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VOLUME 6 EDITION 42

# Tribune

## Stonewall Teulon

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## Helping the homeless


TRIBUNE PHOTO BY NATASHA TERSIGNI

ISD Grade 3 students presented 30 backpacks to Callie Costello (12) for Callie's Backpacks for Winnipeg's Homeless. Callie was in Stonewall last week as part of Wee Day, a fun-filled day focusing on ways that students can create change in the world around them. Pictured left to right, Alex, Avery, Callie and Kirby. See story on pg. 2.

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# Grade 3 students encouraged to change the world at Wee Day

By Natasha Tersigni

Inspiring some of Interlake School Division's (ISD) youngest students to change the world by making a difference was once again the goal of this year's second Annual Wee Day. Last Thursday, every Grade 3 student from ISD gathered at Stonewall Collegiate for a fun-filled day focused on ways students can become and continue to be good citizens.

The morning was kicked off by children's entertainer Al Simmons, who performed his musical act with a recycling theme for students. Following the show, students were split into groups and rotated through four stations, including making musical instruments from recycled materials with help from Teulon Collegiate Institute, learning about local wetlands conservation from Oak Hammock Marsh staff, going through hands-on composting and water table activities by East Interlake Conservation District, and an art painting station.

During lunch, students took part in activities put on by high school student volunteers, including face painting and a visit by several community mascots.

The day ended with an inspiring presentation by 12-year-old Callie Costello, who founded Callie's Backpacks for Winnipeg's Homeless. Callie's initiative — collecting backpacks and filling them with toiletries and other necessities and then distributing them to Winnipeg's homeless — helped to show students that they are never too young to make a difference.

In just two years, Callie has collected and distributed over 1,600 backpacks and her work has not gone unnoticed. Callie was named to Ace Burpee's 2015 list of 100 Fascinating Manitobans, was one of 40 Manitobans named for CBC's Future 40 under 40 award and received a 2015 Volunteer Manitoba award.

After her speech, Callie spent time answering students' questions, including why she chose to start the project.

"What a lot of people don't realize is that homeless people are so appreciative, and when they get things like



Children's entertainer Al Simmons performed a musical recycling act with Logan, Avari and Blake.



Grade 3 students play a game at Oak Hammock Marsh's station where they learned about wetlands.

TRIBUNE PHOTOS BY NATASHA TERSIGNI



East Interlake Conservation District brought in their Stream Table to show students the effects of water erosion and soil settlement on land.

toiletries, things we use every day, to them it is like a treat," said Callie.

"These people are so nice and really thankful. When I give them a backpack or food, they say 'Thank you so much' or 'This was the highlight of my day.' I have gotten to know some of them and they have had sad lives; some didn't have families that loved them or some didn't grow up with their families. I think anyone can try and make a difference no matter how old you are."

Prior to Wee Day, schools collected backpacks, toiletries and other items from students and staff and assembled their own backpacks. Together the schools donated 30 backpacks to Callie. For more information on Callie's Backpacks for Winnipeg's Homeless, go to [www.facebook.com/callies-backpacks](http://www.facebook.com/callies-backpacks).

In a few weeks, ISD middle and high school students will be attending Wee Day at the MTS Centre in Winnipeg, a day-long celebration of youth making



Grade 10 Teulon Collegiate student Trent Griffin helps Tate from Teulon Elementary School build a musical instrument from recycled materials.

a difference in their local and global communities. ISD Assistant Superintendent Wayne Davies spoke on the importance of hosting an event geared for early-year students.

"Wee Day is all about Grade 3s coming to see several projects and organizations making a difference to the world around them and learning how they can have an impact on the world, no matter how big or small. We

Continued on page 3



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# Teulon resident releases inspiring book

Daphne Shepherd writes  
*Path to Abundance: It's Your Time*

By Jennifer McFee

If you believe it, you can achieve it. That's the simple yet profound notion that propelled Teulon resident Daphne Shepherd to change her life for the better. It's also a theme woven throughout her first book, *Path to Abundance: It's Your Time*, which will be released next month.

For Shepherd, it all began in 2007 when she first watched the movie *The Secret*, which focuses on laws of attraction and positive thinking.

"It was almost like a phenomenon of some sort because it was all about the power of our thoughts and that's something we can all control. We don't need any external assistance. We sculpt and we can think and we can choose what we want. I think that was the thing that was most appealing to me," she said.

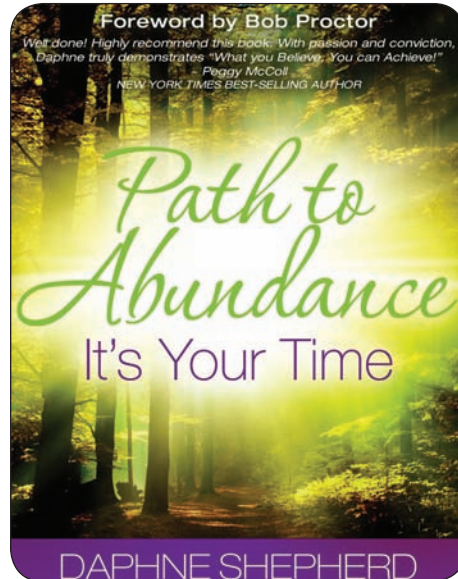
"So I decided to really tune into that. I made a decision right then and there in my living room that afternoon. The decision was that I was going to change my way of thinking because I knew if I did, I could probably have some of the things that they were talking about in that movie."

She incorporated a new way of thinking and began to see changes in her own life.

"When we think, a lot of us are responding to external stimuli received through our five senses. That's our conscious mind that is doing that thinking. But we have also been gifted with intellectual faculties like our imagination and will and perception. That level of thinking is from a higher self, and we should be thinking from within who we are, not responding always to external stimuli," she said.

"Once you start to control your thoughts that way, then truly we have infinite potential. Each and every one of us has infinite potential because we've been gifted with these creative intellectual faculties, but we were just never taught how to think this way."

Overcoming her fear, Shepherd left her minimum wage job and soon be-



**TRIBUNE PHOTO SUBMITTED**  
*The Path for Abundance: It's Your Time* is available for pre-order at [www.pathtoabundance.com](http://www.pathtoabundance.com).

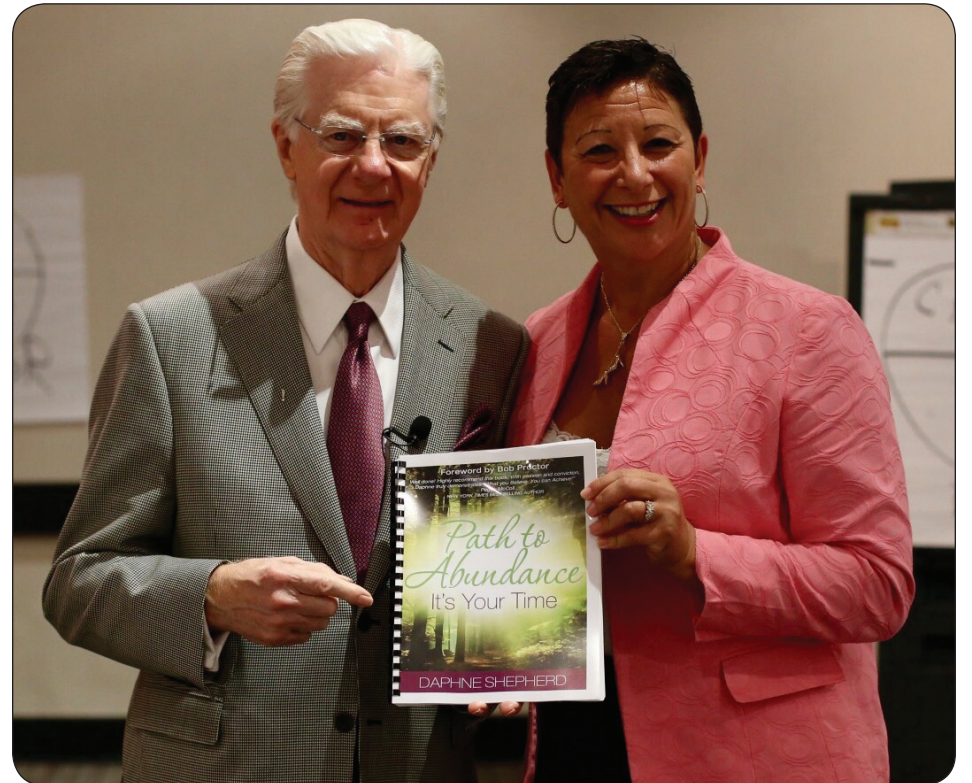
gan to move up the pay scale. Today, she is a successful realtor as well as a published author.

"If we're not creating, we're disintegrating, and that's a very powerful thing to think about. A lot of us get caught up in this comfort zone. A comfort zone is OK for some people, but for other people like myself, it was almost a scary place to be because I know then that if I'm in my comfort zone that I won't be expanding," she said.

"All the laws of nature tell us that we are here to create and to grow, to share our gifts and our talents. It's the essence of Mother Nature. So for those people in comfort zones, that could be all they'll ever be. But for myself, I knew that there was more to learn, more for me to grow personally."

After Shepherd embraced her new outlook, her life blossomed.

"I started to manifest everything that I set out to do. And today I live an extraordinary life. I have spiritual abundance, financial abundance. I have extraordinary relationships, great friends, wonderful marriage,"



**TRIBUNE PHOTO SUBMITTED**  
Bob Proctor and Daphne Shepherd with the manuscript of *The Path for Abundance: It's Your Time* penned by Shepherd.

she said.

"And I know that this is all a direct reflection because we become what we think about most of the time. Our very thoughts are creating and sculpting our current reality. This is the essence of the entire book."

Over an eight-week period last winter, Shepherd felt compelled to write down her thoughts. She would disappear into her office with her cat, Mr. Benjamin, put on earphones and zone in to the writing process for four to five hours at a time.

"When I sat down to write the book, it's as though the information was being channeled through me so it penned very easily," she said, adding that the book is in a "show-and-tell" format with both text and photos.

"It's been an extraordinary experience. We're here to co-create. We're here to share our gifts. We're here to love and expand and grow and to leave a legacy and impact the people closest to us. That is what life is about — be

the best that you can be while you are here and share your gifts. They say we all have a book within us."

*Path to Abundance: It's Your Time*, which features a foreword by Bob Proctor, will be released onto Amazon, Kindle and Barnes & Noble on Nov. 3. A book-signing event will also be scheduled at McNally Robinson Booksellers in late November.

Until then, the book is available for pre-order at [www.pathtoabundance.com](http://www.pathtoabundance.com).

**"THEY SAY WE ALL HAVE  
A BOOK WITHIN US."**

## > WEE DAY, FROM PG. 2

brought in different ways you can make an impact though the environment by recycling, helping Winnipeg's homeless and even having high school mentors around acting as role models. We can't wait for students to turn into adults. They have to be taking ownership all the way," said Davies, who added there are many social jus-

tice initiatives throughout ISD schools including middle years MyVoice group, high school Student Voice groups and international volunteerism trips available to students.

"The academics in school is very important, but you have to marry them with something such as being active and aware of the world around you. We want to help develop well-rounded citizens."

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# Vidir Machine nominated for prestigious award

By Patricia Barrett

Vidir Machine, a family-owned company that manufactures industrial storage units, has been nominated for Ernst & Young's 2015 Prairies Entrepreneur of the Year Award.

It was one of two Manitoba companies chosen as finalists for the award, now in its 22nd year.

"We'd like to believe that we help companies maximize their footprints," said Peter Dueck, who co-owns and runs the company with his brother-in-law, Sid.

The company can design and build almost every type of storage device imaginable to help a variety of industries maximize their vertical space, which in many cases is wasted space.

"If it requires lifting and storage," said Dueck, who joined the company in 1995, "we can help a client come up with a design."

