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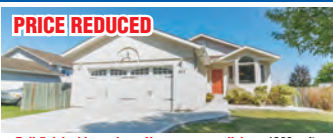


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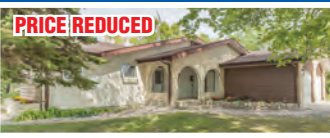


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Cutie pies

Jailyn Thorkelson, left, Ainsleigh Hutchinson, middle, and Charlee Tronrud learned the art of pie baking and apple strudel at the GAAC Lost Skills workshop earlier this month.

TRIBUNE PHOTO BY BETH HUTCHINSON

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Teulon's GAAC reviving lost skills in the kitchen

By Jennifer McFee

A free workshop series is breathing new life into time-tested kitchen skills that ought to be revived for future generations.

Green Acres Art Centre is presenting The Lost Skills Workshops, which focus on kitchen essentials and skill building through events that are free for all to attend.

The idea took root last year when Theatre Projects Manitoba approached Green Acres Art Centre to collaborate with them on a tour of the Interlake. As part of this initiative, a group of visiting performers put on a series of plays in various locations around the Interlake, including Teulon, Gunton, Gimli, Stonewall and Winnipeg Beach.

"The artists resided in Teulon during the week of events, in residents' homes. The artists spent time in each community, and learned about the community and its history. Then they created a play based on the informa-



Cassie Tronrud instructs her daughter Charlee on how to separate an egg.

tion they learned to provide a relevant experience for the audience," explained Stacey Bursey, events coordinator for Green Acres Art Centre. "During a visit of the Teulon and



TRIBUNE PHOTOS BY BETH HUTCHINSON

Lost Skills Workshop participants peeled several apples for the pie baking workshop.

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District Museum, a discussion arose about the skills once needed for food preparation and preservation, and that recent generations do not learn these skills as mandatory life curriculum like they used to."

Green Acres Art Centre applied for Healthy Together Now funds in 2018 to hold a series of art workshops facilitated by Art City over spring break.

Then in the fall of 2018, the local arts hub applied for funds to run The Lost Skills Workshop series. They received funds to cover the cost of renting the hall kitchen for all the workshops, as well as the facilitators' wages and most of the ingredients.

Since June, Green Acres Art Centre has hosted five workshops: dough breads and buns; canning dill pickles; canning jam and jelly; pies and pastry; and canning beets.

Four more workshops are coming up in the series: baking cakes and cupcakes on Saturday, Oct. 19; cooking perogies on Saturday, Nov. 2; cooking perishke on Saturday, Nov. 30, and baking Christmas cookies on Saturday, Dec. 7. All of the workshops take place in the Teulon-Rockwood Centennial Centre kitchen.

Nine-year-old Ainsleigh Hutchinson attended the recent pie and pastry workshop along with her mom Beth and her young friends Charlee Tronrud and Jaily Thorkelson.

"I learned how to make the pie dough and I also learned how to make strudel," said Ainsleigh, a Grade 4 student at Teulon Elementary School. "I just really like baking."



Ainsleigh Hutchinson carefully places her pie dough in the pan.

She likes baking so much, in fact, that she saved up all the money from her birthday in May to buy herself a lavender-coloured KitchenAid mixer.

She's been honing her talents, and she even entered some of her tasty creations in the baking competition at PumpkinFest.

"I used my mixer to make pumpkin cupcakes for PumpkinFest and oatmeal toffee cookies for PumpkinFest," she said.

"For the pumpkin cupcakes, I won first prize, and then for the oatmeal toffee cookies, I won second."

Ainsleigh is already thinking about attending some of the other work-

SCI students inspired by leadership conference

By Jennifer McFee

A group of Interlake School Division students selected to attend a national leadership conference is now hoping to implement some new ideas at their school.

Four Stonewall Collegiate Institute Grade 12 students — Aiden Mulvihill, Liam Proven, Ellen Marshall and Kalennah Tonner — applied to attend the Canadian Student Leadership Conference. Their applications were accepted, so they made the trip to Abbotsford, B.C., where they stayed with billet families while they attended the conference at a local secondary school from Sept. 24 to 28. Staff members Christy Steeves and Curtis Grieve also went west for the event.

The students had the chance to listen to keynote speakers, attend workshops, engage in community service, participate in cultural events and much more. The annual event brought together 750 Grade 11 and 12 students and 250 leadership advisors from across the country for the purpose of building leadership skills, boosting confidence and discovering new ideas.

“Overall, it was one of the best ex-

periences I have had in high school so far. I made lifelong friends from all over Canada in only five days. I am sure that we will stay in touch in the future,” Liam said.

“At the conference, guest speakers such as Romeo Dallaire and Mike Smith really made an impression on me. Listening to their stories first hand taught me many lifelong lessons about how to be a better leader and how to fight through adversity. Representing my school and Manitoba was a huge honour.”

The participants divided up into separate “spirit groups” made up of other teens from across the country, so Stonewall students often went all day without seeing each other for more than a few minutes.

“We’d do activities and community service with them. We all can say that the people in our spirit groups are really good friends now. On the last night, leaving them was the hardest thing ever,” Ellen said.

“There were lots of people crying. I cried. It was really emotional. It made us feel more involved and not just like spectators. It was literally life changing. It’s probably been the best week



TRIBUNE PHOTO BY JENNIFER MCFEE

SCI staff and students attended the Canadian Student Leadership Conference in Abbotsford, B.C. last week. Pictured left to right, Curtis Grieve, Liam Proven, Ellen Marshall, Kalennah Tonner, Aiden Mulvihill and Christy Steeves.

of my whole high school career.”

Kalennah expressed similar sentiments.

“I really enjoyed the spirit groups. I really enjoyed going to different things with them and the community service,” she said.

“The spirit groups had student lead-

ers and you hardly saw teachers, so you really got to open up to them and I really liked that. At first, I was super uncomfortable but the energy off the people feeds me. I got super excited with them and got a really good bond.”

Continued on page 4



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Rockwood council news in brief Oct. 2 meeting

By Jennifer McFee

At the Oct. 2 meeting, Rockwood council granted a request to vary the minimum rear yard requirement to 18 feet from 25 feet to allow for an existing above-ground pool at a residence in Stony Mountain.

In addition, council granted a request to vary the minimum rear yard requirement to 16 feet from 25 feet to allow for an existing attached deck at a residence in Gunton.

In other council news:

- Todd Campbell has been appointed as a citizen representative for the Teulon-Rockwood Recreation Commission. Bonnie Benn recently submitted a letter to resign her position as a citizen representative.
- The RM of Rockwood will extend its agreement with 4570732 Manitoba Ltd. for curbside waste

collection services for the amount of \$177,142.80 plus the Oct. 1, 2019 Consumer Price Index Rate. In addition, 4570732 Manitoba Ltd. will rent roll-off bins for Winfield and Balmoral transfer stations for \$105 plus the Oct. 1, 2019 Consumer Price Index Rate per month per bin. The company will remove and empty these bins for \$160 each plus the Oct. 1, 2019 Consumer Price Index Rate.

- Chris Sweezie and Colton Bebeau spoke to council about their plans to operate an agricultural service, repair and parts business from a property that is zoned as ag general. Eric Shaw of South Interlake Planning District said that they will need to comply with zoning bylaws. He suggested that they submitted a detailed letter of intent to council.
- At the Board of Revision on Oct. 2, two delegations requested decreases in their assessments.



TRIBUNE PHOTO BY JENNIFER MCFEE
Chris Sweezie and Colton Bebeau met with Rockwood council last week.

Manitoba Public Insurance applies for rate decrease

Submitted

Manitoba Public Insurance has requested a rate decrease of 0.6 per cent in an amendment to its 2020-21 General Rate Application filed Oct. 4 with the Public Utilities Board (PUB). If approved, 610,000 Manitoba vehicles will have lower Basic auto insurance premiums.

If approved by the PUB, the average passenger vehicle owner will pay about \$10 less in premiums per year. The PUB hearings began this week and conclude later this month. The board typically issues its order in December.

For background, MPI originally requested a 0.1 rate increase in June, but due to favourable financial results as of the end of September, the corporation filed the amendment Oct. 4, re-

questing an overall rate decrease for the first time since 2012.

A key contributing factor to the rate amendment was MPI has performed better than budget in the first half of the year due to its ongoing fiscal prudence and commitment to reducing operating expenses while improving its claims management process. MPI has also achieved its 100 per cent Minimum Capital Test (MCT) target the minimum amount the company should hold in reserves to protect against rate shock and ensure rates remain stable.

"With such positive financial results, it would be inappropriate to ask for a rate increase, although it was nominal to request in the first place," said Ben Graham, president and CEO of Manitoba Public Insurance. "As we con-

Requested Rate Changes by Class

Major Use	Applied for Rate Changes
Private passenger	-0.9%
Commercial	0.7%
Public	10.4%
Motorcycles	5.1%
Trailers	-5.2%
Off-road Vehicles	-12.5%
Overall (applied for)	-0.6%

Proposed rate reductions would be effective March 1, 2020.

tinue to execute our operational strategy, MPI is dedicated to maintaining stable and predictable rates which remain among the most affordable in Canada while providing exceptional coverage to Manitobans.

"MPI is one of the few auto insurers in Canada to request a rate decrease this year. While other private auto jurisdictions are looking at double digit increases, Manitoba once again dem-

onstrates the strength of the public auto insurance system. Now that we have established a strong financial foundation — our focus will continue to meet customers changing needs now and also into the future."

The proposed rates would be effective March 1, 2020, but because renewal dates are staggered, some vehicle owners won't pay their new rates until Feb. 28, 2021.

> SCI, FROM PG. 3

For Aiden, he's looking forward to boosting the energy and spirit at

Stonewall Collegiate Institute through some fresh ideas.

"Right now, school spirit definitely isn't the best, so we have a lot of good things planned," he said.

"The best part for me was the leadership activities. One of the keynote speakers, Mike Smith, was so impactful. And I can't believe how close we got with people in four days."

Likewise, the staff members are hoping to put into practice some of the concepts they experienced.

"It was fantastic. Every single session, I brought something back from it," Steeves said.

"I'm trying to implement it, whether it's in groups, in my classrooms, with my staff, so that we can keep it going."

For Grieve, he's looking forward

to sharing some highlights with the school board, which helped to cover the costs of the trip.

"It was a jam-packed week of learning and fun activities. It was unbelievable," he said.

"I'll relay to the board that this was a wonderful trip and we should be sending more students and staff next year."

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Teulon firehall grand opening set for Oct. 20

By Jennifer McFee

Things are heating up for the Teulon-Rockwood Fire Department's new firehall, which will officially launch next weekend.

On Sunday, Oct. 20 from 11 a.m. to 2 p.m., the local fire department will host its Fire Prevention Week Open House event — as well as the ribbon-cutting for the brand new facility at 1 p.m. There will be an inaugural flag raising in honour of the funds donated from the Jim Dola Memorial Golf tournament.

"It's been six or seven years in the works. The journey began when we started looking at equipment upgrades or replacements. Our rescue truck was getting to a point where it was aging out for service years and it was definitely aging out as far as capacities go," said fire chief Chris Dawson.

"So in 2013, it came up as a budget item for replacement for 2014. The concern was that with the current firehall situation we were in, we really couldn't move forward with a truck purchase because there was no place to put it. We were right to the gills as far as using our space. We already had four trucks in three bays and we just couldn't make the bay any bigger."

At that time, the fire commission proposed that they consider a potential addition to the existing firehall, along with some repairs to keep it in use.

"They gave us a budget to work with on the current rescue to upgrade lighting and shelving and other things to make it more functional for us," Dawson said.

"We did that well under budget and then spent the next 18 months or two years going through the entire process with engineers and architects on doing a design plan and getting bids in."

The engineers originally estimated that the expansion would cost about \$400,000 to \$500,000. However, the lowest bid for the design came in at nearly \$900,000.

"It seemed irrational to spend that kind of money on a firehall when the RM of Rockwood had just built a new public works building for that exact amount," Dawson said.

"At the time, there was nobody happy with that number and using the funds in that way. It was just a ridiculous use of money at that value for what you're going to get. Renovating the existing location became not feasible, so then we started to investigate what other options existed for building a new building and what areas we could put it up. That led us to our present day."

The new plans went to tender in the spring of 2018, and construction was underway that fall.

"We moved in on Sept. 29. That was the day that we changed operations over to the new home," Dawson said. "It was pretty special."

