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Stonewall Teulon Tribune

VOLUME 8 EDITION 41

THURSDAY,
OCTOBER 12, 2017

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Freedom granted

TRIBUNE PHOTO BY NATASHA TERSIGNI

Before granting Freedom of the Village to Stony Mountain Institution, RM of Rockwood Reeve Jim Campbell, middle, inspects the Correctional Service of Canada (CSC) honour guard and staff with Warden Robert Bonnefoy, right during the 140th anniversary of the Stony Mountain Institution.

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

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Family granted permission to add deck and pool to backyard

Stonewall council news in brief

By Jennifer McFee

At the Oct. 4 council meeting, Stonewall council heard from Colin and Darleen Cameron, who are hoping to split their property into two titles. The surveyor informed them that the property line is running the wrong way and they would have to subdivide and get a separate title for each lot.

They were told that they would have to pay \$18,000 to the town to do that and they are hoping to get that fee waived because they aren't doing anything other than turning the lot lines 90 degrees.

Council will discuss the request and administration get back to them soon.

- Kyle and Paige Moman requested a variation to the rear yard setback from 25 feet to 11 feet for the addition of an attached deck and above-ground pool in the rear yard at their single-family home. Council approved the request.

- The Town of Stonewall will need to expand or add to its existing water supply within the next 10 years, so the town will engage with Manitoba Water Services Board to conduct a water supply study to identify the best water source options. The study will be cost-shared between the town and the Water Services Board on a 50-50 basis.

- CAO Wally Melnyk and Assistant CAO Diane Allan are designated as the accessing privacy co-ordinators for the purposes of the Freedom of Information and Privacy Act.

- Council agreed to extend the terms for waste removal and recycling agreements.

- Council briefly discussed doing part of the debenture for the lagoon expansion project now to take advantage of the favourable interest rate climate. That means they would have to take a second debenture sometime in the future, but Mayor Lockie McLean said that the end result would be a lower overall cost for the taxpayer.

In other news:

- Council passed second and third of a bylaw to regulate the conduct and proceedings of council and committees.

- The meeting schedule for November has been changed so that regular council meetings will be held on Nov. 8 and 22 and the committee of the whole meeting will be held on Nov. 15.

- Council purchased a bronze sponsorship for \$400 for the South West Palliative Care dinner.

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TRIBUNE PHOTO BY JENNIFER MCFEE

Kyle Moman with Paige and 16-month-old George, who was enjoying a sandwich at the meeting.

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Local artists paintings on display at Teulon library

By Jennifer McFee

The art of relaxation sometimes stems from creative endeavours.

That's the case for Verna Poole, who is showcasing her acrylic paintings at the Teulon library as the artist of the month for October.

The paintings range from a traditional winter scene, a depiction of an owl and a European-style barn to more abstract visuals.

"I like painting. I find it very relaxing and I just get absorbed in it," said Poole, who lives between Gunton and

Teulon along Highway 7. "It's a good stress reliever."

Like many kids, Poole was drawn towards artwork as a youngster but she put aside the hobby as other priorities popped up.

"I've always drawn, but school is demanding so when you get into high school, stuff like that gets put on the back burner. Then when you get married and have kids and a career, stuff gets put on the back burner again," she said.

"Then when I retired, I decided enough was enough and I started doing things. I started doing pottery again and then I took up art."

Poole belongs to the Green Acres Art Centre, where she takes weekly art lessons with instructor Graham Clark. She started off with drawing classes and got into acrylic painting when her instructor encouraged her to take the leap.

"After my first year, I started painting and that's when I got hooked," she said. "I still do drawing and pen and ink. Anything is good to sharpen your skills, and it's all art so one thing is good for the other."

To see Poole's paintings, and possibly some of her pottery, visit the Teulon branch of the South Interlake Regional Library at 19 Beach Rd.



TRIBUNE PHOTO SUBMITTED

Verna Poole will have a number of her paintings on display at the Teulon Library during the month of October.

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Warren girl supports Angel Hair

Warren Elementary Grade 5 student Thalissa Lavallee-Thang, was touched when she heard the story of eleven year old Keira Bond who lost her battle to cancer at The Coffeehouse to End Cancer fundraiser. Bond succumbed to pediatric brain cancer in June 2017. Lavallee-Thang was inspired by Bond and wanted to help cancer survivors in some way. She took part in her school's Terry Fox run and ran in memory of Keira and recently had 10 inches of her hair cut to donate to Angel Hair For Kids. It takes between 10 and 12 donated ponytails and \$1,000 to sponsor one Angel Hair For Kids child. This special program provides wigs and hair systems to recipients in Canada at no cost to the child's family. To donate to Angel Hair For Kids visit www.acvf.ca



TRIBUNE PHOTO SUBMITTED
Warren Elementary Grade 5 student Thalissa Lavallee-Thang.

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Stony Mountain teen earns fifth gold medal for voice

By Jennifer McFee

A Stony Mountain teen is singing a happy tune since she set a new record with her musical achievements.

Camryn Dewar is receiving the Royal Conservatory's 2017 gold medal in Manitoba for Level 7 voice — making it the fifth gold medal for voice in her collection.

She said that Royal Conservatory representatives told her that it is a record achievement for voice.

Each academic year, gold medals are awarded to exam candidates who achieved the highest mark for their level, discipline and region.

"It's really exciting. It's really good for my resume since I'm looking at university applications right now," said Dewar, a Grade 12 student at

Westwood Collegiate.

"I'm thinking of getting my bachelor of music at U of M hopefully and then I'm thinking of getting my masters at one of the dream schools overseas."

To ensure a harmonious transition to post-secondary life, Dewar is already studying music theory at a university level. She also practises either voice or piano for two hours every day.

"I practise voice one day and then I'll practise piano the next. You don't want your voice to get tired so you have to rest in between," says Dewar, who started taking lessons when she was four years old.

"But I am singing every day. I'll be doing things around the house and singing my classical pieces at the same time."

When she's not honing her musical talents, Dewar delves into plenty of other activities to keep occupied.

"We own the ski hill so I work there all winter and I do literally every job. I've been working here for so long, so my parents have trained me to do everything. I'm also a drama major at my school and I'm in jazz band and concert band. I play saxophone for both of those," she says.

"I busk a lot at The Forks too, and I'm also working cash at Six Pines this fall. It's a lot of working, practising piano, practising voice and lessons for everything. I've got a pretty busy schedule." Dewar, who turned 17 last week, is also busy preparing for a competition coming up in November.

At the same time, she's looking forward to the gold medal ceremony at the Winnipeg Art Gallery on Oct. 29, and she has even applied to sing at the event.

"I've gotten five gold medals, but



Camryn Dewar

I haven't sang at one of the ceremonies," she said. "I think it's about time."

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getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL 'I can always catch another one'

Hi fellow fishers. Here is some great stories to enjoy.

Don Schilling was a man of average size with a wide smile, searching eyes behind heavy glasses and straight dark hair that fell over a broad forehead. I met him by chance on the Red last week and he told me of a once in a lifetime experience he and fellow anglers were part of at Horseshoe Lake some time ago.

The area was full of wildlife, and as they trudged up shore to their camp after a day of fishing, a loud flapping and screaming stopped the men in their tracks. Huge long feathered wings, some black and some grey, flailed upward from a depression in the roof of one of their tents. The stunned anglers saw before them a bald eagle on top of a pheasant attempting to tear it apart.

The group began shouting and clapping their hands, which made the eagle break from its task. With a parting screech, whipping the air with its massive wings, it disappeared westward while the distressed pheasant fluttered off in the other direction! Wow.

The smell of wood smoke drifted from the fishing camp as Dave Thorlakson stood on the shale shore of Humbug Bay looking east toward the faint light of the rising sun in 1959. Tall and wiry with tufts of light hair under a cap, dressed in heavy clothes and rubber boots, he loped down to his wooden skiff. It sat cradled on the railroad track-like structure he had built, which ran from under the shore water to high dry land. The water of the west shore of Lake Winnipeg was

flat now but soon the wind would kick it into high waves. The skiff loaded, he pushed it to free water, jumped in, started the small motor and pointed her bow toward the sunrise, checking land points he made for his nets and started lifting. There was no time to waste; if he didn't get his fish out of the water, they would spoil. He worked methodically under dark clouds taking the fish out of the nets and tossing them into wooden boxes. With his nets cleaned and back in the lake, he leaned over the side of the boat, washing the fish slime off his hands in the cold, restless water.

He shifted to the transom seat beside the motor and pulled the starter rope, bringing it to smoky life, and headed for camp through choppy waves. As he came up to shore, pointing his skiff at the railing, he tensed; he had to time this just right. Allowing for the sideways current, the stiff wind and the waves that one second were five feet up the rail landing then next were receding back to bare shore, he timed it, aimed his boat and gunned it. The skiff shot forward hitting the greased skid rails on a high wave, carrying it upwards on the tracks. Dave, with perfect timing, pulled the motor up and the skiff came to rest one more time undamaged. As he threw a leg over the side of the boat, the blood ran fast in him and he knew he loved this life. The cool wind was pushing me around pretty good as I walked down the long steps at the Lockport pier early last week. Though the sun was out, Dale Julius of Winnipeg had a thick jacket on. He was one of the few on the pier who had caught fish,



TRIBUNE PHOTO BY ARNIE WEIDL
Dale Julius of Winnipeg with his catch at Lockport.

and although he didn't have a story, he held up his catch for us.

Later, downstream past Selkirk, I met Barry Bourne, a thin, chiseled-featured, quiet, easy-talking chap who used to live on St. Peters Road and offered a story. Years ago he had a neighbour who asked him to come ice fishing so Barry asked what time, to which his friend said, "Oh, about five." Barry exclaimed, "Five, that's pretty early for me."

"Not five in the morning, five in the evening. The fish start biting in the winter when it gets dark."

Barry's friend (let's call him Fred)

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George Canyon to perform Oct. 20



TRIBUNE PHOTO SUBMITTED

Country music legend George Canyon will be dazzling his audience with at a special acoustic evening on Friday, Oct. 20 at the Anderson's Hitch 'n Post Ranch.

By Jennifer McFee

Country music legend George Canyon will be dazzling his audience with at a special acoustic evening coming up next weekend.

On Friday, Oct. 20, Canyon will perform at Anderson's Hitch 'n Post Ranch in Grosse Isle at a concert for the fifth annual Concert for Conservation presented by Ducks Unlimited Canada.

Doors open at 6 p.m. followed by a 7 p.m. dinner featuring barbecued roast beef, baked beans, baked potato, coleslaw and dessert.

The musical performance begins at 8:30 p.m. with two 45-minute sets.

Tickets cost \$75 each or \$550 for a table of eight for the event, which supports wetland conservation work in Manitoba.

Events assistant Robyn Yates said the event will also include raffles and more.

"Our concerts at the Hitch n Post are really nice, especially because they're acoustic. They're so much more personable," Yates said.

"It's a totally different atmosphere. We always do an autograph session at the end of the evening so you can actually meet him. It's really great and we get a lot of positive feedback."

Tickets are available for purchase online at www.ducks.ca/events or by calling 204-467-3312.

Workshops open to high school students

By Jeff Ward

The regional volunteer coordinator for Encounters with Canada is looking to all Interlake high schools for participants to take part in a unique week-long educational experience in Ottawa.

