five years old, you should also consider replacing it with one that is rated as high as the one specified in your owner's manual.

Use the right coolant. As strange as it sounds, your cooling system is one of the most important things to watch during the winter. In most parts of Canada, a 50/50 mix of coolant and water keeps the coolant from freezing, lubricates the water pump and protects the cooling system from corrosion. In very cold areas you may need to change the concentration, but your coolant concentration should never exceed 70 per cent.

Check your brakes. When you need to stop on slick and icy roads, every second counts. Check your brakes for wear and tear and buy yourself some time to stop by replacing worn brake pads.

Let us keep you on the road



FULL SERVICE REPAIR STATION
We are a MPI Accredited Facility for the Winter Tire Program
Call us for all of your Automotive repair needs
Highway 17 Service
Hwy 17, Inwood
204-278-3351

INTERLAKE TOWING



24 HOUR SERVICE

  **Manitoba Public Insurance**

- ★ Roadside Assistance
- ★ Compound Storage
- ★ Boosting ★ Tire Changes
- ★ Lockout Service

Don Lochrie SOLE PROPRIETOR
(204) 278-3444

GET YOUR CAR MAINTAINED AND YOU COULD WIN!

SERVICE winter PACKAGE UNTIL FEBRUARY 28th, 2016
\$79⁹⁵

OIL, LUBE AND FILTER • ROTATE TIRES
TEST STARTING AND CHARGING SYSTEM
COMPREHENSIVE MULTI-POINT VISUAL INSPECTION

* Most vehicles. Service Package includes a new oil filter and up to 5 litres of conventional 5W-30, 5W-40 or 10W-30 motor oil. Diesels, 1/2 ton and up extra. Environmental fees, taxes and shop supplies extra as required. See back for more details.

Call for your appointment and more details now!

WE KEEP YOUR CAR YOUNG

Book Now

Brake Family Auto Sales & Service Ltd.
214-2nd Ave N Hwy 67
Stonewall, MB R0C 2Z0
204-467-9156

*Enter in store. No purchase necessary. At participating centres only. Item may not be exactly as shown. Contest closes February 28th, 2016. Odds of winning depend on number of eligible entries received. See in store for complete contest rules and regulations.

We are fully authorized to perform warranty-approved maintenance on new vehicles.

Ask Stonewall Tire & Auto Repair

about **Low-Interest Financing**

on your **Winter Tires**

we will help you **Get a GRIP**

Reduce your risk on the road by purchasing winter tires with **Low-Interest Financing**



Stonewall Tire & Auto Repair 377 1st St. E. Stonewall, MB
204-467-5595

www.stonewalltireandautorepair.com

 Travel and More

month

Test your exhaust system for leaks. Leaks can be especially dangerous during cold weather driving when windows are closed. Be sure to check your exhaust system at least once per year to stay safe.

Check your lights. Over time, your lights may dim or burn out completely and the plastic in your light covers will degrade and cloud, leading to distorted and dimmed illumination. Be sure to replace both your bulbs and light covers to maintain high quality lighting. Waxing your headlight covers can also help prevent the build-up of ice and snow on your lights during the cold and dark winter months.

Avoid using cruise control. You should never use your cruise control on wet, snowy or icy roads. If you hydroplane or skid, your tires will rapidly spin as your car accelerates to maintain its speed, and you are more likely to lose control.

Pack an emergency kit. Never leave home without a safety kit in the winter. Make sure that you have a shovel, a snow/ice brush, jumper cables or a battery pack, extra windshield washer fluid, and warm clothes or a blanket in your trunk in case you get stranded. See our Emergency Preparedness page for a more detailed list.

Winter driving is no funny business, so be sure to slow down, be patient, and remember that there is no shame in being overly cautious. If you feel uncomfortable continuing to drive in poor weather conditions, pull over and wait it out or just stay home.

Files from Car Care Canada
www.becarcareaware.ca



LA INTEGRITY AUTO INC.
Our Name Says it All!

ASE Certified Master Auto Techs
Licensed Automotive Technicians
Licensed Diesel Technician
Domestic - Import - Gas - Diesel

"Fix it right, the first time, and on time!"



Teulon, MB
886-2365



TD Tree Day celebrated in Stonewall



TRIBUNE PHOTO BY NATASHA TERSIGNI

Jessica Shelest (left) and Melody Debreuil were just two of 21 Girl Guides from Stonewall who spent Sunday morning planting trees for the TD Tree Day project. Together the guides, community volunteers and TD Stonewall branch employees planted 300 trees in the Stonewall Community Garden that in a few years will be transplanted to community places in Stonewall and Teulon.

"TD has a large nationwide campaign that we started and we are actually planting 150,000 trees across Canada. Stonewall was the benefactor of 300 this year, which is great. We are doing it to continue to be the 'Green Bank' and help the environment," said Stonewall TD branch manager Tina Giampaolo, who added that this is the second year that the tree-planting initiative has come to Stonewall.

**For All Your
Automotive Repairs
& Maintenance**

**SOUTHSIDE
SERVICE**

*In business at this
location since 1974!*

Shawn Corbin

**462 Main Street
Stonewall, MB**

PH. 204-467-2378

southsideservice@mymts.net

ADMIRAAL AUTO

Winterize Your Car

\$74⁹⁵
+ Taxes and shop supplies (on most makes & models)

Enter to WIN our FREE DRAW

Oil and Filter Change
Includes 29 Point Inspection
Check all fluids and lights, test antifreeze, test heating system, belts, hoses and block heater, battery and alternator. Inspect front end, brakes and exhaust. Rotate tires.
Warranty Approved Oil Changes.
Call for appointment & details.

Don't forget about WINTER TIRES We sell them!

ADMIRAAL AUTO SERVICE **467-7512**
11 Agassiz Ave Stonewall

We specialize in celebrating life

MacKenzie FUNERAL HOME

mackhome@mymts.net
204-467-2525

South Interlake Seniors Resource - Stonewall

SUPPORT SERVICES FOR SENIORS

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

Check out our website! - www.sisrc.ca

TRANSPORTATION PROGRAM

If you require assistance with transportation, arrangements can be made for a volunteer driver to pick you up and take you



to your destination. Volunteers donate their time and are reimbursed for gas by the client. This service is extended to provide people going for cancer treatments to their treatment centre.

Please call our office if you are interested in any of the services we provide or **if you are interested in becoming a Volunteer Driver.**

CAREGIVER SUPPORT GROUP

A support group provides an excellent source of resource and practical information as well as an opportunity to meet with others facing similar challenges. Monthly meetings are held in Lions Manor, Stonewall.

For more information, please call our office.

DID YOU KNOW THAT OCTOBER IS SENIORS' AND ELDERS' MONTH?

For more than twenty years, our government has proclaimed a **Seniors' and Elders' Month** in Manitoba. During the month of October, the province recognizes the contributions and concerns of older Manitobans; promotes their health and well-being and celebrates Age-Friendly initiatives. On **Friday, October 2nd** The Winnipeg Convention Centre at 375 York Avenue is holding an event from 10:00 a.m. to 2:00 p.m. on the main floor. Don't miss this opportunity to connect and celebrate. There will be intergenerational and multicultural entertainment, information booths and interactive activities. Admission is free.

"POTLUCK PLEASURE AND FELLOWSHIP"

BRING A DISH, COFFEE AND TEA PROVIDED

Tuesday, October 20th, 2015 @ 5:00

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

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

For more information call 204-467-2719

October Calendar of Events!

SOUTH INTERLAKE 55 PLUS, 5 KEITH COSENS DRIVE

Clip & Save

Oct 1	Art Group	Oct 21	Flu Clinic starting @ 12:30 (no afternoon/evening programs)
Oct 2	Alzheimer's Coffee Break and Bake Sale @ 1:00 pm - 3:00 pm	Oct 24	55 Plus Fundraising Bluegrass Concert @ 7:00pm
Oct 6	Luncheon @ 12:00 - Changed Date	Oct 26	Whist Tournament @ 1:00
Oct 8	Shopping Trip	Nov 3	Accumulative Cribbage Tournament Begins @ 7:00 pm
Oct 15	Casino Trip - McPhillips Street Station	Nov 6	Presentation: Inuit & Hudson Bay @ 1:30 pm
Oct 19	Gimli Bus Trip		
Oct 21	One Stroke Painting @ 12:00		

55 PLUS BLUEGRASS CONCERT FEATURING:

CSI SATURDAY, OCTOBER 24TH • 7:00PM

Lions Community Centre • 5 Keith Cosens Drive • Stonewall
Tickets Available @ 55 Plus Office And Korner Kutz
To Reserve Tickets Call: 204-467-2582



OCTOBER LUNCHEON

OCTOBER 6 • 12:00 NOON

Hot Meal: Pork Roast, Mashed Potatoes, Veggies Dessert

\$8.00

EVERYONE WELCOME!

No tickets or reservations required!



COMPUTER CLASSES

Email & Internet

Tues., Oct 13 & Thurs., Oct 15

Tablets & iPads

Tues., Oct 20, Wed., Oct 21

& Thurs, Oct 22

Windows 10

Wed., Oct 28 & Thurs., Oct 29

Advance Registration Required!

Classes Held at

Lions Community

Centre 5 Keith

Cosens Drive,

Stonewall

9:30 - 11:30 am

STEPPIN' OUT

Tuesdays @ 10:00am 55 Plus Centre

Try our new outdoor walking program! This self-lead program is a great way to get out and enjoy some company, while also getting daily exercise.



For more info. call the 55Plus @ 204-467-2582



BUS TRIPS:

CASINO TRIP - MCPHILLIPS STREET STATION

THURS., OCT. 15 • GIMLI TRIP MON., OCT. 19

FALL SUPPER - EAST ST. PAUL SAT., NOV. 7

ROYAL WINNIPEG BALLET - NUTCRACKER

SUN., DEC. 27

EARLY DEADLINE FOR SOME TRIPS! FOR DETAILS & TO REGISTER CALL THE 55 PLUS: 204-467-2582

ALZHEIMER'S COFFEE BREAK & BAKE SALE

Friday, October 2nd

LIONS COMMUNITY CENTRE,

5 KEITH COSENS DRIVE, STONEWALL

1:00 PM - PRESENTATION: MINDS IN MOTION

2:00 PM - BAKE SALE & COFFEE BREAK

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



ACTIVE WELLNESS CLUB

CLASSES INCLUDE: ZUMBA, FUNFIT, YOGA & PILATES, DANCEFIT, GENTLE YOGA, DANCEFIT GOLD

Sept 14 - Oct 23

Oct 26-29: Make Up Week Call Centre for Schedule

NEXT SESSION STARTS:

Nov. 2 - Dec 11

For more info. & to register call 204-467-2582



THURSDAY EVENINGS 7:00PM • CENTENNIAL SCHOOL

EQUIPMENT AVAILABLE FOR USE • PADDLES FOR SALE

This is an "Age-Friendly" activity and will be

hands-on. No previous experience necessary.