All are welcome to celebrate the grand opening of the new firehall, located at the end of Main Street in Teulon and Provincial Road 415, during the open house on Oct. 20. Attendees can indulge in hotdogs and fries, fire truck rides and other fun activities.

Cakes for a Cause fundraiser



TRIBUNE PHOTO BY JO-ANNE PROCTER

A sweet donation of \$1,050 was made to Toni deLaroque and Amanda Margetts of Danica and Abby's Village on Sept. 30 by the Red River Co-op Stonewall Food Store. The money was raised through their Cakes for a Cause campaign last month and will be used to purchase a rainbow buddy bench. Danica and Abby's Village purchases buddy benches in the Interlake School Division schools and local parks. Anyone interested in donating to the cause or purchasing a bench can contact deLaroque at danicasvillage@gmail.com or at 204-513-1551. Pictured left to right: Melissa Green, Laura King, Amanda Margetts, Daniel Harris, Toni deLaroque, Curtis Vanhove, Mike Nugent, Jessica Lowther and Darrell Sumka.

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Interlake RCMP impressive

By Evan Matthews

There are so many things to be thankful for in this amazing and beautiful region.

Lets add one more to the list: positive RCMP community relations.

The police in this region do a great job of engaging citizens, and showing them there is more to policing than one might understand.

Fisher Branch RCMP did a fantastic job last week hosting a Sisters in Spirit Vigil, in honour of Missing and Murdered Indigenous Women.

Is there a more daunting conversation relating to Canadian social, economical, political and historical culture?

RCMP, through their actions, are aiming to be accountable to its role in improving a national conversation. It's inspiring.

By inviting members of the commu-

nity out to a sincere and meaningful event, Cpl. Michael Garton connected with a multitude of people by showing a side of policing not often portrayed in the media.

A human side, as in, police officers are people too.

We, as a society, are all facing human problems, and are in this together. That was the feeling.

Often times, whether it be in movies, TV shows, or newspapers, society sees police officers in difficult situations, so often related to their line of work.

Subsequently, and undoubtedly, there is often a stigma related to police work.

Yet, we get to hear about stories like Cst. Paul Human, in Stonewall.

He's been dedicating time over the summer to pulling over Stonewall youth, but not for anything negative,

in fact quite the opposite.

Cst. Human has been gifting kids "positive tickets" for doing things the right way. Things like wearing their helmets while riding a bike.

By engaging in positive interactions with youth, kids are learning about the police, and building positive experiences and relationships.

It leaves kids with a more positive impression.

When we hear the news stories, or see them drive by with the blue and red lights flashing, we tend to forget the officer is someone's family member and friend.

And sometimes they are our neighbours.

A friendly reminder is always appreciated, and the local RCMP have been doing a great job of letting people know they want to build positive relationships.

It shouldn't go unnoticed, because it's not the case everywhere.

So, thanks for that, and here's hoping.

Federal election 2019 - Supporting small businesses

By the NDP government

Small businesses are the engine of job creation in Canada and an important part of every community across the country. Small businesses need a government that helps them access the services and infrastructure they need to thrive and expand, while investing in a healthy and talented workforce.

New Democrats believe that small businesses should have access to all the support they need to grow, innovate, and stay competitive in Canada and around the world. That's why we have stood up for lower small business taxes, opposed unfair merchant fees, and fought to make it easier to pass on small businesses to the next generation.

In government, New Democrats will keep working hard for small businesses to tackle issues that impact their bottom line, like high credit card merchant fees. Our plan for public, universal pharmacare will also save businesses approximately \$600 per employee with extended health benefits every year – and it means that all small businesses can feel confident knowing that their employees are able to access the prescription drugs they need.

We'll also make it easier for the family business to be passed on to future generations with new legislation to end the unfair tax treatment of family transfers of small businesses.

To help Canadian small business step out on the world stage, a New

Democrat government will streamline access to government export services and make it simpler to break into foreign markets. We'll also provide small- and medium-sized businesses with a single point of contact to help ease regulatory processes and support compliance - freeing up time for entrepreneurs to invest in growing their business.

Recognizing that a shortage of workers is a major barrier for many small businesses operating in rural areas, we'll make important new investments in training Canadians and boost support to traditionally under-employed groups, ensuring that they can access good jobs that pay a fair wage.

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TRIBUNE PHOTO BY CHELSEA BOONSTRA

Mother Nature has been making it very difficult for farmers to complete their harvest this year. With record amounts of rain and cooler temperatures fields are not drying up making it very sloppy. Earlier this week Rob Boonstra with Boonstra Farms was chopping corn southwest of Warren.

worship

with us > FAITH

Thankfulness and Gratitude

The best of the first fruits of your ground you shall bring to the house of the Lord your God.

(Exodus 34:26)

This week Thanksgiving displays will appear in churches, homes, schools and businesses. Real or crafted pumpkins and fresh produce will remind us of the blessings of our harvest season.

The harvest has been a struggle this year for many of our farmers. Some have had little to show for all of their hard work of sowing and caring for their crops. And so 2019 seems like a year to be especially thankful for the fruits of the earth that survived through the challenging weather.

A new pattern is appearing in our accessories this year for our Thanksgiving feasts. I've noticed a change in the wording of cards, napkins and decorations. In the past, they said Give Thanks! Or even Happy Thanksgiving! This year, many say – Be Grateful!

Of course, gratitude is a wonderful gift to cultivate, but it is not the same as being thankful. Thanksgiving means that we need to give back. This weekend, while I am grateful for many things in my life, I know that my blessings require a faithful response. I will not only be giving thanks - I will be giving my best as an offering to God.

With the farmers in my community, I will make an offering of the fruits of the earth. I will also look for other gifts to give in thanksgiving for all of my blessings in life.

So let's save our gratitude for other times of the year, and be deeply thankful and generous in our giving this weekend.

Rev. Mona Denton
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Liberals move forward to legislate net-zero emissions by 2050

By the Liberal government

A re-elected Liberal government will immediately commit Canada to net-zero emissions by 2050 and will help workers prepare for the clean energy transition.

Liberal candidates Catherine McKenna, Jonathan Wilkinson and Steven Guilbeault announced that a re-elected Liberal government would immediately commit Canada to achieving net-zero emissions by mid-century, joining 65 other countries and the European Union that made the pledge at the United Nations Climate Summit on Monday. Net-zero means some sectors could still emit carbon pollution, but these emissions would be offset by other actions — such as planting trees.

"The planet is burning and people are taking to the streets to demand stronger action to fight climate change," said Liberal candidate from Laurier-Sainte-Marie, Steven Guilbeault. "The science is clear, the evidence is clear and Canadians are clear — we must step up and do even more to protect our environment. Our kids and grandkids are counting on us."

That's why a re-elected Liberal government will take concrete steps to lower emissions and make life more

affordable for Canadians.

We will set legally binding, five-year milestones, based on the advice of the experts and consultations with Canadians, to reach net-zero emissions by 2050;

We will appoint a group of scientists, economists, and experts to recommend the best path to get to net-zero;

We will exceed Canada's 2030 emissions goal; and

We will ensure energy workers and communities can shape their own futures by introducing a Just Transition Act, giving workers access to the training, support and new opportunities needed to succeed in the future economy.

"It is time for Canada to join governments and leading businesses around the world that have committed to net zero emissions by 2050 in order to further tackle the worsening climate crisis," said Liberal candidate from Ottawa-Centre, Catherine McKenna. "We know that the strongest economies and businesses in the future will be those that embrace clean technologies. We will ensure that all Canadian workers are part of this transition to a cleaner, more prosperous and more sustainable future."

These commitments build on the

Liberals' climate record that already includes over 50 measures to cut pollution and protect our environment. These include:

Banning harmful single-use plastics and microbeads;

Phasing out coal power by 2030 and investing in renewables like wind and solar;

Putting a price on carbon pollution so it's no longer free to pollute anywhere in Canada, while putting more money back into Canadians' pockets;

Building 1,200 public transit projects across the country;

Making zero-emission vehicles more accessible and affordable; and

Investing in energy efficiency to help families and businesses save money.

"Climate change represents an existential threat, but also an economic opportunity for countries that foster technologies that address greenhouse gas emissions," said Jonathan Wilkinson, the Liberal candidate for North Vancouver. "We are committed to addressing this threat. Andrew Scheer, on the other hand, will do less and cost Canadians more in a plan that experts say will increase carbon pollution. We must do better."

Annual Stony Mountain Goose Shoot continues to succeed

By Evan Matthews

Community members flocked to the Stony Mountain Community Centre following a rainy morning hunting geese.

The 17th annual Stony Mountain Goose Shoot hosted 34 adult teams and seven youth teams. Total funds raised this year wasn't confirmed as of press time.

However, the Calcutta raised \$16,975. Winners of the adult calcutta were Craig Stewart, Randy Moody, Dwayne Lecoq and Rob Forbister. Meanwhile, D. Kondall, Randy Moody and Craig Stewart purchased the youth teams.

Since 2002, The Stony Mountain Goose Shoot has raised a cumulative amount exceeding \$360,000, injecting the funds back into community initiatives and groups.

The Stony Mountain Community Centre, Stony Mountain Minor Hockey, Skate Stony Mountain and the Stony Mountain Community Association all contribute to the event's organizational efforts, according to Stony Mountain Goose Shoot Committee co-chair Lisa Deprez.

The committee uses monies to fund local projects, providing much-needed upgrades to local facilities, and increased recreational opportunities for the residents of Stony Mountain and the surrounding area, according to Deprez.

Past initiatives have included funding aid with the (now-closed) operation of the curling club, funding aid for the cemetery's maintenance and more.

Rockwood landowners allow the Stony Mountain Goose Shoot committee to use parcels of land for the event, according to Deprez.

Evan Roy, Matthew Penner, Wade Byle and Dawson Bollenback won the youth division, as the team brought in a total of nine birds weighing in at 63.6 lbs.



2019 Stony Mountain Goose Shoot Youth Division winners, left to right, Dawson Bollenback, Wade Byle, Matty Penner and Evan Roy brought in a total of nine birds weighing in at 63.6 lbs.

son Bollenback won the youth division, as the team brought in a total of nine birds weighing in at 63.6 lbs.

In the adult division, Kayden Stewart, Shaylene Harper and Craig Stewart were winners, bringing in a total of 12 birds weighing in at 123.1 lbs.

"The event is totally volunteer run, with support from a broad section of the community who or-



Left to right, Kayden Stewart, Shaylene Harper and Craig Stewart, brought in a total of 12 birds weighing in at 123.1 lbs. to win the adult division.

ganize the event," said Dawne Smithson, another committee member.

The Stony Mountain Goose Shoot committee members include co-chairs Craig Littlepage and Lisa Deprez, as well as members Kenton Byle, Dawne Smithson, Renee Brewer, Chantel Roy, Tony Hoess, Debra Adamik and Christine Wirgau.

Modernization of Manitoba's agricultural Crown lands leasing program

Submitted

Manitoba Beef Producers (MBP) is engaging with the provincial government about the effects of its recently announced changes to the Agricultural Crown Lands (ACL) Leasing Program on beef producers and it is seeking desirable outcomes for the industry.

"Many producers rely on predict-

able and affordable access to Crown land leases as a major part of their operations, particularly in areas of the province where there is limited access to deeded land," said MBP president Tom Teichroeb. "During the consultative process, we identified key producer and industry priorities when it comes to the future direction of the ACL program and we are continuing to advance those priorities."

Among the changes being made to the ACL program MBP believes will be beneficial to the beef industry include:

- Allocating ACL leases via an auction system, which is a less complicated and more transparent process;
- A commitment to promoting compliance and using enforcement where needed to ensure the lands are being utilized for the intended purpose; and,
- The removal of the 4,800 Animal Unit Month cap per leaseholder for forage leases, a practice that has been restrictive and which did not necessarily take into account the increasing size of operations overall.

MBP has firm positions on several

matters raised during the consultative process around the modernization of the ACL Program and it is continuing to pursue their inclusion in the government's policies. They include:

- The continued ability for producers to be able to utilize family transfers and unit transfers;
- Allowing existing lease holders to have the first right of renewal upon expiry of their lease if they can demonstrate that they still meet the program terms and conditions. Access and predictability are essential to long-term planning related to livestock operations;
- Having a rental rate formula that is fair, easily understood, recognizes market conditions and does not place an undue financial burden on the producers during the transition to the new formula; and,

- The right to informed access whereby those wishing to access ACL would need to notify the lease or permit holder prior to entry. This is important to address concerns related to potential biosecurity issues, and also to help protect livestock, people and the environment.