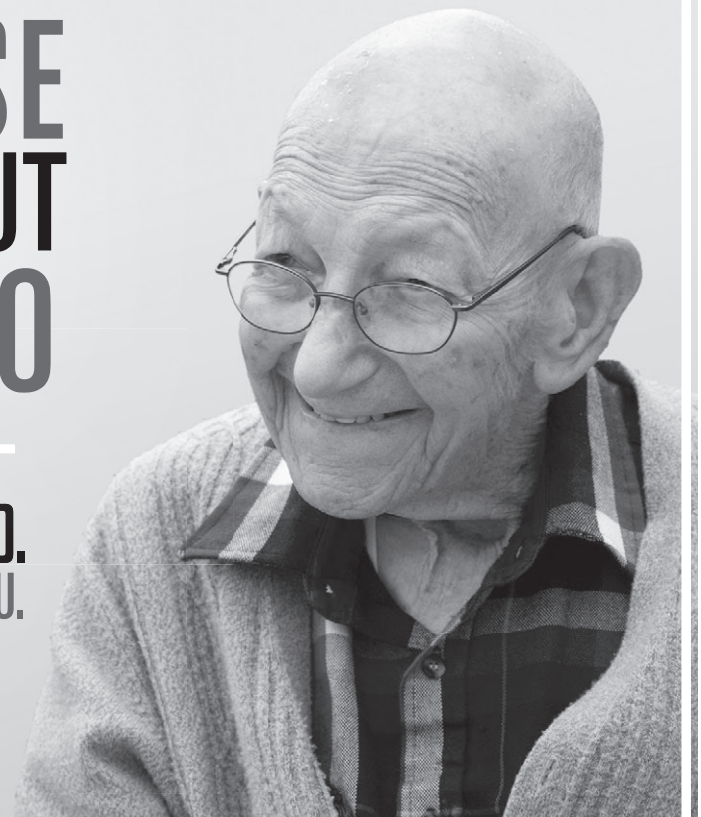
Encounters with Canada provides in depth educational workshops and hands on learning to high schools students from all over the country. The program is split into 13 separate self contained theme weeks throughout the year. Students to fly to Ottawa and live in the Terry

Fox Canadian Youth Centre with other students from all over the country. While there they take part in workshops on the theme of that week, learn from industry experts and receive in depth knowledge on topics they're passionate about. Mercer explained that Encounters with Canada is a unique experience that is in service of higher learning, but that it also allows youth to meet people from all over Canada. Those connections could form life long bonds and friendships and at the very least will provide students with a new perspective on life and the

Continued on page 13

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St. Laurent council votes to amend secondary suites bylaw

By Jeff Ward

At last week's regular council meeting, the RM of St. Laurent voted to amend their secondary suites bylaw to further define its scope and to provide more detailed requirements for detached units.

Council gave a second and third reading of bylaw 2/2017 following a run through of the amendments by Cherie Millar the office administrator for the West Interlake Planning District Board. Millar read through all of the amendments, which includ-

ed new definitions for coach houses, garden suites and secondary suites. The amendments also detailed regulations for detached suites like minimum and maximum floor area, zoning rules, building materials, parking and more. Council took a recorded vote and unanimously voted in favour of the changes.

Millar said that she had received no phone calls or submissions in opposition of the changes.

In other council news:

Council welcomed their new Waste Transfer Site (WTS) employees to the municipal team. Ray Ducharme is to be the new full-time WTS attendant, Donald Harrison is to be a seasonal attendant and Donovan Boudreau is the new full-time patrol maintenance worker. Reeve Cheryl Smith welcomed the three to the team and offered an open ear for any ideas they might have in the future to make operations at the site more efficient or

cost effective.

"Your input is valuable to us so please don't hesitate to get in touch," said Smith.

Council approved a \$672.86 expense for additional lighting to be installed in the Welcome Centre. CAO Hilda Zotter said that the existing lighting was very dim and that Gary's Electric will install new lighting. The same company will be looking into providing a quote on new exterior safety lighting if it is found that it is needed in the future.



FLU CLINIC LISTINGS



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The annual seasonal flu shot is available to all Manitobans at no charge. It offers protection against four seasonal influenza strains. Those at increased risk of serious illness from the flu, including children six months to five years old, people aged 65 or older, caregivers and others who are in close contact with them, should consider getting a flu vaccination.

Bring your Manitoba Health Card and wear a short-sleeved shirt.

	Dates	Time(s)	Location(s)
Balmoral	October 20	2:00 pm - 3:30 pm	Sprucewood Place, PR 236
Inwood	October 20	10:00 am - 11:30 am	Inwood Manor, PTH 17
St. Laurent	October 21	11:00 am - 2:00 pm	St. Laurent Community Health Office, 1 Parish Lane
	October 24	3:00 pm - 7:00 pm	St. Laurent Community Health Office, 1 Parish Lane
	November 2	2:00 pm - 3:30 pm	Laurentia Lodge, 444 Veteran's Memorial Road
Stonewall	October 26	1:00 pm - 7:00 pm	Stonewall Legion, 459 Main Street
	November 9	1:30 pm - 3:00 pm	Crocus Manor, 570 Centre Avenue
	November 18	10:00 am - 2:00 pm	Parochial Hall, 435 1 Avenue North
Stony Mountain	November 1	3:00 pm - 6:00 pm	Stony Mountain Curling Club
Teulon	October 25	10:00 am - 3:00 pm	Teulon Rockwood Hall, 16 Main Street
	October 30	11:00 am - Noon	Cedar Lodge, 20 - 5 th Avenue South
	October 30	1:30 pm - 2:30 pm	Gateway Manor, 169 Beach Road
	October 30	3:30 pm - 6:00 pm	Teulon Community Health Office, 162 3 rd Avenue SE
Warren	November 8	2:00 pm - 6:30 pm	Warren Fire Hall, 152 McDonald Ave.
Woodlands	October 18	1:30 pm - 4:00 pm	Oak Park Lodge, 75 Railway Ave.

For more information, please contact your local community health office
 St. Laurent: 204-646-2504 Stonewall: 204-467-4400 Teulon: 204-886-4068

Any changes to this listing will be posted online at www.ierha.ca - click on "2017 Flu Clinics" at the top of the page.

Province to hold pre-budget consultation next week in St. Laurent

Staff

Public consultation meetings for the province's 2018 budget will take place over the next few weeks with a stop scheduled for Tuesday, Oct. 17 in St. Laurent.

The consultation takes place at the St. Laurent Recreation Centre from 8 to 9 p.m. The consultations are held at seven locations around the province and will give Manitobans the opportunity to weigh in on the budget. Provincial Finance Minister Cameron Friesen said that his government wants input from Manitobans "as we focus on restoring fiscal discipline while ensuring the sustainability of services now and into the future."

In a press release announcing the consultations, Friesen also mentioned that there is still time for Manitobans to take the government's online survey, Manitobans Making Choices. The survey asks for input on three key areas, sustaining health care, controlling marijuana use and balancing the budget. He said that so far over 12,000 citizens have taken the survey and more than 10,000 have taken part in two telephone town halls.

The survey results will be published in a summary format and all responses will remain anonymous. Those interested in taking the survey can do so at www.manitobansmakingchoices.ca.

A new daycare for fur babies now open in Argyle

By Ligia Braidotti

There's no need to worry about your dog or cat when you plan your next vacation because Sundog Boarding Kennels has you covered.

Argyle family Tamara and Jim Johnston have opened a new boarding kennel located on Road 2 East and Highway 323, minutes from Stonewall. The facility is about 1,100 square feet and is equipped with in-floor heating, spacious kennels for 16 dogs and a separate room with individual quarters for 15 cats.

Sundog Boarding Kennels is a dream come true for Tamara and Jim who own and operate the business. When they were recently married, the couple used the services of another daycare for their dogs and thought it was an excellent idea.

"We thought 'Let's do this for ourselves,'" Tamara said. "All of our family is really outgoing, and I just look forward to a day that we are outside, and there are people coming. We're enjoying the space with our friends and the friends that we meet through their pets."

Ten years later, the project of starting their kennel started taking shape, and by the end of September, the Johnstons will be welcoming the pets to this brand new facility. The couple realized there was a need for their services because Stonewall is a growing community.

"Professional people are living there and more and more people from the city moving there, and we just thought it was a great opportunity to serve this area."

Currently, Sundog Boarding Kennels is providing accommodations only, but Tamara said they plan on offering training in the future.

"We thought we better start off with one thing at a time," she said. "Eventually, we'd like to add obedience (training). I'd love to be able to do some agil-



Left to right: Charlotte, Jim, Olive, Tommy, Tamara and Robbie Johnson and dogs Stella, Porter and Stout.

ity because we have so much space here and some grooming as well."

Each kennel for the dogs is four by six feet — legal size for an extra large dog. They will have large exercise areas that can be done individually or in a group, depending on the dog and on the families' likings. Tamara and Jim have gained experience through fostering puppies from a Winnipeg shelter and working part time at a kennel that supported the couple with their project, Tamara said.

"We are just looking forward to an opportunity to make the most of our space and our home by sharing it with our friends and our dog friends."

An alarm system has been installed and is monitored 24 hours a day for fire, break in and carbon dioxide. The facility is wheelchair accessible and all dogs will be bathed after being in kennel care before they go home.

Tamara said her family and friends have been supportive of her work and that as soon as she told them about the business, many began to leave their dogs with them while they were away.

"We also see an opportunity to work together as a family and for our kids to



TRIBUNE PHOTOS SUBMITTED

Sundog Boarding Kennels is 1,100 square feet and is equipped with in-floor heating, spacious kennels for 16 dogs and a separate room with individual quarters for 15 cats.

see this and be involved as well. They are very excited to be surrounded by dogs," she added.

Sundog Boarding Kennels is already taking reservations online. Find pricing and shuttle services information, pick-up and drop-off hours on their

website at www.sundogboardingkennels.com.

For further questions or if you'd like to stop by for a tour at the kennel with your pet, call Tamara at 204-404-7690 or email sundogboardingkennels@gmail.com.

Interlake Youth Choir Concert

Conductor Justin Odwak
Featuring guest artist Sydney Lockhart.

Tickets
\$15-Adult
\$10-Child
@ the door

October 15, 2017
2PM

@ Gimli Lutheran Church



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Tickets
\$15-Adult
\$10-Child
@ the door

October 15, 2017
7PM

@ Stonewall New Life Church



Manitobans Making Choices

- ✓ Controlling Marijuana Use
- ✓ Sustaining Health Care
- ✓ Balancing the Budget

Pre-Budget Public Consultation Meeting

St. Laurent

Tuesday, October 17
St. Laurent Recreation Centre
Lot 825, Highway 6
8:00 p.m. – 9:00 p.m.

Take the survey.
ManitobansMakingChoices.ca



Plenty of laughs promised at upcoming comedy night

By Natasha Tersigni

Winnipeg stand-up comedian Scott Porteous performs regularly on Sirius XM radio, has taken the stage at the CBC Winnipeg Comedy Festival and tours across North America telling jokes. Local fans will not have to travel too far or wait too long for his next live performance.

Porteous, along with well-known comedians Nelson Mayer and Rollin Penner, will be performing Nov. 12 in Warren for the Comedy Invasion Fundraiser. Hosted by the Warren Elementary School parent advisory council as a fundraiser to purchase a new playground for the school, the evening promises to have audience members in stitches.

While the Warren venue may seem on a lot smaller scale than Porteous is used to, the 30-year-old comedian is looking forward to being back performing in a rural community.

"I toured across the east coast in

Canada last year and one of the reasons why I want to go into small towns is because there are a lot of great qualities to a small town that I don't think performers realize. Entertainers often stay in bigger cities and they are missing out on that sense of community and appreciation. When I perform in small towns, I get nothing but gratitude and the community members are always so welcoming. No city is too big and no town is too small for comedy," said Porteous.

The event is being billed as an 18+ show and guests can expect a quick wit and sharp one-liners from Porteous.

"For my style, I try and just do a variety of everything. More than anything, I try and have an honest approach with comedy and just talk about myself in a comical way," said Porteous, who is excited to be sharing the night with Rollin Penner and Nelson Mayer.

"The lineup we have is just stellar. I

have some nice credits but the other guys do too including CBC and performing across Canada and the United States. As a collective, it is going to be a stacked show."