With its team of engineers, welders and research and development specialists, the company makes custom-fitted storage carousels for paint cans, tires, hoses, cables, vinyl, carpets and garments, to name a few. It also makes moveable shelving, flooring cutters and hospital bed lifts.



Peter Dueck



Sid Dueck

"When you think of how much hospitals pay per square foot of space," said Dueck, referring to the design of new buildings, "it's a huge saving."

With a motorized lift, beds can be neatly stacked to the ceiling.

Dueck's father-in-law started the company in 1987 in his farm shop in Vidir, north of Arborg.

"He didn't have a background in engineering," said Dueck, "but he was an accomplished man, an inventor, engineer and farmer."

Now the company has two plants – one in Arborg and one in Teulon, plus an office in Pennsylvania.

It has created storage solutions for large clients such as Rona, Home Depot, Walmart, Lowe's and Menards. Dueck said the lion's share of their



PHOTOS COURTESY OF VIDIR MACHINE

Co-owners Peter Dueck (left) and his brother-in-law Sid Dueck (far right) of Vidir Machine have been nominated for Ernst & Young's 2015 Prairies Entrepreneur of the Year Award. Pictured with a few of their staff, left to right, Peter Dueck, David Klassen, Caitlin Gudbjartson, Linda Evans, Ernest Rempel and Sid Dueck.

business comes from the U.S., but they have created storage units for companies in Australia and Chile.

"We have to be able to supply them what they need and when they need it," said Dueck.

For Arborg's Home Hardware, the company made paint, vinyl, carpet and wire carousels and moveable storage racks for the warehouse.

Where possible the company hires people from the local community and surrounding areas. It employs about 100 people in its Arborg plant and 25 in its Teulon plant.

For professional technologist (engineers) jobs, the company is dependent on attracting candidates from the city. But it has welders on staff who are qualified to inspect the work of junior welders.

"When we ship something to an earthquake region," said Dueck, "they

have seismic regulations for welding work, and we have to be up to code."

In Ernst & Young's manufacturing category, Vidir Machine will vie for the award against three other companies, two from Alberta and one from Saskatchewan.

Winners will be chosen based on a number of criteria such as vision, the ability to inspire a team, personal integrity, entrepreneurial spirit, innovations in research and development and strong financial performance, according to the Ernst and Young website.

"The Entrepreneur of the Year Award is a recognition of our workplace," said Dueck. "All of our staff – office and production – are deserving of it."

The Gala Awards dinner takes place Oct 15 in Calgary.

For more information about the award, visit [www.ey.com](http://www.ey.com)



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# Woodlands taxpayers speak against lagoon project

By Natasha Tersigni

The general consensus among rate-payers who came out to the public hearing held by the RM of Woodlands council was clear; they do not want to pay for a lagoon they don't intend on using.

On Oct. 8 the RM of Woodlands held a public hearing on the proposed lagoon expansion in the Hamlet of Woodlands, which includes building a new primary cell and turning the two existing cells into storage cells. The expansion comes with a price tag of \$1.8 million; Manitoba Water Services Board will be paying \$900,000 and the RM of Woodlands is responsible for the other half. To cover the costs, the RM is planning on evoking a capital levy of 1.24 mills on municipal property tax bills, not including farmland and property in or near Warren. It is estimated that the RM will take 10 years to pay off the loan needed for the project. Based on costs today, a \$150,000 home would see an increase of \$84.02 on its annual bill for 10 years.

Before the hearing was held 53 objections, from amongst the approximately 1,200 to 1,500 property owners that will be affected by the capital levy, were registered with the RM.

At the public hearing several rate-payers spoke against the project, while one ratepayer spoke in support.

Several times during the hearing, residents spoke on how they should not be subsidizing a service that is only intended to be used for people in the Hamlet of Woodlands who have their sewage lines hooked up to the lagoons. Many cited that when they have their septic tanks pumped by a private contractor their sewage is hauled outside of the RM and they pay a dumping fee.

"It is not fair to rural residents that we already pay a dumping fee to use that lagoon, that we are now paying an extra tax to use it. We have put in excess of \$30,000 to have our own septic systems put in and that we use the lagoon once maybe twice a year," said Tanya Michalsky who also presented council with a 70-signature petition of those residents who also object to the



RM of Woodlands resident Tanya Michalsky spoke against the proposed lagoon expansion in the Hamlet of Woodlands.

lagoon project.

CAO Adam Turner clarified that the tipping fee that is paid to dump in the lagoon is used for maintenance not construction of the lagoon. Residents in the Hamlet of Woodlands, along with being required to pay for the capital levy if the project is passed, will also pay a flat fee of \$376 a year, to use the lagoon. There are approximately 150 homes in the hamlet that are hooked directly to the lagoon.

Reeve Trevor King said that while it is an individual's choice to have their sewage hauled outside of the RM, it is the RM's responsibility to provide residents with a lagoon where they can dump their sewage. Several residents also brought up the fact that the lagoon in Woodlands has been closed to outside dumping since 2010, forcing sewage trucks to travel to the Warren lagoon to dump.

"(Rural residents) have to dump at least once a year. We have no control where they go but we have to provide that service for our taxpayers," said King.

King said questions from the public that will be discussed at upcoming meetings include reducing the burden to ratepayers by extending the loan on the project from 10 years to 20 years, having developers who want



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Woodlands council members heard from taxpayers during a public hearing held on Oct. 8. regarding the lagoon expansion project.

to build in the Hamlet of Woodlands pay additional fees to hook into the sewer system and explore additional funding options through government grants.

"This is what a public hearing process is for. We take everybody's comments into consideration. If we have a change of heart, we change it. If we don't, we move forward with the process, which looks like a Municipal Board hearing," said King.

If council decides to make any chang-

es to the current lagoon proposal, then the process starts over and another public hearing is held. If council decides to proceed with the project and they pass first reading of the lagoon borrowing by-law and more than 25 objections are made, which there currently are, a municipal board meeting is held where residents who object can speak to the third party board. If the Municipal Board decides against the lagoon expansion, then the project is tabled for at least two years.



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# getheard

EDITORIAL > VIEWPOINTS > LETTERS



**TRIBUNE PHOTO BY JO-ANNE PROCTER**

The Shymko brothers, Ethan, Aidan and Owen, have been growing and selling pumpkins for several years on their farm south of Warren. Most of their pumpkins are used for carving at Halloween but can be used for eating as well.

## letters

### Teachers working part time or job sharing is a reality

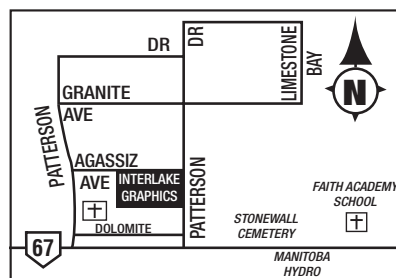
I read this story with some interest. I was somewhat surprised by the statement by John Hueging, "Now the only course of action the division can take is to ensure that all teachers are employed fully."

Apparently this person has no idea that there are a

number of teachers at the Collegiate who are either working part time or job sharing to keep their jobs in this school. Perhaps this is not true of other schools in the division but it is a reality at SCI.

-Glenda Osnach

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



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# Infection Prevention – Think Global Act Local national theme

## National Infection Control Week Oct. 19-23

### News Release

Interlake-Eastern RHA's infection prevention and control professionals are gearing up for this year's infection control week that runs Oct. 19-23.

"National infection control week coincides with the launch of our flu vaccination clinics this year. It's also a great opportunity to remind people about how significant something as simple as washing your hands can be in preventing the transmission of illness in your home and when you're in the community," said Davenna Conrod, regional manager of infection prevention and control for Interlake-Eastern RHA.

The infection prevention control team coordinates infection prevention and control activities in the region by working with the Interlake-Eastern

RHA's hospitals, clinics, public health offices and personal care homes. This team has recently added in-facility champions, who are typically nurses, to serve as key points of contact for staff with questions about infection prevention and control.

Infection prevention and control procedures and programs are widely recognized as being both clinically effective and cost-effective in preventing and controlling the spread of infections in health care settings. Hand hygiene programs, audits, infection surveillance, outbreak management and staff education protect clients, patients, residents and staff alike by preventing infections before they occur. Such prevention results in better clinical outcomes, fewer health care associated infections, reduced length

of hospital stay, and less antimicrobial resistance, resulting in better patient outcomes and important cost saving for the health care system.

In addition to thinking about how your infection prevention and control practices can affect those close to you and in your community, Infection Prevention and Control Canada's theme of Think Global Act Local for infection control week reminds us that we live in a global community. Increased global travel and changing global weather patterns result in emerging and re-emerging infectious diseases

being a potential risk in new locales. Recently Ebola has demonstrated that we must use a global lens as a focus in our preparation and management locally for effective infection prevention.

Everybody can help prevent the spread of infections by being involved, providing input and initiating change in their own way. Keep in mind that National Infection Control Week is just the beginning. This invaluable lesson is one that must continue to be taught so that the impact of infections can be minimized.

## Warren Elementary comes out on top

By Jennifer McFee

It was a tight competition, but Warren Elementary School ranked first in Manitoba and the Territories in the Indigo Adopt a School challenge.

The unofficial results show that the local school earned 12,646 online "adopts," pulling out in front of second-place winner Jimmy Hikok Ilihakvik school in Nunavut by about 300 votes.

The first-place winner for each area receives \$10,000 in Indigo Gift Cards to buy books for the school's library.

While the votes are being verified,

Warren Elementary can rejoice because an additional 542 books have also been donated to the school library through the competition.

An online blog celebrates the fact that Warren Elementary's library will be filled to the brim with books that suit students' interests and reading levels. It also notes that the competition formed bonds outside the school, community and province, with many supporters connecting through social media.

The official winners will be announced on Oct. 23.

## Watch out for deer ticks

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



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

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

### You can help

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

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

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# Lake Levels on Lake Manitoba lowest since summer of 2010

By Jeff Ward

After sustained high water levels on Lake Manitoba for years, residents of the Interlake can breathe a sigh of relief knowing the water levels are now at low not seen since before the flood of 2011.

At the time of writing this article the lake levels sit at 811.88 ft., which is almost four feet lower than the levels that caused catastrophic damage in 2011. Even better, the lake levels are continuing to fall and could be below 811.5 by the time freezing occurs on the surface. Lake level is derived from the average of the two lake gauges that sit at opposite ends of the lake. One sits in the south west near Westbourne, and the other in the north east, up near Steep Rock.

"We've been helped by having very few rainstorms and the lake has been in a steady decline of about a 10th of a foot each week," said Scott Forbes, chief scientist for the Association of Lake Manitoba Stakeholders (ALMS) and an ecologist for the University of Winnipeg.

"It's basically [allowing] the lake to

accept those artificial inflows from the Portage Diversion. It would be nice to have the lake under 811 ft., but even now with the worst case scenario we'd only see minor flooding."

'Minor flooding' hasn't been a term that Interlake residents have been accustomed to hearing since 2011. The

knowledge that even in worst case scenarios the flooding would be minor is definitely the right kind of news for residents still reeling from the effects of the 2011 flood.

Even more encouraging is the news that strong wind events aren't producing any flooding issues either, which were a big concern last year when lake levels rose to uncomfortable heights

and sustained periods of high winds caused multiple states of emergency.

With all that said, Interlake residents aren't out of the woods by any means, as they are still left with no real way to protect themselves against another incident like in 2011.

"All it takes is one bad year and it's flooding all over again. We're at the mercy of the weather and the op-

**"WE'RE AT THE  
MERCY OF THE  
WEATHER AND  
THE OPERATORS  
OF THE  
DIVERSION. "**



TRIBUNE PHOTO BY PATRICIA BARRETT

This strip of land between Johnson Beach and Laurentian Beach has been inaccessible due to high flood waters, but now, with Lake Manitoba at an all time low this land becomes walkable again.

erators of the diversion. Nothing has been done to alleviate the problems of 2011, and we're probably five years away from any engineering solution," noted Forbes, who saw his property at Twin Lake Beach washed away in 2011, and has been fighting ever since for a competent solution.