MBP believes that if the beef cattle sector is to grow it is essential agricultural Crown lands be allocated, priced and managed in the most predictable and transparent manner possible. This will help ensure their

use is both effective and efficient for producers, and also help meet the stated objectives of the ACL program which include supporting the sustainable expansion of the livestock herd in Manitoba, contributing to ecological goods and services, and providing mitigation and adaptation to climate change.

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The practiced ritual of fishing sturgeon

Welcome, friends.

It's been a while since I was over at Norris Lake to visit with anglers. A few weeks ago, I finally made it. As I drove slowly along the main camping lane, RVs were parked side by side with folks sitting beside them chatting and barbecuing while children played, chasing each other about. I pulled up to the dock where a tall chap was in the process of taking a jackfish off his hook. I got out of my car and called out, "How about holding that fish up so I can take a picture and put you in the newspaper?"

"Sure," our new friend agreed. After I took the picture, we struck up a conversation just as a lady angler walked up holding a fishing rod, its end high in the air. The line had two perch dangling from the double hooks of her pickerel rig.

"This is Tracy Noga and I'm Mark Heber," our tall friend offered. "We've moved into the Interlake and wanted to try fishing Norris Lake."

"Well, you guys seem to have caught enough for a meal," I observed.

"This is nothing," Mark said. "Off to the north of us, we watched in envy as a group of fishers hit a school of perch. As soon as their hooks hit the water, they had another one on!"

I laughed as I shook their hands upon leaving, saying, "Yeah, Norris is a great little lake for jack and big perch."

On a damp overcast day last week, I met an upbeat, very enthusiastic fellow at the Breezy Point landing who totally dispelled the dulling mood of the afternoon. Ray Blackmore was his name, and after a short talk, he gave us a vibrant description of his once-in-a-lifetime fight with a seven-and-a-half-foot sturgeon on the Fraser River. Standing beside his boat, Ray, a man of average size sporting thick, grey hair under a well-used cap and an even thicker handlebar moustache, recalled hiring a guide with a boat who took him onto the river and handed him a very long, thick fishing rod.

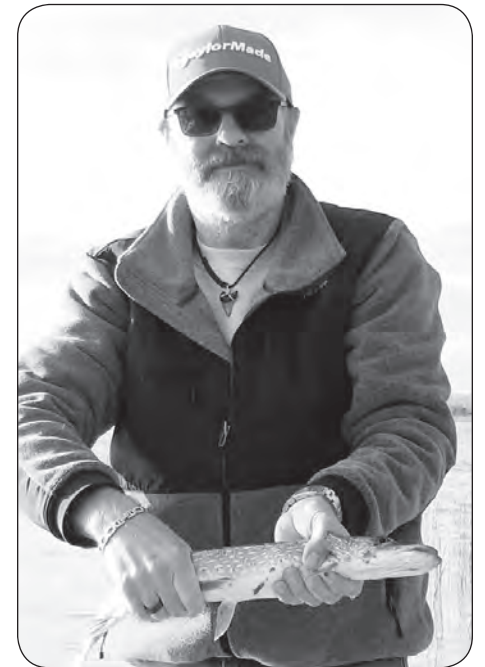
Once in the middle of the river, the guide turned his boat into the current and tossed out an anchor. Ray cast off the end of the boat so that his baited hook would be presented face first to any sturgeon since they almost always swim against the current. It didn't take long before he felt the telltale soft tug of a sturgeon scooping up his hook with its sucker-like mouth. Ray hauled up hard, setting the hook. Instantly he was pulled forward, his chest slamming against the top edge of the boat's gunwale by a giant hooked sturgeon, which rocketed skyward completely out of the water. The 150-pound test line ripped from the waves, snapping straight and tight between Ray and

the fish.

The guide sprang to Ray, slinging and locking a tethered safety belt around his waist. Ray quickly widened his stance and flipped off his rod's drag. The reel sang as the line spun from it. Ray could now see the fish's bony, pointy backbone as it arched just above the water then dove slapping its double delta shaped tail against the chalky grey water. So the ritual practised by anglers began as Ray hauled up on the rod then lowered it as he reeled in. Again and again, the fish would be pulled to the surface only to defiantly lash out and dive for the river rock bed. An hour and a half passed as fish and man battled each other. Ray's body burned with fatigue.

"I don't think I can go on any longer!" Ray cried out, his hands and wrists having lost their strength. Just then, thankfully, the fish rose to the surface, docile, played out. The guide manoeuvred the boat and fish to the shore where Ray jumped out and turned the fish over, knowing they become still when upside down. He measured it and took pictures of his catch before holding it by the tail directing its head into the current. Soon it revived, and with a wave from Ray, swam away.

You may remember some time ago I shared a story of a brother angler slipping on the slimy rocks along the Winnipeg River by Pine Falls and falling into the water. Lately, I met a young, six-foot-plus tall Winnipegger shore fishing on the Red by Selkirk. His name is Devin Morissette and he had just come back from riverbank fishing at Pine Falls where a scream began an event. He told how his eyes shot in the direction of the cry only to see two bare feet flying in the air and then a splashing sound. He, along with



TRIBUNE PHOTO SUBMITTED
Mark Heber with his catch from Norris Lake.

others, scrambled over the rocks to see a young blond lady angler crawling soaking wet out of the cold water. When she regained firm ground, Devin witnessed a very heartwarming angler's gesture. The women close by collected dry clothes from themselves or their vehicles and gave them to the girl. Now warm, she settled amongst them and kept right on fishing!

Till next time. Bye for now.

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KAP president concerned with Ag Minister's comments

By Evan Matthews

Comments from Manitoba's Minister of Agriculture last week have left Interlake farmers lacking faith in the provincial government, and in the industry's future.

With a largely anticipated mass exit from the beef and agricultural production industries, respectively, at season's end, Eichler didn't mince words during a recent press teleconference.

"Farming is not for the faint of heart... Conditions change on a monthly and weekly basis.... You can't rely on government to bail you out every time something happens," said Eichler to media.

"You have to have the right programs, for the right market, to ensure that producers are (financially) stable," he said via the teleconference, adding he would prefer stabilizing the industry as opposed to one-time emergency payouts.

Last week, Manitoba Agricultural Minister Ralph announced the government would not be enacting AgriRecovery programs to provide relief to farmers in financial turmoil, though the government announced loan deferrals on AgriStability payments for (potentially) up to one year, while also

looking at program reform.

Though Eichler has acknowledged programs like AgriStability, Crop Insurance, and Livestock Price Insurance need reform, for the short term, nothing has been done to alter those programs.

While in the long-term the review of AgriStability, Crop Insurance and Livestock Price Insurance is a good thing, Keystone Agricultural Producers' President Bill Campbell said in the short-term not much is being done to help, and shifting debt by one year isn't the answer, simply.

"The minister's comments are concerning. I understand where he's coming from, but there are a lot of other sectors that have had issues addressed in trying times," said Campbell, mentioning the enactment of AgriRecovery during this summer's potato production crisis on Prince Edward Island, or the 2016 mad cow outbreak in Alberta.

"It's frustrating for Manitoba producers... To ignore, or to not address these particular concerns with producers under available programs, it's (beyond) concerning.

"The (minister's) comments are concerning to the long-term viability of communities in the Interlake region,

and if there is not an economic viable model, these farms are now in jeopardy," he said.

Campbell said if the federal and provincial governments were willing to "step up" and provide the AgriRecovery to Manitoba farmers, the funding is available, and could save the industry from the anticipated mass exit.

Alternatively, he said the next 60 days will be "scary" for all involved in the industry.

"The mental health struggle associated with being in the situation that many of these farmers are, and then to receive those comments from the Ag Minister, it's concerning," said Campbell.

"(Farmers) are ready to do our part. But when circumstances beyond our control like this year arise, we need programs in place to help us. Government has eroded these programs to the point of not being relevant. They don't provide the help on the right timelines," he said.

While Campbell added he understands where the minister is coming from in his statements, it doesn't change the reality for farmers.

Pulling one's self up by the bootstraps, simply, won't work this time.

Though nothing has been done,



Minister of Agriculture
Ralph Eichler

Eichler said he understands.

"Livestock producers are important contributors to our local communities and we recognize many producers are feeling the effects of our dry summer. We are committed to long-term sustainable programs that will keep them whole. What we have currently is not working," said Eichler.

"Again, we are committed to long-term sustainable programs that will support our producers."

> REVIVING LOST SKILLS, FROM PG. 2

shops, and the perogy-making session in particular has caught her eye.

For Bursey, the pie and pastry workshop was a great success.

"We started off by making dough for the pie crusts, two different styles, one for pie and one for a strudel. Then we made the pie fillings, apple and pumpkin. As I suspected, many participants were surprised to learn that ingredients need to be added to the canned pumpkin to make a pie with it. The last thing we made was an apple strudel," said Bursey, who taught the

session to a total of six youth and five adults.

"I decided to make apples the theme of the day, since they are in abundance this time of year, they are easy to work with and simple to prepare. People of different skills levels come to these workshops and we learn together. In fact, it was the first time I ever made a strudel and I learned something new too. Everyone went home with fresh baked pastry to share with their families, all with smiles on their faces."

The workshops were developed with the intention to teach basic cooking, baking and preserving techniques in the kitchen, Bursey explained.

"We also chose a couple of popular cultural dishes that are known by the local community and that are known to bring people together in the kitchen, like perogy-making," she said.

"The idea behind these workshops is that the recent generations are no longer learning essential skills in the kitchen. They are no longer being used, and they are 'lost.'"

A few different people have jumped on board to facilitate

the workshops. They each hold a Food Handlers' certificate and have interest and experience in their area of expertise.

"I have been facilitating the baking workshops, which include cookie making, bread making, pie making, cake making and Christmas baking. Lana Knor has facilitated two of the canning workshops, which includes dill pickles and pickled beets. We invited Heather Teichrib from Olde Cramb Farm to facilitate a jam and jelly making session," Bursey said.

"We decided to do a perogy-making and perishke-making workshop because both are well-known cultural recipes for the area, because many people report that they never make these dishes or have recipes for these dishes, and also because of the personal interest and experience of the facilitator, Yvonne Dola."

Green Acres Art Centre is open to anyone who would like to facilitate a workshop based on related experience or ideas. Anyone interested in teaching or facilitating with the organization is welcome to submit a proposal.

"There is definitely an interest in this workshop series. We have had a lot of feedback saying that it is a great idea," said Bursey.

"There is currently a lot of discussion about the next Lost Skills Workshop Series. We would like to see soap making, sewing, knitting and more. Our hope is to attract a multi-generational crowd at the workshops."

Participants in the Lost Skills Workshops are asked to bring their own apron and to register in advance by calling 204-886-3192, emailing gaacevents@mymts.net or dropping by Green Acres Art Centre in person.

There is no cost to attend and all ages are welcome. Kids under 10 years old must be accompanied by an adult.

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Teulon councillors and administrative staff resign

By Evan Matthews

Things have gone from bad to worse for the Town of Teulon's municipal council and staff, and many questions remain unanswered.

Last week, former Deputy Mayor and Coun. Mike Ledarney told *The Tribune* he and fellow former councillors Danny Hutchinson and Rey Girardin have resigned from their roles on council.

"The decision was made in our own personal best interest and in the best interest of the town," said Ledarney.

"It was the best time for us due to the complete loss of our staff. ... But this is based on, really, what we've been going through over the last little while.

"I don't want to comment too much more."

The resignations leave Mayor Debbie Kozyra and Coun. Barb Manke-wich as the only remaining Teulon council members.

In July, the majority of council — all of whom have since resigned — stripped the mayor of responsibilities including removing her name as a town signing authority, chairing meetings, membership of committees, and being the town's spokesperson, putting Deputy Mayor Ledarney as the head of council.

How council will mill move forward is uncertain. The Province of Mani-

toba's Municipal Relations did not respond by press time.

In a press release, Mayor Kozyra stated the scheduled Oct. 8 Teulon council meeting would be cancelled due to lack of quorum. The release also stated the mayor has contacted The Province of Manitoba Municipal Relations and is awaiting instruction.

Administrative background

Just weeks after losing CAO Doreen Steg, Assistant CAO Ashley Michaluk informed council she, too, would be resigning effective Oct. 18, according to Ledarney.

Ledarney said the resignations leave the town with no administrative employees.

After repeated attempts, there was no answer from the Teulon municipal office.