Rollin has gotten a name for himself in the comedy business through his highly popular "The View from Greenfield" comedy sketches that air on CBC Radio One. A veteran on the Winnipeg comedy scene, Mayer got his start at the Comedy Store in Los Angeles and continues to earn accolades wherever he performs including being named a finalist at the World Series of Comedy in Las Vegas.

The Comedy Invasion Fundraiser is being held at the Warren Memorial Hall and begins at 8 p.m. Tickets are \$20 each or \$150 for a table of eight. Tickets can be ordered at Eventbrite or by calling Marlo Carlson at 204-322-5559.



TRIBUNE PHOTO SUBMITTED
Winnipeg comedian Scott Porteous will be one of three acts taking the stage on Nov. 12 in Warren for the Comedy Invasion Fundraiser. Proceeds from the event will be for the Warren Elementary School playground equipment.

Canada's highest court dismisses Teulon school case

By Natasha Tersigni

Former Teulon residential students who have been fighting against the federal government to officially have their school be recognized as a residential school will not have their case heard by the Supreme Court of Canada.

In an Aug. 17 ruling of the Assembly of Manitoba Chiefs (AMC) v. Attorney

General of Canada case, a Supreme Court motions judge ruled that "the Teulon residence was not an Indian Residential School under the Settlement Agreement, and that they did not qualify to be added to Schedule F under Article 12."

For several years, a group of former Teulon residential school students has been fighting the federal government

to be added to the Indian Residential Schools Settlement Agreement (IRSSA) and thus be eligible for compensation. Teulon was left off the IRSSA in 2006, and in 2011 legal action was initiated by the AMC on behalf of the students.

In 2012, a Manitoba Provincial Court Judge Perry Schulman ruled against the students saying that the Teulon Residence was denied being added to the settlement agreement, citing it as being operated by a religious organization, the United Church of Canada. The students argued that while the daily operations of the residence were by the church, the residence was set

up and regulated by the federal government and students were sent to Teulon by the Indian Affairs Department, a branch of the federal government.

The students, with backing from AMC, appealed the decision. In 2016, three judges of the Manitoba Court of Appeal upheld Schulman's initial ruling stating that the students failed to properly prove that the Government of Canada had participated in setting up and running the school.

Backed once again by the AMC, the students submitted their case to the Supreme court in January 2017, ultimately their last resort.

The Supreme Court does not give reason why they chose not to hear the case. Successfully taking a case to the court is a lengthy and difficult process as only a few cases are accepted and argued a year and the issues have to be of national importance. AMC did not return requests by the *Tribune* for an interview.



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Community shows support for Las Vegas victims



TRIBUNE PHOTO SUBMITTED

Several fundraisers are being held to support local Las Vegas shooting victims.

By Jennifer McFee

The community is banding together to show support to two local women who were shot during the mass shooting at an outdoor concert in Las Vegas.

Jan Lambourne of Inwood remains hospitalized in Las Vegas as she recovers from a gunshot wound to the abdomen and a fractured pelvis. She recently met with the hero who saved her life after he discovered Lambourne hiding under a wheelbarrow in a merchandise tent.

She had been at the concert with her friend Jody Ansell of Stonewall, who was also hospitalized due to a gunshot wound through her arm. Ansell

has been discharged from the hospital and is recovering with her family.

Now efforts are underway to show support for the two injured women after the harrowing experience.

Chicken Chef restaurant at 3770 Portage Ave. is hosting a Super Hero and Princess Breakfast fundraiser for Ansell and Lambourne on Saturday, Oct. 14 from 9 a.m. to 2 p.m. Pancakes will cost \$8 plus taxes, and \$6 from every pancake breakfast will go towards the two women.

Owner Lori Lucas said that she decided to organize the event as a way to show support.

"When I found out about the shootings, the stories that were coming out were just heart-wrenching. And then when you find out there's someone from your area, that's when the floodgates opened and I thought that we need to find a way to help these people and these families," she said.

"The reason we're doing this is because they need love and support. They need to know that we care and they need to feel that. We've all got problems and issues and struggles in our lives, but when you have something to this degree, we have to put that aside and lift these people up and let them know they're not alone."

The theme of the event focuses on superheroes, since many real heroes stepped up to help throughout the incident. So far, she has confirmed that someone will be dressing up as Captain America and her staff will be dressed up as well. She hopes to find other people willing to dress up as a superhero or princess for the breakfast.

"We're also doing the superheroes and princesses for the kids. They've seen so much dark in this world, and I don't know how many fully understand what's going on, but let's remind them that there are happily-ever-after stories. There are superheroes like the people who saved these victims. They're real life," Lucas said.

"I want to create a feeling of family. Maybe we're strangers, but we can still pull together as a community."

The pancake breakfast will also feature a 50-50 draw and a silent auction. Lucas is accepting prize donations until 8 p.m. on Thursday, Oct. 12. She also welcomes anyone who would like to volunteer for a shift at the event. The best way to reach her is through the Facebook event page entitled "Fundraiser for Jody Ansell and Jan Lambourne."

In other community efforts, a fundraising campaign has been set up at the Teulon Sunova Credit Union.

Teulon Collegiate's Helping Hands Committee has set up a GoFundMe page, which had raised \$3,675 towards Lambourne's expenses so far. The page is called "Las Vegas victim Jan Lambourne" and it can be found at <https://www.gofundme.com/las-vegas-victim-jan-lambourne>.

Christina Hooper of Backcountry Fitness is also running a 'Fundraising Bootcamp for Jan Lambourne' and family on Friday, Oct. 20 at Teulon Collegiate. Registration is at 6:30 p.m. Class will run from 7-8 pm. To register email Hooper at backcountry4fitness@gmail.com. Minimum donation \$10.

PRESS RELEASE

Town Of Stonewall to issue series a debenture



The Town of Stonewall has made arrangements to draw on a portion of the borrowing authority provided for the Lagoon Expansion Project.

"In the current environment of rising interest rates the Council felt it was prudent to lock in some of the funds needed for the project", stated Mayor McLean.

The Town is issuing a Series A Debenture for \$2,000,000 as an initial draw on its approval. By committing to the money now at a 4.125% interest rate, the Town will save an estimated \$370,000 over the projected costs identified in Local Improvement Plan 01-2016 approved in March 2017. Property owners in Stonewall will be receiving a letter from the Town shortly offering them the opportunity to prepay the per parcel levy for the Series A Debenture, or simply have the levy applied to the property tax bill for the next 20 years.

Construction of the Stonewall Lagoon Expansion Project is estimated to cost in excess of \$5.5 Million. The Town was able to obtain support for the project from the Government of Canada and the Province of Manitoba through their grant programs.

"It will mean that we need a second debenture in 2018 at the completion of the project, but we couldn't ignore the savings and the risk reduction benefit of taking the money now" identified Mayor McLean.

Rosser council news in brief

Staff

The RM of Rosser held a special meeting on Sept. 27, when they discussed an incident that took place on Aug. 29 at Little Mountain Park.

This park is owned by the City of Winnipeg and is subject to a RM of Rosser bylaw to provide for the regulation and control of dogs within the limits of the RM. The owner of an attacking dog is being fined and the dog is permanently banned from entering the RM of Rosser. The owner is not a resident of the RM of Rosser.

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The members of
Stony Mountain Stonewall Masonic Lodge
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Saturday, October 28, 2017
from 1:30 to 3:30 with a presentation at 2:00

at the Masonic Lodge on Main St. in Stony Mountain



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October is Car Care month



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How to get your car ready for the winter

To ensure a safe winter on the roads this year, you'll need to perform the necessary vehicle checks. Follow this guide to avoid missing any critical steps!

Vehicle checks

Make sure that you have enough air in your tires, that your windshield wipers are in good condition and that your car battery isn't corroded. Next, test your heating and defrosting systems, as well as the headlights and blinkers, and make sure to lubricate the locks.

Once you've performed the necessary vehicle checks, top up all fluids (brake, transmission, windshield), and change your engine oil at the same time. For a thorough inspection, consider having your car checked by a professional mechanic. He or she will

assess the condition of your vehicle and perform any minor repairs before the winter worsens the wear.

Equipment checks

Always be prepared for the unexpected! Make sure to keep an extra gallon of antifreeze and windshield fluid in your car. But that's not all! You should also have an emergency survival kit that contains a shovel, an ice scraper, a broom, jumper cables, a towing cable, warm clothing, non-perishable foods, emergency flares and a flashlight. Lastly, take a minute to check the expiry date on all items in your first aid kit.

Is your car all set for winter? Great! Now it's up to you to drive responsibly. Always adjust your driving in bad weather and when your visibility is reduced to ensure your safety and the



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October is car care month

Winter car care: five ways to keep rust at bay

It's no secret that road salt is terrible for our cars. It does a great job melting ice and keeping roads safe during the winter, but it's also a major catalyst for rust. Of course, putting your car in storage until the return of warmer days is the best way to keep it safe from winter's harsh effects, but if that isn't an option, here are some ways you can help prevent rust from taking hold in the cold:

1. Have your car professionally rustproofed. This is especially recommended if you frequently park indoors. Drastic temperature variations, especially combined with the humid air in garages, provide rust with the perfect environment to thrive.
2. Slow down and keep your distances. It's the best way to minimize contact with road debris (e.g. salt, sand, rocks from other cars). Your paint job will thank you!
3. Protect the body. Install mud flaps, a grille guard (clean it often to avoid an accumulation of road salt, which could scratch the paint), or clear plastic strips to protect the lower body frame.
4. Wash your car often. It's important to clean your vehicle periodically during the winter — even though the results won't last long! — to get rid of calcium deposits and other dirt. A dirty car is more likely to rust. Make sure to thoroughly dry everything off, and avoid washing your car when temperatures fall below -10 °C.
5. Apply surface wax. This will protect your paint job, but you'll need to act fast: the procedure requires outdoor temperatures above 10 °C to be successful.



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world around them.

"This is the largest youth forum in Canada and it's an incredible experience for students," said Mercer who is the volunteer regional coordinator for one of five regions in Manitoba.

"It gives students the chance to get a whole week of education in a topic that's interesting to them. And it does so in a way that exposes them to a completely new life experience. They fly to Ottawa by themselves and are greeted by the Encounters with Canada team and are shuttled to the facility. They live in a dorm with other students for a week and learn and have fun."

The two theme weeks that are on the horizon right now

are Communication and Social Media (Oct. 15-21) which is guided by communications professionals. The instruction will deal with how to develop critical thinking and creative thinking skills and students will also travel to CBC studios in Montreal to get a hands on experience in radio and Television. The other theme week is Science and Technology in which students will visit the Canadian Aviation and Space Museum, the Canadian Museum of Nature as well as research labs. Careers in science and a Let's Talk Science career panel will also be in the schedule.

These weeks also give students the opportunity to enjoy the Terry Fox Canadian Youth

Centre, which is fully equipped with athletic and games areas as well as a fully capable kitchen where all meals are provided.

The costs are kept low at only \$675 per student, but for the aforementioned theme weeks those prices have been reduced as those deadlines near.

"And we can definitely help in finding sponsorships to go if it's too much for some students. We will find a way to get them on the plane," said Mercer.

High schools throughout the Interlake are in Mercer's region so any students from those schools, can call or email Mercer at 204-768-2571 or by emailing mercerj@lake-shoresd.mb.ca



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Small Business Week

October 15 to 21, 2017



7 helpful tips for getting your business off the ground



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Between October 15 and 21, BDC Small Business Week (hosted by the Business Development Bank of Canada) will be promoting the amazing work of some 850,000 Canadian entrepreneurs for the 38th year in a row! Do you dream of starting your own company? Here are seven tips to help you get your business off the ground.