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

INUIT & THE HUDSON BAY COMPANY

PRESENTATION BY MURRAY GILLESPIE

SILVER COLLECTION • REFRESHMENTS

FRI., NOV. 6 • 1:30 PM

Lions Community

Centre, 5 Keith Cosens

Drive, Stonewall

EVERYONE WELCOME!



ACCUMULATIVE CRIBBAGE TOURNAMENT 4 WEEKS - WEEKLY PRIZES TO BE WON!

• Prizes • 50/50 Draw Each Evening

TUESDAY EVENINGS: NOV 3RD - 24TH

7:00PM - 9:00PM LIONS COMMUNITY CENTRE

PRE-REGISTRATION REQUIRED: CALL THE

55-PLUS TO REGISTER @ 204-467-2582

REGISTRATION DEADLINE: OCTOBER 30TH

For more information call 204-467-2582



Teulon & District Seniors Resource Council Inc.

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

**Don't Forget.....Visit the Health Fair at the Teulon Hall,
Thursday October 22nd 10am-4pm**

**Find us at 54 Main St,
Teulon 204-886-2570**

Lagoon expansion proposed for RM of Woodlands

By Natasha Tersigni

A plan for a lagoon expansion in the Hamlet of Woodlands, which has been in the works since 2012, is finally coming to fruition. Now that the environment licence and negotiations with the province over cost-sharing are complete, the RM is hosting a public hearing to discuss the project, which includes building a new primary cell and turning the two existing cells into storage cells. The public hearing will be at 7 p.m. on Oct. 8 at the Woodlands Recreation Centre.

The expansion comes with a price tag of \$1.8 million; Manitoba Water Services Board will be paying \$900,000 and the RM of Woodlands is responsible for the other half. To cover the costs, the RM is planning on evoking a capital levy of 1.24 mills on municipal property tax bills, not including farmland and property in or near Warren. It is estimated that the RM will take 10 years to pay off the loan needed for the project. Based on costs today, a \$150,000 home would see an increase of \$84.02 on its annual bill for 10 years.

"Warren and the surrounding area are excluded because they already have their own lagoon service. It is a capital expenditure, not an operation-

al expenditure. That is one of the reasons why we are including the whole RM. We need a place for waste for the entire RM," said RM of Woodlands CAO Adam Turner, who added that currently septic haulers have to travel outside the RM to dump their loads.

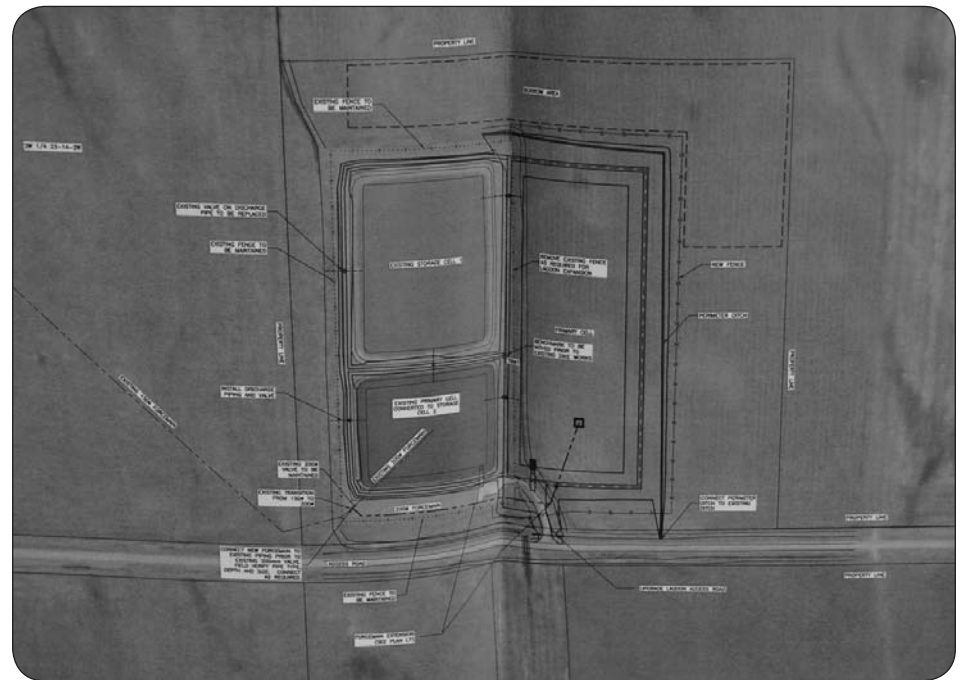
"The lagoon is at capacity right now. For the last couple of years, there has been no outside waste coming to the lagoon. It all had to go to Warren or outside the RM. With this expansion, it will allow the lagoon to be open again."

While the capital levy will mean an increase for ratepayers, the lagoon is at maximum capacity. If an expansion is not added, it will affect growth in the RM.

"This is a project that started in 2012 and has been on the books for quite a while. We are looking forward to see it coming through. The lagoon is at capacity and it is going to have an effect on growth. We will have to stop allowing sub-divisions to be built if the lagoon is not expanded," said Turner.

Using growth projections, it is estimated that the lagoon expansion will be adequate for 20 years.

While there is currently a petition started by RM residents who are



TRIBUNE GRAPHIC SUBMITTED

With their current lagoon at capacity, the RM of Woodlands is looking to expand and construct a new cell at a cost of \$1.8 million.

against the increase in property taxes that will be required for the lagoon project, Turner added that the public hearing is a place for residents to state objections, ask questions and clarify information surrounding the project.

"There are some changes that can

be looked at. If there is enough of an objection to (the lagoon), then the project is looked at in more detail and could go to the Municipal Board. If it is rejected (by the Municipal Board), you cannot do a similar project for two years," said Turner.

WCI students witness the impact of impaired driving

By Jennifer McFee

The seriousness of impaired driving hit home for local students who witnessed the impacts of a staged car crash last week.

On Thursday, Sept. 24, Grade 11 students from Warren Collegiate Institute were among those invited to a mock car crash staged each September at Chapel Lawn Funeral Home.

This year, emergency personnel worked together with the Manitoba Brain Injury Association to set up a scene in which a carload of teens drove home drunk from a party. The scene looked realistic, with damaged vehicles donated by Manitoba Public Insurance. Actors portrayed a victim who died and was put in a body bag, as well as another who was rescued with the jaws of life and flown away by the STARS air ambulance.

After that, students witnessed a mock funeral in the chapel, complete with photos and music.

Mark Lawson, a guidance counselor at Warren Collegiate Institute, said the event had an impact on the students.

"It was really impactful. Some were really engaged with that mock car crash that they saw," Lawson said.

"Others were engaged by hearing some of the paramedics and the cops stories about real-life things that they've seen during their jobs."

One of those speakers was RCMP Sgt. Larry Dalman, who spoke about a fatal crash he attended on Highway 1 west of the Perimeter about eight years ago. A husband and wife burned to death in their vehicle after being hit by an impaired driver, while their six-year-old daughter had to be rescued from the back seat.

"The majority of the public drive by and see crashes and, depending how serious they are, they have no idea what goes on inside the vehicle," said Dalman, a Stonewall resident who looks after the Selkirk traffic services unit.

"Then the officers who arrive on scene have to deal with the carnage and the aftermath and continue doing their job."

In many circumstances, including that one, the drivers are not only impaired but they are also engaging in other dangerous behaviours such as speeding or talking on a cell phone.

"One of the things we try to bring out to the students and everybody else when we do these presentations



TRIBUNE PHOTO SUBMITTED

High school students learned about the dangers of impaired driving through a mock car crash last week.

is that when you operate a motor vehicle, it's also considered a weapon," Dalman said.

"In sports like hockey, they advise you to keep your head up so you don't get hit because even with full gear on, hockey players can be injured. Out on the highway when we take our eyes off the road — when we're having conversations with family or friends, when we're trying to text or use the cell phone — we're concentrating on things while we're driving. It only takes a second and it can have devas-

tating consequences."

Based on feedback from students, they take the event seriously, Dalman added.

"That is one of the reasons why we do it. Education is the key to this and we're trying to prevent future tragedies from occurring," he said.

"The hardest part for most of the traffic officers is doing next-of-kin. It doesn't matter who you are. If I show up at your door at three o'clock in the morning and your children aren't home, you have a dread."

Legion continues to support veterans and community

Branch #52 celebrated national Legion Week

By Natasha Tersigni

As Royal Canadian Legions across Canada struggle to maintain membership and keep up with mounting costs, Stonewall's Royal Canadian Legion Branch #52 has thrived. Thanks to a strong contingent of members and volunteers matched with innovative events and programs to attract and maintain members of all ages, whether they have military ties or not, Branch #52 has been able to withstand the decline that legions in Manitoba and across the country have faced.

Last week Branch #52 celebrated Legion Week with a Member's Night Dance on Sept. 19 and a Legion Tea on Sept. 24. The national initiative is aimed at emphasizing the important role that legions have and still play in supporting veterans.

Legions across Canada began being formed in 1926 following the unity of First World War veterans' organizations. The purpose was to provide a support system to veterans, whether military or RCMP, and their families. Since Stonewall's legion formed in 1927, it has been doing just that.

Stonewall Legion's No. 1 priority still remains to support those who have or are still serving their country, including through donations to the Military

Family Resource Centre in Winnipeg and other organizations that support soldiers and veterans. Through fundraising initiatives, the legion also helps to support various non-profit community organizations. This past spring, thanks to the legion's Chase the Queen fundraiser, close to \$80,000 from the legion was donated to various community groups.

During last week's tea, legion members told the *Tribune* about the important role that the legion has played in their lives and in supporting the larger community.

"I wanted to connect back to my military roots. I like what the legion does," said Rev. Leonard Oracheski, who served as a combat officer in the Navy for 24 years. He has been a member of Branch #52 for the past six years.