In May, the mayor accused former CAO Steg of incorrect classification of legal expenses; however, the town's neutral auditor cleared Steg's name last week in an official statement to the town.

Council to date

Since Teulon's council members took their respective seats in October 2018, a number of issues have divided council, including the mayor's campaign expense claims, the public process relating to the closure of Main



Mike Ledarney



Danny Hutchinson



Rey Girardin

Street South, the classification of recording council's legal expenses, and mayor's public scrutiny of town staff, among others.

After having her roles and responsibilities reduced in July, Mayor Kozyra then filed a defamation of character lawsuit in August, naming councillors Danny Hutchinson, Michael Ledarney, Rey Girardin, along with Chief Administrative Officer Doreen Steg, and Teulon resident Shannon Dupont.

No court dates have been confirmed.

But as the mayor's lawsuit sits idle, legal counsel has reached out to Teulon council in regards to the mayor's alleged breach of The Municipal Act.

However, no member of council has been willing to elaborate on what advice council has received from its lawyers.

Though the exact amount was not confirmed at its September council meeting, Teulon staff estimated the total cost spent investigating the mayor's campaign expenses totalled roughly \$7,000.

Teulon day care receives funds



TRIBUNE PHOTO BY DANNA SHANNON

Teulon Day Care children and staff members Amy Mitchell and Laura Neault were pleased to receive a cheque for \$1200 last week from the Teulon Rodeo Club. The funds were raised during the summer through a joint 50/50 fundraiser they participated in. Elyce Mankewich took home the jackpot of \$2400 and the Teulon Rodeo kept their portion of \$1200.

Stonewall council approves installation of four electric vehicle charging stations

By Jennifer McFee

During the Oct. 1 meeting, Stonewall council approved of the installation of four electric vehicle-charging stations within the town as part of the 2020 budget.

The town is working with Eco-West and has applied for a grant through Federation of Canadian Municipalities to assist with the costs of installing Level II charging stations.

"We have some thoughts regarding where to locate the stations to

maximize the benefit to the community and ensure access for the public," said CAO Wally Melnyk in an email.

As part of the grant application, they needed to identify locations so downtown, the Heritage Arts Centre and Veterans Memorial Sports Complex will be studied and confirmed.

"If we are successful in the grant application, we would hope to have the stations in place in 2020," Melnyk said.

Golf Ball Drop

Due to the weather, the Teulon Rockwood Recreation Commission was not able to hold their Golf Ball Drop on Saturday, October 5, 2019 at 11:00 am.

We are hoping to hold the drop on Saturday, October 12, 2019 at 11:00 am at the Elementary School.

*Hope to see you there.
Come out and see if your golf ball is the lucky one!*

IS THE
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Fire prevention message 'If there is a fire, get out and stay out'

Fire Prevention Week Oct. 6-12

By Evan Matthews

Not every hero wears a cape, so plan and practice your escape.

That's the message of 2019 Manitoba Fire Prevention Week, according to the Office of the Fire Commissioner. This year, Fire Prevention Week runs from Oct. 6 - 12.

"We like when the public comes out and gets a look at the equipment we use. We go through safety demonstrations, stuff like that. Most stations will do an open house," said Wallace Drysdale, Stony Mountain Fire Chief.

Stony Mountain is one of three fire departments covering the Rockwood municipality along with Stonewall and Teulon.

"We can go through safety messages, but often when people don't put messages into practice, they won't know what to do when the time comes," he said.

Drysdale spoke about the importance of understanding the available exits in every room, and the fact there should always be two viable strategies when exiting a room.

"How am I going to get out? Will it be this window, or that door?" He said as examples. "If you go through those things in your mind when there isn't a fire, you won't even have to think about in an instance where you may need to apply it."

The week's purpose is to educate Manitoba residents about small, but important, proactive measures you to keep people safe in case of a fire, and how to prevent fires, according to the website.

In Canada, most fire deaths occur in the home where people believe they



Finn Smith receives a lesson in driving from Colin Smith.

are most safe, according to the Fire Commissioner's Office.

Canadian fire departments respond to roughly 25,600 structural fires per year, and in 2015, structure fires caused more than 1,400 injuries and almost 200 deaths.

In a typical house fire, Drysdale said you might have two minutes or less to escape safely from the time the smoke alarm sounds.

"If there ever is a fire, get out and stay out. It's often not the fire that kills, but the smoke," said Drysdale, adding it's the most important piece of advice for the week.

"People run back to get the dog, or get possessions, they don't realize

sometimes that those few seconds are a matter of life and death," he said.

For more information and safety tips, go visit: <http://www.nfpa.org/safety-information/for-consumers>.

"WE LIKE WHEN THE PUBLIC COMES OUT AND GETS A LOOK AT THE EQUIPMENT WE USE."



TRIBUNE PHOTOS BY EVAN MATTHEWS

Kaleb, Odin and Chris Pilcher pose for a picture during the Stony Mountain Firehall open house on Sunday.

Stony Mountain Child Care Centre Annual Spooky Boogie Dance

Sat. Oct. 19 • 5:30-9 p.m.
at the Stony Mountain Community Center

Come one and all to our Spooky Boogie. Get your Halloween costumes and be ready to have a spooky time at our Halloween Celebration.

Tickets \$10 - available at the Stony Daycares and at the door
Stony Mountain Community Centre, 119 School Rd
All children must be accompanied by an adult.

There will be a 50/50

Special Surprise Visitors to Make an Appearance

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Professional DJ to ensure you dance all night!

Lots of fun Halloween Music to get everyone ready for Halloween. so make sure your costume gives you lots of room to do the Monster Mash and the Thriller dance.

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Leafs and Krushers prepare to face off

By Jennifer McFee

Calling all hockey fans!

Now's your chance to face off at the Veteran's Memorial Sports Complex in a fundraising match between the Kinsmen Krushers and the Toronto Maple Leafs alumni team.

On Oct. 27 at 4 p.m., the two teams will take to the ice as the final fund-

raising event for the long-anticipated splash pad project.

Kinsmen spokesperson Chris Lullman said the Krushers are still seeking players aged 35 and older to lace up for the team.

"There are spots left to play and coach. If you wish to be a game sponsor, there are sponsorship packages

available," he said.

"For anyone who prefers to play with and hang out with the Maple Leafs, we've got two Thrill of a Lifetime spots available."

An opportunity to play with the Kinsmen Krushers now costs \$400, and the player will receive 10 tickets to sell to help offset the cost. Players also

receive an official Kinsmen Krusher jersey and they are invited to attend a VIP meet-and-greet event before the game.

The Thrill of a Lifetime spots cost \$1,500 for players who would like to join the Leafs team. This opportunity includes six VIP seats, a customized Maple Leafs jersey and invitations to the meet-and-greet.

The Leafs' alumni lineup includes Dave Reid, J.S. Aubin, Christian Hanson, Shayne Corson, Wayne Primeau, Brad May, Steve Thomas, Rich Vaive and Gary Leeman, with a couple more players to be announced.

The funds will go towards the Kinsmen splash pad, which is a \$250,000 recreational facility that the organization is gifting to the Town of Stonewall.

Tickets can be purchased at Stonewall Family Foods and Stonewall Home Hardware, online at stonewallkin.com or from local Kinsmen members. Regular admission costs \$40 and VIP admission costs \$75.

For more information or to get involved in the alumni game, contact Kerry Hendry by calling or texting 204-793-9428 or emailing benbow@mymts.net.

For more information about sponsorship packages, contact Brandt McKillop at brandtmckillop@icloud.com.

Quarry Physio celebrates 25 years in business



TRIBUNE PHOTO BY STEPHANIE DUNCAN

Quarry Physiotherapy celebrated 25 years in Stonewall last Friday with community members and staff. Pictured left, co-owners Scott Allan and Stephanie Roberecki, opened the clinic in October 1994. Today the partnership has grown to include Sherry Scott and Beth Gutkin Roy along with their dedicated team.

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Stephen & Liz Murdock, Koostatak.....	\$841.00	Sharon Mcleod, Gimli	\$1385.97	Darrell and Donna Thaddeus, Koostatak	\$138.00
Ian and Carla Christiansen, Gimli.....	\$2,257.99	George and Mary Lywak, Koostatak.....	\$629.00	Joyce and Glenn Peden, Gimli	\$1,019.00
Duane Loewen, Arborg.....	\$199.59	Lorna Friesen, Arborg.....	\$599.00	Lilja Macaulay, Gimli.....	\$829.00

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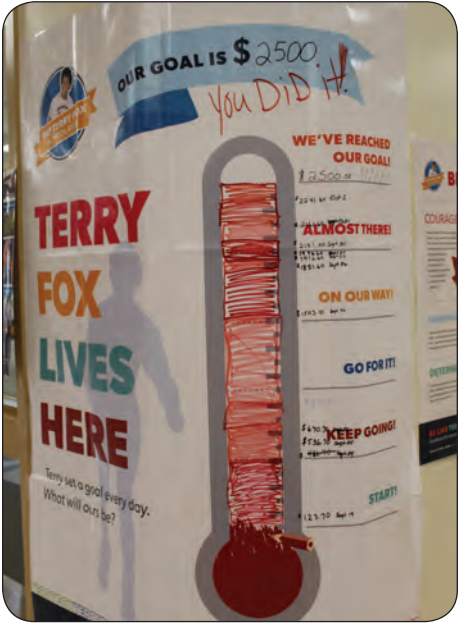
Grosse Isle community fall supper a super success



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Volunteers served close to 600 guests last Sunday at the annual fall supper in Grosse Isle. The compliments were plenty as people enjoyed their meals. Pictured left, left to right, volunteers Miranda Lindsay, Torie Galbraith, Zoey Stairs, Laura Manchulenko, Nicole Galbraith and Katherine McCowan ready to serve the crowd. Grosse Isle twins Kellan and Kieran Killbery, with their cousins Dekker and Makenna Esak and sister Freya Killbery enjoy their dinner with their grandparents. Jonathan Gilmore and Cooper Darragh placed pies on the dessert table.

Teulon Collegiate principal takes one for team Terry Fox



TRIBUNE PHOTOS BY BRENDA BAWDON

Teulon Collegiate Institute principal Paul Magnan is now sporting a colourful new hairdo after students reached their fundraising goal for the recent Terry Fox Run. Magnan said that he would dye his hair if the school raised \$2,500 for this year's event, bringing their overall total to \$30,000 over the years. The students had the chance to vote on five different colours by putting their loose change in donation jars. By far, pink was the top pick as the jar filled with donations. On Thursday, Oct. 3, teacher Carolyn Szun did the honours brightening Magnan's locks to a lovely shade of pink.

ROBERT A. SMITH

Selkirk–Interlake–Eastman

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Health Care Aides encourage others to join the workforce

By Ty Dilello

Although they've come from different backgrounds, Stonewall locals Lorraine Halabiski and Kaycee McNeil have both graduated from the Red River College Health Care Aide program and are both enjoying their careers a great deal.

Halabiski's passion for helping people was first sparked while working laundry in a personal care home. While in that position, she was able to observe different interactions between the nursing staff and patients and she felt she could also make a positive difference in the patient's lives by working with them directly.

"I found out what I wanted to do when I was 35," Halabiski said.

Halabiski took her realization and sought out the Red River College Health Care Aide program in Selkirk and joined the very first class being offered there in 2001. Even after becoming pregnant shortly after starting the program, she continued in the program, had her baby, and went straight to work. Although Halabiski has been based in the same facility for almost 20 years, it is a very dynamic workplace.

"We get switched around to different buildings all the time," says Halabiski. HCAs often leave their main building to go out into the community and assist clients in their homes.

This is where Halabiski really sees the value of her job.

"There aren't enough of us to go around to keep the elderly at home safely until they're ready to go into a personal care home."

McNeil's story is a little different as she didn't have any major career aspirations until she was trick-or-treating at a personal care home with her son a few years ago. A resident in a wheelchair rolled up to her and started talking to her as if she knew McNeil personally. That was when McNeil, who was taking a few part time health unit clerk courses, decided she wanted to get into patient care and sought out the Health Care Aide (HCA) program at Red River College.

"I didn't know where I fit in to life, in a career sense, until I found this," says McNeil.

An HCA doesn't have an easy job as it requires physical, and emotional resilience, however, according to McNeil, if you are a compassionate person and passionate about helping others, it doesn't feel like work at all.

"It is hard work, but the reward and the pay-back just completely change everything. None of that matters just because of how rewarded you feel after you're done your shift."