However with the lake level steadily receding the prognosis for the future of the lake is looking brighter. Forbes mentioned that throughout the winter the lake level should either stay the same or go down. Which is exactly what Interlake residents were hoping to hear.

## Rockwood news in brief

By Jennifer McFee

### Variation denied

Council denied a request to vary the maximum floor area for a conditionally approved secondary suite in an existing portion of a home located between Stonewall and Stony Mountain. David and Nancy Henry had asked to

increase the floor place for their secondary suite, which will be located in a wing of their home. In order to comply with size requirements, they would need to put up a wall in this wing and divide the space.

They have already been approved for the maximum allowed usage of 861 square feet. However, they had hoped to increase the space to include the entire wing, which covers about 1,200 square feet.

In a friendly atmosphere, council opted to stick with the zoning bylaw requirement of 861 square feet and not allow for additional floor space for

the secondary suite to avoid setting a precedent for similar requests.

### Staff changes

Long-time staff member Lori Glucki recently retired from her position in legislation after 28 years in the role.

Diane Allan took over the position, creating a vacancy in her previous role as an office clerk.

The RM of Rockwood will be looking to fill the vacant office clerk position.

### Conditional use granted

At the Oct. 7 meeting, Rockwood council agreed to allow Bruce and Shirley Watts to place a used mobile home on their 80-acre property near Balmoral.

### Meeting changes

The bylaw for procedures for council and committee readings passed third reading, so the first meeting of the month will be a council meeting and the second meeting will be a committee of the whole meeting to discuss issues.

For the next two months, the meeting schedule has been revised with several date changes.

The next committee of the whole meeting will be Wednesday, Oct. 28, followed by a regular meeting of council on Tuesday, Nov. 10. In November, the committee of the whole meeting will be held on Thursday, Nov. 26. The December meetings will follow the regular schedule (Dec. 9 and Dec. 23).

## INWOOD HALL Annual General Meeting

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# Interlake-Regional RHA annual flu clinics starting soon

## Submitted

Interlake-Eastern Regional Health Authority's public flu clinics will begin the week of Oct. 19 this year. The theme of this year's flu campaign is Get vaccinated. Don't spread the flu. This campaign reminds people that a flu shot provides immunization to those who get the shot and helps prevent transmission to those with weakened immune systems like children and older adults and those with health conditions.

Flu clinic listings for this area will appear in this week's issue of the

Stonewall Teulon Tribune.

One of two immunization coordinators for Interlake-Eastern RHA and public health nurse, Melody Hawryluk, says the region is expecting good turn out this year.

"As soon as the leaves start turning, we know cold and flu season is around the corner," Hawryluk said. "The flu vaccine is available to all Manitobans over six months of age at no charge and it offers protection against four seasonal flu strains. A flu shot is especially important for those at increased risk of serious illness from the flu."

The following people should consider getting the shot:

- people 65 years of age and older
- all children 6 months of age and older
- personal care home residents
- anyone with chronic health issues
- health care workers and first responders
- pregnant women
- individuals of Aboriginal ancestry
- people who are severely overweight or obese
- household contacts of those listed above

Manitobans over the age of 65 should also get a pneumococcal shot at the same time as the seasonal flu shot. Most adults only need one pneumococcal shot in their lifetime.

People can talk to their public health nurse or health care provider if they have questions about the flu shot. Your local pharmacy may also be offering flu vaccines as well.

For a complete listing of Interlake-Eastern RHA flu clinics, visit [ierha.ca](http://ierha.ca) and click on "Care in Your Community", "Public Health" and "Immunizations".

## Greenbelt planted along Centreport Canada Way

Project to Help Reduce Effects of Greenhouse-gas Emissions, improve public safety

### News Release

The Manitoba government is planting 150 white spruce trees along CentrePort Canada Way as part of efforts to reduce the effects of greenhouse-gas emissions, while improving public safety by blocking wind and decreasing drifting snow in the winter, Conservation and Water Stewardship Minister Tom Nevakshonoff announced today.

"This initiative is part of our plan to reduce greenhouse gas in Manitoba and we are pleased to be working with CentrePort Canada on specific measures to help protect the environment and beautify the area," said Minister Nevakshonoff. "The greenbelt will also act as a wind block, which will help improve public safety for a growing number of drivers who rely on the inland port highway."

The greenbelt will be planted this fall and feature trees ranging in height from seven to eight feet along a stretch of Centreport Canada Way near the intersection of the Sturgeon Access Road. In the spring, native vegetation and grasses will be added to the greenbelt, providing additional benefits such as erosion prevention and highway maintenance reduction, the minister said.

"We appreciate the province's efforts to work with us on increasing our own sustainability and this project fits well with our development goals," said Diane Gray, president and CEO, CentrePort Canada Inc. "As champions of a 'live, work, play, learn' approach to development, it makes sense to adopt landscaping techniques that have multiple benefits for citizens and businesses in the area."

CentrePort Canada is a 20,000-acre tri-modal inland port and foreign trade zone located in the northwest corner of Winnipeg and the Rural Municipality of Rosser. To date, more than 200 acres have been developed or are in development by 40 different companies.

## Federal election day is Monday



### Are you ready to vote?

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**Ready to vote**  
October 19, 2015





# Local band prepares for corn maze concert

By Jennifer McFee

It's a homecoming of sorts for a local musician whose band is preparing for a corn maze concert.

Tye Barker of Teulon is best known as the lead singer and guitarist for the pop-rock alternative band Charlie, Monster! After a long stint of shows that took the group away from Manitoba, they're now ready to take the stage in Barker's old stomping grounds.

On Friday, Oct. 23, Charlie, Monster! will perform at Boonstra Farms corn maze, where Barker originally won a battle-of-the-bands competition nearly a decade ago.

"I wanted to do a Stonewall show, and this one means something to me. It will be a Halloween-themed show. We're going to play a few cover songs — something we don't usually do but I just really want to put on a good show in Stonewall for all my local friends to get a chance to see me play," said Barker, who recently moved back to the area.

"We've played mostly out-of-province shows the past year. We've done mostly touring, so this is a really big opportunity for us to play locally and to go back to the maze where I started. Stonewall is where I started playing shows, so I'm very excited."

An acoustic act called Alone I Walk will open the show at 7 p.m., with Charlie, Monster! playing next. The concert will be included in the cost of admission to the corn maze (\$12 for adults, \$10 for kids 12 and under, free for kids under 3).

On the horizon, Charlie, Monster! has also scheduled a concert in Teulon for July 20, 2016, after their spring tour wraps up. Until then, the group will be working towards finishing their second CD, following the release of *The Voice That Suits Us All* in 2013.

Fans can look forward to some changes on the new album, which does not yet have a name.

"We'd written about 25 songs and we cut it down to zero and started over again. It's a lot of work. We're trying to drop the punk sound from our last CD and we're trying to be just more of a mainstream rock band that more people can listen to," Barker said.

"Some of us have been doing this for 11 years. Now as we're getting a bit older, we're kind of maturing. We're aware of what we have to offer now versus trying to find ourselves before. We know what we want now and trying to figure out how to put all that all together." To keep up to date with the band, follow them on Facebook at [www.facebook.com/charliemonster204](http://www.facebook.com/charliemonster204).



TRIBUNE PHOTOS SUBMITTED

Charlie, Monster! is ready for its upcoming concert at Boonstra Farms. From left: Tye Barker (lead singer/guitar), Dan Boyer (drums), Eric Lavalley (bass/vocals) and Reno Giovanni Capizzi (lead guitar/vocals).

# Teulon Rec hosting concussion management workshop

By Natasha Tersigni

With hockey season in full swing the Teulon-Rockwood Recreation Commission thought it was a good time for coaches, athletes and parents to brush up on their concussion management knowledge.

On Oct. 20 at the Teulon-Rockwood Centennial Centre, from 7 to 8:30 p.m., Coaching Manitoba will be presenting The Concussion Experience Workshop. The free seminar, open to the

public, will cover the latest science surrounding concussion diagnosis, treatment, recovery and prevention.

"The workshop is geared towards anybody who has the potential for a concussion or anybody who might have to help someone who has a concussion. The seminar will cover identifying signs and symptoms and then going over treatments and what the current protocol in concussion management is," said Teulon-Rockwood

Rec Commissioner Chris Hornby.

The concussion workshop is the first of four workshops Coaching Manitoba will be holding in Teulon this season. Before the new year the other seminar to be held is Junior Coaching Development, geared at teaching teenagers who want to coach younger teams the skills needed including how to prepare and execute a coaching plan. After the holiday break Fundamentals of Movement and Injury Prevention workshops will be held.

For more information on any up coming workshops, including The Concussion Experience Workshop, contact the Teulon-Rockwood Recreation Commission at 204-861-0366.

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# ACL still accepting donations for upcoming art auction

By Natasha Tersigni

It has been a lengthy renovation period and more work and funding is still needed to finish converting the former Home Hardware store at 307 Main Street in Stonewall into a multi-functional space for Community Living Interlake.

Starting last fall the building has been converted to meet the needs of Community Living Interlake in providing support and assistance to Interlake residents with intellectual disabilities. The building now has apartments for clients, a space for adult day programming for over 40 clients, and the Global Garage and Art House store that is a social enterprise that provides clients a place to receive hands-on training to work in a retail store.

The final phase of construction is converting the front of the building, next to Global Garage, into a space where the community can interact with clients. While plans for what the space will look like are still being generated by the board of directors, ideas currently include a coffee house type venue, one important factor is still missing to make the dream into a reality; funding.

"A big part of our mandate is to create a space where our clients can interact with people in the community. They can learn new job skills but they are also learning new life skills as well. That is what we are trying to do with this space," said Community Living Interlake Project Manager Jimm Simon.

"It is a tricky part of the building because it is the oldest part of the building which was built in the 1880s. Just to bring it up to modern standards is a little bit more difficult."

To help assist with renovation costs for construction that is slated to begin in the new year the centre is hosting several fundraisers including an art auction. The auction will be held on Oct. 23, with Lakeside MLA Ralph Eichler lending his services as auctioneer. The event is a chance for people to purchase pieces from community artists in support of a good cause and see the renovations that have already been done to the building.

Doors open at 5:30p.m. with the auction starting at 6p.m. Pieces are still being collected for the fundraiser and can be dropped off at Stonewall's Global Garage during store hours.



TRIBUNE PHOTO BY NATASHA TERSIGNI

ACL client Jordan is one of many local artists' donating pieces to the non-profit organizations Art Auction being held on Oct. 23. The auction will raise money for renovations needed to complete the third phase of their new building.

## SCI sign causes confusion

By Staff

Vandals tampered with the sign outside of Stonewall Collegiate Institute last week, leading to irritation and confusion in the community.

The sign originally read "First Grad Meeting Oct. 6 7 p.m.," but the mis-

chief-makers rearranged the letters to read "Fart Games Oct. 6."

The school would like to let the public know that this was a misguided joke and that there are no new games starting up.

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# Inwood residents invited to community meeting

Group plans to discuss daycare, health care and signage, as well as other topics

By Jennifer McFee

A group of Inwood residents is working together to create the best community for people of all ages.

The Inwood community group typically meets once per month to discuss topics ranging from daycare to health care.

"The community has rallied together and has a little community group to build new ideas," said organizer Malinda Skogan.

"The majority are wanting a daycare for the younger people so they can stay here, and then a doctor and a nurse's station once a week here in town to satisfy the older people to stay here. Both projects would also create some jobs as well because we'll need somebody to run the daycare and somebody to help the doctors."

The group also hopes to install signs

to welcome people to the community. They have already obtained quotes, and they will also consider fundraising and grant applications to pay for the project.