1. **Determine your target market**
First and foremost, you need to properly define your target market. The best way to do this is to carry out thorough market research to determine consumers' potential interest in your products and/or services.
2. **Surround yourself with experts**
Build a team of qualified professionals with different skillsets who will bring value to your business; for example, technicians, marketing specialists, salespeople, managers, lawyers, accountants, etc.
3. **Don't lose sight of your goal(s)**
In order for your business to have growth potential, you need to pave the way for a prosperous future by setting immediate and long-term goals.
4. **Consider your finances**
Starting a business obviously requires money. Consider different financing options in addition to bank loans, like private investors, labour-sponsored venture capital funds, assistance funds or funding agencies.
5. **Manage your time wisely**
Allocate your time strategically by taking advantage of less busy periods to develop a networking plan on which to start building a client base.
6. **Don't dispense with formalities**
To build a solid foundation for your company, you need to address all technicalities involved with owning a business. Make sure to get your ideas patented — or at least protected in some way.
7. **Be forward-thinking with your business plan**
Your business plan is an invaluable tool that will allow you to clearly present your ideas to potential investors. Make sure it's concise and engaging!
For more information on how to better manage your business, visit www.bdc.ca.

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**Small Business Week
October 15-21, 2017**



Concerts in Care came to Stonewall, Teulon



TRIBUNE PHOTO BY MERLE TOMYK
Musician David Graham entertained audiences in Stonewall and Teulon recently.

By Jennifer McFee

The Concerts in Care program hit the right note with audiences in Stonewall and Teulon.

On Oct. 3, musician David Graham showcased his musical talents at Rosewood Lodge in Stonewall and then at Goodwin Lodge in Teulon.

The performances are part of the Manitoba Arts Network's Concerts in Care program, explained Kalynn Spain, the performing arts and event co-ordinator.

"We work closely with professional artists to schedule them in care homes in rural communities across Manitoba. We wanted this program to also increase the opportunity for other audiences to have that professional music available for them," she said, adding that family members are also welcome to enjoy the concerts.

"Stonewall and Teulon are linked together in that we're scheduling one artist in those two communities. It's worked out well."

The cost of the show is subsidized through funding from the Thomas Sill Foundation, the Manitoba Arts Council and other sources.

Carrie Munro, recreation co-ordinator for Rosewood Lodge, said that the South West District Palliative Care provided funding for the local concerts.

The audience enjoyed the performance of David Graham, who is from the Steinbach area. Graham is trained in voice, piano, trumpet, tuba, trombone and guitar.

"He sang favourites like You Are My Sunshine and I'll Be Working on the Railroad, and those are the kinds of songs that just perk you right up," Munro said.

"Those concerts are very good and music touches everyone."



Ten important steps for closing up your cottage

The kids have gone back to school, the leaves are changing colour and the temperature is dropping slowly but surely. In other words, fall is definitely in the air and the time has come to close your cottage for the winter. Here's a short checklist so you don't forget anything and end up with some unpleasant surprises next spring.

1. Inspect the cottage. Walk around the cottage to check if anything deteriorated over the summer. Inspect the gutters and remove dead leaves from them; make sure they'll drain properly. Check the roof and foundations, and do any necessary repairs.

2. Check the doors and windows. Remove the screens to prevent condensation buildup on windows, and make sure all doors and windows are properly caulked. Replace any damaged weather stripping.

3. Prune trees. Cut branches that are too close to the cottage or that are hanging over the roof, as they could damage the structure in high winds or during heavy snow accumulation.

4. Put everything in storage. Shelter garden hoses, deck furniture, gardening tools, lawn mower, bikes, barbecue, boats and water toys. Take the time to close up the pool and spa properly.

5. Turn off the water. Turn off the water inside the cottage as well as the outside tap. Drain the hot water tank and pipes (washer, dishwasher, shower, etc.) to prevent frozen and burst pipes. Don't hesitate to call in a professional to ensure that everything is done properly.

6. Empty the fridge. The fridge should be emp-

ty, cleaned and defrosted. Be sure to leave the door ajar to prevent bad smells.

7. Wash all bedding. Remove and wash the bedding. Store it in airtight containers, away from any dampness. You could also cover your mattress and living room couches with plastic to prevent mildew.

8. Minimize the risk of fire. Turn off the electricity and heating, and unplug all electrical appliances. Get rid of old newspapers, rags and chemical products. Close up the fireplace and inspect the chimney, or have it inspected by a chimney sweep.

9. Protect the cottage from vermin. Get rid of all traces of food, including canned food, and block all possible entryways to the cottage, such as the fireplace and cracks in walls or in the foundation. You could also scatter some mothballs in case animals do try to

take up residence in your absence in spite of all your precautions.

10. Secure the cottage. Make sure that smoke and carbon monoxide detectors are working properly, and change the batteries. Remove all your valuables and leave the curtains open

your contact information in case of an emergency.

Lastly, don't forget to notify your insurer that your cottage is closed until next spring.

Don't sign that mortgage renewal

Is your mortgage coming up for renewal? Don't be too quick to sign that mortgage renewal letter.

More than 70 per cent of Canadian mortgage holders do just that, and what is the usual result? A higher rate and a mortgage product that might not be best suited to their interests.

Experience has shown that lenders don't necessarily send their mortgage renewals out at best rates, counting on the fact that most homeowners are too busy to ask questions or to inquire about getting a better rate. Don't let this happen to you!

Rather, let multiple lenders compete for your business to be sure you get the best and lowest cost mortgage possible.

The following are some things to consider before your mortgage renews:

1. Start taking action on your renewal at least 90 days in advance.
2. See renewal as a time to start over.
3. Attractive new mortgage products and features may be available that you're not aware of.
4. The rate market may have changed dramatically.
5. You are not obliged to renew into the same kind of mortgage, nor are you obligated to stay with the same lender.
6. You can negotiate and compare offers from multiple lenders.
7. Renewal is the best time to refinance.
8. Rate isn't everything, but it's tremendously important.
9. Don't be scared off by fees to switch lenders.
10. Make sure switching lenders is worth it.

For a free, no obligation consultation to discuss your best mortgage renewal options, please contact me by phone @ 204-479-6064 or email at shelleys@onelinkmortgage.com.



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Bringing in your plants for the winter: a delicate process



Once the temperature borders 10 degrees Celsius at night, you should seriously start thinking about bringing your favourite plants indoors. But be careful: simply grabbing them by the pot and repositioning them in their usual spot within the home is a risky bet!

A sudden change in temperature can shock your plants and make them lose their leaves just days after they've been transferred back into the home. Therefore, it's important to remain prudent when bringing your precious houseplants back indoors.

The solution? Acclimation! For one week, bring your plants in at night and take them back out during the day. After this period of adjustment, they'll be more readily capable of surviving the winter inside your warm and cozy home.

Wash and inspect

Before bringing in your plants, clean them with lukewarm water to get rid of stubborn debris (pollen, dirt, animal hair, etc.) and eliminate unwelcomed pests. Next, inspect them carefully, paying particular attention to each individual leaf. Cut and throw away any leaves that look infested, or manually remove visible bugs, larvae and eggs to ensure they don't spread to neighbouring healthy plants.



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Closing up the garden for winter

The harvest season is over, the flowers have wilted, the leaves have fallen — it's time to close up the garden and prepare for winter! Not sure where to start? Here's what you need to do:

- Remove pesky weeds and mix them in with your compost.
- Plow the earth to aerate the soil and expose harmful insect eggs, which will die with the cold.
- Fertilize your vegetables to better protect them against frigid weather and other harsh winter conditions.
- Cover the ground around your plants with good quality mulch.

• Protect your shrubs with burlap or white geotextile (avoid dark-coloured material).

• Rake the dead leaves around your property and mix them in with your compost or use them as an eco-friendly (and free!) alternative to store-bought mulch.

• Prune your trees, trim your hedges, and don't forget to remove the dead branches!

For additional information, consult a horticulturalist in a nursery or garden centre near you!



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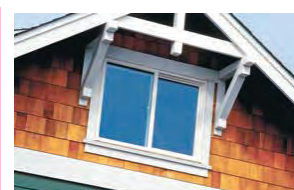
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Sharing common ground at beef conference

By Harry Siemens

A record attendance of diverse beef industry participants from across the country came together in Calgary for three days of connecting, sharing common ground, and gaining knowledge and inspiration from speakers at the second annual Canadian Beef Industry Conference (CBIC) this summer.

"We couldn't be more pleased with the excellent support and participation from across the industry that made for another outstanding national conference," said event chair Virgil Lowe.

The conference attracted over 700 attendees to its many sessions and discussion forums, he said, and undoubtedly "succeeded in building upon the success of last year's inaugural event.

"It has also created excellent momentum to further propel our National Beef Strategy forward as we look toward another exceptional conference planned for London, Ont., in 2018."

Langruth cattle producer Tom Teichroeb, a national director of the Canadian Cattlemen's Association and second vice-president for the Manitoba Cattlemen's Association, attended

this year's conference.

"Up until last year, this was the Canadian Cattlemen's Association semi-annual meeting. And I think it was recognized for some time now that the cattle industry is much more than that. So when people thought about it I guess they realized that this was a venue, especially the time of year it was, where they could capitalize on the fact that there is an industry, not just the cattle producer association, but other industries as well that could benefit from this. And so that's just what it's grown into, now," said Teichroeb.

"From my take, I think it reaffirmed that the industry has grown, and it's a much, much bigger even than I think we recognized. And perhaps this is an avenue we should have gone down there maybe a few years before that. The amount of youth that we saw was a highlight for me."

He said it just reemphasized the struggle going to the various producer meetings, either on the grain side or the cattle side, that for years the crowd has represented a much older demographic.

"This year, in this particular meet-

ing, saw a tremendous amount of youth there. So that was the highlight, to see that the industry is growing and it's much more vibrant than I think maybe people anticipated," Teichroeb said, noting the Cattlemen's Young Leaders and the Young Cattlemen's Council were there in big numbers.

"We saw a very large Mexican delegation a very large American delegation attend this year," he added. "So it's not just the national attention that we have, but it's also the international attention that we have. And that's really important considering all the other things which go on outside of this, which, obviously, like NAFTA and the potential of the other trades that are out there."

Peter Manness a financial consultant with MNP, thinks that the beef industry in Manitoba is in good shape. But he's still a little bit concerned that there's still some of the older producers that may be quitting prematurely.

"I think that's a fair assessment," said Teichroeb. "I don't think it is happening yet when Manitoba's Ag Minister Ralph Eichler the goal is to double the herd at some point in time not too far in the future. And we haven't real-

ized that just quite yet for a number of reasons. But I think the signals are there, that's certainly becoming possible now.

"First of all, we have a provisional government that is I think more ag-friendly and has more, I think, more goals and more policies out there that will help that growth," he said. "And that takes time. And the shape that our province was in is another challenge. It doesn't turn around overnight.

"It takes a whole industry push," Teichroeb said. "There are so many little opportunities out there, again, that has to be realized and developed and that hasn't quite taken effect just quite yet."

Teichroeb said one of the things that the cattle industry did not have for a long time are business risk management tools.

"We didn't have the cash advanced program for a long time that the grain side had. So there are business risk management tools that have only come into effect inside the last 10 to 15 years," he said.

"And if you look at things like crop insurance compared to that of, let's say, past year forage insurance, there is now finally a research program that highlighted under the committee that I chair, the domestic ag committee, which is going to be a satellite research group to develop into something that's going to be comparable to the crop insurance model that hopefully will cover from a more national perspective.

"It's going to have regional differences," he said. "But I think the potential is there to have a similar program as crop insurance does ... if we're patient and develop it right."

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Stony Mountain Penitentiary granted Freedom of the Village

By Natasha Tersigni

To commemorate the 140th anniversary of the Stony Mountain Institution and the important role that staff has played over the years in building the community, RM of Rockwood Reeve Jim Campbell has granted Freedom of the Village to the Stony Mountain institution and Correctional Service of Canada (CSC).

The granting of the Freedom of the Town/City/Village is a long-standing tradition that honours valued community groups or military units. To show that a municipality has trust in a particular group they allow them the privilege to march through the streets with their flags and drums.