The Interlake-Eastern Regional Health Authority that serves the communities of Beausejour, Lac du Bonnet, Pinawa, Pine Falls, Oakbank, Whitemouth, Selkirk, Gimli, Arborg, Ashern, Eriksdale, Fisher Branch, Lundar, St Laurent, Stonewall and Teulon is currently hiring many health care aides to work in homecare and in personal care homes. If you are passionate about helping others like Kaycee and Lorraine are, apply to the Red River College health care aide program starting Feb 3, 2020 and be work ready by July.



TRIBUNE FILE PHOTO BY LANA MEIER
Stonewall locals Lorraine Halabiski and Kaycee McNeill hard at work as Health Care Aides in the Interlake.

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Please note our office will be closed
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Deadlines for the October 17 edition
will be Friday, October 11 by 4 pm.

Happy Thanksgiving

Stonewall Teulon

Tribune

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HELP SUPPORT OUR COMMUNITY KINSMEN
SPLASH PARK CAMPAIGN

Local heroes educating youth at open house

By staff

The rain last Saturday didn't deter 250 people from heading down to the local fire hall in Stonewall for breakfast.

The Rapid Relief Team donated and served up a pancake breakfast to fire-fighters, their families and guests.

Unfortunately the weather did pre-

vent fire extinguisher training however, volunteer fire fighters and Sparky the Fire Dog were on site to give tours of the hall, answer questions and demonstrate safe evacuation procedures through the Burn Fund Trailer.

Children enjoyed climbing up into the big fire trucks and checking out other equipment.



TRIBUNE PHOTOS BY JESS DEAYTON



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DISCOVER OUR BEAUTY, MEET OUR PEOPLE,
EXPERIENCE OUR CULTURE, EXPLORE OUR HISTORY

FUNDING PARTNER



ICF celebrates twenty five years of grant giving

By Jo-Anne Procter

Over one million dollars in assets in 25 years, is definitely worthy of the celebration that took place at Quarry Park Heritage Arts Centre in Stonewall last Saturday.

Interlake Community Foundation (ICF) was incorporated Sept. 22, 1994 and has been financially assisting many community groups and their projects through grants for the past 25 years.

One hundred and ninety guests from different organizations and fund donors gathered to celebrate the silver anniversary of the foundation with great food and entertainment. Ten-year-old Donavin Reider of Teulon entertained guests on his keyboard before dinner and Stonewall's Aiden Mulvihill performed a juggling act after dinner.

Emcee for the evening, Doug Spiers, well known for his 'In the Doug House' humour column, that is published in the Winnipeg Free Press kept the program on track.

ICF provides citizens of Rockwood, Rosser, Stonewall, Teulon and Woodlands with the opportunity to invest in the future of their communities and people forever. The Foundation pools gifts in a capital fund that remains in perpetuity providing citizens with a means of permanently endowing their region and helping to shape its future. The income generated from the capital is distributed as grants to registered charities in the region.

Chairman Bob Beck told guests that ICF has granted over \$500,000 to date and grants approximately \$35,000 annually. Funds are raised locally and stay local.

Beck touched on the many opportunities there are to get involved and make your money work for the foundation.

"We have an ambitious plan to raise \$250,000 in new donations," said Beck.

"Two hundred and fifty thousand dollars permanently endowed would mean that ICF will have an additional \$8,750 to grant back out to our communities each and every year."

A timeline of three years has been set to raise this amount and currently \$100,000 has been secured.

Build 150, created for Manitoba's 150th birthday is an opportunity to

top grants up by an additional \$20,000. The money is designated for capital projects that have to be completed by Dec. 31, 2020. It will part of the grants application and is due by Feb. 28, 2020.

A new business challenge has been set up by Murray and Emma Slagerman with KI Mobility. They will match corporate donations up to \$10,000 dollar for dollar.

Three local youth, Brielle Cara, Curtis Beck and Brett Nespor will be involved in the process and the decision making of the distribution of the RBC Future Launch Community Challenge grant. An announcement will be announced on Nov. 16 at 2pm at Something Beautiful in Stonewall.

The 24-hour challenge, Nov. 16, is a perfect time to make a donation as all monies raised that day, will be matched by 20 per cent up to \$10,000 by both the Winnipeg Foundation and the province of Manitoba. "Nov. 16 is a great time to help your community flourish forever," Beck said

Last year the ICF raised \$22,000 during the 24-hour challenge. This year they will be set up at Family Foods and a location yet to be determined in Teulon. Local resident Lloyd Jensen will match all donations, dollar to dollar up to \$5,000.

Conservative candidate for Selkirk Interlake Eastman James Bezan commended the board of directors under the great leadership of Beck for the past 18 years for their

dedication to raising funds that have made a difference in our communities.

"All of us owe a great debt of gratitude to the Interlake Community Foundation," said Bezan.

Rick Frost CEO of the Winnipeg Foundation, congratulated the volunteers on 25 years of great service, 25 years of grant making, 25 years of impact and 25 years of leadership.

ICF board member, Jim Penner presented Bob Beck and Cheryle McClure with 20-year service awards and Linda Lamoureux for 10 years of service.

To close out the evening Dr. Gordon Goldsborough, an active member of the Manitoba Historical Society and author of Abandoned Manitoba and More Abandoned Manitoba as well as a long list of other accomplishments, shared his passion of one-room schoolhouses and his mapping of the many historical sites in Manitoba.



TRIBUNE PHOTOS BY JO-ANNE PROCTER

ICF board member Jim Penner handed out service awards at the foundation's 25th year celebration last Saturday. Pictured left to right, Penner, Bob Beck (20 years), Cheryle McClure (20 years) and Linda Lamoureux (10 years).



The Interlake Community Foundation Board of Directors left to right, Bob Beck, Meechelle Best, Lorna Broadfoot, Peggy Linklater, Linda Lamoureux, Murray Slagerman, Cheryle McClure, Jim Penner, Rhonda Cameron, Barb Mankewich and Tracy Holod. Missing Ross Thompson.



Doug Spiers signs a copy of his book 'Bite sized Doug' for young musician Donavin Reider.



Aiden Mulvihill juggles swords while riding a six foot unicycle.

"ALL OF US
OWE A GREAT
DEBT OF
GRATITUDE TO
THE INTERLAKE
COMMUNITY
FOUNDATION."

Call for volunteers for 55 Plus Games in Selkirk

By Ligia Braidotti

A fun event coming to Selkirk will keep seniors busy and fit next year.

The 55 Plus Games is held in different communities across Manitoba and next year is Selkirk's turn to be the host. The games will take place from June 16 to 18 and include more than 20 activities for seniors — everything from bowling, slo-pitch, golf, pickleball, and track to scrabble, cribbage, whist, arts and crafts, and shuffleboard. Also, there will be an evening of entertainment at the waterfront and an athlete's banquet.

The host committee estimates that more than 1,000 participants and 400 volunteers, plus hundreds of spectators, will come from all places to experience Selkirk. They say it's a unique opportunity to showcase the warmth of the city.

Deborah Vitt and Gerald Hamm are co-chairs of Selkirk's host committee, and they are excited about the level of interest in Selkirk already.

"I'm really stoked. The more I get involved with it, the more I learn about it, the more I know the wide scope of involvement from participants from 55 plus, it's really exciting," Vitt said.

He added that the games are about embracing aging, bringing seniors together and they offer something for everyone and all skill levels.

However, the event can only run with the help of volunteers. The host committee is looking forward to seeing familiar and new faces stepping up to help make this event a success. They are inviting people to attend the Volunteer Kickoff Rally at the Gordon Howard Centre (384 Eveline St.) that will take place on Wednesday, Oct. 9 from 6 to 8 p.m. At the meeting, the committee will provide information on the different events of the 55 Plus Games and answer questions about volunteering. Volunteers of all ages are needed as judges, scorekeepers and general helpers at all events.

For those interested in participating at the games, registration begins in March and forms will be available online at activeagingmb.ca or by calling the games office at 204-261-9257. The games are open to Manitobans who will be 55 or older on Dec. 31, 2020.

For more information, contact Gordon Howard Centre at 204-785-2092, email info@gordonhoward.ca or visit activeagingmb.ca.



TRIBUNE PHOTO SUBMITTED

Deborah Vitt, left, and Gerard Hamm, co-chairs of Selkirk's host committee, accepted the official septr from Swan River hosts in June.

Community Living Fall fashion show set for Oct. 17

By Jennifer McFee

If you've got a flair for fashion, you won't want to miss an upcoming fundraiser for Community Living Interlake.

On Thursday, Oct. 17, Something Beautiful will host its second annual fall fashion show at the Heritage Arts Centre. Doors open at 6:30 p.m. and the show starts at 7 p.m.

Tickets cost \$20 each, and only 120 are available. They can be purchased at Something Beautiful and McLeod House.

The event features local models as well as fashions from local retailers, including The Look, Red Apple, McLeod House, Something Beautiful

and Packers Women's Fashion from Selkirk.

"It's raising money for our programs at Community Living Interlake," said board chair Sandra Smith.

"We're finding ourselves subject to adjustments through government funding, so we are in a serious situation where we need to raise funds to make sure that our clients are looked after."

The much-anticipated event builds off the success of the inaugural fashion show in 2018. Audience members also had the chance to learn more about Community Living Interlake, which supports individuals who live with intellectual disabilities. In addition to operating several houses and

apartments in Stonewall, the non-profit organization works with clients to operate Something Beautiful, a social enterprise that includes a gift shop, lunch and coffee shop, and a venue for live music.

"Everybody was really excited about the fashion show and wondering if we were going to do it every year. So we felt that as a community event, it was something that we could build upon," Smith said.

"The audience we had last year was people that we wouldn't usually connect with. I think a lot of people were really enlightened and got a lot of information about what our organiza-

tion is and what we do."

Looking ahead, there's already discussions that the fashion show could become an annual event.

"Last year, the clients that took part in it were so excited and on the same level as the other models. It was a really positive event, not only for them but for the staff and the community in general," Smith said.

"We're hoping that we can just build off of that and continue to do it year after year."

In addition to local fashions, attendees can look forward to a number of separate draws for prizes — including tickets to a Jets game and tickets to see Celine Dion in Winnipeg next April.

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> MEAL IDEAS



Servings: 4

- 1 pound ground beef
- 1/4 cup finely chopped celery
- 1/4 cup finely chopped onion
- 1/4 cup finely chopped carrot
- 1 clove minced garlic
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 cup tomato paste
- 2 tablespoons brown sugar
- 2 teaspoons apple cider vinegar
- 1/2 teaspoon yellow mustard
- 1 cup water

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Sloppy Joe Smart Pockets

4 Toufayan Smart Pockets, any variety
In large skillet over medium heat, brown ground beef, celery, onion, carrot, garlic, salt and pepper, breaking up beef until browned and no longer pink, approximately 6-8 minutes. Add tomato paste, brown sugar, vinegar, mustard and water; mix well. Bring to boil, reduce to simmer and cook 15-20 minutes until sauce thickens and flavors meld. Remove from heat; taste and adjust seasonings, if necessary. Divide evenly among pita bread pockets and serve.



Prepare an easy, seasonal appetizer with fresh produce from your local farmer's market. Take this summertime classic sandwich up a notch by topping it with capers and pairing it with a chilled Grillo or Frappato from Sicilia DOC.

Recipe courtesy of Wines of Sicily

Servings: 4

- 6-8 strips bacon
- 1 loaf country bread
- 1 cup arugula leaves
- 1 cup cherry tomatoes, halved
- 1 tablespoon extra-virgin olive oil, plus additional to drizzle
- 1 tablespoon balsamic vinegar

Open-Faced BLT Sandwiches

kosher salt
ground pepper
capers

Heat oven to 375 F.

Place bacon on baking sheet and bake 15-20 minutes depending on thickness of bacon. Remove bacon from oven and transfer to paper towels to drain. Using bread knife, slice bread 1/3-inch thick into single-serving slices; toast lightly.

Add arugula leaves and cherry tomatoes to medium bowl. In separate bowl, whisk olive oil and balsamic vinegar; add to tomatoes and arugula, and gently toss to coat.

To assemble, drizzle olive oil on one side of toasted bread. Arrange arugula, bacon and tomato mixture on top. Finish each sandwich with sprinkle of salt, ground pepper and a few capers.



Servings: 1

- 3 breaded chicken tenders
- 2 tablespoons mayonnaise
- 1 Toufayan Smart Pocket, any variety
- 2 pieces curly lettuce, washed and dried
- 2 thinly sliced tomatoes

Chicken Tender Smart Pocket

salt, to taste

pepper, to taste

Bake chicken tenders according to package instructions.