For anyone who would like to get involved, the next meeting is scheduled for Monday, Oct. 26 at 7 p.m. at the Old Inwood School, weather permitting since the heat will not be turned on in the building.

"It's open to anybody and everybody.

I always tell everybody that this is a positive atmosphere with influential people, so don't be afraid to speak what you have. You might have a really great idea or you might know how to do something better for what we've already got in progress," Skogan said.

"We want to do what everybody in

**"THIS IS A  
POSITIVE  
ATMOSPHERE  
WITH  
INFLUENTIAL  
PEOPLE."**



TRIBUNE PHOTO SUBMITTED

Malinda Skogan (right) of Inwood is hoping to get a daycare set up for the community and has organized a meeting for Oct. 26. Anyone interested is welcome to attend.

the community wants, not just one or two people. We're all about trying to get everybody involved and do things better and faster."

For more information about

the daycare project, email [inwoodmbdaycare@gmail.com](mailto:inwoodmbdaycare@gmail.com)

For any other matters related to the Inwood community group, email [inwoodcommunityservices@gmail.com](mailto:inwoodcommunityservices@gmail.com)

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## Canadian bluegrass 2014 Juno winners playing in Stonewall



TRIBUNE PHOTO SUBMITTED

Canadian gospel bluegrass band Tim Neufeld and the Glory Boys will be playing in Stonewall on Oct. 23 at the New Life Church.

By Natasha Tersigni

The Canadian bluegrass band that won the 2014 Juno for Contemporary Christian/Gospel Album of the Year is bringing their music to town.

On Oct. 23 Tim Neufeld and the Glory Boys will be performing at Stonewall's New Life Church. The family friendly event is open to everyone and a great chance to listen to some great Canadian gospel bluegrass inspired music.

"They style themselves as a modern bluegrass, called new grass. They are confident there is a wide appeal for all ages and their line is they perform for ages three through to 93. They have a broad appeal and if anybody likes blue grass inspired music they will probably enjoy the show quite a bit," said New Life Associate Pastor Andrew Dyck.

The band is also involved World Vision; a Christian relief, development,

and advocacy organization working to create lasting change in the lives of children, families, and communities to overcome poverty and injustice. During their performance the band will speak on the work they do with the organization.

Tickets for the show are \$5 and can be purchased ahead of time at New Life Church or at the concert. Doors open at 6:30 p.m. and the show starts at 7p.m.



# Bobby Bend students rounding up plastic bags

Green Team focuses on eco-friendly initiatives collecting bags, glasses, tabs and batteries

By Jennifer McFee

At R.W. Bobby Bend School, the Green Team is undertaking a mixed bag of environmental initiatives.

And for the month of October, they are collecting plastic bags to recycle through the Bag Up Manitoba challenge, a program of Take Pride Winnipeg.

Since 2008, Manitoba elementary school students have rounded up nearly six million plastic bags for the program, which are then recycled into free Frisbees, bird houses, planter boxes and benches for the schools.

The goal is to encourage students to reduce waste and consider options to reuse, recycle and re-manufacture.

This year marks the third time that Bobby Bend students are participating, and as of last week, they had already collected and counted 6,000 plastic bags.

Guidance counsellor Heather Sanche co-ordinates the Green Team, a group of 17 Grade 4 students who are heading up the initiative.

"Most of the bags are from students, and occasionally other people will drop by with them. When we get them, we have to unpack them and sort them. Some have receipts in them, so we have to clean them out. Then we've been bagging 500 together in a bag," Sanche said.

"The kids help, and I do it every recess during the month of October with the children. I have a schedule made for the Green Team with so many coming for each recess to count and sort bags."

Over the two previous years, the eco-friendly kids collected more than 30,000 bags — with everything from grocery bags and shopping bags to bread bags and cereal bags.

"It's the education of it all that it's helping save these from the landfill. It's teaching the kids about being good citizens and doing something good," Sanche said.

"They actually have fun doing it. They like it. It's a great activity."

Throughout the school year, the Green Team also collects batteries to be recycled, as well as gently used eyeglasses for a Lions Club initiative. In addition, they collect tabs from aluminum cans for the Tabs for Wheel-chairs program.

Community members can drop off plastic bags at the school until the end of October. They can also drop off batteries, glasses and tabs anytime throughout the school year.



TRIBUNE PHOTO BY HEATHER SANCHE

The Green Team at R.W. Bobby Bend School has been busy collecting, sorting and bagging plastic bags for the Bag Up Manitoba challenge.

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# October is Car Care

## Choosing the right winter tire

Chances are, you will want winter tires for your car or light truck for the upcoming cold season. The problem is, which tire should you choose? The best thing to do is to visit your local tire shop. Call around and try to find one that sells many major brands of tires. Then show up with your car or truck and ask the salesperson which tire would do the job. In most cases, the salesperson will begin by asking how much you are expecting to spend and what kind of driving you do.

That second question is very important. There are as many grades of quality and type of winter tire as there are applications. For example, some tires are mostly designed for rear-wheel powered cars. These will show a very aggressive tread design. Other winter tires are designed specifically for driving on icy roads. In that case, the design will not be so aggressive, but the tread will show a lot of narrow tracks of sculpted rubber that are designed to suck in the film of water usually found at the top of ice and expel it.

If you own a light truck, once again, the salesperson should tell you what kind of winter tire is appropriate for the vehicle. Many tire manufacturers are coming out with specialized winter tires for light trucks and SUVs. Whatever you do, do not choose a tire by its price but rather by its suitability for the vehicle you are driving.



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## How to store your summer tires

You are probably very proud of having bought some of the best winter tires on the market for your car or light truck. You know the value of being more careful than sorry, and that is a good way of looking at winter driving. But there is one slight problem: what will you do with the summer tires you have just taken off?

If you are lucky, the tire dealer who has sold you your winter tires will offer a storage service for the summer tire at a reasonable price. You can trust him or her, as most dealers have proper storage space kept at the proper temperature for tires. They also have a good system of keeping track of the tires so that there is very little chance of someone else driving away with them next spring.

On the other hand, if you plan to store your own tires in your garage or in your backyard shed, there are a few little things you should know. First of all, your summer tires should be stacked horizontally, one overlapping the other. They should not be stored standing on their treadware. That goes for inflated tires mounted on rims too!

Next, make sure your summer tires are not in a highly heated place or in direct contact with sun rays. Both will harm the rubber. And don't let

water reach them, as it might turn into ice and damage the tires. It is not a bad idea to keep them in the bags provided by the tire dealer. Follow these guidelines and your tires ought to still be in good shape next spring!



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## Province to invest \$375K in Child Care Nutrition Strategy

Staff

The province plans to invest \$375,000 to promote healthy eating for young children by encouraging positive eating environments in child-care settings.

"It is well-known that what we learn as a child greatly influences our habits later in life," Healthy Living and Seniors Minister Deanne Crothers announced late last month during the launch of the province's new Child Care Nutrition Strategy. "By investing in this new Child Care Nutrition Strategy, our government is making an investment in Manitoba children's health and quality of life for years to come."

Crothers added the strategy was developed through a consultative process including Manitoba Early Learning and Child Care branch of Manitoba Family Services as well as representatives from the Manitoba Child Care Association and Dietitians of Canada, a national professional association for dietitians.

"Our government is committed to providing high-quality child care to Manitoba families, and ensuring that children eat healthy meals and snacks is part of our goal," Family Services Minister Kerri Irvin-Ross said. "We are excited to now have a strategy that will support early childhood educators and parents in working together to create positive eating practices for children."

Over the next three years, the Child Care Nutrition Strategy goals are to:

- increase children's access to healthy, fresh, wholesome and safe food every day;
- provide a positive eating environment for children on a daily basis; and
- help educate children, early childhood educators, parents and more about early childhood nutrition and recommended feeding practices.

The handbook provides ideas for healthy, child-friendly meals and snacks. This information can be shared with parents to help make informed, healthy meal choices, Crothers said, adding healthy meal options will include a variety of fresh, wholesome foods including at least three of the four food groups with a strong focus on vegetables and fruit, water and milk.

Dietitians of Canada will be a lead partner in the implementation of the strategy over the next three years by providing practical support and education to early childhood educators to help children make healthy food choices.

"Our ability to work hands-on with child-care facilities and families is a strength of this strategy," said Jennifer Wojcik, regional executive director for Manitoba, Dietitians of Canada. "As the experts in food and nutrition, dietitians will provide support and practical solutions to help adapt and implement the strategy to meet the individual needs of each facility."

Along with the launch of the strategy, the province released the Manitoba Nutrition Handbook for Early Learning and Child Care, a resource designed to provide practical advice to early childhood educators on how to work with families to create healthy eating practices at their facility.

All licensed child-care centres and homes in the province will be provided with the handbook and can also access it online by visiting [manitoba.ca/healthyliving/foodinchild-care](http://manitoba.ca/healthyliving/foodinchild-care).

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### The Mechanic's Perspective

I read recently that modern luxury cars can have as much as 26 miles of wiring and up to 100 different computers, all communicating with each other on a CAN network. While this is a bit tongue in cheek, it shows how sometimes the garage cannot win in certain customers' mindsets.

Garage "A" had a difficult problem car. Many functions were not working and the battery kept going dead. The mechanic suspected a Body Control Module (BCM) problem. Knowing that to properly diagnose a BCM would require many hours of disassembly to access and test input wiring, grounds and sensors, he decided to take a chance. He installed a new BCM and programmed it to the vehicle only to find it did NOT fix the concerns!

The customer complained bitterly to everyone who would listen about the incompetence of garages today!

Garage "B" took on the same car. The symptoms appeared to indicate a BCM issue, but a BCM is a very costly part. The technician was thorough and spent the necessary time (most of a day) to access, study wiring diagrams, and test all of the wiring to and from the BCM. He then located a fault in one of seven power supplies to the module. After locating and repairing the fault, the car was fixed!

The customer, while satisfied his car was repaired, complained bitterly to everyone who would listen about the (in his mind) "ridiculously high" bill "just to repair a broken wire!"

In this case, the proper diagnosis and repair was cheaper than the initial wrong one AND it fixed the vehicle. No one likes spending money on car repairs, but if it is required, it should be spent wisely! My point is that competence (skills, training, and proper tooling) costs money! Repair centres need to properly fix the vehicle the first time instead of making guesses to try to save charging for diagnostic time. A proper diagnosis is ALWAYS cheaper than a wrong one!



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# Council meets community and leisure services manager

By Jennifer McFee

## Honourary citizens

Mexican exchange students Bernardo Rivera-Ceballos and Ruben Ruiz became honorary citizens of the Town of Stonewall during the Oct. 7 council meeting.

The 13-year-old friends from Los Mochis, Mexico, are attending Grade 8 at Stonewall Centennial School while living in homestay arrangements in town.

They will return home to Mexico in July after experiencing Canada Day celebrations.



## Bylaws passed

Council passed bylaws for lot grades and for driveway guidelines and permits. The bylaws require a \$1,500 deposit plus a \$300 permit fee to make changes to driveway. Similarly, the lot grade permit fee increased to \$500 from \$300 and the deposit to \$1,500 to from \$500.

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

## New position

Heather Campbell-Dewar introduced herself to council in the newly developed position of community and leisure services manager.

Council welcomed her to her new role, which includes coordinating leisure services as well as overseeing issues related to the lake, the campgrounds and the baseball diamonds.

## Interlake Salvage & Recycling

James Clarke and Jackie Luellman of Interlake Salvage & Recycling spoke to council about their plans to relocate their business to allow for expansion.

The business is currently located at 47 Patterson Dr., and they hope to relocate to the former Patterson property north of the industrial park. To do so, the site would need to be rezoned

from light industrial to heavy industrial use.

Heather Campbell-Dewar addressed council while Jackie Luellman and James Clarke from Interlake Salvage & Recycling looked on.