In a large traditional ceremony held on Oct. 5, Stony Mountain Institution Warden Robert Bonnefoy and hundreds of his CSC staff marched to the Stony Mountain Community Centre to formally request Freedom of the Village from Campbell.

"Freedom of the Village is a very rare honour bestowed on a valued member of the community. Corrections Canada and the men and women that have served in the Stony Mountain Institution have earned that honour," said Campbell.

"People ask me what it is like living next to or close to a prison and my response is 'I don't even notice it or think about it.' That is a credit to the men and women that work there. Our community has a level of trust and a level of comfort because of the loyal and dedicated staff that work here for Corrections Canada."

When the institution opened 140 years ago, there was one house in the village and now there are approximately 600. Campbell credits the Stony Mountain Institution for not only establishing the community but for continuing to play a major role throughout Stony Mountain.

"They have helped us on larger municipal projects most recently sewer and water. Throughout the years, they have provided and supervised many work parties thru out the community. They have cleaned up the cemetery, painted the community centre and done several other projects in support of Stony Mountain," added Campbell.

Along with the granting of the Freedom of the Village, the RM of Rockwood passed a resolution proclaiming Correctional Services of Canada Appreciation Day will take place annually on June 1 in Stony Mountain.

Bonnefoy thanked Campbell and the municipality for bestowing the honours on the institution and spoke on the important role that Stony Mountain Institution staff plays in protect-



Filling in as the town crier, Rockwood Councillor Mark Hidlebaugh proclaims that June 1st in Stony Mountain will now be known as Correctional Services of Canada Appreciation Day.

ing the community.

"To serve and protect our community is a profound and solid mandate, one that requires the support and collaboration of our entire community to accomplish. Our institution and our staff are deeply grateful to the community of Stony Mountain for your continued collaboration, invaluable trust and unwavering support," said Bonnefoy, who emphasized that CSC staff's service, both past and present, has not been without sacrifice. Since its inception 140 years ago, five CSC staff has lost their lives at the Stony Mountain Institution during the conduct of duty.

Following the granting of the Freedom of the Village ceremony, Campbell joined the procession made up of hundreds of CSC staff and led by the Winnipeg Police Band to walk the streets of Stony Mountain.



As a symbol of respect Campbell, right, presents Bonnefoy with the Rockwood flag.



TRIBUNE PHOTOS BY NATASHA TERSIGNI

The Winnipeg Police Pipe Band led the Stony Mountain Institution's Honour Guard and employees to the Stony Mountain Community Centre for the Freedom of the Village ceremony.



Stony Mountain Institution Warden Robert Bonnefoy knocked three times with the butt of his sword on the community centre door requesting to see RM of Rockwood Reeve Jim Campbell, as part of the traditional ceremony.



RM of Rockwood Reeve Jim Campbell, right, exits the Stony Mountain Community Centre, which acted as the municipal office for the ceremony. Campbell is escorted by Stonewall RCMP Staff Sergeant Kelly Glaspey.



The Stony Mountain Institution's elder, pictured right, presented the RM of Rockwood with a quilt that was made by the institution's offenders.

Woodlands Physiotherapy

Woodlands Physiotherapy Services opened in July 1994. It is located in the Woodlands Medical Clinic at 78 Porteous Ave. in Woodlands, Manitoba. Our hours are Tuesday and Thursday from 9 am to 5 pm. However, 8am and 6 pm appointments are possible if requested!

Physiotherapy has been my career for over 40 years. I have worked in both public and private settings. This has provided me

with a variety of experience from treating post surgical patients in the hospital to sports injuries in the clinic or on the field.

One thing I can say with certainty is that I have never been bored! Every person presents with a unique set of concerns and problems. Therefore treatments (exercise, heat, ice, ultrasound, TENS, acupuncture to name a few) are variable as not everyone responds the same. The most important aspect of physiotherapy is to educate the person about their condition whether it's a new ankle sprain, recurrent low back pain or Parkinson's disease. This helps the patient to take responsibility for their progress. Recovery is a team effort!

The second most important part of treatment is exercise! As physiotherapists we are trained to recommend exercises that correspond to our findings found during the assessment. These could be to strengthen weak muscles, to stretch tight ones, improve balance, coordination, posture, walking patterns etc.! Usually it's a combination of the above! It takes a lot of hard work and commitment from both the patient and the physio!

The third aspect of treatment are modalities. This includes ultrasound, heat, ice, TENS, interferential current, massage, laser, acupuncture etc.! These help to increase circulation, improve mobility of tissues and decrease pain. They are not necessarily used every session. The physio together with the patient decide whether or not these are effective by testing for improvement in strength, movement, level of pain, change in function. A change in function means can the patient do activities of daily living with greater ease. Another indication of progress is improvement in sleep pattern.

For myself, acupuncture is a very effective modality. Physiotherapists are certified to practice acupuncture to reduce pain. We are not acupuncturists. I received my certification in the year 2000. Overall, it's been a very useful, wonderful treatment for reducing, often eliminating joint and muscle pain. Sometimes there is improvement after one session but often it takes 4-5 sessions to notice a significant change. It's a treatment I recommend frequently!

As a health care professional, physiotherapy requires lifelong learning as there is ongoing research which reveals new information! I have been very fortunate to have had many great teachers - from my university days to as recent as a Parkinson's disease seminar last week. I attend 1-2 day seminars frequently during the year on a variety of topics - mostly related to the treatment of joint and muscle pain. I even tried a 6 week online acupuncture course this spring. That was challenging but worthwhile!

However, my best teachers are my patients! It's from them that I have learned to base my treatments on what they and their bodies are telling me upon examination. It's from them that I have learned to listen carefully, to be patient, to be persistent, to strive to learn more. So, thank you to all the people who have attended Woodlands Physiotherapy over the past 23 years!

In closing I strongly recommend regular physical activity on a daily basis whether it's walking, running, swimming, Pilates, Yoga, Taiji, Boot camp etc.! Many of these activities are available in the RM of Woodlands and Rockwood through continuing education programs. Presently, I have been enjoying a weekly Taiji class in Warren for the last three to four years. I just tried Boot Camp in Warren and will be starting a weekly yoga class in Warren next week! Trying to practice what I preach!

Hope you have gained some insight into the world of physiotherapy through this article. For further information about physiotherapy go to the Canadian Physiotherapy Association website <https://physiotherapy.ca>.

I hope you will think of Woodlands Physiotherapy Services the next time you have an ache or pain! You do not need a referral to see me unless your insurance requires it. I direct bill to MPIC, WCB, Blue Cross and most other insurance companies. Thank you.



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Enjoy this monthly feature and watch for the next edition in the Tribune on November 9th

Colombian connections

By Jennifer McFee

Teulon Collegiate Institute's Helping Hands Committee is making a difference across the globe. Through their fundraising efforts, they raised \$900 to lend a hand in Colombia, where their twin school is located. These funds were able to purchase equipment and supplies for Escuela Bilingue San Pedro to initiate a garden project, which will be used as a teaching tool to share knowledge about traditional plants as well as about curriculum subjects such as math and science.

Some of the funds also went towards providing school uniforms and shoes for a student named Estefany and her brother. The Helping Hands group is sponsoring Estefany, whose family faces financial challenges.

The staff and students in Colombia expressed great gratitude for the

generosity of the Teulon group. From South America, they sent videos and greetings to their Canadian, complete with songs in the indigenous Inga language in honour of Love and Friendship Month.

Lesley Philippot, who leads the TCI group, expressed her appreciation for the photos and videos from their Colombian counterparts.

"It brought a tear to my eye to see the joy on their faces and that our funds made a difference. Those kids are so adorable," she said.

"This is just the beginning — we are so excited to see what the future brings in the blending of our two schools."

The Helping Hands Committee is already brainstorming ideas to raise funds for the upcoming school year.



TRIBUNE PHOTOS SUBMITTED

Spooky Boogie Children's Dance

Sat. Oct. 21 • 6-11 p.m.
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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 are \$10/ea. and can be purchased at the daycare. Tickets available until Sept. 15.

There will be a 50/50 and a silent auction full of goodness!

If you would like to donate a prize to the silent auction that would be awesome, or if you know of someone that could donate, we have letters at the centre on the cubbies, please take one. Or if you would like to donate candy to the event, we would gladly take that.

And who can forget the music?

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. There will be surprises for those dancing on the dance floor.

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ParticipACTION 150: Canada's real-life superhero

By Natasha Tersigni

Growing up, every year at school in September, like so many schools throughout Canada, we had a Terry Fox Run. We would get the afternoon off from classes and gather in the school gym to hear the story of how this young man ran across Canada to raise awareness and funds for cancer. Then we would do our bit, drop off the money we raised, usually pockets full of change, and then run around the neighbourhood for a few kilometres before heading back to school.

Sadly, the runs ended when we got to high school, but it was a tradition I participated in from kindergarten to grade 9. As a student listening to that story it made Terry Fox seem as if he was a superhero. A young man with a prosthetic leg had the ability to run a marathon a day, for days on end to raise awareness and money for cancer research. As I grew up the story never

diminished in its power and what he represented. In the face of despair, Terry Fox was able to rise above himself and become a symbol of hope and resilience to so many Canadians.

As news headlines continue to bombard today's youth with horrible events, including the recent shooting in Las Vegas that killed 50 people and injured 400, it is important that children know that true superheroes are real. That they are not just on the movie screens or in comic books. Terry Fox was one of those true super heroes and thanks to the students at Stony Mountain School I was able to complete activity #80 Running; an activity that Terry Fox did for 143 days and 5,373 kilometres across Canada.

So before turning on your local news or flipping through your favourite local newspaper, take a minute to tell your children about the story of a real-life Canadian super hero.



TRIBUNE PHOTO BY BRIANNA SINCLAIR

For activity #80 Running I took part in the ultimate Canada activity and participated in a Terry Fox run at Stony Mountain School held on Sept. 29.

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worship with us

> FAITH

Give Me One Good Reason to Go to Church...

What benefit is there to belonging to a church? Why can't I just believe in Jesus and try my best to live by His teaching. What is there in it for me? Many people no longer see the need to belong to an organized church. Like so many other institutions or organizations membership is either even or in decline. Perhaps we need to look at church communities from another perspective.

Let me say first that belonging is part of being human. We are born into families where despite our imperfections or even dysfunction we try to assist each other in becoming healthy well rounded human persons. Without the relationships that exist within the family we struggle to reach our potential as men or women. As much as each person in a family is imperfect our care and love for one another makes us who we are.

In the church, the same thing is happening. As much as we might doubt the benefit of belonging to a church community, it is still a great way to be formed in the ways of faith. Like in family life, Jesus forms us in a loving and supportive group of fellow humans who are trying to become what God intends us to be. What is even more miraculous, in doing so, God supports us in becoming a sign to the world of God's desire to share with it Divine life and love with everyone.

So why not give church, and yourself another chance? Maybe this time you could expect things not to be perfect. Maybe this time you will find yourself being freer to take your place in what might become for all of us a mutual journey of faith.

Rev. Barry Schoonbaert
 Pastor of Christ the King, Stonewall; St. John Vianney, Teulon and St. Joseph, Stony Mountain

Stony Mountain Goose Shoot celebrates 15 years

By Jo-Anne Procter

The young guns stole the show at the 15th annual Stony Mountain Goose Shoot on Sept. 30. For the first time in the shoot's history the first place team in the junior division was made up of four 12 year olds.

The junior division is for hunters aged 12-17 years. Reid Byle's team including Brody Kopys, Rylan Slatcher and Mason Penner shot 12 birds weighing in at 89.85 lbs.

"I don't think we have ever had a team that young, they come by it honestly because their parents have all won it," said Stony Mountain Goose Shoot Chairman Ed Vandekerkhove.