Spread mayonnaise evenly on insides of pita bread pocket.

Layer lettuce then tomatoes and place chicken tenders evenly across pita bread pocket. Season with salt and pepper, to taste.

Serve immediately.



It is important not to make one child in a family or classroom the 'bad child.' Adults may do this unintentionally by repeatedly chastising a child in front of others. Siblings or classmates pick up on this very quickly, and think it is okay to criticize that child, because they have seen adults do it. Consequently, the 'bad' child gets picked on and eventually strikes back.

Because of his or her 'bad' status, the adults will tend to believe the others when they blame this child for the trouble resulting from their taunting. A vicious, self-fulfilling cycle is set into motion from which it is nearly impossible for the 'bad' one to extricate himself.

Eventually he gives up trying to prove or defend himself, and accepts the 'bad' label and all the accompanying behaviors. Clearly this has a major negative impact, and can do lifelong damage to this child's self-esteem.

It is the adult's responsibility to

Many Times Children Act Out for Love and Attention

validate the child even while disapproving of the behavior. It is the adult's challenge to remind other children that just because this one individual is struggling with rules and cooperation, that does not give them license to become 'deputy' adults, meting out criticisms or chastisements.

The challenging child provides an opportunity for adults to model unconditional love and support. The irony is that when adults do this, other children will pick up on that and do it too.

Surrounded by acceptance and positive regard, the difficult child will likely become much more willing to cooperate. This is a crucial point, as often the reason children act out in the first place is because they want love and attention, or because they feel neglected, rejected, or just not good enough.

Gwen Randall-Young is an author and award-winning Registered Psychologist practicing in Sherwood Park, Canada. For information on her books, MP3 recordings and resources go to www.gwen.ca Follow her on Facebook for daily inspiration.



Prep time: 20 minutes

Servings: 1

- 16 ounces rotini pasta
- 6 mini sweet peppers, sliced
- 3 mandarin oranges, peeled and segmented
- 3 green onions, sliced

Chinese Mandarin Pasta Salad Bento Box

- 2 cups baby spinach, chopped
- 1/2 cup matchstick carrots
- 1/2 cup sesame ginger dressing
- 1/4 cup chow mein noodles
- 1 kiwi, peeled and sliced
- 1/2 cup steamed edamame

Cook pasta according to package directions. Drain and rinse with cool water.

In large bowl, mix pasta, peppers, oranges, green onions, spinach, carrots and dressing. Toss to coat well. Top with chow mein noodles.

Place in lunchbox with kiwi and edamame.

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INSIDE > OUTSIDE > UPSIDE DOWN

Stonewall Rams headed to MHSAA girls' soccer provincials

By Brian Bowman

The Stonewall Collegiate Rams girls' soccer team is headed to the MHSAA A-AAA provincials.

Stonewall cruised to a convincing 6-0 victory over the Springfield Sabres in an interzone soccer game Monday at Shaughnessy Park in Winnipeg.

"We've been constantly improving throughout the season and we had a little bit of a shaky start but our last couple of games we've definitely been improving," said Kinley Graves, who co-coaches the team along with Carla Brunel and Andrea Harris. "It all seemed to come together (Monday) and all of the girls really clicked. Everything we worked on in practice all came out and they did an excellent job."

Stonewall played a very strong defensive game in the lopsided win.

"Our goalie (Skylar Kopeck) is really strong in net," Graves said. "She doesn't let in any weaker shots and our defence was awesome getting the ball from the middle to the outside where we can chip it up to our forwards, who have a lot of speed. That's the system we have been going with, getting the ball to the outside and chipping it up and chase after it."

Paris Grosselle played a phenomenal game, scoring all six Stonewall goals. The Grade 10 standout is an

outstanding player who can find the back of the net.

"She's quite outstanding," Graves complimented. "She's so quick and smart with the ball. She always takes every opportunity she gets. She gets in front of the net and you just know she's going to put it in for us."

Stonewall played very well in a 2-2 home tie with the Neepawa Tigers in an exhibition soccer game last Thursday.

Taylor Sveinsson and Braxtyn Ollson scored for Stonewall.

On Sept. 26, Stonewall doubled the Springfield Collegiate Sabres 4-2.

Grosselle paced the Rams with a pair of goals while Ollson also tallied. The Sabres also scored an own goal.

Stonewall also competed in a Neepawa tournament back on Sept. 14, finishing with an 0-3 record.

The Rams lost to Altona 6-2, Neepawa 4-2, and Swan Valley 1-0.

Grosselle scored all four Stonewall goals at the tournament.

"That tournament was our first time playing together," Graves noted. "We had a few practices and things like that so that was a kind of feeling out time for us. But each game at that tournament, we got better."

The MHSAA A-AAA Provincials will take place Oct. 18-19 in Minnedosa.



TRIBUNE PHOTO BY LANA MEIER

The Rams' Paris Grosselle scored all six Stonewall goals in their convincing 6-0 victory over the Springfield Sabres in an interzone soccer game Monday at Shaughnessy Park in Winnipeg.

Wildcats place fifth at Viking Classic

Staff

The Warren Collegiate Wildcats finished fifth at the 16-team Viking Classic varsity girls' volleyball tournament in Brandon last weekend.

Warren defeated the Grant Park Pirates 2-1 by scores of 19-25, 27-25, 15-11 in the fifth-place game on Saturday.

Earlier in the playoffs, Warren beat the Fort Richmond Collegiate Centurions 2-0 (25-14, 28-26) but then lost 2-1 (23-25, 25-18, 5-15) to the Portage Collegiate Saints in a quarterfinal matchup.

The Wildcats placed second out of four teams in their pool play. Warren defeated Grant Park 2-1 (20-25, 25-16,

15-10) and swept McNaughton Collegiate 2-0 (25-13, 25-18).

The Wildcats lost 2-1 (25-16, 11-25, 6-15) to the Virden Bears.

Warren's next tournament action is Oct. 17-18 in Killarney.

Meanwhile, Warren's varsity boys finished fifth at the 50th Goose Lake High Invitational.

The Wildcats swept the Carberry Cougars 2-0 (27-25, 25-23) in the fifth-place game on Saturday.

Warren lost 2-0 (13-25, 24-26) to Goose Lake in the championship draw.

The Wildcats will compete at a Tec Voc tournament on Oct. 25-26.

Rams' JV girls spiking the competition

Staff

The Stonewall Collegiate Rams' junior varsity girls' continue to play some very good volleyball this season.

Stonewall improved its WWAC Tier 2 record to 4-1 after defeating the St. James Jimmies 3-0 by scores of 25-13, 25-12, 27-25 last Thursday in Winnipeg.

On Oct. 1, the Rams downed the Shaftesbury Titans in a thrilling five-set match.

Stonewall won by scores of 25-17, 17-25, 21-25, 25-15, 15-10.

The Rams' next league action is Oct. 17 when they play at the John Taylor Pipers. Game time is 6 p.m.

In junior varsity boys' WWAC Tier 2 action, Stonewall was defeated 3-1 by Shaftesbury last Thursday.

The Titans won the match with set scores of 25-15, 25-21, 16-25, 25-18.

On Oct. 1, the Rams defeated the St. James Jimmies 3-2 by scores of 12-25, 25-15, 25-13, 22-25, 15-8.

Stonewall (2-1 in league play) visited Portage this past Tuesday but no score was available at press time.

Rams winning in varsity volleyball

By Brian Bowman

The Stonewall Collegiate Rams varsity girls' volleyball team won a thriller over the St. James Jimmies on Oct. 2.

The Rams defeated the Jimmies 3-2 by scores of 15-25, 14-25, 25-19, 25-9, 15-9 in WWAC Tier 2 action in Stonewall.

"We went down early but we stuck to our guns and were able to pull it off in the end," said Rams' coach Bryce Baldwin. "Our serving greatly improved and we were really starting to get the middle attack down and that led to some confidence, for sure."

It was a really great comeback by Stonewall.

"Our motto all year is, 'Let's improve each game that we play,'" Baldwin said. "Every time we step on the floor every point is a new point and we can only control the things that we can."

The Rams are a young team but they are certainly improving.

With the win, Stonewall improved its league re-

cord to 1-3.

The Rams played the St. Mary's Academy Flames on Monday but no score was available at press time.

Stonewall will compete at a Calvin Christian tournament beginning this Thursday through Saturday. It will be the first of three consecutive weekends that the Rams will be playing.

"You really see a lot of growth at a tournament," Baldwin said. "You're able to get a lot of reps and a lot of touches while getting everybody on the floor."

Stonewall will not play another league game until Oct. 23 when it hosts the Oak Park Raiders. Action begins at 5 p.m.

Meanwhile, the Rams varsity boys' volleyball team continues to be red-hot in WWAC Tier 2 league play.

Stonewall improved its league record to 3-0 after an impressive 3-0 home sweep over the St. James Jimmies on Oct. 2.

The Rams won set scores by 25-8, 25-21, 25-17.

Stonewall is back in action on Wednesday when it



TRIBUNE PHOTO BY LANA MEIER

The Stonewall Collegiate Rams' Camryn MacInnes makes a nice pass to set up the offence during WWAC action against the St. James Jimmies.

plays at the John Taylor Pipers. Game time is 6 p.m.

Interlake improves to 5-0 with win over Neepawa

By Brian Bowman

The Interlake Thunder had a very balanced offensive attack against the Neepawa Tigers.

And it resulted in a lopsided victory.

Interlake seemingly ran and threw at will as the Thunder knocked off Neepawa 63-12 in Rural Manitoba Football League action last Friday.

"The offence moved the ball really well and just kept rolling all day," said Thunder head coach Mitch Obach. "It was one of those games where we definitely got a lot of guys involved and got some good production out of guys who we hadn't had as much out of so it was nice to see it spread around."

Thunder quarterback Josh Charison was efficient, once again, completing 17-of-31 passes for 253 yards and four touchdowns. He also ran in a pair of TDs.

Charison's favourite target was Karsen Karish, who hauled in five passes for 96 yards and a major.

Other touchdown passes were caught by Gabriel Perrie, Brady de LaRoque, and Jaxon Pilon.

Besides catching four passes for 77 yards, deLaRoque was also very good on the ground, rushing 13 times for 128 yards while Gabriel Perrie carried the ball five times for 20 yards and a pair of touchdowns.

Jacob Naherne scored Interlake's other touchdown on a two-yard run.

That's a lot of offensive production from a lot of different players.

"That's a real exciting thing to have because you



TRIBUNE PHOTO BY LANA MEIER

Thunder quarterback Josh Charison ran for a pair of touchdowns in their 63-12 win over Neepawa last Friday.

never know with football, any play can be a real problem with injuries," Obach said. "When you

have lots of guys with skills that can step up and do what's needed, it gives you a lot more confidence in any game."

On the defensive side of the ball, Tyson Wyrhya and James Crate led the Thunder with seven tackles apiece while Aiden McLean and Eric Zotter each had five tackles.

Wyrhya also had a sack while Chase Riddle hauled in an interception and Jonathan Pchajek had a fumble recovery.

The Thunder's defence pitched a shutout in the game as Neepawa's touchdowns came via a kickoff return and a turnover.

"Everyone was contributing so it was a real solid effort," Obach said of the Thunder's stifling defence.

Interlake (5-0) will host the Dauphin Clippers (2-3) on Friday at Stonewall Collegiate. Kickoff is at 4:30 p.m.

"We want to go 6-0 but Dauphin got a win last weekend against Virden, which we were a little surprised based on earlier scores," Obach noted. "In their last two games, they have played really low scoring, tight games. I think they have self-declared themselves as rebuilding but I think things are going pretty quick and their defence seems to have come a long way real quick."

"I think they'll be a good test for us and it will be playoff weather here, which will be a good test as well."

Interlake gives Eastman a good battle in U17 Prep hockey

Staff

The Interlake Lightning gave the Eastman Selects a real good battle in U17 Prep hockey action last Sunday.

Eastman eked out a slim 2-1 home victory to drop Interlake's record to 0-3 this season.

On Saturday, the Brandon Wheat Kings defeated the Lightning 5-3.

No scoring summary from either game was posted

on the league website at press time.

The Lightning started their regular season last Thursday with a 7-1 loss to the Winnipeg Wild in Stonewall.

Matthew Wagner scored the Interlake's lone goal on the power play midway in the second period. The goal was assisted by Alexander Kaczorowski and Kai Tymchak.