"We raise funds and put them back in the community, over \$60,000 a year. We have recently supported the Stonewall-Rockwood Fire Department with their purchase of the Jaws of Life and we continually support the local cadet movement. There are a lot of community services the legion helps keep going,"

"We pool money from our fundraising efforts and distribute them



TRIBUNE PHOTO BY NATASHA TERSIGNI

Last week members and guests of Stonewall's Royal Canadian Legion Branch #52 celebrated Legion Week with an afternoon tea on Sept. 24. Back row from left: Rev. Leonard Oracheski, Ron Cercoe, Howard Hilstrom and Keith Morrison. Front row: Drew Lambert and Alan Sheldon.

throughout the community. That is one of our big functions," added legion vice-president Howard Hilstrom.

For the next few months, legion members will focus their attention on upcoming Remembrance Day activi-

ties including local poppy sales, the legion's Remembrance dinner and dance and the annual community Remembrance Day ceremony held every Nov. 11 in the legion hall.

Culture Days comes to Teulon

Teulon Library and Teulon Museum pair up to create a historical display

By Jennifer McFee

In a celebration of arts and culture, Teulon got in on the action as one of 900 Canadian communities to participate in the sixth annual Culture Days.

Founded in 2009, the non-profit Culture Days is dedicated to providing Canadians with the chance to participate in arts and culture.

Last weekend, Teulon Library partnered with Teulon Museum to create a Settler's Tea Party display, providing a peek into the past as you walk through the library's doors.

Guests glimpsed an antique teacart topped with a Yellow Tea Rose tea set,

as well as a table set with dinnerware and a hand-crocheted tablecloth.

Overseeing the exhibit is a manikin dressed in a homesteader-style calico dress alongside a well-loved green high chair.

On a nearby side table, history came to life through antique photos in a family album and a basket of wool ready for knitting.

Although Culture Days officially ran from Sept. 25 to 27, the library will continue to showcase its historical display until the following weekend.

Meanwhile at the South Interlake Regional Library, Culture Days visi-



TRIBUNE PHOTO SUBMITTED

Drop by Teulon Library until Oct. 3 to view the Settler's Tea Party display.

tors had the chance to meet nature photographer Robyn Brown and view the photography exhibit *Out in the Open: The Beauty of the Interlake*.

Other local Culture Days activities included bird banding at Oak Hammock Marsh and Pumpkinfest in Teulon.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Stonewall makes history, winning back-to-back city championships



TRIBUNE PHOTOS BY LANA MEIER

Stonewall claimed the U14B boys' soccer city championship two years in a row, after a thrilling 2-1 overtime victory over South Winnipeg at the John Blumberg Complex last Saturday evening.

The game-winning goal in overtime was scored by Asa France (pictured top left), who fought off a swarm of defenders in front of the South Winnipeg net and popped the ball over the scrambling goalkeeper.

The ball had been crossed into play by Noah Bracken.

Stonewall's first goal was scored by Nic Vandenbossche (pictured bottom left), who took a pass from Aiden Erickson down the field and drilled the ball to the back of the net.

The championship victory was a great way to end the season for Stonewall, which finished its regular season with an 11-2-1 record.

Pictured above (left-right) back row: Santo Ciulla (coach), Joshua Bracken, Alex Renner, Sacha Wiebe (assistant coach), Danté Lourenco, Aiden Erickson, Gio Ciulla, Ethan Good, Chris Wiebe, Tanner Tavares, Nic Vandenbossche, Garry Vandenbossche (assistant coach) front row: Asa France, Dawson Samms, Michael Lychak, Matthew Lychak, Billy Lyner, Noah Bracken and goalie Lukas Funk. Missing from photo Logan Bakos and Todd Holmes.

Thunder has mixed results on the gridiron

By Brian Bowman

The Interlake Thunder football teams had mixed results on the gridiron last Saturday.

The Interlake Bantams doubled the Transcona Nationals 44-22 while the Atoms outscored the Fort Garry Lions 50-46.

Lucas Kmet scored the game-winning touchdown in the Atom game with just 21 seconds remaining in the fourth quarter.

In Midget action, the Thunder were defeated 51-0 by the Mustangs in St. Vital Saturday evening.

Dylan Condie led St. Vital with 127 yards rushing and three touchdowns. Mustangs' quarterback Josh Jamieson also had a rushing touchdown while Jude Tanghe hauled in a TD reception.

Chad Ladan had a fumble recovery for a major.

With the loss, the Thunder have now lost five games in a row and are 1-5 on the season. And things don't get much easier for the Interlake as the Thunder will visit the first-place Nationals (6-0) this Friday evening in Winnipeg. Kickoff is 8 p.m.

The other Thunder teams will be back in action on Saturday in Stonewall. The Bantams will play St. Vital at 9 a.m., followed by the PeeWees against the St. James Rods (11:30 a.m.), the Atoms versus Charleswood (2 p.m.) and the Crunchers versus Fort Garry (4:30 p.m.).



EXPRESS PHOTO BY LANA MEIER

The Thunder's Connor Henry (16) of Warren brings down a National player during Interlake's 44-22 win last Saturday.

Locals feeling BMX bug

By Brian Bowman

The idea hasn't even left the starting blocks yet, but Al Sullivan is hoping to see a BMX racing track built here in Stonewall soon.

Over the past couple of months, local youth have been travelling to Grand Forks, N.D. to compete in BMC racing, one of the newest Olympic sports.

The idea, however, is to build a local track to have better access to training, the option to host their own events, and save the six hours travel time that

they currently experience.

"That's what we're moving towards now," said Sullivan Monday morning. "I've been in communication with Sport Manitoba and Manitoba Cycling and they suggested that the kids write letters to Cycle Manitoba to sort of gain some interest and share their experiences."

"That's the first step that we're going to work on this week."

Sullivan said another step is look for a chunk of land in the area and scout out some potential locations. He said his group would be looking for some financial help from the Town of Stonewall.

"We haven't made it to the point of (asking) yet," he noted. "But we would be looking for support from various levels of the government."

To his knowledge, Sullivan said there are no BMX tracks anywhere in Manitoba.

Erin and Michael Sullivan, Jack Campbell, and Bryce and Brooke Wadge have all travelled down to compete south of the border and have consistently found a place on the podium.

Recently, Erin and Michael Sullivan and Campbell made the trip to



TRIBUNE PHOTO SUBMITTED

Michael Sullivan of Stonewall (middle) at the starting gate during a BMX race in Grand Forks earlier this summer.

Grand Forks and Campbell took third place in his class while the Sullivans each placed second in their respective classes.

Approximately 75 to 100 BMX enthusiasts show up on race day each week.

Sullivan said BMX Racing is rapidly growing in popularity throughout North America. The track resembles a motocross track with high berms, jumps, tight turns and rapid bumps. There is an age and skill class for everyone from two years old to 50-plus.

"The kids found this sport on their own and they have been super enthusiastic about it," Al Sullivan said, noting the sport is not dangerous at all. "They love going down and they get pretty upset when we have to miss a week. It's a great sports and it's relatively inexpensive."

"It costs \$10 a week to participate in the races, they come home with a trophy and feel good about themselves, and get a little exercise in the process."

CURLERS WANTED

Stony Mountain Curling Club

Registration Night Oct. 7

7 - 8:30 pm at the Curling Club

Men's League -

Monday Evenings \$185

Senior's League -

Wednesday Mornings \$80

Mixed League -

Friday Evenings \$140

For More Info Call Jason

204-295-9703

Jets soar to pair of wins in MMJHL action

By Brian Bowman

The Stonewall Jets could not have had a better weekend.

Stonewall was very good in a pair of Manitoba Major Junior Hockey League victories last weekend.

The Jets soared past the Raiders Jr. Hockey Club 6-3 at home on Friday and then crowned the River East Royal Knights 7-2 Sunday evening in Winnipeg.

In Sunday's victory, Codi Lashewicz scored three goals and added an assist while Brett Meilleur also netted a hat trick in the lopsided win.

Kris Sigurdson gave River East an early 1-0 lead with a power-play goal and then Lashewicz tallied at 18:36 of the opening period.

Lashewicz and Meilleur (two) potted power-play goals in the second to stake the Jets to a 4-1 lead.

Chase Faulkner increased Stonewall's lead midway in the third but River East's Matt Davis scored just 15 seconds later.

Meilleur and Lashewicz then completed their hat tricks late in the third.

Riley Bannerman made 30 saves for the win.

Against the Raiders, it was Robert Smith's turn to have a huge offensive game as he scored four times and



Robert Smith scored four times and added an assist in the Jets 6-3 win over the Raiders Jr. Hockey Club Friday night.

added an assist.

The Raiders grabbed a 2-0 first-period lead on goals by Niklos Loeppky and Nicholas Mathews. But Stonewall dominated the middle frame, scoring four goals in a 14:57 span.

Smith scored twice while Chase Faulkner and Tanner Faulkner also tallied.



TRIBUNE PHOTOS BY LANA MEIER

The Jets' Chase Faulkner scored twice this weekend giving his team a pair of wins.

Mac Playford brought the Raiders to within a goal early in the third period but Smith scored twice to close out the scoring. He scored on a penalty shot midway in the third and then added an empty-net goal in the game's final minute.

Stuart Fleury made 31 saves for the win.

The Jets (2-0-1) will visit the Charleswood Hawks on Friday and then will host the St. Boniface Riels on Sunday. Both games have 7:30 p.m. start times.

Midget Lightning loaded up front this season

By Brian Bowman

The Interlake Lightning Midget Provincial team used the preseason to evaluate talent.

Now, they're ready for their Manitoba Midget "AAA" Hockey League regular season, which begins Friday when they host the Pembina Valley Hawks at 7:30 p.m. in Teulon.

The Lightning expect to be very competitive in the league this season. Interlake is hopeful to be, at least, several games over .500 by season's end.

"We think our forward lines are as good as anybody in the league," said Lightning head coach Dwayne Swanson confidently last week. "We think we have some strong forwards and we can roll three, sometimes four, lines

that will be just fine."

Forwards Noah Basarab, Riley Vautour, Jordan Kristjanson, Karson Collins, Storm Swan, James Maxwell, and Wyatt Bear, expected to be returned to the Lightning by the WHL's Seattle Thunderbirds soon, are each expected to make huge contributions to the Lightning this season.

While the Lightning are strong up front, there may be some question marks on the blueline. Finding six solid defencemen on the back end may be a work in progress, at least early in the season.

In goal, Nathan Cvar is expected to give the Lightning a solid netminder with Midget "AAA" experience. The other goaltending spot was still up for

grabs, said Swanson, late last week. It was expected to be cleared up by this past weekend.

"We have a couple of first-year Midgets that are vying (for the second spot) right now," Swanson said. "They're both very good goaltenders and it's making a very tough decision for us."