The second place junior team was Brendan Poirier's team that shot 12 birds weighing 81 lbs. while third place was won by Trey King's team that shot 12 birds weighing 74.03 lbs.

Vandekerkhove said it was a record hunt with 23 limits of geese shot adding up to over 415 geese harvested in total for the seven junior teams and 33 men's teams that participated.

"The weather was nice for the shoot with a south wind that kept the birds fairly low," said Vandekerkhove.

In the men's division first place was Nairn Baker's team, with 12 birds weighing 119.90 lbs., George Eck's team with 12 birds weighing 117.29 lbs. finished second and Cody Park's team with 12 birds weighing 116.74

lbs. placed third. In fourth was Marcel Mercredi's team with 12 birds weighing 116.01 lbs.

The largest goose was shot by Bill Ammeter's team and weighed 12.5 lbs. and Mike Findlay's team shot the smallest goose that weighed 2.3 lbs.

In calcutta action, the Byle team was purchased for \$225 by Neil VanDorp earning him \$860.63. The Poirier team was purchased for \$200 by Darren Thiessen earning him \$516.37 and the King team was purchased by Dave Mozden for \$150 earning him \$344.25.

In the men's division Baker's team bought themselves for \$475 earning \$8,432.04. The Eck team was purchased for \$3,500 by Neil VanDorp earning him \$4,684.47, the Park team was purchased by themselves for \$550 earning \$2,810.68 and the Mercredi team was purchased by Craig Stewart for \$1,000 earning him \$2,810.68.

The committee is very grateful to the many volunteers and all the landowners that allow the use of their properties, event sponsors and businesses and individuals that donate prizes for the variety auction.

The Stony Mountain Goose Shoot is a fundraiser put on by the Stony Mountain Curling Club to help with operating costs. The club also makes various donations around the community including the Christ Church Cemetery.



Stony Mountain Goose Shoot Chairman Ed Vandekerkhove presented the first place junior team with their prize. From left to right, Reid Byle, Brody Kopys, Rylan Slatcher and Mason Penner.



TRIBUNE PHOTOS BY ED AND DENNIS VANDEKERKHOVE
The first place men's team left to right: Radar Baker, Nairn Baker, Ken Baker, Lisa Bernard and Barrett Baker.



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Stonewall, Warren compete at John Taylor tournament

Staff

The Warren Collegiate Wildcats lost a quarter-final game at the John Taylor Collegiate Pipers varsity boys' volleyball tournament last Saturday.

John Taylor defeated Warren 2-1 by scores of 25-22, 21-25, 15-13.

The Wildcats finished their four-team pool play with a 4-2 record in sets. Warren beat the Stonewall Collegiate Rams (25-13, 30-29) and West-

wood Warriors (25-21, 25-18).

The Wildcats lost 2-0 to Calvin Christian.

Stonewall, meanwhile, was 1-5 in pool play. The Rams also lost 2-0 to Calvin Christian (25-11, 25-7) and split with Westwood (25-21, 16-25).

Linden Christian won the eight-team tournament title after a 2-0 victory over Calvin Christian in the final.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Rams advance to MHSAA rural soccer provincials



TRIBUNE PHOTO BY LANA MEIER

The Rams defeated Gimli 3-1 to win the Zone 5 Championship.

By Brian Bowman

The Stonewall Collegiate Rams are headed to the MHSAA rural soccer provincials.

Both the boys' and girls' teams punched their tickets to the big dance after winning their Zone 5 championships last Thursday.

Stonewall defeated Gimli 3-1 on the boys' side while the Rams destroyed the Lakers 6-0 in the girls' final.

Adam Brown, Gio Ciulla and Scott Yeo scored for Stonewall in the boys' final.

The Rams jumped out to a quick 1-0 lead just five minutes into the game as Brown scored. Just five minutes

later, Ciulla made it 2-0 and then Yeo put Stonewall up 3-0 at the 12-minute mark.

Getting a commanding 3-0 lead that quickly in the game was huge for the Rams.

"One of the things that we said to ourselves before the final was that we wanted to finish our chances early," said Rams' coach Jason Cassils. "And we did - they were three nice goals."

Gimli scored in the 25th minute of the game to make it 3-1. The Rams stifled the Lakers the rest of the way, though, to protect their two-goal lead.

"From there we played a solid team game and limited their number of



TRIBUNE PHOTO BY MATTHIEU MEIER

The girls also defeated Gimli to win the Senior Girls Soccer banner.

chances," Cassils said. "Our back end is really strong this year. They kept it simple back there and (Gimli) didn't have too many really good chances."

The Rams now advance to the provincials, which will be played this Friday and Saturday in Niverville. Stonewall's first-game opponent was not known at press time.

Wild-card games were being played this past Tuesday.

The Rams, though, expect to be competitive at the provincials.

"Early in the year, we didn't have all of our guys here," Cassils said. "We had most of our guys and I think we really improved over the year. Chico

(Andrade) has done a really good job getting them ready for provincials.

"He's been great with the boys, really teaching them how to play good fundamental soccer."

Meanwhile, in the girls' final, Stonewall slammed Gimli in the lopsided six-goal win.

Taylor Ferris, Sam Melsted, Callie Argan, Taylor Sveinson, Amber Schneider, and Cloe Morrison scored for Stonewall.

Madison Cardinale earned the shut-out.

The Rams' girls' first-game provincial opponent was also not available at press time.

Lightning thrash Winnipeg for first regular-season win

By Brian Bowman

The Interlake Lightning had another reason to be thankful this past Thanksgiving weekend.

Interlake picked up its first win of the season on Sunday, blowing out the Winnipeg Thrashers 6-2 in Teulon.

After Winnipeg's Kobe Campbell opened the game's scoring just 6:05 into the contest, Interlake replied with three straight goals late in the period.

Bryce Krauter netted a shorthanded marker at 15:21 of the period and then Eric Krywy and Keenan McPherson made it 3-1.

Interlake's power play has been pretty good this season and it went to work in the second, scoring three times.

The Lightning's Rhys Bremner and McPherson tallied before the mid-

way mark of the second and then the Thrashers' Levi Thiessen pulled the visitors to 5-2.

McPherson then completed his hat trick at 16:10 of the second period.

Riley Buhay made 37 saves for the win.

Interlake started the weekend with a 7-2 road loss to the Winnipeg Wild at the Bell MTS Iceplex on Saturday afternoon.

Winnipeg grabbed a 2-0 lead after 20 minutes on goals by Eric Fawkes and Mathew Shatsky. The Wild outshot the Lightning 14-4 in the period.

Interlake cut that lead in half, however, when Krywy netted a power-play goal at 5:09 of the second period, assisted by Gabe Odowichuk and Krauter.

But the Wild blew the game open

with three goals in a 3:06 span midway in the middle frame. Jackson Klewchuk, Marco Esteves and Zachary Falk scored even-strength goals for Winnipeg.

Kyle Bettens added a power-play goal early in the third to put the Wild up 6-1. Interlake's Corey Soorsma and Bettens then traded power-play goals to close out the scoring.

Soorsma's goal was assisted by Krywy and Krauter.

Buhay made 36 saves in the loss.

The Lightning, now 1-3, are back in action with a pair of games this weekend. Interlake will play the Winnipeg Bruins on Saturday (3:15 p.m.) at the Southdale Arena and then will host the Pembina Valley Hawks on Sunday (2 p.m.) in Teulon.



TRIBUNE PHOTO BY LANA MEIER
Interlake's Rhys Bremner scored a second-period goal in the Lightning's 6-2 win over the Winnipeg Thrashers on Sunday.

Karbonik, Cvar selected to U18 Team Manitoba female roster

Staff

Hockey Manitoba announced last week the 2017 U18 Team Manitoba roster for the Women's National Championship taking place Nov. 1-5 in Quebec City.

On that roster are Stonewall's Olivia Cvar and St. Andrews' Hailey Karbonik. Karbonik plays defence for the St. Mary's Academy prep team while Cvar is a forward for the Balmoral Hall prep squad.

Also on the team are twin sisters Keyanna and Keyara Lea from Berens River, who are attending school and playing hockey with the Boston Shamrocks.

The Quebec City tournament includes eight provincial and regional teams, including Alberta, Atlantic, British Columbia, Manitoba, Ontario Blue, Ontario Red, Quebec and Saskatchewan.

Highlighting the roster are three returning players from last year's U18 Team Manitoba - Ashley McFadden

(St. Mary's Academy), Sarah Dennehy (St. Mary's Academy) and Cvar.

Team Manitoba also features two goaltenders - Halle Oswald and Logan Angers - who were invited to the 2017 U18 women's national team selection camp in Calgary. Oswald was selected as one of the goaltenders for U18 Team Canada.

This year's Manitoba roster sees a split of 11 players from the various sports schools and nine from the Midget AAA league (MFMHL).

The roster for Team Manitoba was determined through a selection process which included a spring camp (68 athletes), a Top-40 camp (40 athletes) and concluded with a summer prep camp and the Bison exhibition series (27 athletes).

This year's U18 Team Manitoba will be led by head coach Ashley Van Aggelen of the Winnipeg Avros (MFMHL). She was most recently U18 Team Manitoba's head coach at the Canada Winter Games in Prince George, B.C.

Assisting Van Aggelen will be Chris McColm of Eastman and Eugene Kaminsky and Gord Woodhall of Winnipeg.

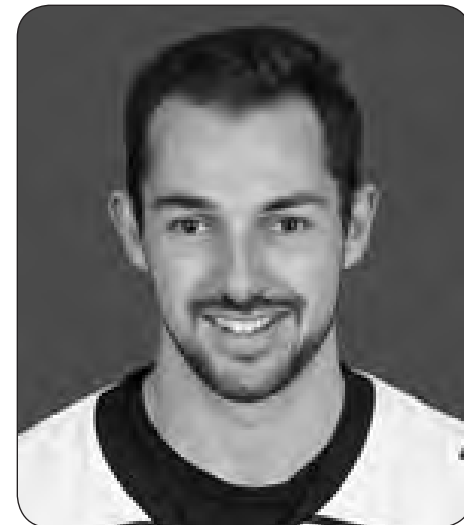
McColm returns as an assistant coach after having served in that capacity with 2016 Team Manitoba in Regina. This will be the first tenure as an assistant coach for Kaminsky with Team Manitoba after having participated as a coach at various selection camps over the years.

Woodhall, meanwhile, is returning as goaltending coach for 2017 and will also be taking on the role of video coach at the tournament.

The Program of Excellence is designed to provide high-performance female players with the opportunity to develop advanced skills as well as an introduction to the concepts needed to play at an elite level.

Players from the Program of Excellence go on to play at the USPORTS, NCAA and international levels.

Stovin named captain for Bisons



Brett Stovin

Staff

The University of Manitoba Bison men's hockey team announced last week that Stony Mountain's Brett Stovin will be the team captain for the 2017-18 season.

Defencemen Adam Henry and Channing Bresciani and forwards Michael St. Croix and Nick Zajac are the alternate captains for Manitoba this season.

"I am pleased to announce the five players who are proud to have the honour of continuing a tradition of outstanding leaders who have served as captains of the Bison men's hockey team," said Bison head coach Mike Sirant in a media release.

"All of these players are exceptional athletes and strong students who reflect the values of the Bison men's hockey program and our commitment to athletic and academic excellence and community service. This group leads by example through their hard work, dedication, positivity and consistently high-performance level."

Stovin, 22, is a Bison captain for the first time (he was an alternate in 2016-17) while entering his third season with Manitoba.

In his second year with the Bison, the 6-foot-1, 195-pound forward battled injuries but was still tied for 19th in Canada West scoring and third on the team with 22 points (five goals, 17 assists) in only 23 conference regular-season games.

He was also named to the 2015-16 Canada West all-rookie team.

Stovin showed his leadership on Sunday, scoring the game-winning goal in the Bisons' 3-2 home win over UBC. He was also named the game's first star as Manitoba battled back from a two-goal deficit.