Dylan Moon (two), Tootoo Fotheringham, Elliott

Lewis, Quinn Lyon, Matthew Lizotte, and Guy Rozin scored for Winnipeg.

The Wild outshot the Lightning 48-15 as Zach Meadows made 41 saves in the losing cause.

Interlake is back in action Thursday (7:30 p.m.) when it hosts the Winnipeg Thrashers in Stonewall.

On Saturday, the Lightning will battle the Winnipeg Bruins at the Notre Dame Arena. Puck drop is 2:15 p.m.

Junior high divisional cross-country champions



TRIBUNE PHOTOS SUBMITTED

Interlake School Division middle years students laced up for the annual cross-country divisional championships in Teulon last Thursday. The Stonewall Sentinels were successful in capturing the large school banner (left). The Grosse Isle Flyers won the small school banner.

Stonewall stellar at Zone 5 cross-country championship

Staff

The Stonewall Collegiate Rams had several stellar performances at the Zone 5 cross-country championship on Oct. 2 in Stony Mountain.

The Rams won zone titles in junior girls, varsity girls and varsity boys.

Stonewall's individual performances in the junior varsity girls' race were Kate Farmer (first, 15:56), Brooke Farmer (fourth, 17:51), Kira Hatcher (fifth, 17:59), and Olive Johnston (sixth, 18:09).

The junior varsity boys' race saw SCI's Hayden Faragher place fourth with a time of 18:12 and Max Van Heyst ninth (20:33).

The Rams' varsity girls' runners were outstanding as Megan Van Heyst finished first with a time of 19:38, followed by teammates Chloe Hunter (second, 20:02), Trinity Rutledge (third, 21:06), Tess

Derksen (fourth, 21:30), Taryn Jackson (seventh, 23:28), Kaitlyn Luke (eighth, 23:30), Hope Blanchette (ninth, 23:44), Kaitlyn Barr (11th, 25:50), and Kalenah Tonner (12th, 26:00).

The Rams' Cale Woods won the varsity boys' race at 21:09, followed by Stonewall's Sebastien Pruneau (third, 21:22), Hunter Olson (fourth, 21:27), Adam Stamler (sixth, 21:47), Max Reid (seventh, 22:09), Liam Proven (10th, 22:46), Andrew Perrie (14th, 23:34), Jonathan Shipley (15th, 23:38), and Eric Mattson (24th, 25:43).

Other local schools also had some very good results.

The Teulon Collegiate Saints' Maisey Williams was second in the junior varsity girls' race with a time of 16:05. Her teammates included Hannah Spence (10th, 20:01), O'Haira Abacan (11th, 20:48), Mhea

Reed (13th, 21:30), and Avery Ledingham (15th, 22:56).

In the junior varsity boys' race, Teulon's Logan Mott was 13th (20:48)

The Warren Collegiate Wildcats' Hunter Sholdice placed second in the varsity boys' race with a time of 21:16. Warren's Andrew Henry finished ninth at 22:44, followed by teammates Daniel Braun (11th, 23:02), Johnny Holtmann (13th, 23:29), and Lane Bond (19th, 24:21).

In the junior varsity boys' race, the Wildcats' Johnny Minaker placed second after a time of 18:01.

Warren Collegiate's Teagan Atchinson was eighth at 19:31 in the junior varsity girls' race.

The MHSAA cross-country provincial championship will take place on Oct. 16 in Stony Mountain.

Lightning boys 1-2 at Bantam AAA Showcase

Staff

The Interlake Lightning boys' hockey team finished with a 1-2 record at the Bantam "AAA" Showcase last weekend in Winnipeg.

Interlake started the tournament with a convincing 6-1 win over the Norman Wolves on Saturday morning.

Hayden Wheddon led the Lightning with two goals and two assists while Darian Sinclair chipped in with a pair of goals and a helper.

Adam Vigfusson also sniped a pair of goals for the Lightning.

Logan Primrose scored Norman's lone goal midway in the second period.

Interlake was 2-for-5 with the man advantage while the Wolves were 1-for-8.

Norman outshot the Interlake 40-30 as Dawson Cowan earned the win in goal.

Later that evening, Interlake was blanked 1-0 by the Southwest Cougars. Nate Robson scored the game's lone goal in the second period.

Dylan LeClair made 27 saves in the losing cause.

On Sunday, the Lightning were defeated

5-2 by the Pembina Valley Hawks.

Ty Woods and Rylan Slatcher scored for the Interlake.

Ryan Orchard (two), Baylen Dilk, Cedrick Robideaux, and Tyson Vassart had goals for Pembina Valley.

Lightning Bantam 'AAA' female

In Bantam "AAA" girls action, the Interlake Lightning competed in their first of three showcases this season last weekend.

Interlake began action Friday with a 15-0 loss to the Winnipeg Twins. On Saturday, the Lightning was shut out 9-0 by the St. Vital Victorias.

Sunday saw the Lightning knock off the Norman Wild 4-1.

Bre-Ann Windross, Abby Beaman, Daryn Bremner and Mikke Thorkelson (shorthanded) scored for the Lightning.

Rachel Halldorson made 22 saves for the win.

According to the Hockey Manitoba website, Interlake was scheduled to play the Winnipeg Titans on Sunday morning at the Seven Oaks Sportsplex. No score, however, was posted on the website by press time.

Stopping St. Malo



TRIBUNE PHOTO BY BRETT MITCHELL

Selkirk Fishermen goaltender Riley Bannerman of Stony Mountain made 21 saves to lead his club to a 4-3 home win over the St. Malo Warriors in Capital Region Junior Hockey League action last Friday at the Rec Complex.

Jets flying early in MMJHL regular season

By Brian Bowman

The Stonewall Jets made sure the St. Boniface Riels' did not earn their first victory of the season at their expense.

Stonewall defeated St. Boniface 4-2 on Sunday in Manitoba Major Junior Hockey League action.

"We didn't come out with the same intensity as the game before against Charleswood and they kept it close for the most part," said Jets' captain Ryan McMahon. "They scored twice in the last five minutes or else it would have been 3-0."

Garrett Maly gave the Jets a 1-0 lead at 19:48 of the opening period and then Haydon Mousseau made it 2-0 early in the second.

McMahon put the Jets up 3-0 with a

power-play goal at 7:51 of the third.

But the Riels got back in the game with goals from Matthew Lehmann and Nathanael Hinds just 1:23 apart late in the third.

Stonewall's Matthew Smith iced the win with nine seconds remaining in the game with an empty-net goal with Riels' goaltender Riley Plett pulled for an extra attacker.

Smith played last season with the MJHL's Selkirk Steelers.

Adam Swan made 25 saves for the win.

Last Friday, the Jets earned a 3-2 road victory over the Charleswood Hawks.

"For this early in the season, it was almost a flawless effort against Charleswood," McMahon said. "They're a

good team this year and we came out really fast."

After a scoreless first period, McMahon gave Stonewall a 1-0 lead just 52 seconds into the second.

Charleswood's Jake Hruska tied the scored midway in the middle frame but the Jets' Marcus Dewey answered at 19:20 of the period.

Brendan Labossiere gave the Jets a 3-1 lead at 5:24 of the third before the Hawks' Matt Lawrence answered at 18:43.

Labossiere and Dewey each had two-point games.

Curtis Beck made 34 saves for the win.

The Jets have a lot of new faces on the team this season. But the club is

playing like they have known each other for years.

"It seems like we're really meshing early," McMahon noted. "We have something like nine young guys from Portage so we're pretty much a Stonewall/Portage team this year. But they're pretty confident, which is nice. They don't seem like typical rookies, they can skate the puck and they're pretty good all around. We're looking very deep this season which we haven't the last couple of years."

Stonewall (3-1) will host the Pembina Valley Hawks (2-1) on Friday and then will visit the St. James Canucks (2-2) on Tuesday.

Puck drop for both games is 7:30 p.m.

Lightning prick Thistles twice in Teulon

Staff

The Interlake Lightning have had a fantastic start to their Manitoba U18 "AAA" Hockey League regular season.

Interlake improved its record to 3-1 after sweeping a pair of home games against the Kenora Thistles last weekend.

The Lightning completed the sweep after defeating the Thistles 7-3 on Sunday afternoon.

Austin Adair led Interlake with a pair of second-period, power-play goals while Lyle Murdock had a goal and two assists.

Liam Foley, Carl Ingalls, Ayden Manningway and Griffin Haight also

scored for the Lightning.

Ben Hackl, Cael Anderson, and Curtis Giguire answered with goals for Kenora.

Interlake's power play was very potent, scoring four times in seven chances. The Lightning penalty kill was also great, blanking Kenora in eight power-play opportunities.

Dominic Jacobson stopped 32 Kenora shots for the win.

On Saturday evening, the Lightning thumped the Thistles 10-1.

Interlake completely dominated Kenora from start to finish, building period leads of 3-1 and 6-1.

Ingalls led the Lightning with two

goals and two assists while Matthew Vandel chipped in with two goals and a helper.

Ashton Fisher, Karson King, Murdock, Haight, Manningway, and Cole Emberly also scored for the Interlake. Foley had two assists.

Evan Armit scored Kenora's lone goal, beating Lightning netminder Chris Fines. Fines made 15 saves for the win as Interlake outshot Kenora 45-16.

The Lightning (3-1) will have a couple of tough tests this weekend when they host the Winnipeg Thrashers (4-1) on Saturday (7:30 p.m.) and the Winnipeg Wild (4-0) Sunday (2 p.m.).

Lightning U18 female hockey team earns first point

By Brian Bowman

Staff

The Interlake Lightning earned their first point of the Manitoba Female Hockey League U18 AAA regular season last weekend.

Interlake received that point after a 4-3 shootout loss to the Central Plains Capitals on Saturday in Stonewall.

Shyanne Chartrand, Natalie Chivers, and Emerson McAuley scored for the Interlake.

Taylor Kristjanson had two assists in the game while Abegael Glass made 22 saves in the losing cause.

Jaeda Clayton, Melayna Drozd, and Sydney Rumpfli scored for Central Plains.

On Sunday, Interlake was blanked 4-0 by the Yellowhead Chiefs in Warren.

Yellowhead, which held period leads of 1-0 and 3-0, received two-goal efforts from Jena Barscello and Emmalie Thompson.

Lightning goalie Katie Dorsch was very busy in goal, making 51 saves.

Interlake will host the Westman Wildcats on Friday at 8 p.m. in Warren. The Lightning will then take on the Eastman Selects on Saturday at 4:45 p.m. in Stonewall.

King named to Team Manitoba U16 hockey roster

Staff

Warren's Karson King was one of 20 players selected to Team Manitoba's U16 final roster that will compete at the WHL Cup in Calgary later this month.

The roster features some of the best Manitoba talent born in 2004.

The selection process began with player scouting throughout the 2018-19 Bantam season followed by U16 Program of Excellence camps held in March, May, and August.

Team Manitoba will travel from Oct. 20-27 to compete at the 2019 WHL Cup with Manitoba's first game scheduled for Oct. 23.

The final roster includes 18 WHL 2019 Bantam Draft picks, including Conor Geekie (second overall, Winnipeg Ice), Tyson Zimmer (sixth overall, Brandon Wheat Kings) and Denton Mateychuk (11th overall, Moose Jaw

Warriors).

King was selected in the fifth round, 111st overall by the Swift Current Broncos. He was also taken seventh overall by the Manitoba Junior Hockey League's OCN Blizzard in their draft.

Carberry's Luke Robson was selected first overall by the MJHL's Waywayseecappo Wolverines in addition to being selected by the Moose Jaw Warriors in the WHL Bantam Draft.

"We're very proud of our program and we think we have a balanced team so our goal is to play in that final and we want a shot at the gold," said Team Manitoba head coach Jeff Sveinson in a media release. "We have very strong goaltending, nice depth (on defence) and our forwards are very strong led by Conor Geekie so we really like the balance we have in our lineup."



TRIBUNE FILE PHOTO

Karson King has been selected to Team Manitoba's U16 final roster.

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Town of Teulon PUBLIC NOTICE BOARD OF REVISION

Public Notice is hereby given that the 2020 Assessment Roll for the Town of Teulon has been deposited in the Civic Office at #44 Fourth Ave. S.E., Teulon, Manitoba, and is open for public inspection during regular office hours.

The Board of Revision will sit on **Tuesday, November 12th, 2019 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

- An application for revision must
- a) be made in writing;
- b) set out the roll number and legal description of the assessable property for which a revision is sought;
- c) set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and
- d) 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 28, 2018 at 4:30 pm.