Interlake started its preseason with a pair of losses to Eastman (6-2) and Parkland (8-4) on Sept. 11 and 12, respectively.

The following week, the Lightning were defeated 2-1 by Southwest in a very good game, said Swanson, and 7-3 by Pembina Valley before edging Yellowhead 7-6 to wrap up its preseason.

"We changed our line combinations in order to have a better chance to get a win (against Yellowhead)," Swanson said. "It was important to get some confidence before the season started. It wasn't our regular team (during the preseason), but we didn't want to go into the regular season with five straight losses under our belt."


In the Pembina Valley loss, the Lightning surrendered seven goals in a 13-minute span in the second period after leading 1-0 after 20 minutes.

"We were still evaluating kids," Swanson said. "We weren't concerned about those games. We had a lot of first-year Midgets in the lineup and a lot of the kids that were going to play with us were away at junior camps."



Friday, Oct. 2
Stonewall Jets vs Charleswood Hawks
7:30 at Eric Coy Arena

Sunday, Oct. 4
Stonewall Jets vs St. Boniface Riels
7:30 at VMSC



**COME AND CHEER ON THE INTERLAKE'S MANITOBA
 MAJOR JUNIOR HOCKEY TEAM - YOUR STONEWALL JETS**

www.stonewalljets.net

Classifieds

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

Stonewall Teulon
Tribune

SERVICES

ME Construction, building mover, pile-driving, hoisting, rigging, bridge building, Marcel Espenell, 204-744-2491, 204-825-8616, email espenell@gmail.com, Box 46, Altamont, MB R0G 0A0, 200 yards East of St. Lupicin.

Doctor Dent Paintless Dent Repair. No sanding, fillers, painting. Hail repair, preserves factory paint. Loaner cars. MPI endorsed for 20 years. Winnipeg West 204-786-DENT, East 204-661-DENT.

METAL RECYCLING

Autos, farm scrap, brass, copper & batteries wanted. 47 Patterson Dr. Stonewall Industrial Park. Interlake Salvage & Recycling Inc. 204-467-9344.

OFFICE SPACE FOR RENT

Office building on Main Street Selkirk, 400 block. Great location, currently occupied by Accountant. 1200 sq. ft. Avail. January 1/16. \$1600/ per month. Negotiable for long term lease. Ph. 1-204-785-0105.

FARMLAND FOR SALE

Stonewall/Argyle area. Productive grain land. \$2999/ acre, taking offers. Available when 2015 crop is harvested. Private sale. Email if interested coronabar6@hotmail.com leave name & phone number & we will call back.

HOUSE FOR RENT

Stonewall- 2 bdrm. bungalow, 1000 sq. ft., basement, large yard, deck, great location - available Sept. 1; or sooner. \$1200 per month. No pets or smoking. Susan at ReMax Town & Country 204-467-8000.

MOBILE HOMES

5 new 16 x 80, 3 bed, 2 bath, starting at \$83,000. Altona Mobile Homes, 1-800-582-4036, 1-204-324-6776 Email: amhl@mymts.net

GARAGE SALES

Household items etc. Shop items, etc. 10" Lapidary wet saw; 8" Mercury wet grinder; rock tumblers; Lorentone Flat Lap. Saturday, Oct. 3 from 10 a.m. - 4 p.m. & Sunday, Oct. 4 from noon - 4 p.m. 482-9th Ave. South, Stonewall, MB.

STEEL BUILDING

Steel Buildings... "Summer madness sale!" All buildings, all models. You'll think we've gone mad deals. Call now and get your deal. Pioneer Steel 1-800-668-5422 www.pioneersteel.ca

HOUSE CLEANING

Clean 90% of your home with just water-saving you time, money and the environment. Radically reduce the amount of chemicals in your home with Norwex. Ask me how. Call Stephanie 204-896-3980 or cleanwithwater15@gmail.com

HELP WANTED

Part time/full time line cook req'd, experience necessary. Part time evening house-keeping. Call Sheri at 204-467-2354 at Rockwood Motor Inn.

Pizza Den Restaurant and Lounge now hiring for server position, immediate opening. To work evenings from 5 p.m. to 10 p.m. - midnight depending on days. Must be able to work weekends. Experience in food service and cocktail preparation req'd. Send resume to robert.mag-nifico@gmail.com

HELP WANTED

Medical Transcription! In-demand career! Employers have work-at-home positions available. Get online training you need from an employer-trusted program. Visit: CareerStep.ca/MT or 1-855-768-3362 to start training for your work-at-home career today!

BUSINESS OPPORTUNITY

75 bee hives with honey crop. 30 winter colonies & 50 package bees. All bee equipment. 10 frames & 90% locking corner supers. 20 new tops & bottom boards. 200 frames wax foundations. All honey extracting equipment is SS. 33 frame extractor uncapping wax melter. Water jacket tank, 15"x15 1/2 x 47" long. 290 brew chambers. 300 supers to be extracted. Asking \$44,000. Ph Joseph Halek at 204-646-2798 or cell. 204-782-1607 aft. 6 p.m.

Get free vending machines. Can earn \$100,000 + per year. All cash - locations provided. Protected territories. Interest free financing. Full details call now 1-866-668-6629 website www.tcvend.com

CAREER TRAINING

Medical Transcriptionists are in huge demand! Train with Canada's top Medical Transcription school. Learn from home and work from home. Call today! 1-800-466-1535 www.canscribe.com. info@canscribe.com.

MISCELLANEOUS

FOR SALE - 2 brand new twin mattresses, come with fitted grey sheets. Paid \$250. Asking \$200 for both. Pick up 2.25 miles south of Warren. Please call 204-771-1859.

Batteries for everything. Automotive, farm, construction, ATV, marine, motorcycle, golf carts, phones, tools, radios, computers etc. Reconditioned, obsolete and hard-to-find batteries. SOLAR equipment. The Battery Man. Winnipeg. 1-877-775-8271 www.batteryman.ca

Province-wide classifieds. Reach over 400,000 readers weekly. Call this newspaper NOW or email classifieds@mcna.com for details.



RURAL MUNICIPALITY OF ST. LAURENT PUBLIC NOTICE BOARD OF REVISION

PUBLIC NOTICE IS HEREBY GIVEN THAT the 2016 Assessment Roll for the Rural Municipality of St. Laurent has been delivered to the Municipal Office, Lot 825, PTH #6, St. Laurent, Manitoba and is open for public inspection during regular business hours.

Applications for revision may be made in accordance with Sections 42 and 43 of The Municipal Assessment Act.

APPLICATION FOR REVISION:

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

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

APPLICATION REQUIREMENTS:

43(1) An applicant for revision must

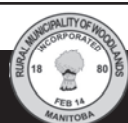
- be made in writing
- set out the roll number and legal description of the assessable property for which a revision is sought;
- set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and
- be filed by:
 - Delivering it or cause it to be delivered to the office indicated below, or
 - Serving it upon the secretary
 at least 15 days before the scheduled sitting date of the board as indicated in the public notice.

The Board of Revision will sit on November 4th, 2015 at 10:00 am in the Council Chambers of the Rural Municipality of St. Laurent, Lot 825, PTH #6 in St. Laurent to hear applications.

The final date on which applications must be received by the Secretary of the Board is Monday, October 19th, 2015, at 4:30 pm.

Dated at the RM of St. Laurent, this 3rd day of September, 2015.

Billie Jean Oliver, CMMA
Secretary of the Board
Rural Municipality of St. Laurent
PO Box 220, St. Laurent, MB R0C 2S0



Rural Municipality of Woodlands PUBLIC NOTICE BOARD OF REVISION

NOTICE IS HEREBY GIVEN THAT the 2016 Assessment Roll for the Rural Municipality of Woodlands has been delivered to the Municipal Office, 57 Railway Avenue, in the Village of Woodlands, Manitoba and is open for public inspection during regular business hours.

The Board of Revision shall sit to hear complaints on Tuesday, the 10th day of November, 2015 at 1:00 p.m. in the Council Chambers of the Rural Municipality of Woodlands, 57 Railway Avenue, Woodlands, Manitoba.

Any person who believes that an assessment ought to be revised may make application in accordance with sections 42 and 43 of The Municipal Assessment Act.

APPLICATION FOR REVISION

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

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

APPLICATION REQUIREMENTS

43(1) An application for revision must

- be made in writing;
- set out the roll number and legal description of the assessable property for which a revision is sought;
- set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and
- be filed by
 - delivering it or causing it to be delivered to the office indicated below, or
 - serving it upon the secretary,
 at least 15 days before the scheduled sitting date of the board as indicated above.

All applicants shall be provided written notice with the time of their hearing. Applicants are responsible to confirm an appeal sent electronically has been received by the Rural Municipality of Woodlands, Telephone 204-383-5679.

Applications for revision or complaints must be received by 4:30 p.m., October 26th, 2015, mailed to the Rural Municipality of Woodlands, Box 10, Woodlands, Manitoba, R0C 3H0 or delivered to 57 Railway Avenue, Woodlands, Manitoba.

Dated this 23rd day of September, 2015.

Adam Turner, CMMA
Chief Administrative Officer

SPORTS & NEWS TIPS Call 467-5836



Employment Opportunity

Full and part time position available

Please email resume to shane@charisons.ca or call Shane at 204-886-7769.

Fresh Roasting Chickens & Rainbow Trout



at Watersong Farms

Open: Oct. 3rd - 1:00 - 3:00 pm
Oct. 6th - 4:30 - 6:30 pm
Oct. 8th - 4:30 - 6:30 pm
Oct. 15th - 4:30 - 6:30 pm

204-322-5558

11kms west of Stonewall on Hwy 67

Classifieds

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

Stonewall Teulon
Tribune

WATER TREATMENT PRODUCTS

Wholesale Water Filters!! New Water-ite water softeners, 30,000 grain/\$550. All sizes avail. Reverse osmosis systems, \$220. Paterson iron removers/\$490. Greensand iron odour removal systems, \$690. Mention this ad for 5% discount. All Seasons Furnishings 204-661-8581.

FARM PRODUCE

Fresh honey for sale. Ph 204-461-1267.

HAY FOR SALE

Large round hardcore bales of alfalfa/brome mix. Call for various pricing 204-467-5078 or 204-461-0722.

5x6 alfalfa bales. 1st & 2nd cut. Call Barry 204-633-4783 or 204-792-2918.

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. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewall Elk Products Ltd., 204-467-8428 or e-mail stonewoodelk@hotmail.com

Do you have a disability? Physical or mental. We can help you get up to \$40,000 back from the Canadian Government. For details check out our website: disabilitygroupcanada.com or call us today toll-free 1-888-875-4787.