UBC defeated Manitoba 6-4 in the first Canada West game of the season Saturday evening.

City Midget Lightning begin regular season winless

By Brian Bowman

It's been a rough start to the season for the Interlake Lightning City Midget hockey team.

Interlake has started its regular season with three straight losses while getting outscored 15-6.

Last Friday, Interlake lost 5-2 to the Eastman Selects, surrendering four third-period goals.

Hunter Warman gave Interlake a 1-0 first-period lead and then he added his second goal of the game at 16:29 of the second. Rhett Woods, Carter Bateman and Dominic Griffin-Eros assisted on those goals.

But Eastman's Kade Runke tallied

with just 36 seconds left in the middle frame and then Cole St. Laurent, with a pair, Scott Lamb and Benjamin Hoefler (shorthanded) tallied in the third.

Chris Fines made 44 saves in the loss.

On Oct. 4, the Lightning had a good effort in a 3-1 road loss to the Sharks. No goal summary was on the league website at press time.

The next evening, the Lightning was defeated 7-3 by the Hawks in Stonewall. Interlake had a strong opening period, leading 3-2 after 20 minutes.

Jaden Roche, Griffin-Eros and Cadrick Dueck (shorthanded) scored

for the Lightning. Elijah Mousseau, Dueck, Ashton Charison and Warman drew assists on those goals.

The Hawks, which led 5-3 after two periods, received goals from Brody Lubkey (two), Christiano Rodrigues (two), Tyrone Willan, Kody Gibbs, and Coly Sabourin.

The Lightning's Cody Williams was a busy young man in goal, facing 60 shots.

Interlake is back in action this Saturday (5 p.m.) when it plays the Warriors at Notre Dame Arena in Winnipeg. Those same two teams will then hook up Monday (7:30 p.m.) in Stonewall.

Interlake Bantams finish showcase with a perfect record

By Brian Bowman

The Interlake Lightning Bantam boys' hockey team finished with a 3-0 record at a AAA Showcase last weekend in Winnipeg.

The Winnipeg Monarchs and Southwest Cougars were the only other teams to compile a 3-0 record. Fourteen teams took part in the three-day competition.

Interlake started play Friday with a convincing 8-3 win over the Central Plains Capitals.

The Lightning jumped out to a 3-0 lead by the 13:08 mark of the game and led 4-3 after two periods.

Colby Bear led Interlake with two goals and two assists while Logan Resch added a goal and two helpers.

Lourenco Austin, Cole Emberly,

Peyton Bateman, Jacob Plett, and Tyson Barylski also scored for the Lightning.

Carson Buydens, Riley Borody and Jackson Wilson replied for Central Plains.

Jackson Kummén made 28 saves for the victory.

On Saturday, the Lightning lit up the Norman Wolves 11-4. Interlake's offence was outstanding in all three periods, scoring three times in each of the first and second periods before adding five more in the third.

Bear had another strong offensive game, scoring three times.

Brett Tataryn had two goals and an assist for the winners while Brayden Stevenson, Plett, and Bateman each had a goal and two assists.

Emberly and Barylski chipped in with a goal and an assist apiece. Michael Crave scored Interlake's other goal.

Carter Anderson (two), Keilan Holland and Casper Stoker answered for Norman.

Interlake outshot Norman 43-15 as Gavin White earned the victory.

The Lightning wrapped up play Sunday with a hard-fought 4-3 win over the Brandon Wheat Kings.

Resch scored the game winner on the power play at 18:37 of the third period. Zachary Halldorson, on the power play, Emberly and Plett (shorthanded) scored second-period goals for the Lightning.

Jets top Twisters in MMJHL weekend action

By Brian Bowman

The Stonewall Jets were fully deserving of their Thanksgiving dinners last weekend.

Stonewall made sure their turkey dinners were going to be festive ones after the Jets stuffed the Pembina Valley Hawks 5-3 at home last Friday.

"We knew Pembina Valley has a lot of good forwards and offensive punch but we also knew that their goaltending was a question mark," said Jets' co-coach Matt Figur. "Going into (the game), we told the guys to funnel as many pucks to the net that they could."

Ryan McMahon led Stonewall with three goals, including a pair in the third period, to stake the good guys out to a 5-1 advantage.

"He was really good," Figur said. "What separates Ryan is his speed. He has really great speed through the middle and he's realizing that getting an opportunity to play with Chase Faulkner and Devin Muir that he has to be able to dish the puck to open spots."

The Jets got much better as the game wore on and dominated the play, at times, for long stretches.

"We have kind of seen that as a trend early on in the season," Figur said.

"We stick to the game plan early on, finishing checks and wearing down their defence in the corners, and our defence being hard on their forwards. It seems to be paying off around the 40- or 45-minute mark of the game. Teams seem to be shutting down."

Pembina Valley's Jeremie Goderis and Stonewall's Stephen MacKenzie traded first-period goals and then McMahon potted the lone goal in the second.

The Jets then took a four-goal lead with three straight goals to start the third period. McMahon, Chance Dickenson, and then McMahon again scored before the Twisters' Steven Baker and Joey Baker tallied.

Dickenson, MacKenzie, Faulkner and Muir each had two points in the game for the Jets. As of last Tuesday afternoon, Faulkner was second overall in league scoring with 11 points (four goals, seven assists).

Stonewall outshot Pembina Valley 42-27 as Hunter Ploszay earned his third win of the season.

The Jets, winners of five consecutive games after a season-opening loss, visited the St. James Canucks on Tuesday but no score was available.

Stonewall will host the St. Vital Vic-



TRIBUNE PHOTO BY LANA MEIER

The Jets' Ryan McMahon scored a hat trick against the Pembina Valley Twisters last Friday. Stonewall won the game 5-3.

torias on Friday and then will play at the Ft. Garry/Ft. Rouge Twins on Sunday. Both games start at 7:30 p.m.

It's a big week for the Jets, who look to get better and better as the season continues.

"We understand that it's a process," Figur said. "We're not putting a huge

emphasis on 'W's this early on in the season.

"But what's been separating us is our hard work. Guys realize that we have structure systems in place and if they are able to work hard, and win those small puck battles, that it kind of takes care of itself."

Lightning winless at Bantam AAA female showcase

Staff

The Interlake Lightning finished with an 0-3 record at a Bantam AAA Showcase female event last weekend in Winnipeg.

Interlake started play with an 8-3 loss to the Winnipeg East Saints last Friday.

The Lightning's Kennady Christensen scored twice in the second period (one coming with the man advantage) and then Sarah Shewchuk tallied in the third.

Keely Enns-Finsson and Hannah Hutchinson each had two assists for the Lightning. Brooke Wadge and Emma Pool also assisted on Interlake goals.

Katelyn Dorsch made 48 saves for the Lightning.

Interlake was then defeated 11-1 by Northeast on Saturday.

Wadge scored the first goal of the game just 1:53 into the contest, assisted by Emms-Finsson.

But it was all Northeast after that.

The Predators scored seven second-period goals and then added three more in the third.

Natalie McCann and Anya Epp split the goaltending duties for the Lightning.

Interlake wrapped up action with a good effort in a close 5-3 loss to Yellowhead.

Emma-Finsson and Pool, on the power play, scored for the Lightning in the second period. Christensen added a power-play marker in the third.

Interlake's Christensen and Shyanne Chartrand had assists in the game.

Epp made 29 saves in the loss.

Judoka excellence



TRIBUNE PHOTO SUBMITTED

The Balmoral Judo Club had three members evaluated at a Judo Manitoba Black belt grading in August.

Macklin McRae was graded to his Shodan (first-degree black belt) while Trevor Panchuk was also graded to his Shodan (first-degree black belt). Jason Rogowsky was graded to his Sandan (third-degree black belt). Pictured, from left to right, McRae, Rogowsky, and Panchuk.

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SUDOKU

			4			8	5	
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Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Intermediate

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

1	2	9	6	4	7	5	8	3
8	7	4	1	3	9	6	2	9
5	3	6	8	2	9	1	7	4
9	6	2	3	7	1	8	4	5
4	8	3	5	9	2	7	6	1
7	1	5	4	8	6	9	3	2
6	9	7	2	1	3	4	5	8
3	4	1	7	5	8	2	9	6
2	5	8	9	6	4	3	1	7

Sudoku Answer

B	U	V	D	M	N	R	S	E	E	B		
M	T	I	E	T	V	R	I	E	R	V	R	
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R	I	V	P	I	B	I	D	E	T	I	V	W
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M	I	R	G	E	A	R	R	E	I	R	I	W
A	R	A	V	A	E	E	R	H	T	A	P	V
V	A	V	M	H	S	A	T	S	A	V	A	H

Crossword Answer

CROSSWORD

CLUES ACROSS

- Syrian city
- Secret collection
- Mother
- Type of radar (abbr.)
- Trio
- Jelly-like algae substance
- Malaysian coastal city
- Christmas!
- Bleak
- Late Republic Roman poet
- Supervises flying
- Long, low sounds
- Seven children born at once
- Tyrion Lannister's nickname
- Moon crater
- Concealed
- Woman (French)
- Shipped
- Babies need one
- Two
- Book of maps
- A partner to cheese
- Coastal region of China
- Town in Czech Republic
- Peter Griffin's daughter
- Men proud of their masculinity
- One-time Chinese dynasty
- Not pleased
- Mary __, cosmetics
- Midway between east and southeast
- Reflected
- Derived from
- US Treasury title (abbr.)
- Spiritual leader
- Dismounted
- Isaac's mother (Bib.)
- Southern constellation
- Not often found
- Extremely angry
- Individual article
- They congregate at hives
- Regenerate
- Plaster
- CLUES DOWN
- "Mad Men" actor Jon

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52	53	54				55				56		57	58	59
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64						65						66		
67						68						69		

- Samoan capital
- Singer Anthony
- Sign of the Zodiac
- Short-term memory
- Larcenies
- Side-neck turtle
- Blissful
- __, you!
- Species of macaque
- North-central Indian city
- Common street name
- Weaponry
- Counsels
- __ student: doctor-to-be
- A bachelor has one
- Women's __ movement
- Leaders
- Chinese sea goddess
- Caps of mushrooms
- Papier-__, art material
- Hmong
- Uneven
- Resinous secretion
- Pocketbook
- Political action committee
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COMMERCIAL SPACE FOR RENT

505 Sophia Street, Selkirk - 675 sq. ft. office with fenced compound. Fresh renovation: paint, furnace, HWT, lights, doors. Central vac and alarm. Perfect for trucking, courier, construction, car dealer, or administrative office on annual lease. Matt - 204-485-4988.

FIREWOOD

Seasoned firewood - 1 & 2 years old. Cut, split or 4 ft. length. Delivery avail. Ph 204-886-3416 or cell. 204-861-2330.

PROPERTY FOR SALE

Elma/160 ACRES - excellent off grid recreational land that's located 50 minutes east of Winnipeg in the Elma area. This extremely private parcel of land is wonderfully tucked away behind a treed border and is like being in your own country/wilderness paradise. This mixed land has areas of pine trees growing, poplar ridges, farmland, a creek and even some rock outcrops in this beautiful transition from the Prairies to the Canadian Shield. MLS #: 1725526 Contact Duncan McDougald 204-348-3136.

FIREWOOD

Winter is coming...firewood available, cut and split. \$250 per cord semi seasoned poplar, 2 cord loads. \$295 per cord guaranteed seasoned pine, 2 cord loads. Single cord \$325 includes delivery within 30 km of Stony Mountain. Pickup too. 204-453-7788 or www.firewoodmanitoba.ca A cords equals 128 cu. ft. of cut, split and stacked firewood or 180 cu. ft. of loose firewood.