As well, they hope to open the north end of Limestone Drive to provide street access to allow for the relocation from the existing site to the new larger site. The company would be prepared to pay for the costs for construction and street extension, as well as for any additional related costs.

They are hoping to be operating in the new location in two to five years, and they haven't yet decided what they will do with the existing site.

Mayor Lockie McLean said that council was just listening to the ideas at the meeting without taking any action. He suggested that

## Zoning bylaw open house events

The public is invited to an open house to view and comment on the Town of Stonewall's draft zoning bylaw. Key topics include bylaw structure and formatting, zoning map, secondary suites and portable storage units.

The come-and-go open house events will be held on Thursday, Oct. 15 from 6 to 8 p.m. and Friday, Oct. 16 from 3 to 5 p.m. in the main lobby of the Heri-



TRIBUNE PHOTOS BY JENNIFER MCFEE

ter Ron Kostyshyn announced today. "Our rural communities are filled with generous, hardworking Manitobans who take pride in their communities," said Minister Kostyshyn. "The Hometown Manitoba grants will fund projects that are most important to the lifeblood of small towns, giving

residents and visitors even more reason to celebrate these communities."

The Hometown Manitoba program provides annual funding in three categories:

\* Hometown Meeting Places supports community projects that enhance main street areas and public

## Municipal emergency co-ordinator

The Town of Stonewall has developed a job description for the part-time position of municipal emergency co-ordinator (MEC). The MEC will implement and carry out emergency procedures to protect the health, safety and resources of residents in the case of major emergencies or disaster situations.

Applications will be accepted until Oct. 23.

## Snow removal policy

The town's snow removal policy has been amended so that accumulation amounts for snow clearing will be determined at the discretion of the appointed officer. When snow clearing from a street results in a snow ridge that is 30 centimetres or higher in a

private driveway entrance, the town will clear the snow ridge after prioritized roadways, sidewalks and emergency service areas have been cleared.

The town will only remove snow deposited at the time of snow clearing. If snow hasn't been removed from previous snow falls, town staff might not clear the ridge. Also, town staff will not enter anyone's driveway to remove snow. Instead, removal is only on the town property line near the boulevard or curb.

The town will not assume any liability for damage incurred by clearing snow on decorative driveways, curbing, planters or landscape features.

Snow clearing areas will rotate based on the last snowfall, and garbage days will dictate plowing priorities due to waste placed at the end of driveways that could impede the process.

## Electrical upgrades

Council approved electrical upgrades for Quarry Park Campground from Davdar Industries at a maximum cost of \$14,572.27 plus tax. This money will come from the Quarry Park reserve fund.

# Community project enhancement grants available

## News Release

Manitoba communities looking to beautify their parks, streets and public spaces can still apply for assistance grants from the province thanks to the continuation of the Hometown Manitoba Grant Program, Agriculture, Food and Rural Development Minis-

ter Ron Kostyshyn announced today. "Our rural communities are filled with generous, hardworking Manitobans who take pride in their communities," said Minister Kostyshyn. "The Hometown Manitoba grants will fund projects that are most important to the lifeblood of small towns, giving

residents and visitors even more reason to celebrate these communities."

The Hometown Manitoba program provides annual funding in three categories:

\* Hometown Meeting Places supports community projects that enhance main street areas and public

places like parks, museums and recreation centres;

\* Hometown Main Streets Enhancements focus on upgrading the appearance of building exteriors and outdoor spaces in main street areas;

Continued on page 19



# Stonewall Equine 4-H riders shine at horse show

## 4-H Club set to expand in 2016

By Jennifer McFee

Giddyup!

The Stonewall Equine 4-H Club has wrapped up its first year with its 13 riders showcasing their achievements at a horse show on Sunday, Oct. 4.

Rachael Vincent, the club's head leader, said the program runs from February to October. Next year, the maximum capacity will expand to accommodate 30 club members, who can range in age from six to 26 years old.

"We teach kids everything from the basics of how to catch a horse and groom it all the way up to saddling and riding and everything in between. They learn everything from pooper-scooping to how to ride a horse. It's a full horsemanship program. We provide lesson horses but if they have their own horse, they're more than welcome to bring them to lessons," she said.

"Because it's 4-H, there's also public speaking involved as well as in summer. The kids volunteered in the Showing Up Cancer horse show because as part of the volunteer criteria, we are giving back to our community. They got to see it all from behind the scenes aspect before their big achievement day."

At their achievement event, the riders demonstrated the skills that they learned throughout the year.

"They showed how they can demonstrate leadership by leading the horses around and controlling them on the ground and as well as some of the riding that they've learned," Vincent said.

"They've learned to walk, trot and canter or lope, depending on whether they want western or English."

For perspective from another instructor, Tracy Muir provided the kids with feedback at the event.

"From a show perspective, Tracy was giving them what they would need to look clean and professional if they



TRIBUNE PHOTOS BY LANA MEIER

Judge for the day Tracy Muir (far right) reviews the importance of having a rider's horse, equipment and themselves ready for the showmanship class. Pictured from left to right with their horses, Kira F. and Tommy, KC and Mittens, Hayley M. and Dakota, 4-H leader Rachael Vincent and Tracey Muir.



Muir inspects Hayley M.'s horse Dakota for cleanliness. Kira F. and Tommy await judge Tracy's comments.



were to go to a horse show. Part of the horsemanship is grooming your horses, keeping them clean and well looked after, making sure that there are no injuries," Vincent said.

"One of the things they were looking at the show on the weekend was if the kids had bathed their horses properly.

The day before, we did bathing to get them ready for the show the next day. In the morning, they had to brush their manes and tails out to make sure that they were looking to the best of their ability."

Club members come from across the Interlake and beyond, with rep-

resentation from Winnipeg, Woodlands, Warren, Stony Mountain and Balmoral.

Anyone who is interested in registering for next year can contact Vincent at 204-513-1244 or stonewallequine4h@gmail.com.

## > COMMUNITY PROJECT ENHANCEMENT GRANTS, FROM PG. 18

and

\* Hometown Tree Planting supports greening projects for towns and municipalities including parks, golf courses and entrances to communities.

Non-profit community organizations, municipalities and northern community councils or co-operatives

are able to apply for these grants. The deadline to apply for 2016 grants is Dec. 15. Small businesses are also eligible for Hometown Main Streets Enhancements. Over the past year, this program has distributed \$225,000 to fund 101 new projects in communities across Manitoba, the minister noted.

"Hometown Manitoba projects in-

vigorate communities along with providing a great first impression to visitors who explore the many beautiful towns and communities that make up Manitoba," said Minister Kostyshyn. "Past projects have included improvements and beautification of downtown storefronts, tree planting in public parks and golf courses, and

exterior enhancements to community halls and gathering places."

Since Hometown Manitoba was launched in 2004, the Manitoba government has invested more than \$4 million in support of 2,339 projects.

For more information about the Hometown Manitoba program and the 2016 application, visit [www.gov.mb.ca/agriculture](http://www.gov.mb.ca/agriculture) under Rural Communities.



## Stony Mountain teen earns music award



Camryn Dewar

By Jennifer McFee

The Royal Conservatory of Music is singing the praises of a Stony Mountain teen for her vocal talent.

For Camryn Dewar, it was music to her ears to learn that she is the recipient of the 2015 Gold Medal for Level 5 Voice in Manitoba — news that she received last Monday on her 15<sup>th</sup> birthday while she was at her piano lesson.

"I'm ecstatic. I'm really, really excited," said Camryn, a Grade 10 student who attends Westwood Collegiate for its performing arts program.

"I definitely owe it all to my teacher because this year out of the 10 grades, nine of the gold medals were her kids."

The Royal Conservatory awards gold medals each academic year by province or region to the candidate who has earned the highest mark for practical exams in each discipline. To be eligible, candidates must score at least 80 per cent on their practical exam while also completing the theory requirements for their level. In addition to winning the gold medal for Grade 5, Camryn previously won it for Grade 1 and Grade 4 voice.

With the help of her teacher, Phyllis Thomson, Camryn will be working towards her Grade 6 exam. She is also preparing for a performance of *Anne of Green Gables* with Winnipeg-based Dramatic Theatre. The play will take the stage from Oct. 29 to 31.

The gold medals will be awarded at a ceremony on Nov. 29 at the Winnipeg Art Gallery.

## Oak Hammock Marsh bird program earns excellence award

By Lindsey Enns

An Oak Hammock Marsh program, which allows participants to get up close and personal with birds, has earned an award of excellence.

Oak Hammock Marsh Interpretive Centre, located in Stonewall, was presented with an excellence award during the Association of Manitoba Museums annual conference in Winnipeg on Oct. 2.

The Bird in Hand program, which has been recognized by Discover Canada, invites participants to band and then release a real, live bird back into the wild after learning about Oak Hammock Marsh's migration path.

"It's a very multi-sensory experience that people actually feel like they do something quite important for wildlife," Oak Hammock Marsh marketing and promotion co-ordinator Jacques Bourgeois said. "This research has been taking place for over 100 years in North America so people get to participate in that."

Since its introduction last year, Bourgeois said the program, which runs from May until late September, has been "a really huge success."

"(Participants) get ... a really close connection with wildlife and you see the smile on people's faces," he said. "They just love seeing those little birds before they let them go."



PHOTO SUBMITTED

A flycatcher, pictured above, is just one type of bird people can check out through Oak Hammock Marsh Interpretive Centre's Bird in the Hand program. The program, which runs from May to late September, recently received an award of excellence from the Association of Manitoba Museums.

Participants also get to take a little canoe trip out into the marsh to visit the bird's habitats.

"We get to smell the marsh and taste the marsh," he said, adding participants are encouraged to try cat-tails. "It's actually quite tasty ... tastes a bit like cucumber or watermelon."

**"IT'S A VERY MULTI-SENSORY EXPERIENCE THAT PEOPLE ACTUALLY FEEL LIKE THEY DO SOMETHING QUITE IMPORTANT FOR WILDLIFE."**

## Interlake cancer hubs aim to reduce travel for treatment

By Brandon Logan

Cancer patients in Manitoba and the Interlake-Eastern Regional Health Authority region are receiving treatment quicker and have reduced their travel to get that treatment, according to the province.

The improved care throughout Manitoba is due to the IN SIXTY initiative developed in 2011 and the creation of the Cancer Care Hub and Navigation programs throughout various regions in the province.

"Through our IN SIXTY cancer patient journey initiative that was first announced in 2011, which is a \$40-million comprehensive first-in-Canada cancer strategy, I'm proud to say it's the most aggressive in the country," health minister Sharon Blady said, adding all 16 of Manitoba's rural chemotherapy locations have been converted into full cancer care hubs.

Blady noted in 2011 at the time the hub and IN SIXTY initiatives were announced, only 18 per cent of breast cancer patients were receiving treatment within two months of first suspicion of cancer.

That number has now more than

doubled to 41 per cent of all Manitoba cancer patients getting treatment within 60 days of first suspicion.

Looking specifically at the Interlake-Eastern region, there are three community cancer care hub programs. They are located in Selkirk, Gimli and Pinawa.

Having care facilities in the region has allowed many patients to see

**"THE COMMUNITY CANCER CARE CLINICS ... HAVE ALSO ENABLED PATIENTS TO RECEIVE TREATMENT CLOSER TO HOME."**

drastically reduced travel to receive treatment, according to Katherine Podaima, director of acute care, emergency department, cancer services and acute care education in the Interlake-Eastern Regional Health Authority.

"When we're looking at referrals, we can see 62 per cent of our referrals are coming to us at diagnosis and 34 per cent at suspicion (of

cancer)," Podaima. "The community cancer care clinics in the Interlake-Eastern Regional Health Authority have also enabled patients to receive treatment closer to home."

"In fact," she added, "for 2014 and 2015, patients saved approximately 500,000 kilometres in travel, which is really significant and a good start."