POTATOES FOR SALE

NEW POTATOS avail. Corn, onions, cabbage, beets, turnips & carrots as well. Call 204-886-2676, Interlake Potato Farm.

WANTED

Wanted to buy/clean up topsoil headlands close to Grosse Isle. Cal 204-461-0815.

STRAW

Rye grass straw for sale. 5x6 round bales. Variety is endophyte free. Safe for cattle. \$30 loaded in field. Ph 204-461-0706, Nick Matheson.

FLAX STRAW - \$2.50/BALE. MONDAY - SATURDAY. CALL BILL MATHESSON AT 204-467-5608, STONEWALL.

Flax straw for sale. Small squares. Ph. 204-482-5101.

NOTICE TO CREDITORS

IN THE MATTER OF: The Estate of Shirley Marie Frost-Hunt, late of the Town of Stonewall, in Manitoba, deceased. All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 2nd day of November, 2015. DATED at Stonewall, Manitoba this 18th day of September, 2015. **GRANTHAM LAW OFFICES** Solicitor for the Executor



Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication. Call 467-5836



Interlake School Division invites applications for the following Male Educational Assistant position:

• Full-time (5.5 hours per day) STONEWALL COLLEGIATE

Apply to: Mrs. Margaret Ward, Principal
Stonewall Collegiate
Tel: 204-467-5539
Email: mward@isd21.mb.ca

Applicants must be male and have a minimum of a Grade 12 education. Rate of pay will be as per the current I.A.N.T.E. Collective Agreement. Employment to commence as soon as possible.

Applications are to include a complete resume and three references. Closing date for receipt of applications is October 6, 2015, 4:00 p.m.

PUBLIC NOTICE



TOWN OF TEULON BOARD OF REVISION

2016 GENERAL ASSESSMENT, BUSINESS ASSESSMENT AND PERSONAL PROPERTY ASSESSMENT

Public Notice is hereby given that the 2016 Assessment Roll for the Town of Teulon will be deposited in the Civic Office at #44 Fourth Ave. S.E., Teulon, Manitoba, will be open for public inspection during regular business hours, on or before October 4, 2015.

The Board of Revision will sit on **Tuesday, November 10th, 2015** at 6:30 P.M. in the Council Chamber of the Town of Teulon, 44 Fourth Avenue S.E., Teulon, Manitoba to hear applications.

Any person who believes that an assessment ought to be revised may make application 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 an assessed value;
- classification of property; or
- a refusal by an assessor to amend the assessment roll under Subsection 13(2).

APPLICATION REQUIREMENTS

- 43(1) An application for revision must
- be made in writing;
 - set out the roll number and legal description of the assessable property for which a revision is sought;
 - set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and
 - be filed by:
 - delivering it or causing it to be delivered to the Town of Teulon
 - serving it upon the Secretary;

at least 15 days before the scheduled sitting of the Board as indicated in the public notice.

The final date on which applications must be received by the Secretary of the Board is October 26, 2015 at 5:00pm.

Jeff Precourt, Secretary, Board of Revision
Town of Teulon, Box 69, Teulon, MB, R0C 3B0

Dated at Teulon, in Manitoba this 14th day of September, 2015.



ZONING BY-LAW UPDATE - PUBLIC OPEN HOUSE -

The Town of Stonewall is updating its zoning by-law to meet the needs of our changing community. You are invited to view and comment on the draft by-law. During the formal adoption process, a Public Hearing will be scheduled to provide citizens with an opportunity to address Council. The Open House will occur:

Thursday, October 15th 6:00 pm to 8:00 pm (come-and-go)
and **Friday, October 16th** 3:00 pm to 5:00 pm (come-and-go)

at the **Heritage Arts Centre - Main Lobby**
Stonewall Quarry Park

With key changes to:

- » by-law structure and formatting
- » zoning map
- » secondary suites
- » portable storage units

To learn more about the Town of Stonewall Zoning By-law and to view a copy of the Draft, visit <https://www.stonewall.ca> or <https://www.sipd.ca>

Or for more information, please contact Evan Allan, Planning Intern, Town of Stonewall by email: eallan@stonewall.ca



Rural Municipality of Woodlands UNDER THE PLANNING ACT NOTICE OF PUBLIC HEARING OF ZONING BY-LAW AMENDMENT No. 2660/15

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

APPLICATION FOR AMENDMENT TO THE RURAL MUNICIPALITY OF WOODLANDS ZONING BY-LAW 2648/14 AND AMENDMENTS THERETO

HEARING: Council Chambers, Rural Municipality of Woodlands Office, 57 Railway Avenue, Woodlands, Manitoba

DATE & TIME: 4:40 P.M., Tuesday October 27, 2015

OWNERS: Eleanor Baldwin.

APPLICANT: Calar Holdings Ltd.

PROPOSAL: Re-zoning of the area known as Lot 1, Plan 8312 in the community of Warren, and shown outlined in a heavy dashed line on the map below, from "RG" Residential General Zone to "RMH" Residential Mobile Home Zone

AREA AFFECTED: Lot 1, Plan 8312 (340 Atwell Lane, Warren, Manitoba) Rural Municipality of Woodlands



FOR INFORMATION CONTACT:

Kaitlyn Fleury, Planning Clerk
Phone No. 204-383-5679

A copy of the above proposal and supporting material may be inspected at the RM Office location noted above during normal office hours, Monday to Friday. Copies may be made and extracts taken therefrom, upon request.

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

Classifieds

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

Stonewall Teulon
Tribune

IxtapaTravel
ADVICE WORTH GETTING!

Fascinating Israel

with Jordan Extension

Join Ixtapa Travel on this 14 day tour and discover the heart and soul of the Middle East. Experience the rich history and diverse cultures while touring ancient cities and places of the bible.

Highlights Include: Tel Aviv, Jaffa, Haifa, Kibbutz, Sea of Galilee, Jerusalem, Masada, Dead Sea, Petra & MUCH MORE

Presentation

MONDAY, SEPTEMBER 14TH
7:00 p.m. Gaynor Family Library
806 Manitoba Ave. Selkirk

Guest Speaker : *Connie Szczerba*
Globus Family of Brands

RSVP to: gwen@ixtapatravel.ca or call 204-482-2771

McSherry Auction Service Ltd
ELEANOR & GARY BEDIUK
Sun. Oct. 4th @ 11:00 am

Selkirk, MB

1067 Breezy Point Rd.
Continue North on Main St.
Contact: (204) 485-5897

Tractor & Equip Int. 574 Dsl Cab 3PH 540/1000
Sold w Allied 594 FEL 6500 Hrs. * Farm King 3
PH 7' Snowblowerw Hyd Chute * Farm King 3PH
72" Roto Tiller * 3PH 5' Rotary Mower * Allied 3
PH 8' Blade * MF 35 3PH 7' Sickle Mower * Ford
3PH 2B Plow * Farm Wagon * **Yard & Sheds**
2) Sheds 1) 6' x 6' 1) 8' x 12' * JD 345 Hyd 48"
R Mower w Bagger 690 Hrs * Mini Roto Tiller *
Roto Tiller * Tilt Yard Trailer * Patio Furniture *
Starter Green House * Pedal Bikes * **Tools & Misc**
2) Butler 1350 Bush Grainers * 150 Gal Fuel Slip
Tank * Magikist Pressure Washer * 5) 200 Gal
Polywater Tanks * 8' Truck Cap * 3/4 Socket Set *
Power & Hand Tools * Various Shop Items * Vice
* Pipe Clamps * Chains & Hooks * Load Binders
* Hyd Cyl. * Some farm Misc * Al Ext. Ladders *
Insulated Tarps * Snow Fence * 8) Railway Ties
* Rough 2" x 6" x 16' Welding Material * Condo
Pipe * Propane Heaters * Load Bars * 16.9 30"
Tire Chains * Metal Shelving * Full Bolt Bin * Guns
CB 1 - Cooney Model 75 22 Cal SS CB 2 - Remington
Mdl 812 12 GA SS Antiques Horse Dump Rake
* Treadle Sewing Machine * Dresser * School
Desk * Medalta Crocks 1) 20 Gal 2) 10 Gal * 7 UP
Pop Crate * Gal. Tubs * Cream Cans * Egg Crate
* Bushel Baskets * Military Gas Can * Saw *
Grain Scoop * 2 Yard Gates * Some Household *
Stuart McSherry Stonewall, Manitoba
(204) 467-1858 or (204) 886-7027
www.mcsherryauction.com

McSherry Auction Service Ltd
CLOSE OUT AUCTION
EARL THOMAS TRUCKING
Sat Oct 3rd @ 10:00 am

Beaconia, MB

Jct Hwy #59 & 500
1 Km Weston PR 500 39029
1 Hr 20 Min. North of Wpg MB
Contact: (204) 880-1214

Construction Equip 05 Hyundai 210LC7 Excavator
7190 Hrs * 5' Twist Bucket * Fiat Allis FL 5 P. Shift
Crawler 3000 Hrs * 64 CAT D6 * JD 544-B Wheel
Loader 3925 Hrs * 3 Way Screener, Grizzly w
Hopper * 98 Freightliner 42" Bunk Wet Kit Sft.
* 97 Freightliner Tandem w 14' Gravel B & H Sft
* 99 Ford F550 Dually 4 x 4, 7.3 Dsl 9' Gravel B
& H * 85 J.C Tandem Lowboy Hyd Detach Neck *
83 Arnes 16' Pup Trailer * 83 Arnes 24' End Dump
Trailer * 98 Pintle Hitch Tandem Dually Equip
Hauler * Woodmizer LT 40 G 18 Port Bandsaw
* Race Car - A Modified 750 HP 350 Alcohol Engine
Race Car * Craftsman Mdl 101 Metal Lathe 48"
Bed * Sea Spirit Boat * Locomotive 16" Solid Brass
Bell w Cradle * Guns * Partial List - Go to Web! *

Stuart McSherry Stonewall, Manitoba
(204) 467-1858 or (204) 886-7027
www.mcsherryauction.com

**Book Your
Classified
Ad Today**



Call 467-5836 or Email igraphic@mts.net

worship > FAITH with us

The Heavens Declare...