HELP WANTED

Now Hiring at Pizza Den Restaurant & Lounge: FT day cook. Tues. - Sat., 11:15 a.m. - 7:30 p.m. most weeks. Experience preferred. Drop off resume Hwy #67, Stonewall or email robert.magnifico@gmail.com

Now hiring - full time & part time day and night positions for Subway Stonewall & Stony Mountain. Please apply at these locations.

HELP WANTED

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

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Canadian Taxpayers Federation is seeking District Sales Managers in your area. Earn a good living while fighting for lower taxes, less waste, accountable government. Resumes to: rcunningham@taxpayer.com. More info call 1-800-667-7933 or visit www.taxpayer.com.

HELP WANTED

Kletke Seed Farm Ltd. is looking to hire energetic individuals to join their team. These candidates must be able to work with minimal supervision. The positions available are for plant and warehouse work. There are two shifts to be filled. The day shift is from 7a.m. until 4 p.m. and the evening shift is from 3 p.m. to 11 p.m. These are full-time positions for Monday to Friday. A benefit plan will be offered after three months of employment. Please send your resume to Glenn.Kletke@kletkeseedfarm.com. Only applicants granted an interview will be contacted.

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CRAFT SALES

Attention All Crafters - Stonewall Legion Seniors Craft Sale at the Stonewall Legion Hall on Saturday, Nov. 18 from 10 a.m. - 3 p.m. For more info. call Shirley Glucki at 204-467-2596.

MISCELLANEOUS

For sale - Tempo 620T electric treadmill. Variable speed, variable incline, heart rate, calories burned & various programs. Good condition. \$125 obo. Teulon 204-886-2842.

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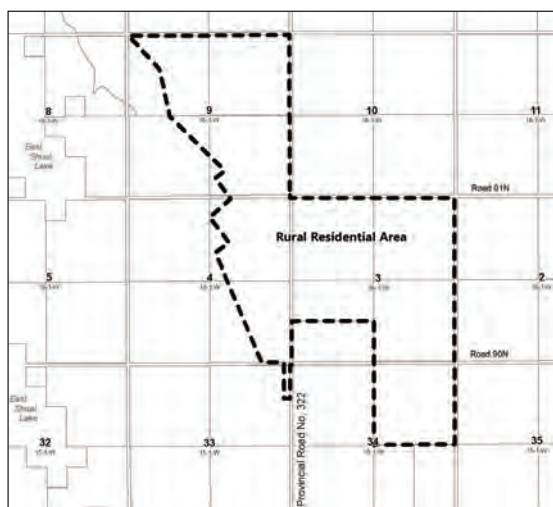
RURAL MUNICIPALITY OF WOODLANDS UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING



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

RURAL MUNICIPALITY OF WOODLANDS BY-LAW NO. 2688/17 BEING AN AMENDMENT TO RURAL MUNICIPALITY OF WOODLANDS DEVELOPMENT PLAN BY-LAW NO. 2643/14

LOCATION: Woodlands Recreation Centre 33 Solvason Avenue, Woodlands
DATE & TIME: 7:00 P.M., Thursday, October 19, 2017
OWNER: Lake Ranch Ltd.
APPLICANT: Angela Enright
GENERAL INTENT: To re-designate the area shown below in bold dashed line from "AA" Agricultural Area to "RR" Rural Residential Area to accommodate a phased subdivision of 350 rural residential lots.



AREA AFFECTED: Part of Townships 15 & 16, Range 1 WPM Rural Municipality of Woodlands

FOR MORE INFORMATION CONTACT: Kaitlyn Fleury, Planning Clerk Rural Municipality of Woodlands 57 Railway Ave Woodlands, MB R0C 3H0 204-383-5679 planning@rmwoodlands.ca

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

Note: Property owners are responsible for notifying lessee.



RURAL MUNICIPALITY OF ST. LAURENT PUBLIC NOTICE BOARD OF REVISION

PUBLIC NOTICE IS HEREBY GIVEN THAT the 2018 Assessment Roll for the Rural Municipality of St. Laurent will be delivered to the Municipal Office by **October 16, 2017**, 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:

43(1) An applicant for revision must

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

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

The Board of Revision will sit on November 23, 2017 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 7, 2017, at 4:30 p.m.

Dated at the RM of St. Laurent, this 6th day of October, 2017

Hilda Zotter, CAO
Secretary of the Board
Rural Municipality of St. Laurent
PO Box 220, St. Laurent, MB R0C 2S0
Phone: 204-646-2259 Fax: 204-646-2705
Email: cao.rmstlaur@mymts.net

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Maple Banana Bread Pancakes

Cinnamon

3/4 cup flour
2 teaspoons baking powder
Heat lightly greased griddle or skillet to medium heat.

In large bowl, use potato masher to mash bananas. Add eggs, brown sugar, butter, maple extract, vanilla and cinnamon; mix well. Add flour and baking powder; mix until well blended.

Pour 1/4 cup of batter per pancake onto griddle or skillet. Cook 1-2 minutes per side, or until golden brown, turning when pancakes begin to bubble.

Prep time: 10 minutes

Cook time: 12 minutes

Servings: 3

2 large ripe bananas

2 eggs

2 tablespoons packed brown sugar

2 tablespoons melted butter

1 tablespoon McCormick Maple

Extract

2 teaspoons McCormick Pure Vanilla

Extract

1 teaspoon McCormick Ground



Coconut Pumpkin Bread Pudding with Spiced Maple Syrup

Prep time: 15 minutes

Cook time: 40 minutes

Servings: 16

Bread Pudding:

2 cans (13 2/3 ounces each) Thai

Kitchen coconut milk

4 eggs, lightly beaten

1 cup sugar

1 cup canned pumpkin

1 tablespoon McCormick Pumpkin

Pie Spice

1 tablespoon McCormick Pure

Vanilla Extract

8 cups cubed challah bread (or cubed French or Italian bread)

1 cup flaked coconut

1 cup chopped pecans

Spiced Maple Syrup:

1 cup maple syrup

1 teaspoon McCormick Pure Vanilla

Extract

1/4 teaspoon McCormick Pumpkin

Pie Spice

Heat oven to 350 F.

To make Bread Pudding: Pour coconut milk into large bowl. Stir with wire whisk until smooth. Add eggs, sugar, pumpkin, pumpkin pie spice and vanilla; mix until well blended. Add bread cubes; toss to coat well.

Pour into greased 13-by-9-inch baking dish. Let stand 10 minutes. Sprinkle evenly with coconut and pecans. Bake 35-40 minutes, or until knife inserted in center comes out clean. Cool slightly on wire rack.

To make Spiced Maple Syrup: Mix syrup, vanilla extract and pumpkin pie spice in microwavable bowl or measuring cup. Microwave on high 1 minute, or until warm, stirring once. Serve with bread pudding.

Maple Bacon Dip

Prep time: 15 minutes

Cook time: 25 minutes

Servings: 16

1 package (8 ounces) cream cheese, softened

1/2 cup mayonnaise

1/2 cup milk

8 slices bacon, cooked and crumbled

1 package McCormick Original Country Gravy Mix

1 1/2 cups shredded sharp cheddar cheese, divided

1/3 cup chopped red apple

2 tablespoons maple syrup

Heat oven to 350 F.

In large bowl, mix cream cheese, mayonnaise, milk, bacon, gravy mix and 1 cup cheese until well blended.

Spray 9-inch glass pie plate with nonstick cooking spray. Spread mixture in plate and top with apple and remaining cheese.

Bake 25 minutes, or until heated through and cheese is melted. Drizzle with syrup.



Quick Fixes

be difficult to face up to the fact that our views are very different from those of our parents, our partners, our friends or our children. Even more difficult is expressing those differences, particularly if we fear that expressing them will create discomfort in those relationships. Burnout is ignited in that space between what we really want, and what we feel is expected of us. The bigger the space, and the longer it exists, the more we get burned. This is the level at which burnout must be addressed, and not at the level of its symptoms.

Massaging those tense muscles is wonderful. Meditating to find inner peace is beautiful. But consider the possibility of being peaceful and relaxed as a way of life. Can you imagine signing up for trip where a "cope kit" was included to help you survive, and to deal with all of the unpleasantness? Perhaps if you had a burning desire to climb Mt. Everest, then the discomfort might be worth it. You certainly would not choose that otherwise. If we are merely "coping" with life, if we are living at the emotional "survival" level, then perhaps we are on a wrong path. Or on the right path, but doing it the wrong way.

If our house were burning down, we would call for help to douse the flames. If our energy, our life, laughter and spirit are burning out, there is a tendency to suffer in silence. We must remember though, there are always choices. Doing nothing is a choice. Going for a quick fix is a choice. Dipping into the deep wisdom of your own Soul is also a choice. Choose carefully; the quality of your life depends upon it.

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

I once gave a talk on the subject of "burnout", and afterwards one of the participants indicated that what she had really been hoping for was a quick fix. I thought about this, and the only quick fixes I could come up with were winning a lottery, or a frontal lobotomy.

Burnout is a little like the process of gaining weight. It happens little by little, over time. Crash diets don't work, and what is really required is a change in dietary habits and lifestyle. Sure, you might lose some weight by starving yourself for a few weeks, but unless you have made major changes, the weight will come back. Well, think about burnout as the result of "bingeing" on work, or stressful situations. Yes, you could escape to an island getaway for a time. But unless you do something about the day to day stress in your real life, you can feel burned out again only weeks after your vacation.

The quick fix mentality may actually make burnout worse, just as the crash diet exacerbates the weight problem. If we are satisfied with quick fixes, we may never address the real issues. And often the quick fixes we want involve changes in other people or situations. So I suppose I must settle for being an advocate of the slow, steady fix. Life, for most, is a long term proposition. It's worth the effort to learn to live it in a way that feels good, and that honors both ourselves and others.

However, doing so involves many challenges. The biggest challenge just might be self-honesty. It can be hard to discern how we really feel in the face of a lifetime of conditioning as to how we should feel. It can

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Qualifications:

- Class 1 Driver's License
- 3 - 5 years' experience in hauling Heavy Equipment is required
- Must have experience in operating detaches
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UPCOMING EVENTS

ROCKIN' RICHARD'S RECORD & CD SALE. Victoria Inn, 1808 Wellington Ave. Wpg. Sunday, October 15/17, 10 a.m. - 4 p.m., 90 plus tables. Records, CD's, DVD's music collectibles. Admission \$5. Info 204-338-3655.

UPCOMING EVENTS

"Last Chance" Fall Supper, Sunday, November 5, 2017 at the Red Barn (Hwy 236 & Rd. 75N), 4 - 6:30 p.m. Adults \$15; 6 - 10, \$7. No reservations necessary. Info 204-633-2238 or 204-633-2144. Also - save the date! Victorian Tea & Crafter's Creations, Nov. 19th, 10 a.m. - 3 p.m. More info to follow. Info 204-633-2238.

Baked Ham "Harvest Supper" on Sun., Oct. 29th from 4 - 6:30 p.m. at the Church Hall, Rd. 68 & Sturgeon. Adults, \$12; 6 - 12 yrs. \$6. Proceeds to be shared with the various charities the Church Women support.

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BIRTH ANNOUNCEMENT



Jack Oliver Heggie
Announcing the safe arrival of our adorable and handsome grandson Jack on September 22, 2017. Thrilled parents are Brandy Lippoway and Tyler Heggie. Over the moon grandparents are David and Fran Lippoway; Cindy Armstrong; Bev and Rick Heggie.

ANNOUNCEMENT

BIRTHDAY



Happy 90th Birthday!
The family would like you to Join Henry Hiebert To celebrate At Oak Park Lodge On Sunday, October 22, 2017 From 2:30 p.m. - 4 p.m.



Peltz
In loving memory of our dear husband, father, and grandfather **Edward** who passed away October 14, 2016
Softly the leaves of memory fall,
Gently we gather and treasure them all.
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So loved, so missed, so very dear.
Deep in our hearts your memory is kept,
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