Not every single type of cancer can be treated at the regional centres, it is a step in the right direction, especially with an increase of referrals in the past year, she said.

In the Interlake-Eastern Regional Health Authority alone, the navigation team receives 40 to 45 referrals per month. In 2014 there were 430 referrals, but in 2015 the number is already at 335, which projects to be a five per cent increase.

An important reminder is that the Cancer Care Hub and Navigation programs are a free service for all residents living in Manitoba. While a physician can refer patients to a cancer hub if they suspect their patient has cancer, anyone is welcome to contact the hubs themselves.

For further information, call their toll free number at 1-855-557-2273.



FLU CLINIC LISTINGS

Get Vaccinated Don't spread the flu.

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Marilyn Cyr, retired nurse from Pine Falls, has been getting her flu shot for over 30 years. She got her first flu shot because when she was working in the hospital she felt like she was getting run-down all the time from encountering various viruses in the hospital. She knew that the flu shot would not only help her stay healthy at work, but also protect her patients, especially those too vulnerable to get the flu shot themselves.

"It was a career decision and a health decision," says 58 year old Cyr. One year, Cyr remembers not getting the flu shot, and sure enough, she was sick more frequently, and for longer bouts at a time. Marilyn lives with COPD, rheumatoid arthritis and asthma so when she gets the flu, she finds her other conditions worsen as well. The Public Health Agency of Canada states that influenza infection not only causes primary illness but can also lead to the worsening of underlying medical conditions.

"Now I always get my flu shot, not only for me but also for others like my grandchildren and my 82 year old mother, even though they all get the flu shot too."

I choose immunization!

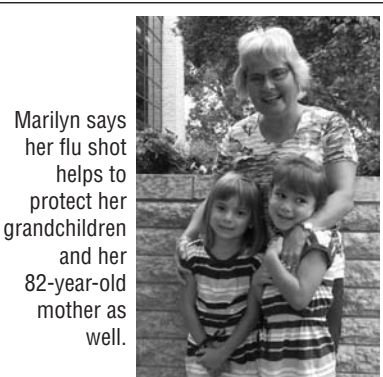
Doug Zawada, 62, has been getting the flu shot since he was hospitalized with pneumonia seven years ago. He didn't know he had pneumonia.

"I was hallucinating, forgetting people's names and lost 37 pounds in five weeks before I finally went to the hospital and stayed for 24 hours before I was released," says, Zawada, a retired correctional officer.

Ever since then, he goes to the Kin Place Personal Care Home in his town of Oakbank to receive his flu shot from the Interlake-Eastern RHA Public Health nurses. He encourages everyone to get the flu shot because he knows what it's like to stay in the hospital for a flu related illness.

"People tell me they don't like to because they have to wait but I tell them it's worth it," says Zawada.

The Public Health Agency of Canada states that influenza infection not only causes primary illness but can also lead to severe secondary medical complications, including viral pneumonia, secondary bacterial pneumonia and worsening of underlying medical conditions. Adults who are over 65 years of age or older should receive the Pneumococcal Polysaccharide vaccine which protects against several flu -like illnesses including pneumonia. Check the Manitoba Health website to see if you are eligible for the Pneumococcal Polysaccharide vaccine.



Marilyn says her flu shot helps to protect her grandchildren and her 82-year-old mother as well.

Because it's about them too!

The annual seasonal flu shot is available to all Manitobans at no charge. It offers protection against four seasonal flu strains. Those at increased risk of serious illness from the flu, including the following individuals, should consider getting a flu vaccination as well as their caregivers and others who are in close contact with them:

- Seniors age 65 or older
- Residents of personal care homes or long-term care facilities
- Children age six months to five years
- Those with chronic illness • Pregnant women
- Individuals of Aboriginal ancestry
- People who are severely overweight or obese
- Health care workers and first responders
- Manitobans over the age of 65 should also get a pneumococcal shot at the same time as the seasonal flu shot. Most adults only need one pneumococcal shot in their lifetime.



Town	Dates	Time (s)	Location (s)
Balmoral	October 23	1:30 pm - 3:30 pm	Sprucewood Place PR 236
Inwood	October 28	9:30 am - 11:30 am	Inwood Manor, PTH 17
Stonewall	October 21	12:30 pm - 7:30 pm	Stonewall Lions Community Centre, 5 Keith Cosens Drive
	October 27	10:00 am - 11:45 am	Stonewood Place, 286 - 5th Street West
	October 27,	1:30 pm - 3:00 pm	Crocus Manor, 570 Centre Avenue
	November 7	10:00 am - 2:00 pm	Stonewall Lions Community Centre, 5 Keith Cosens Drive
Stony Mountain	November 3	9:30 am - 11:00 am	Stony Mountain Community Centre, 117 School Road
Teulon	October 22	10:00 am - 4:00 pm	Teulon Community Hall, 16 Main Street
	October 23	9:30 am - 11:30 am	Cedar Lodge, 20 - 5th Ave South
	October 24	NOON - 4:00 pm	Teulon Community Health Office, 162 - 3rd Ave SE
	October 28	1:30 pm - 3:30 pm	Gateway Manor, 169 Beach Road
Warren	November 4	3:00 pm - 7:00 pm	Teulon Community Health Office, 162 - 3rd Ave SE
	October 28	1:00 pm - 7:00 pm	Warren Fire Hall, 152 McDonald Ave
Woodlands	November 3	1:30 pm - 4:00 pm	Oak Park Lodge, 75 Railway Ave
St. Laurent	October 22	10:00 am - 11:30 am	Laurentia Lodge, 444 Veteran's Memorial Road
	October 22	1:30 pm - 3:00 pm	St.Laurent Community Health Office, 1 Parish Lane
	October 29	3:00 pm - 7:00 pm	St.Laurent Community Health Office, 1 Parish Lane
	November 14	11:00 am - 2:00 pm	St.Laurent Community Health Office, 1 Parish Lane

Bring your Manitoba Health Card and wear a short-sleeved shirt. If we need to make any changes to this listing, they will be posted online at [www.ierha.ca](http://www.ierha.ca). Click on "Get Your Flu Shot" in the banner at the top of the page. Here you'll find a complete listing of flu clinics offered around the region.

For more information, please contact your local community public health nurse or you can call Health Links at 1-888-315-9257.

Stonewall: 204-467-4400 Teulon: 204-886-4068



Interlake-Eastern Regional Health Authority



Doug tells his friends that a flu shot can help prevent flu related illness.



# RM to manage Woodlands Community Pasture

By Natasha Tersigni

The RM of Woodlands council passed a resolution to take over the management and ownership of the Woodlands Community Pasture at their Sept. 8 council meeting. Council voted against joining the provincial Association of Manitoba Community Pastures (ACMP) program following a recommendation from the RM of Woodlands community pasture-working group.

Two conditions of the RM taking ownership are that they enter into an agreement with the applicable parties for lease of federal, provincial lands and chattel assets and a new entity is formed to manage a Community Pasture.

Since the 1930s the Woodlands Community Pasture has been operating under the federal Prairie Farm Reha-

bilitation Administration (PFRA) program. The federal initiative was created to conserve land resources and to provide it for producers for grazing and breeding of livestock.

At the end of the 2013-grazing season the federal government began dissolving the PFRA program in both Saskatchewan and Manitoba. With the Woodlands Community Pasture no longer being run by the federal government, as of Fall 2015, it would automatically be administrated by the provincial government's AMCP program unless the RM opted out. The AMCP was created by the province to help pastures with the transition from federal to provincial funding.

The RM of Woodlands is in a unique situation as they own 80 per cent, 17,400 of the 20,960 acres, of the Woodlands Community Pasture land.

Under the PFRA program the RM only earned taxes on that land, approximately \$5,500 a year. With the RM deciding to undertake operations of the pasture they are now in discussions with the provincial government to rent or buy the remaining 20 per cent of the land that was rolled into the AMCP program. The RM also has to enter into an agreement to rent or buy the exiting buildings and equipment.

"We took the recommendations that the pasture committee group made after looking at both sides, which would be better joining AMCP or going out on our, and they came back and said they would like to see the RM administer it," said Reeve Trevor King who added an official agreement has not been signed yet and the RM is still in preliminary stages.

"There are still ongoing negotiations with the province to retain some of the assets," said King.

While the Woodlands Community Pasture has the potential to add revenue to the RM there are responsibilities that comes with undertaking ownership of the co-op. The RM is taking on the role as employer and will be responsible for employing the year-round manager and the two seasonal riders of the pasture, along with doing a monthly payroll. As well, they need to enter into an agreement to gain ownership or be able to use the provincial and Crown land as well as needing liability insurance.

The RM is now in consultations with legal counsel to decide what is the best way to set-up and maintain the pasture under a RM run management structure.

## Universal Newborn Hearing Screening program to launch by 2016

Staff

A universal program set to launch across Manitoba by September 2016 aims to offer hearing screening tests to all newborns before they leave the hospital.

"Manitoba is one of the last jurisdictions in North America to implement the Universal Newborn Hearing Screening program," Carol Rampaul, regional manager of allied health for the Interlake-Eastern Regional Health Authority told the Record via email. "Early detection and intervention is key to successful outcomes in addressing hearing loss issues and assisting children to reach their developmental milestones."

On Sept. 17, 2013, the Universal Newborn Screening Act became law in Manitoba and for just over a year a provincial working group has been involved in the planning and roll out of this new initiative. The group is comprised of representatives from all Regional Health Authorities across the province as well as representa-

tives from Manitoba Health, Rampaul said.

"Every family deserves access to the screening and supports they need to give their baby the best chance for a healthy start," Health Minister Sharon Blady said in a release last Thursday. "Each year, a small number of the 16,000 to 17,000 babies delivered in Manitoba are born with some hearing loss.

"This expanded program will make sure that these children can be diagnosed and treated as early as possible."

Blady noted the quick diagnosis and treatment of children with hearing loss can be key in helping them develop cognitive, speech-processing and learning skills, adding the biggest gains are made if hearing loss is detected and diagnosed before a baby is three months old.

Hearing screening services are currently offered at the Brandon Regional Health Centre and in Winnipeg neonatal intensive care units for

infants at high risk of hearing loss. In addition, the Thompson General Hospital provides hearing screening services to most babies born there.

"Children learn so much by being able to hear the world around them," said Diana Dinon, pediatric audiologist, Health Sciences Centre Winnipeg. "We're pleased the work to implement this important legislation is moving forward, so children around the province can have their hearing screened at birth and if needed, get the supports they need more quickly."

Blady said as part of the universal program, hearing screening services will expand and be available to newborn children in Manitoba at sites including the Selkirk and District General Hospital in the Interlake-Eastern Regional Health Authority among several others.

Rampaul said the majority of babies born in the Interlake region are delivered at Selkirk's hospital. In 2014, 217 children were born in the Interlake region.

"Currently, in our region newborns are seen by audiology when referred by a health provider," Rampaul said. "Once a child is referred the child can be seen at either one of the audiology clinics within the region."

Rampaul added this program will add to work that's already being done in the area of audiology across the Interlake.

"Catching hearing problems early can prevent delays in speech and language development and improve quality of lives," she said.

Infants born at other facilities or at home will be referred to their nearest outpatient hearing centre for screening, Blady said and a common database will help ensure babies are supported no matter where they are born or live in Manitoba.

The province is investing more than \$3 million in new funding to develop and implement the program including funds for capital equipment, staff training and ongoing operating costs.

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Jets defeated by Twisters

By Brian Bowman

When the Pembina Valley Twisters and Stonewall Jets hooked up for a matchup last Friday, one thing was certain.

One of those Manitoba Major Junior Hockey League's top teams was going home with a loss.

Alex Tetrault and Fraser Mirrless each scored twice while Eric Lebrun added a second-period goal to lead the Twisters to a 5-3 road win in Stonewall.

"We came out with a good start and they capitalized on all of their chances, waiting for us to make a mistake," said Jets' assistant coach Brock Couch. "And we didn't do that on the other side. But it definitely was a close game – we matched up well."