Did you see the "Super Moon" lunar eclipse this past week? We spent the evening outside, my family and I, watching the bright harvest moon (I hear Neil Young singing in my head right now!) rise and make its arc across the clear prairie sky. We watched in awe as the shadow of our planet traversed across the moon, bringing an eerie, albeit temporary darkness to the night. We discussed what earlier generations might have thought about such a mysterious event - without all the over-kill science brings to such things - and collectively we all wondered what it would be like to be seeing something like this through 'primitive' eyes... We waited for the eclipse to begin regressing, leaving the moon

as bright as ever. My son-in-law and I went out on the front deck, and his young eyes were actually able to read a scrapbooking magazine! (Hey, I grabbed what was close, and it was kind of its own entertainment just listening to him read about cutting patterns for making some scrapbooky thing or another!) What a beautiful evening!

And of course, we checked the news for cataclysmic events. Many people were predicting dire and apocalyptic happenings, but so far the only major event was the evening which I spent, outdoors with people I love, watching a remarkable and rare natural event. It gave me a certain kind of 'thrill' just to be

outside witnessing God's Creation. In fact, at one point as we all gazed heavenward, the most brilliant meteor shot across the sky, burning its way from north to south, right across our line of vision. We all saw it (rare enough!) and we all agreed: it was like God himself couldn't resist showing off! It felt like He said, "You're enjoying this, are you? Hahaha! Well, try THIS on for size!" and whipped a piece of space rock through our atmosphere, just for us. Indeed, far from being a portent of bad news, the whole moon event was, for me, one glorious witness to what I've known most of my life: God made this world absolutely, knock-your-socks-off beautiful!

Psalms 19:1 says it best - "The heavens declare the glory of God; the skies proclaim the work of his hands." (NIV)



I'm not sure what the near future holds. Perhaps there is some major event (good or evil) that will yet occur in the coming days. And if or when it does, I'm sure some people will spend valuable energy and time seeking to link it to this phenomenal event. But as for me and my household, well, we just feel privileged and blessed - and incredibly thankful - to be living in such a wonderful world!

Jeff Andrews

Classifieds

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

ANNOUNCEMENTS

ANNIVERSARY



Ralph and Eileen Campbell
Happy 60th Anniversary
1955 - October 1 - 2015
Congratulations Mom and Dad!
Wishing you many more years of
love, health and happiness.
-With love from your family

ANNOUNCEMENTS

IN MEMORIAM

In memory of
Brant Cosens
June 20, 1953 - October 5, 2012
Still loved,
Still missed,
Still very dear.
-Lovingly remembered
the Cosens - Craig families

ANNOUNCEMENTS

IN MEMORIAM

Daniel Michael Kratzer
July 12 1984 - October 2, 2000
Our Son, Brother, Grandson,
Nephew and Cousin



I am sending a dove to heaven,
With a parcel on its wings;
Be careful when you open it,
It's full of beautiful things.
Inside are a million kisses,
Wrapped in a million hugs;
To say how much I miss you,
And to send you all my love.
I hold you close within my heart,
And there you will remain;
To walk with me
Throughout my life,
Until we meet again.

-Love you forever and a day,
Miss you Today, Tomorrow and Always
Mom and Dawn-Marie

ANNOUNCEMENTS

IN MEMORIAM



Daniel Kratzer
We can shed a tear that you are gone,
Or we can smile because you lived.
We can close our eyes
And pray that you'll come back,
Or we can open our eyes
And see all you have left.
Our heart can be empty
Because we can't see you,
Or we can be full of
The love you shared.
We can turn our back on tomorrow
And live yesterday, or we
Can be happy for tomorrow
Because of yesterday.
We can remember you
And only that you're gone,
Or we can cherish
Your memory and let it live on.
We can cry and close our mind,
Be empty and turn our back,
Or we can do what you would want:
Laugh, Open Our Eyes,
Love and Go on.

-Forever cherished and loved
Nanny Jansen and family

HOUSEHOLD AUCTION FOR DONNA OLSON SAT., OCT. 10 • 10 AM

Two miles west of Starbuck on Hwy 2, yard # 9135
John Deere 1630 tractor with 145 loader, only 789 hrs.
Snow blower and other implements, other tools and yard
equip. and household items.



Check our website for listing and pictures.

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

Book Your Classified Ad Today

Call 467-5836 or
Email igrphic@mts.net

McSherry Auction Service Ltd

ANNUAL FALL GUN AUCTION

Sat. Oct. 24th 9:30 am

Stonewall, MB #12 Patterson Drive

Always a Huge Sale
with Coast to Coast Buyers!
Consign Early for Advertising
Email: mcsherry@mymts.net

Stuart McSherry Stonewall, Manitoba
(204) 467-1858 or (204) 886-7027
www.mcsherryauction.com

McSherry Auction Service Ltd

CLOSE OUT AUCTION NORTH INTERLAKE CONTRACTORS LTD.

Thurs. Oct 8th @ 10:00 am

Riverton, MB

South 3 Miles on Hwy #8 then East 2
Miles on Balaton Rd

Contact: Eric - (204) 641-1390

Late Model, Low Hours

Well Maintained Equipment!

It All Sells Unreserved!

Internet Bidding - BidSpotter.com

Excavators 01 JD 110 * 09 Hitachi ZX 200 LC-3
* 10 JD 200 DLC * 06 CAT 320 CL * 11 JD 290G LC
Crawlers 98 Cat D6M LGP * 06 JD 750 J LGP * 97
JD 650 G LGP * 08 JD 750 J Crawler * **Graders**
03 Case 885 * 07 Volvo G 960 * 87 Champion 740 *
Wheel Loader / Skidder 04 JD 648 G Grapple
Skidder * 99 CAT 938 G Wheel Loader * **Heavy**
Trucks (Wet Kits & Safeties On All) 99 Int.
9200 Eagle * 96 Int 9200 * 02 Int. 9200 I Eagle *
97 Freightliner * 96 Int 9200 * 99 Int. 9200 Eagle *
89 Ford 9000 Tandem * 95 Int. 4900 Tandem 15'
Gravel Box * 86 Intl Mdl 1954 w 1800 Gal Water
Tank * **Rock Trucks** 06 J D 350 D 6 x 6 Articulate
Dump Truck * 06 JD 400 D 6 x 6 Articulate
Dump Truck * **Trailers (All with Safeties)** 2)
Canuck R12 28' End Dump Trailer 1) 11 , 1) 10
2) Clement Scissor Lift End Dump 33' 1) 92 , 1)
89 98 Trail Boss Tandem 21' * 97 Dorsey 48'
Tandem Highboy * 04 Witzco Challenger RG 50 ,
50 Ton Tri Axle Lowboy Detach Neck * 00 Deopker
40 Ton Low Bed Tri Axle * 10 16' Flat Deck * 13
ETNYRE Blackhawk 55 Ton Tri Axle Lowboy * 06
H Enclosed 16' Tandem **Light Trucks** 06 Ford F
550 HD 4 x 4 Crew Cab Service Truck w Crane *
95 Ford XLT 350 Service Truck * 11 GMC 2500
Crew Cab 4 x 4 271 Dsl * 03 Chev 2500 4 x 4
Dsl Ext Cab * 06 Ford F150 4 x 4 * 95 GMC 3500
Ext Cab Dsl 4 x 4 * 05 GMC 2500 HD Sierra * 00
Chev 350 Dually 18 Passenger Van 6.5 L Dsl * 07
GMC 2500 Ext Cab 4 x 4 6.6 Dsl * **Skid Steer**
12 JD 333 D Skidsteer on Tracks * 13 J.D.
60" Mulcher Attach * 84" Tines & Grapple Attach *
Excavator Attach. 2) Rippers 42", 50" * 3) Wrist
Twist Buckets up to 72" * 6) Buckets 22" to 54"
* 2) 52" Bush Cutters * 1) 52" Mulcher * 3) Tree
Shear Grapple 24", 29" * Herder 10' Bullrush
Cutter * **Misc** 3 Bunk Houses * Culverts * 25KW
Gen Set Mounted In Fruehauf 26' Semi Frt Trailer
* Blast Mats * Fuel Slip Tank * 2273 Litre Fuel
Tanks * New, Over 20 Retreads * Stihl Brush
Saws * Stihl Chain Saws * Dolmer Quick Saw *
25) Al. Wind Master Sign Stands * Construction
Signs * Glow Posts * Various Construction Related
Items Service Maintenance Items * Safety Items *

Stuart McSherry Stonewall, Manitoba
(204) 467-1858 or (204) 886-7027
www.mcsherryauction.com

McSherry Auction Service Ltd

MANTARIO CONTRACTING INC.

Sat Oct. 10th @ 10:00 am

Grande Pointe, MB

Wpg 101 Perimeter & 59 Hwy Jct - 5 Min
South on Hwy 59- 253 Bernat Rd.