Ashley Michaluk, Secretary
Board of Revision
Town of Teulon, Box 69, Teulon, MB, R0C 3B0

Dated this 30th day of September A.D., 2019 at the Town of Teulon in the Province of Manitoba.



The Rural Municipality of St. Laurent PUBLIC NOTICE BOARD OF REVISION

PUBLIC NOTICE IS HEREBY GIVEN THAT the 2020 Preliminary Assessment Roll for the Rural Municipality of St. Laurent has been delivered to the Municipal Office, 16 St. Laurent Veterans' Memorial Road, St. Laurent, Manitoba and will be 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 assess value;
- classification of property; or
- a refusal by an assessor to amend the assessment roll under subsection 13(2).

APPLICATION REQUIREMENTS:

- An applicant for revision must
- a) be made in writing;
- b) set out the roll number and legal description of the assessable property for which a revision is sought;
- c) set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and
- d) 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 Thursday, November 21, 2019 at 10:00 a.m. in the Council Chambers of the Rural Municipality of St. Laurent, 16 St. Laurent Veterans' Memorial Road in St. Laurent to hear applications.

The final date on which applications must be received by the Secretary of the Board is Tuesday, November 5, 2018, at 4:30 p.m.

Dated at the RM of St. Laurent, this 3rd day of October, 2019

Hilda Zotter, CAO
Secretary of the Board
Rural Municipality of St. Laurent
PO Box 220, St. Laurent, MB R0C 2S0
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NOTICE TO CREDITORS

IN THE MATTER OF: The Estate of Willard Earl Pyett, late of the Town of Balmoral, 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 13th day of November, 2019. DATED at Stonewall, Manitoba this 4th day of October, 2019. **GRANTHAM LAW OFFICES** Solicitor for the Executrix

NOTICE TO CREDITORS

IN THE MATTER OF: The Estate of Gloria Winnifred Mollard, 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 13th day of November, 2019. DATED at Stonewall, Manitoba this 2nd day of October, 2019. **GRANTHAM LAW OFFICES** Solicitor for the Administrator

IN THE MATTER OF: The Estate of Doreen Thornton, late of the Town of Inwood, 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 13th day of November, 2019. DATED at Stonewall, Manitoba this 3rd day of October, 2019. **GRANTHAM LAW OFFICES** Solicitor for the Executor

ANNOUNCEMENT

BIRTHDAY



In celebration of a marvelous 90 years, the children of Elinor Sims, along with their spouses and numerous grandchildren and great-grandchildren wish to invite you to a Come & Go luncheon at the Anglican Church Parochial Hall located at 435 1st St. North in Stonewall on Saturday, October 19th, 2019 between 1 p.m. and 4 p.m. **NO GIFTS PLEASE**

ANNOUNCEMENT

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ANNOUNCEMENT

ANNIVERSARY



Happy 50th Anniversary
Nick and Sharon Panchuk
October 11, 2019

Wishing you both lots of happiness today and forever more.
-Love,
Randy, Malisa and Adam,
Trevor, Pam, Nate and Greg
Scott, Lindsay, Lushyn, Mirium and Wade



ANNOUNCEMENT

ANNIVERSARY



Congratulations
On your
50th Anniversary
Charlie and Marjorie Amy
October 18, 2019

ANNOUNCEMENT

IN MEMORIAM



In Loving Memory of
John Douglas Griffith
October 13, 2009
Jean Elizabeth Griffith
January 4, 2012

It has been many years since you left us,
And we miss you so very much.
Those we love don't go away,
They walk beside us every day...
Unseen, unheard but always near,
Still loved, still missed and very dear.
-Love your family

Announcements

Stonewall Teulon
Tribune

OBITUARY



Dennis Persoage
July 18, 1957 – October 6, 2019

With deep sadness we announce the passing of Dennis Persoage at the age of 62. After a short and courageous battle with cancer, Dennis passed away peacefully with his family by his side. Dennis is survived by his wife of 40 years, Marie, and their four children Ryan (Christy), Will (Elaine), Alanna and Travis (Nicci). He also leaves to mourn his grandchildren Tyler, Maya, Liam, Talia, Niasha, Adam, Lyssa and Logan, his parents Jim and Olga, sister Karen and numerous nieces and nephews.

Dennis was a kind and tender soul, and was always quick to laughter. He was extremely proud of his children and grandchildren, and loved hearing about their days and sharing in the events in their lives. He loved football and cherished the times he spent listening to music and dancing with Marie in their "cottage".

Dennis spent most of his life farming north of Teulon and was very active in various agricultural committees. He served as an executive member for KAP (1994 – 1998), was a delegate for the Canadian Federation of Agriculture (1996 – 1997), and acted as a delegate for Manitoba Pool Elevators (1993 – 1999), and for Agricore (2000 – 2002). He was elected to council for the RM of Rockwood in 1998 and 2002. During his time on council Dennis served as the deputy reeve, the chairman of the RM Transportation Committee, and as a member on many other boards and committees.

In 2013 he began a new career driving truck for Paul's Hauling. He received the Driver of the Year award on three occasions, and loved his job until his passing.

A celebration of Dennis' life will be held in the Teulon Rockwood Centennial Center at 11:00 a.m. on Tuesday, October 15, 2019. Honorary pallbearers will be Ryan Persoage, Will Persoage, Alanna Persoage, Travis Persoage, Jesse Pederson, Larry Ledarney and Mike Ledarney.

If friends so desire, donations will be accepted and forwarded to Manitoba Cancer Care.

Dennis and his family would also like to say THANK YOU to the staff on the fourth floor at HSC (special thank you to nurse Erin Campbell), the paramedics who transported him so carefully and with compassion, and the staff at Selkirk Regional Health Centre.

We love you Dad, rest peacefully.



ANNOUNCEMENT

IN MEMORIAM



Jim Dola
May 20, 1955 - October 13, 2018
What we once enjoyed and deeply loved,
We can never lose;
For all that we love deeply becomes a part of us.
-Love,
"Brother" Mike, Darlene and Sam

ANNOUNCEMENT

IN MEMORIAM



James Anthony Dola
May 20, 1955 - October 13, 2018
Sad was your parting, as we will tell;
So sudden on earth, our sorrow fell.
The blow was hard, the shock severe;
To part with you, who we loved so dear.
This year's been hard, but we made it through;
We're all so blessed to have loved you.
-Sadly missed every day,
your loving wife and family

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Engraved within our hearts

Announcements

Stonewall Teulon
Tribune

OBITUARY



Samuel Michael Hofer
December 3, 1940 - August 5, 2019

It is with profound sadness we announce the passing of Sam Hofer of Warren, MB at the age of 78.

Left to mourn is his beautiful wife Edith; son Chris (Paula) and grandchildren Taylor (Ty), Amy (Connor) and Josh. Sam was also a proud great grandpa to Levi and Harper. Sam also made room in his big heart to welcome and love the three newest grandkids, Thalissa, Natalia and Camron.

Sam also had a large family on Edith's side. Russ[†] (Elenor[†]), Doreen[†] (Gordon[†]), Doug[†] (Barb[†]), Annie (Arnold[†]), Laura (Bud[†]), Ruby (Glen), Billy[†] (Flo[†]), Pat (Bob) and Jim (Gloria).

Sam was born in Bai St. Paul, Manitoba December 3rd, 1940 to Michael and Kathrina Hofer[†], and had 12 brothers and sisters. Katie (Paul), Michael (Elizabeth[†]), Sarah (David), Rebecca[†] (Jonty),

Mary (Benjamin[†]), Jacob, John (Suzie), David[†] (Maryanne), Levi (Maria), Joseph, Peter (Dorothy) and Lisa.

Sam met the love of his life Edith in the late 60's and wed on May 15, 1971. The two of them had a bond like no other. Sam became a stepdad to Edith's daughter Charlene[†], and soon there after welcomed their beautiful son Chris.

Sam and Edith moved to Warren in 1976 and have made that their home ever since.

Sam had a career as a bus driver with Greyhound. He managed to retire his 30th year in 1997 with an impeccable driving record. Many miles with many friendships made along the way.

Sam also had a love for his Bobcat. He owned and operated Sam's Bobcat Services for over 18 years. Although Sam sold his business years ago, whenever Sammy saw one in operation, he was always quick to jump in and finish the job.

Sam was a jack of all trades. A plumber, carpenter, electrician, roofer, mechanic and gardener. Whatever needed fixing, Sam was always there to lend a hand. His expertise and knowledge were always welcomed and will be greatly missed.

Sam and Edith also had a love for music. Their guitar picking, mandolin playin, toe tapping fiddling music will be missed by many. Countless friendships were made listening to Sam and Edith sing and harmonize.

Even when Sam was battling cancer, the love of his family and friends along with the unwavering support of his community, helped him through some of his toughest days.

Sam's boisterous laugh, heart-warming bear hugs and even his stubborn ways will be greatly missed.

We would like to thank the Selkirk RCMP, paramedics and all first responders.

Forever in our Hearts

A celebration of life will be held Thursday, October 17, 2019 at 2:00 p.m. at the Stonewall Legion in Stonewall, Manitoba.

kl
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There is a link death cannot sever,
Love and remembrance last forever.

OBITUARY

Evelyn Elsie Hilderman

September 17, 1931 - October 4, 2019

It is with great sadness we announce the peaceful passing of Evelyn at the age of 88.

Mom was a wonderful and loving person, and will always be remembered by her children, George (Deborah), Keith (Robin), Karen (John); grandchildren Heather, Donna, Lisa, Chris, Corey, Candace, Tristan, Sterling and Charmaine. Mom was blessed this summer to meet her first great-grandchild Amelia Evelyn Larson.

She is also survived by her siblings, Edith (Garth), Connie (Matt), sister-in-law Elma Charters, numerous cousins, nieces and nephews.

Evelyn was predeceased by her husband Otto in 2007, her parents Hubert and Bertha Charters and her sister Alice Arnott and her brother Stanley Charters.



Mom was born on September 17, 1931 in Rural Shell River Municipality SE 1/4-2-28-30, the Boggy Creek District. In 1937 the Charters family of Albert, Bert, Bertha, Evelyn and Alice all moved to the San Clara District.

Otto and Evelyn were united in marriage on April 23, 1951. Mom and Dad farmed in the Makaroff District (Rural) Municipality of Shell River. They retired to Roblin, MB for a while then in 2004 Mom and Dad moved to Teulon, MB at Cedar Lodge.

Special thanks to the Homecare nurses and girls that looked after Mom. Thank you to Stonewall doctors and nurses for their care.

"You will be forever in our hearts"

"Being deeply loved by someone gives you strength, while loving someone deeply gives you courage."

-Love your family

In honour of Evelyn, a graveside service will be held on Saturday, October 12, 2019 at 2:00 p.m. at the Windsor Cemetery followed by a celebration of life at 92 2nd Ave S.W. Teulon, MB at 3:00 p.m.

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OBITUARY

Doreen MacNaughton (Thornton, Carry)

Surrounded by family in a room full of love, Doreen passed peacefully on September 21, 2019.

She will be deeply missed by the love of her life, Bob; children: Karen (Mike), Daryl (Diana) and Darcy (Paul); grandchildren: Wren (Keragh), Michelle (Jay), Christopher, Corey, Dayner (Inga) and Jazlee. Also missing her deeply are her great-grandchildren: James, Sean and Bella; brother Jim (Lorraine); sister Shirley; sister-in-law Gay; cousin Diane and many nieces, nephews, cousins and friends. She was such an important part in the lives of so many.

Mom worked hard all her life in the restaurant industry while raising her three children. In 1993, she and Bob bought the hotel in Inwood, Manitoba opening up a whole new chapter in their lives. It seems that everyone in the Interlake knew and loved her. Our mom was an amazing woman, kind, generous, thoughtful, loving, vibrant, energetic, fun loving and the life of any party but the thing she was best at was being a mom, grandma and great-grandma. Mom and Bob always wanted their family around and the grand and great-grandchildren thought of Gramma and Papa's house as their second home. We all have the most wonderful memories of her. Mom taught us to be strong and we will be during this most difficult of times. We have lost such a wonderful woman and heaven has gained such a beautiful angel.

As per her wishes, there will be no formal funeral, just a small family gathering at a later date.

Thank you to everyone for all the love and laughter you have given and shared with our mom throughout the years

We love you Mom/Doreen and will hold you in our hearts forever.



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