Ryan Miskiewicz scored a power-play goal for the Jets early in the second period to cut Pembina Valley's lead to 2-1 and then Branden Meier tied the score with his first goal of the

season about seven minutes later.

Trailing 5-2, Mackenzie Johnson then closed out the scoring at 7:49 of the third.

Stonewall outshot Pembina Valley 45-42. Hunter Ploszay took the loss.

With the loss, Stonewall is now 4-1-1 and tied for second place with the Charleswood Hawks (3-0-3). Pembina Valley leads the 10-team league with a 5-1-2 record and 12 points.

The Jets have been playing some real good hockey so far this season and this may very well be one of the better Stonewall teams in recent years.

"Talking to the other coaches, it's one of the deepest rosters that

we've seen since 2001 when the Jets came in," Couch said. "I like the different styles of players that we have. They mix up well, it's looking good, and we're only going to get better."

The Jets look real good in goal with Stuart Fleury and Hunter Ploszay, who recently rejoined the Jets after spending time with the Swan Valley

"WITH EITHER OF THOSE GUYS, WE HAVE ALL OF THE TRUST IN THE WORLD."



TRIBUNE PHOTO BY LANA MEIER

Jets' defenceman Reid Langois and goalie Hunter Ploszay keep a close eye on the play Friday night in their 5-3 loss to Pembina Valley.

Stampeders of the Manitoba Junior Hockey League, between the pipes.

"With either of those guys, we have all of the trust in the world," Couch said confidently.

The Jets played at the St. James Canucks on Tuesday but no score was

available at press time. Stonewall will host the St. Vital Victorias this Friday and then visit the Ft. Garry/Ft. Rouge Twins on Sunday.

Both games have 7:30 p.m. start times.

## Midget Lightning split games last weekend

By Brian Bowman

For the second time this season, the Interlake Lightning handed the defending Manitoba AAA Midget Hockey League champion Pembina Valley Hawks a loss.

The Lightning scored three first-period goals and then added two more in the third for a 5-2 road victory in Morden last Saturday.

Nicholas McCartan opened the game's scoring with a power-play goal and then Storm Swan and Jackson Ki-

cenko gave the Lightning a 3-0 lead at the end of 20 minutes.

In the second period, however, it was all Pembina Valley. The Hawks outshot the Lightning 20-4 and Daniel Nychuk and Devante Hunter scored the lone goals of the period.

Interlake's Preston Phillips and Riley Vautour then closed out the scoring with power-play goals in the third.

Interlake was 3-for-8 with the man advantage while Pembina Valley was 0-for-10.

Adam Swan made 43 saves for the win.

The win over the Hawks was a good one especially after the Interlake was defeated 4-1 at home last Friday by the surprising Central Plains Capitals.

The Lightning took a 1-0 first-period lead on a power-play goal by Jack Einarsen, assisted by Karson Collins and Phillips.

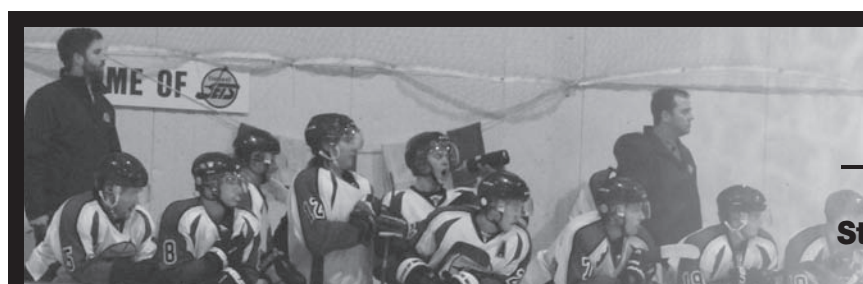
But it was all Central Plains after that.

Lane Taylor potted a power-play goal

in the second period and then Liam McKenzie, Braden Frank, and Jared Roy tallied just 4:18 apart late in the third.

Nathan Cvar made 35 saves in the loss.


The Lightning will play a pair of games this weekend at the league's Showcase in Portage la Prairie. Interlake will battle the Wild on Friday (5:30 p.m.) and then will clash with Yellowhead on Saturday (1:30 p.m.).



**Friday, Oct. 16**  
**Stonewall Jets vs St. Vital Victorias**  
**7:30 pm at VMSC**

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**Sunday, Oct. 18**  
**Stonewall Jets vs Ft. Garry/Ft. Rouge Twins**  
**7:30 pm at Century Arena**



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# Middle years race for ISD cross-country banner

By Natasha Tersigni

On a beautiful fall day on Oct. 8, Interlake School Division from Grades 5 to 8 flocked to Quarry Park in Stonewall for the annual Middle Years Cross-Country meet.

This year, 189 students competed at the meet. For the third year in a row École Stonewall Centennial School won the large school banner.

Balmoral School won the small school banner.

## Primary Girls

(Grades 5 and 6) 1500m

1. Brooke W – SM – 5.30.82
2. Sarra J – ESCS – 6.01.38
3. Sydney S – ESCS – 6.08.46

## Primary Boys

(Grades 5&6) 1500m

1. Nolan V – SM – 5.29.01
2. Hayden W – BAL – 5.33.16
3. Carter B – ESCS – 5.40.10

## Junior Girls

(Grade 7) 1500m

1. Chloe M – ESCS – 5.44.50
2. Naomi V- WL – 5.57.58
3. Paige W – WE – 5.59.66

## Junior Boys (Grade 7) 2000m

1. Cole E – SM – 7.38.85
2. Braden B – ESCS – 7.51.57
3. Andrew H – WL – 8.12.69

## Intermediate Girls

(Grade 8) 2000m

1. Tess D – SM – 7.53.94
2. Megan V – SM – 8.04.94
3. Taryn J – ESCS – 8.12.70

## Intermediate Boys

(Grade 8) 3000m

1. Cale W – ESCS – 10.50.97
2. Chris F – ESCS – 11.27.86
3. Cole T – ESCS – 11.47.96



Grade 7 student Cole from Stony Mountain School led the pack for the juniors boys', placing first in the 2000-metre race.



Chloe from École Stonewall Centennial School beat out her competition in the junior girls' race, placing first in the 1500-m race.



Balmoral School athletes won the small school banner at the Interlake Divisional Jr. High Cross-Country meet last Thursday.



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Grade 7 boys from École Stonewall Centennial School take off from the starting line during the 2000-m race. For the third year in a row, ESCS brought home the large school banner from the track meet.

# Midget Thunder crush Sunrise Coyotes

By Brian Bowman

The Sunrise Coyotes were just what the doctor ordered for the Interlake Thunder.

Interlake snapped a six-game losing streak with a 50-6 blowout win over the Coyotes in Midget Football League of Manitoba action last Saturday.

"We've had a rough stretch so it's nice to have, from the start of the game to the end of the game, it go very positively for us," said Thunder head coach Kris Johnston. "It was very refreshing and you could see that the kids were very energized with every-

thing we did in the game."

The Thunder jumped out to a commanding 26-0 first-quarter lead and then increased that advantage to 36-0 at the half.

Interlake had five receiving touchdowns in the game, three of them courtesy of Kurtis Janzen. Janzen, a talented receiver, finished the game with four catches for 109 yards.

"He's been dinged up in recent weeks," Johnston noted. "He's had a lot of nagging injuries, which has been very unfortunate for him."

Alex France and Driano Silvani also hauled in TD passes for the Thunder

while David Aisicovich had a rushing major.

"We were quite balanced, and that was our game plan going in, was to be balanced," Johnston said. "Our offensive co-ordinator did a good job keeping things balanced in the game. I thought we ran the ball well and we had a lot of big plays in the passing game."

With the win, the Thunder finished the regular season with a 2-6 record. They will face the Greendell Falcons (4-4) in a quarter-final matchup Saturday at the U of M.

Kickoff is noon.

Greendell has an effective running attack, led by Demi Adeleye-Olusae. The talented back finished second in league rushing with 963 yards. He also had seven touchdowns and is a serious threat in the kick-return game.

"They're a run-first offence and we have to be concerned with shutting down the run," Johnston said. "They have a very dynamic starting tailback and their other two rushers are very aggressive, physical, downhill runners. They kind of have a three-headed monster rushing attack and they use them to the best of their abilities."

"We have to shut down the run and their two key receivers."

Greendell defeated Interlake 28-14 back on Sept. 5 and is on a two-game win streak heading into the playoffs.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Rams winless in high school hockey action

By Brian Bowman

The Stonewall Collegiate Rams are now 0-2 to start their Winnipeg High School Hockey League regular season after a 5-4 road loss to the Sturgeon Heights Huskies last Friday.

Ryan McMahon, Ethan McMahon, Brendan Labossiere, and Carson Ouellette scored for Stonewall.

The Rams opened their season Oct. 6 with 3-0 road loss to the Selkirk Royals in St. Andrews.

Curtis Beck kept the Rams in the game with several big saves.

"Their goalie was really strong for them all game," said Royals' head coach Shayne Fredborg. "We carried the play for the most part of the game but their goalie made some nice saves to keep them in it."

After a scoreless first period, Travis Spratt gave Selkirk a 1-0 lead with a second-period goal. In the third, Phil Crupi and Auzzie Loewen closed out the scoring.

Wes Hoydalo and Gordie Longbottom each had two assists in the game.

Selkirk's Austin DeBoer, a Grade 10 goalie, posted the shutout.

The Rams will visit Sturgeon Heights again on Friday (4 p.m.) at Allard Arena in Winnipeg. Stonewall will then visit Vincent Massey on Oct. 27.

The Rams' first home game is Oct. 30 when they host the Kelvin Clippers.



TRIBUNE PHOTO BY LANA MEIER

The Rams' Robert Farebrother and Cade Tonner tried everything to tie the game against the Sturgeon Heights Huskies last Friday.

## Lowdon on par at CISM Military World Games

By Brian Bowman

Stonewall's Cameron Lowdon led Team Canada's men's golf team to a fourth-place finish at the CISM Military World Games in South Korea.

Canada missed out on a bronze medal by one stroke behind the Americans. South Korea and Brazil (both teams full of professional players) won gold and silver.

Canada went into the final round two strokes back of third-place Bahrain and one stroke behind the U.S.

"We thought we had them all beat

until the last American player on the course birdied the last hole to beat us by one," said Lowdon in an email.

Lowdon had a very good tournament (78-75-68-74) and was the low Canadian for the week. He finished 13th overall in a talented field that featured nine pros that placed ahead of Lowdon.

The highlight for Lowdon was the third round when he shot the 68. That was the lowest score for a Canadian at any CISM event.



TRIBUNE PHOTO SUBMITTED

Cameron Lowdon golfed very well at the CISM Military World Games in South Korea.



# Player development a key for City Midget Lightning

By Brian Bowman

The Interlake Lightning City Midget hockey team may have started their season 0-4, but the main goal of the coaching staff is to develop players.

By season's end, Lightning head coach Brad Gross wants to make each and every one of his players a whole lot better.

"We have some good talent but we have a bunch of guys that have never played together before," said Gross last Saturday. "We're sort of trying to put everything together."

The Lightning have several players from the Portage la Prairie area on this year's team. It's going to take some time for those players to jell with their new Interlake teammates.

"We were put together about four games before the regular season," Gross explained, noting the Lightning have several younger players on this year's squad. "We're blending right now and we have some really good goaltending, which has kept the scores respectable."

Riley Buhay of Stonewall and Riley Sveistrup of Portage are the Lightning's goaltenders this season.

The Lightning may be strong in goal,

but they have had trouble scoring through the club's first four games. Interlake had been outscored 21-5 heading into last Sunday's game with the Hawks.