Contact: (204) 979-8907

Excavators & Attachments 99 Komatsu PC 120
Excavator w 48" Bucket w Hyd Thumb 8359 Hrs.
* Link - Belt 2800 LS C Series II Excavator w 36"
Bucket * 60" Wrist Twist Bucket * 24" Digging
Bucket Fits 120 * **Construction Equipment** 02
JCB Mdl 506 C H.L. Zoom Boom w Forks 6000lb
Lift 50' Reach 4435 Hrs. * 78 Ford 9000 10 Spd
Diff Lock w 14' Gravel B & H * JCB 8' Bucket
* Haugen Loader 16' Man Platform * Log Fork
Grapple * JD 770 AH Grader w Snow Wing *
JD 544 A Wheel Loader * Ford 9000 Tandem w
15' Gravel * Mikasa Double Vib Asphalt Roller *
Grader Blades * **Skid Steer & Attachments** Case
1845 C Dsl Skid Steer 3662 Hrs. * Case Mdl 125
Skid Steer Backhoe Attach * Lowe Skid Steer
Hyd. Auger w 9" 12" 16" Bits * Stout Skid Steer
Pallet Forks * Stout Skid Steer Tines w Grapple
* Skid Steer 7' Hyd Angle Blade * Case 300 CM
Hyd Directional w Bits, Locator and over 250'
Ext. Pipe * Skid Steer Steel Tracks * **Trailers &**
Storage 2010 US Cargo B H 18' Tandem Enclosed
Trailer * 1990 Wilson 48' Alum Highboy Tandem
Flatdeck Trailer * 02 Royal Cargo BH 8' x 16'
Tandem Enclosed * 00 Penner BH Tandem 18'
Flatdeck w Ramps * 03 US Cargo 5' x 10' Elec/Hyd
BH Dump Trailer * 53' Container w 93 Mond Triple
Axle Trailer * 2) Trailmobile 53' Semi FRT Trailers
1) 99 1) 98 * **Light Trucks & Light Equipment**
05 Ford F150 XLT Ext Cab 4 x 4 5.4 Tritan
Matching Cap 240,000 K Safetied * 3PH 7' Cult
* JD 60" Mower Attach * JD 60 HD Sweeper
Attach * Semi 5th Plate * **Cement Equipment**
M & B Model BB-10 1 Yrd Concrete Hopper
Bucket * Gas Powered 12' Screed Leveler * 3)
Vib Compactors * Bartek B436 Power Trowel *
Elec Concrete Vibrator * Milwaukee Cordless
Concrete Vibrator * Hilti DCH 230 Concrete Saw
* Hilti DX450 Concrete Gun & Accessories * Hand
Cement Floats * Landscape Rakes * **Power Tools**
& **Generator** Large Amount- Many Multiples of
Quality Brand Names - Milwaukee, Makita, Porter
Cable, Dewalt, B & D, Ridgid, Bostitch, Hitachi *
Onan PX6100 E Generator * Cummins Onan
PX 12000 E Generator * 2) Honda EP250 CX
Generator * Jobsite Air Compressor * 2) Gas Air
Compressors * Table Saws * Shop Smith * Sliding
Mitre Saws * Compound Saws * Hammer Drills
* Hole Hawg Drill * Pam Driver * Senco Power
Driver * Drills * Planers * Belt Sanders * Routers
* Grinders * Drywall Guns * Cordless Tools * 6)
Passload Impulse Nailers * Air Tools * Nailers *
Staplers * Roofing Nailers * Various Hand Tools &
Shop Related Items * **Misc** Sokkia D20C Transit
Level w Tripod * Stanley Mdl Fat Max Bld Level
* Stabila Laser LAR 250 Laser Level * Stabila
LAPR 100 Lazer Level * Yamaha 2" Water Pump
* Pallet Jacks * Temp Job Site Hydro Service *
Frost Fighter 350,000 BTU Heater * Manual 24'
Lift 300lb Capacity * Heaters -Herman * Wood
Heater * Oil Fired Water Heaters * Insulated
Tarps * Tile Cutters * * Painting Equip * Lifting
Slings * 12) Sections Construction Scaffolding *
Ladders * **Material** Lots of Hardware * Nails *
Staples * Screws * Chainlink Fencing * Various
Lumber * Plywood * New Pre-Hung Ext Doors *
Electrical * Plumbing * Insulation *

Stuart McSherry Stonewall, Manitoba
(204) 467-1858 or (204) 886-7027
www.mcsherryauction.com

Classifieds

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

Stonewall Teulon
Tribune

ANNOUNCEMENTS

CARD OF THANKS

The family of Tom Armstrong would like to sincerely thank our friends, neighbours and relatives for their support and kindness at the time of Tom passing away. Many thanks to all who attended Tom's memorial service, the food brought to our home, flowers, cutting our grass, rototilling the garden, the sympathy cards and charitable donations made in Tom's memory. Special thanks to Fr. James deBeer, Rochelle and Meghan (MacKenzie Funeral Home) for helping with the funeral arrangements. Tom always said "Stonewall is the Best Place to live"! He truly enjoyed this town for 37 years.

-Thank you all
Mabel and family

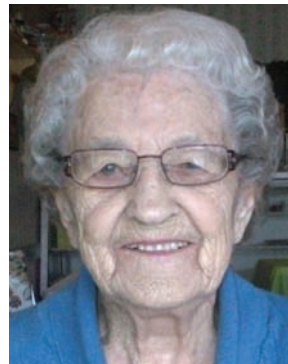
*Don't forget
to send your
special wishes
to your friends
and family.*

Stonewall Teulon
Tribune

Call 467-5836 or
email igraphic@mts.net

OBITUARY

Anna Frances Skwarek (Szmigelski)



After a long fulfilling life, Anna passed away peacefully on September 24, 2015. Born in Trembola, Poland on March 19th, 1915 to Augustyn Szmigelski and Maria Zlebota. Anna immigrated to Canada with her family in 1930 and in time, met her soul mate John of 61 years.

Anna's faith was woven into the fabric of her life, she was always active and curious, she read a great deal and corresponded with her family in Poland. Along with her talented skills she was an inspiration to all. A consummate hostess, Anna loved to entertain in her home, specializing in her chocolate cake and her garden was a work of art.

Anna was predeceased by her husband; her daughter Lois (Persoage); siblings Josie, Paul, Kaspar, Mike, Mabel and Kay.

She leaves to mourn her, daughter Margie (John); son-in-law Eddy; grandchildren Kelley (Aryan), Michael (Sherry), Lesley (Bob), Shellie (Dennis), Jayne (Tomek), Jaymes (Kim); great-grandchildren Alexandria, Tyson, Tianna, Brenden, Alex, Brianne, Meghan and Austin as well as numerous nieces and nephews.

Honorary mention to her friends at Prairie Estates. Special thanks to Red River Place for their compassionate care of Anna.

Funeral service will be held at St. John Vianney Catholic Church, at 11:00 a.m. on Thursday, October 1, 2015 in Teulon MB with burial at St. William's Cemetery.

Flowers are gratefully declined, donations may be made to St. William's Cemetery for perpetual care.

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



Family Matters.

Let us take care of yours.

Serving rural Manitoba

We can help you through your loss with respect and compassion.



ETERNAL GRACE
FUNERALS

Pre-planning
• Cremation • Traditional Services
(at any cemetery)

204-505-4559

10-1111 Logan Ave., Winnipeg
eternalgracefunerals.ca

*Remember Your Loved Ones
with an Announcement in the*

Stonewall Teulon
Tribune

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

Call 467-5836 or email igraphic@mts.net

Biz Cards
Call 467-5836 or
ads@stonewallteulontribune.ca

JTconcrete Services
Jim: 204-451-4998
jj.tyler@icloud.com
Your Stonewall Concrete Contractor

Specializing in:

- Garage Pads
- Floors
- Concrete Breaking
- Exposed
- Sidewalks
- Aggregate Concrete
- Patios

Bobcat Services & Hourly
Rate available upon request
Over 30 Years Experience
All work done by qualified red seal journeyman cement finisher

Rockwood Landscaping & Tree Service

- *Complete Landscaping
- *Barkman Concrete Products
- *Concrete Breaking
- *Aerial Tree Pruning & Removal
- *Chipping
- *Stump Grinding
- *Tree Planting
- *24HR Storm Service
- *Snow Removal
- *Skid-Steer
- *Excavator
- *Compact Track Loader
- *Bucket Truck

Manitoba Certified Arborist
467-7646
Free Estimates

Impressions Interior Painting
Bus: 204-998-4789
email: darrelthom@gmail.com
Quality painting at affordable prices

H.D. REPAIR & WELDING

Heavy Duty Repairs
Truck/Trailer Safeties
CWB Welding
Metal Fabrication
Hydraulic Hoses
Equipment Rentals

Serving the Interlake since 2002
369 Walker Ave (at Hwy 4) 482-3209

Proudly Serving Stonewall, Warren & Surrounding Areas

COUNTRY TOWING

CAA MPI
countrytowing@mymts.net 204-990-4718

KenGro Electric
Commercial and Residential Electrical
OWNER: Ken Gross
204-805-5353 or 204-894-3154
www.kengro.ca

J & L ELECTRONICS
jl-electronics.ca

- Control4 Home Automation
- Lighting Control/LED Lighting
- Pre-Wire (New Home Construction)
- Satellite
- Multi-room Audio
- Outdoor A/V
- Surveillance
- Custom Seating Solutions
- Motorized Window Coverings

Lyle Holod / Joel Bouvier, Owners
Email: info@jl-electronics.ca Toll Free: 1-877-767-6004

McLeod Mechanical Services

- Plumbing
- Heating
- Gas Fitting
- Air Conditioning
- Backflow Testing & Installations

RESIDENTIAL & COMMERCIAL
Grosse Isle, MB 204-513-1154
mcleodmechanicalservices@highspeedcrow.ca

Auto Transponder KEYS
CUSTOM REMOTE STARTERS
John Kobak
Cruise Control • Remote Starts
We can replace all lost vehicle keys!
204-482-5252 • 204-481-2070

Ritchie & Perron PLUMBING & HEATING LTD.

ritchie_perron@live.ca Red Seal Certified
Stonewall, MB Certified gas fitter
Residential/Commercial

Ryan 230-4674 Trevor 232-6263

A King's Comfort Infloor Heating
A DIVISION OF MELAINE SERVICES INC.

All infloor heating built and maintained for:
Residential, Industrial, Workshops

Darryl Harrison
Mobile: (204) 461-4216
Email: darryl@akingscomfort.com
website: www.akingscomfort.com

FREE Quotes

Call 204-467-5836 ads@stonewallteulontribune.ca

WIRELESS INTERNET



Quick Stream

Hi-Speed Internet
Broadband Residential
and Commercial Connections

www.quickstream.ca
1-866-981-9769

INTERLAKE TOWING



24 Hour Service
& MPIC Approved

204-278-3444

FULLHOUSE MOVERS

ALEX FOTTY
HOME: 204-467-2419
CELL: 204-461-2352
NOTHING BEATS A
FULLHOUSE MOVE



DARLENE BIBLOW
Truck Sales Associate



MACK

MACK SALES & SERVICES OF MANITOBA LTD.
www.biblow.com Cell 204-330-9504



Biz Cards

Odd Fellows Hall

- Weddings • Socials • Showers • Meetings
- Capacity 220 persons • Kitchen available

374 1st St. West
Stonewall

Del Phillips 204-791-0564
Text if possible
Hall 204-467-5556

MAXWELL'S

PROFESSIONAL PAINTING
COMMERCIAL/RESIDENTIAL

Cell: (204) 792-0675 or (204) 467-5008
Email: maxpro@mts.net
Box 275, Stonewall, MB R0C 2Z0

Ralph Tanchak..Artist - murals

- commission paintings
- art instruction
- caricature parties

phone: 204-461-0160
f Colour-Splash Artist Ralph Tanchak

BOONSTRA FARMS

RV Sales
204-941-0228

204-467-8480 • www.boonstrafarms.com



Murray's Painting & Decorating

Mark Murray

Bus. 204-467-5242

GROSSE ISLE

CAR & TRUCK WASH
Custom Order of
Cars & Trucks for Sale

3 Bay Car Wash
Call Bernie 513-0055 • Jim 513-0555

Electro Wright

Derek Fotty
Ph. (204) 467-RITE(7483)
Fax. (204) 467-2000
Email. electrowright@mts.net

Electrical Contractors

Balmoral Hall

Catering Available / Capacity 200
Anniversaries • Family Birthdays
Special Occasions
Contact Brenda 467-2730

Vic's Autobody & Towing

CAA 24 Hr. Towing
204-886-2972

ROCKWOOD MOTORSPORTS

PARTS & ACCESSORIES FOR:
• ATVs • SNOWMOBILES • DIRT BIKES

467-9222
4 Granite Ave. Stonewall

ISAGENIX

Weightloss • Energy & Performance • Healthy Aging

Allana Sawatzky
Independent Associate
isaallana@hotmail.com • www.isaproduct.com

KEN'S CARPENTRY

Smaller Buildings Cottages Decks
Reasonable Prices 204-886-7467

WOODLANDS HVAC

Heating
Ventilation
Air conditioning
Commercial/Residential

CURTIS OLIVER
1.204.461.1678 • woodlandshvac@gmail.com

SHERLOCK TREE REMOVAL

Pruning • Stump Grinding
Fully Insured - Claim Free
25 years Experience

Vince 861-0487
Darren 861-0028

GRANTHAM LAW OFFICES

Lawyer & Notary Public

STONEWALL OFFICE:
#1-278 Main St., Stonewall 467-5527

WALSH ELECTRICAL SERVICES

Residential & Commercial
Service Upgrades
FREE ESTIMATES
204-461-4217
walsheservices@gmail.com

Stonewall Glass

Res. & Comm. Windows • Doors & Garage Doors
Siding • Soffits • Fascia • Eavestroughs & Roofing
Sealed Units • Mirror • Shelving & Glass

2 Patterson Dr. 467-8929

PLUMBING

Commercial & Residential
New Installation & Service
Plumbing & In-Floor Heating
Water Softener Installations
Water Filtration/
Reverse Osmosis

RILEY PATTERSON
Journeyman Plumber
Cell 204-461-0035

Roof Express Ltd.

Complete Roofing Services
Licensed & Insured • Argyle, MB
Residential • Agricultural

204-774-2030
www.roofexpress.ca

Heating & Cooling • Refrigeration

REFRIGERATION • HEATING & COOLING

COMMERCIAL COMFORT INC.

Residential & Commercial

Owner: Jeff Meier
461-HEAT (4328)
commercialcomfort16@gmail.com

ALICE ROOFING LTD

Complete Roofing Services
• Residential • Agricultural
Licensed and Insured

204-757-9092
www.aliceroofing.ca

Sudden Impact Construction

SINCE 1997

- Concrete Pads • Framing • Roofing
- Siding • Ag Buildings • Windows/Doors
- Skid Steer Services • Post Hole Drilling
- Custom Building - Homes, Decks, Garages

~ FREE ESTIMATES ~ FULLY INSURED
TEULON, MB PH: 204-886-7743
suddenimpact@highspeedcrow.ca
www.suddenimpactconstruction.com

Mike Simcoe

PERIMETER DRILLING LTD.

*Water Wells *Pressure Systems
*Repairs *Septic Systems

Phone: 204.632.6426
Email: pdl1@mymts.net

FREE CONSULTATIONS
Servicing the Community for Five Generations

Prairie Earthworks Ltd.

Excavator & Dozer Services

Screened Topsoil
For Sale

204 **461-0815**



INTERLAKE EAVESTROUGHING & SIDING INC.

Siding, Eavestroughing, Soffit,
Fascia, Capping Windows

Free Estimates • 781-0533
www.interlakeinc.ca

You'll Be Glad You Called Sure-Clad

for your

siding • soffit • fascia • metal roof & wall sheets
windows & capping • continuous eavestroughing
roof top snow removal • spring gutter cleaning

Call 204-467-5109 • 204-467-5749 • Cell 204-461-0860
surecladconst@gmail.com

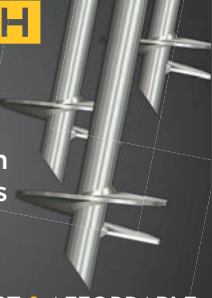
GOLIATH TECH

SCREW PILE SYSTEM
Strong. Durable. Precise.

The ELITE Screw Pile Solution
for Decks, Fences & Additions

MANITOBA@GOLIATHTECHPILES.COM
Kelvin or Rob TEL.: 204.461.4443
WWW.GOLIATHTECHPILES.COM

FAST & AFFORDABLE





Community Wellness



Interlake-Eastern
Regional Health Authority

UPCOMING PROGRAMS AND EVENTS

All community wellness events are **FREE** for Interlake-Eastern residents unless otherwise stated. Advance registration is required. Space is limited so register early. If you are interested in attending a community wellness program close to home but don't see it listed, contact Theresa Dankochik at wellness@ierha.ca or 1-877-979-WELL (9355) and we'll do our best to accommodate you or identify a program in your vicinity. All classes are subject to change.

DIABETES SELF MANAGEMENT

Have you recently been diagnosed with pre-diabetes or diabetes? Are you unsure of what diabetes is? Interlake-Eastern Community Wellness Team is here to help you. This program consists of two or three classes; explaining what diabetes is, how to control blood sugars, what to eat with diabetes and how to read food labels, treatments for diabetes, how to stay healthy from your eyes to your toes, how to manage cholesterol and blood pressure and how to make healthy lifestyle choices.

Ashern

Thurs., Oct. 15 from 1:00 pm – 3:00 pm (Class Two)

Ashern Hospital Boardroom

Selkirk

Wed., Oct. 14 (Class One)

Wed., Oct. 21 (Class Two)

9:30 am – noon

237 Manitoba Ave, Primary Care Boardroom

Stonewall

Fri., Oct. 2 (Class Two)

9:30 am – noon

Stonewall Hospital Multipurpose Room

Eriksdale

Thurs, Oct. 8 (Class One)

Thurs, Oct. 22 (Class Two)

10:00 am – noon

Eriksdale Wellness Centre Boardroom

St. Laurent

Thurs, Oct. 8 (Class One)

Thurs, Oct. 22 (Class Two)

10:00 am – Noon

St. Laurent Health Care Centre

DIABETES SOLUTIONS WITH A NURSE EDUCATOR

Want to learn about new medications and technologies for diabetes management? Do you have unanswered questions or just unsure of how to keep your diabetes under control? Come join a Diabetes Troubleshooting Nurse Education Session

Selkirk

Date: Thurs, Oct 1

Time: 9:30 am - noon

Location: Primary Care Boardroom, 237 Manitoba Ave.

Stonewall

Fri., Oct. 9

9:30 am - noon

Stonewall Hospital Conference Room

EATING FOR HEALTH EDUCATION SESSION

Want to learn about healthy eating in general? Looking for nutrition tips, weight loss tips, or disease specific guidance? Then this is the class for you! You will be guided through lifestyle changes to help you improve cholesterol, and blood pressure. Learn about fat, fibre, sodium and eating habits to become a healthier you. Make sense of food labels and how your choices will affect your family's health and yours.

Ashern

Wed, Nov. 4

10:00 am – noon

Ashern Hospital Boardroom

Selkirk

Fri, Oct. 9

9:30 am – noon

Primary Care Boardroom, 237 Manitoba Ave.

Stonewall

Fri. Oct. 16

Time: 9:30 am - noon

Location: Stonewall Hospital Multipurpose Room

CRAVING CHANGE

Are you craving change in your eating habits? Want to kick a bad habit? Do you struggle with your eating and want to learn how you can create a healthier you? Then this FREE three week program is the class for you!

Selkirk

Wed, Oct. 7

Wed, Oct. 14

1:30 pm – 3:30 pm

237 Manitoba Ave, Primary Care Boardroom

Stonewall

Wed. Oct. 7

Wed. Oct. 14

Wed. Oct. 21

6:30 pm to 8:30 pm

Stonewall Hospital Multipurpose Room

MOBILE WELLNESS EVENT SCHEDULE

Mobile Wellness (MW) events are free events that bring a team of health care professionals to provide education and help you make healthy lifestyle choices. MW encourages people to be aware of the factors that affect their health and the things that they can do to improve their health. MW includes: a health check (blood pressure, blood glucose, and a lifestyle quiz); healthy displays on physical activity, nutrition, smoking and stress, healthy lifestyles presentation and a passport to record results.

Call 1-877-979-WELL (9355) or email wellness@ierha.ca for more information.

TAKE CHARGE OF YOUR HEALTH – INTRODUCTION TO EXERCISE

"Physical Activity is vital to your physical and emotional health and can bring you fun and fitness at the same time." Leave this FREE class with resources to continue on your path to Wellness. You will learn:

- Where to begin
- Goal setting
- The physical activity guidelines specific to your age group
- Recommendations for developing a walking program
- Gentle stretching & strengthening exercises modified to meet your individual needs

*****Don't forget your running shoes and to wear comfortable clothing!**

We'll get up and get moving as we learn fitness facts!

Selkirk

Wed., Nov. 18

9:30 am - noon

Selkirk Recreation Complex

Stonewall

Tues. Oct 20

10:00 am – 12:30pm

Stonewall Public Library

ACTIVE LIVING FACILITATOR (ALF) LEADER TRAINING

Selkirk

Wed. Oct 7

9:00 am to 4:00 pm

Gordon Howard Senior Centre

F.A.N. CLUB

Fitness And Nutrition Club – a four week program to help families get active is coming soon to your community!

For more information

call toll free, 1-877-979-WELL (9355) or email us at wellness@ierha.ca.

GET BETTER TOGETHER

Are you living with a chronic condition such as arthritis, MS, depression, asthma, chronic pain, diabetes, anxiety, cancer, fibromyalgia or heart disease? Come join Get Better Together! People with different chronic health problems attend together to deal with common issues they face and to motivate each other with solutions and techniques for:

- Dealing with frustration, pain, fatigue and isolation
- Appropriate exercises for maintaining and improving strength, flexibility and endurance
- Appropriate use of medications
- Communicating effectively with family, friends and health professionals
- Maintaining appropriate nutrition
- Engaging with other community resources

This FREE six week program is designed to help people with ongoing health conditions take control of their health. This program, led by others living with chronic conditions, can help you develop a plan to deal with the challenges of an ongoing health concern or disability. Bring a friend, family member, or other support person to attend with you! Each session is 2.5 hours.

To get on a wait list to attend Get Better Together in another community, email wellness@ierha.ca or phone toll free 1-877-979-WELL (9355).



To schedule an appointment with a nurse or dietitian regarding your chronic

condition, please call 1-877-979-WELL (9355).

A physician referral is not required for these appointments.



To register or for more information contact Theresa Dankochik at wellness@ierha.ca or 1-877-979-WELL (9355).