"We have to teach the guys to cycle the puck down low," Gross said, noting the Lightning has some nice size and speed on its roster. "It doesn't seem like they have done that previously before. They need a little more support on the play – attacking as a group – and not as much individual play – which you can get away with in Bantam or at the lower levels."

Interlake started its season back on Oct. 2 with a 5-0 loss to the Monarchs. The next day, Interlake was doubled 6-3 by the Warriors as Brandon Abraham (two) and Ethan Daniels scored in the losing cause.

On Oct. 7, Interlake lost 5-1 to Eastman (Sheydon Mousseau scored for the Lightning) and then the Lightning was defeated by the same score by the Sharks. Reilly Funk scored a third-period goal for the Interlake.

The Lightning will host the Rangers this Sunday at home in Warren. Game time is 4:15 p.m.



EXPRESS PHOTO BY LANA MEIER

Lightning's goaltender Riley Buhay keeps an eye on a Shark's player during city midget action last Thursday.

## Lightning winless in Midget female league

By Brian Bowman

The Interlake Lightning saw their record dip to 0-3 after a 4-2 loss to the Winnipeg Avros in Manitoba Female Midget Hockey League action Oct. 6 at the Keith Bodley Arena in Winnipeg.

Brooke Anderson led Winnipeg with a goal and two assists while Breanne Dondo, Kayla Hosegood, and Skyler Somers also tallied.

Jillian Henry scored a goal and added an assist for the Lightning. Kalyn Barrett scored Interlake's other goal.

Katrina Mizeracki made 38 saves for Interlake.

The previous evening, Interlake suffered a 7-2 loss to the Central Plains Capitals in Stonewall.

Sheridan Oswald netted a hat trick

for Central Plains while Chloe Snaith, Amy Klippenstein, Kelly-Rae Zdan and Mackenzie Guimond also tallied.

Central Plains, which led 4-2 after the first period, broke the game wide open with three goals in the third.

Toni Conrad and Kellie Munro scored for the Interlake.

Lacy Friesen made 15 saves for the win while Mizeracki stopped 45 shots for the Lightning.

Interlake started its regular season Oct. 2 with a 6-1 loss to the Eastman Selects. Mallory Harvey scored Interlake's lone goal, assisted by Conrad and Autumn DeGraeve.

Mizeracki made 40 saves in the loss.

Interlake will host Eastman on Monday in Stonewall. Game time is 7 p.m.

## Thunder keep rolling



TRIBUNE PHOTO BY LANA MEIER

Balmoral's Bryce Meyers makes a tackle during the Interlake Thunder's 43-13 playoff win over the Charleswood Broncos.

## Manitoba's best junior curlers will be in Stonewall this weekend

This year's Stonewall MJCT Classic Family Foods Bonspiel could be the largest event of the year with 30 teams entered.

Scheduled for this weekend, first place in each pool will advance to the semi-finals on Sunday.

Many of Manitoba's best junior curlers will be attending to compete for more than \$3,000 in prizes.

The following weekend, 31 teams will be back in Stonewall the following weekend to compete for a berth to the Junior Provincials in January.



# get inspired

> MEAL IDEAS

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## Autumn Stew



### Ingredients

1/2 cup olive oil  
2 small white onions, small diced  
2 chile negros (dried pasilla chile peppers), finely chopped  
2 poblano peppers, small diced  
4 large garlic cloves, chopped  
3 cups white beans, soaked overnight in cold water  
8 quarts low-sodium chicken or turkey broth  
1 large butternut squash, small diced  
1 acorn squash, small diced  
1 large sweet potato, medium diced  
1 yam, medium diced  
1/8 cup sea salt or kosher salt  
3 cups leftover roasted turkey, dark and white meat, cubed  
1/4 cup apple cider vinegar  
1 tablespoon fresh thyme  
3 leaves fresh sage  
4 cups fresh mint, stemmed and chopped

### Preparation

In Princess Heritage Stainless Steel Classic 15-Qt. Stockpot, heat oil over medium-high heat. Add onion, pasilla and poblano peppers. Cook until onions just become translucent, about 3 minutes. Stir in garlic and cook until it becomes soft and fragrant, about 1 minute.

Add beans and enough broth to cover them. Cook until beans are soft, about 20 minutes. Stir in remaining vegetables and season to taste with salt. Allow to simmer until tender, about 15 minutes.

With a handheld immersion blender, do four quick pulses to blend some of the soup and vegetables to make soup a little creamy without additional fat or cream.

Add turkey; cook another 5 minutes. Drizzle in vinegar to help balance sweetness; season to taste with sea salt.

Serve stew with plenty of fresh herbs (thyme, sage and mint).

Preparation Time 20 minutes

Cook Time 45 minutes

Serves 10

## Turkey sweet potato pita enchiladas



1 large sweet potato, peeled and chopped (about 1 lb/454 g)  
1 tsp (5 mL) canola oil  
1 pkg (450 g) lean ground turkey  
1 small onion, chopped  
3 cloves garlic, minced  
1 tbsp (15 mL) chili powder  
2 tsp (10 mL) dried oregano  
1/2 tsp (2 mL) ground cumin  
Pinch cayenne  
2 whole wheat pitas, halved  
Red sauce:  
1 1/2 cups (375 mL) passata (tomato puree)  
1/2 cup (125 mL) water or low sodium vegetable or chicken broth  
1 tbsp (15 mL) chili powder  
1 tsp (5 mL) ground cumin  
1 large clove garlic, minced  
2 tsp (10 mL) sodium reduced soy

# The Skill: Giving Your Family Toward Healthy Eating



### Part 2:

So tell family members plainly, "I love you, and I need you. I want to be healthy, and I'm doing something about it. So please help me make the transition to better eating habits and to fitting physical activity into each day. And since I love you and want you to be healthy, let me help you do the same. Let's do this together." This conversation can be spouse to spouse, or parent to child, or in the setting of a family meeting. You can choose the words and the timing that best suit the relationship(s).

After the initial conversation, it's best to back off a bit. Let your family know that this won't involve a sudden, radical overhaul of the family diet and that you don't plan to become the nutrition police. Make a commitment to plan a healthful diet together and identify dietary changes that the family is most willing to make, and adopt those first. Let everyone know that adjusting to new, more healthful foods will require a transition period of one to two weeks. Then take the wheel and drive the bus in a healthier direction. Use the skills you've learned so far to make more healthful versions of your family's favorite dishes, snacks, or desserts, and compromise on

must-have foods. When you handle it this way, you may find that your request for their encouragement and participation probably won't invite much opposition.

If your children balk at new recipes, rest assured: They won't let themselves starve. Their taste buds will grow accustomed to the newer fare. In the meantime, it's up to you to serve the healthy meals you want your family to enjoy, and it's up to each family member to decide how much to eat. Cajoling, bribing, or bargaining with children to "have just two more bites" or to "clean your plate" are common practices among parents, but these can backfire, causing your children to lose touch with their bodies' natural signals of hunger and fullness.

It's also best to use nonfood rewards with children so they don't develop a habit of eating for emotional reasons. Instead of using food to show love or lavish praise on your children, give them extra one-on-one time with you – by taking them on a special bike ride, an outing to the zoo, or another treat that involves time well spent.

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

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### sauce

#### Directions

Red sauce: In a saucepan, bring passata, water, chili powder, cumin and garlic to a simmer. Simmer for 10 minutes or until thickened slightly. Stir in soy sauce; set aside.

Cover sweet potato in a microwaveable bowl with water; cover and microwave for 5 minutes or until tender. Drain well and mash coarsely; set aside.

In a nonstick skillet, heat oil over

medium high heat and cook turkey, onion, garlic, chili powder, oregano, cumin and cayenne for about 8 minutes or until no longer pink inside. Stir in mashed sweet potato.

Divide mixture among pita halves and place in casserole dish. Pour red sauce over top. Cover with foil and bake in preheated 400° F (200° C) oven for 15 minutes. Uncover and bake for about 5 minutes or until sauce is bubbly and pita are slightly golden and crisp.

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ROCKIN' RICHARD'S RECORD & CD SALE. Victoria Inn, 1808 Wellington Ave. Wpg. Sunday, October 18/15, 10 a.m. - 4 p.m., 80 plus tables. Records, CD's, DVD's music collectibles. Admission \$5. Info 204-338-3655.

## CRAFT SALE

Saturday, October 31st from 10 a.m. - 3 p.m. at Oddfellows Hall, Stonewall. From jewellery to scarves; chocolate to honey; baking to knitting; delftwood to preserves & more. Admission is \$1; silent auction & canteen.



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# Announcements

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## ANNOUNCEMENTS

### CARD OF THANKS

We would like to thank family and friends for attending the surprise (was it ever) party, in honour of our 40th wedding anniversary. Thanks too for all the cards, gifts and contributions to the supper, decorations and general help throughout the evening. Big hugs to our daughter Jena, and to all those who helped her for organizing such a wonderful and memorable evening.

-Lori and Gerald

## ANNOUNCEMENTS

### CARD OF THANKS

Many thanks to my seven children and their spouses who hosted a 90th birthday celebration for me. Thanks also to my family and friends who attended and left such beautiful cards. Thank you everyone.

-Helen Porteous

## OBITUARY



### Lloyd Herbert Proctor

It is with sadness that we announce the peaceful passing of Lloyd Proctor at Red River Place in Selkirk on Friday, October 9, 2015.

Lloyd leaves to miss him dearly, his wife Eleanor of 63 years, daughter Janice (Wayde), sons Howard (Lorelee) and Russell (Cathy). His cherished grandchildren Jennifer Joseph (Mark), Ryan (Mel) Christopher (Sarah) Jacquie (Jesse), Rikki and Dusty, as well as great-grandchildren Braxtyn, Alex and Isabelle, Hailey and Darwin share so many incredible memories. Brother Barry (Linda) and sister-in-law Joan also survive him. Lloyd was predeceased by infant son Sidney, his parents Herb and Gwen Proctor and brother Garth.

Lloyd was born January 25, 1930 and lived his entire life in the Woodlands area. He was always a person who valued hard work and took pride in working within his community. As a young man, Lloyd worked on the family farm, and enjoyed playing baseball, hockey and curling. At age 21, he purchased the St. Laurent Transfer which he operated for a few years. He also worked for Winnipeg Transit followed by working for Greyhound Bus Lines of Canada. He truly enjoyed his work and was very proud of the safe driving award he received while in their employ.

After retirement, Lloyd enjoyed the quiet country life where he could be involved with all things related to community and family. He loved playing cards, gardening, all things related to birds, helping with the dog team, working in his workshop, following his grandkids in their events and watching his beloved Toronto Blue Jays. The most special times were across the kitchen table sharing stories with his family and all who took time to stop by and visit.

Lloyd was a valued community member who was part of every board at one time or another be it the Hall Board, the curling club, building the outdoor rink, the Oak Park Lodge board and as a founding member of the Woodlands Pioneer Museum. For many years, he worked at maintaining the museum grounds and took much pride in doing so.

A memorial service will be held on Wednesday, October 14th, 2015 in the Community Hall in Woodlands at 2:00 p.m. followed by interment at St. George's Cemetery.

In lieu of flowers, if friends so desire, donations may be made to the Woodlands Pioneer Museum, the Parkinson's Society of Canada 7-414 Westmount Dr., Wpg., MB R2J 1P2 or a charity of one's choice.

The family wishes to thank Dr. Graham, and all nurses and staff at Red River Place for the kindness and caring Lloyd received over the years.

It is so very much appreciated.

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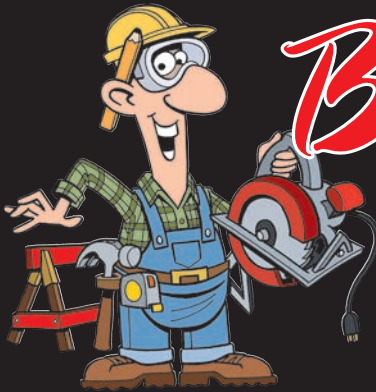
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