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VOLUME 7 EDITION 42

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TRIBUNE PHOTO BY NATASHA TERSIGNI

This year, Lightly School's pumpkin patch had a bountiful crop with 178 pumpkins grown. Throughout October, the students, with help from staff and their parents, have been selling the pumpkins in the community. The money raised will be divided up among the school's three social justice initiatives.

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



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Pumpkin patch grows school's efforts in social justice

By **Natasha Tersigni**

As Lightly School's pumpkin project continues to flourish, so does the students' ability to make a difference in their community and around the world.

For the past several years, students, under the guidance of teaching principal Laurie Oughton and educational assistant Janet Meads, have been able to support several charitable projects thanks to their school's pumpkin patch.

In the springtime, students plant pumpkins in their school garden. Throughout the summer, the older students, with some help from the adults at Clearwater Colony, weed and water the pumpkin patch. When school is back in session in the fall, the pumpkins are harvested and sold by the students, staff and parents. All the money raised from the pumpkin sales is then used for the students' philanthropic efforts.

With pumpkin season in full swing and sales taking off, the school is gearing up to support three chosen charitable projects: donating money along with other Hutterite Colony schools in the Interlake School Division to help build a nursery school in Uganda; helping to support a school in the Dominican Republic for Haitian immigrants; and helping with Macdonald Youth Services (MYS) in Winnipeg.

For Lightly School, this is not the first time they have decided to help MYS. Over the years, the students have made and donated emergency care packages, including toiletries and pajama bottoms for teens that have left home and gone to the emergency shelter. This year, they will donate the packages along with Christmas gifts to the young adults taking part in MYS independent living skills program.

Continued on page 5



TRIBUNE PHOTOS BY NATASHA TERSIGNI

All students at Lightly School lend a hand to help with growing and harvesting the school's pumpkin patch, even the youngest students Sophia Waldner, left, and Avian Wollmann.



Green Acres Art Centre Inc.
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Join us at the centre for our AGM on Sun, Nov 27 at 3pm. New board members welcome!

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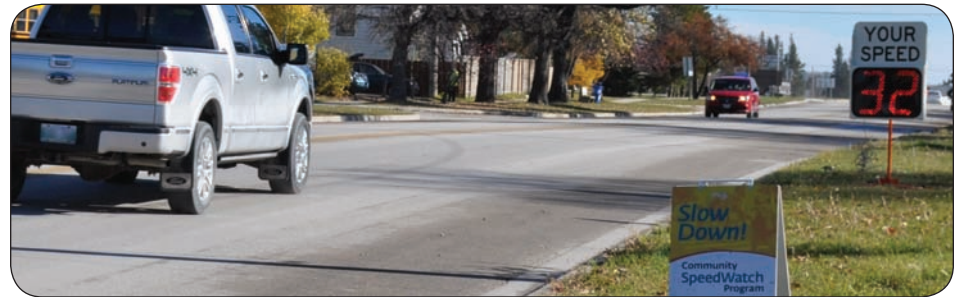
Girl Guides giving back



TRIBUNE PHOTO BY CRYSTAL BERGTHORSON

Several Stonewall girls joined approximately 200 Girl Guides and guiders to celebrate "International Day of the Girl 2016" at the Charleswood Church in Winnipeg on Oct. 13. The International Day of the Girl promotes girls' rights and highlights gender inequalities that remain between girls and boys. It gives people and organizations the opportunity to raise public awareness of the different types of discrimination and abuse that many girls around the world suffer from. The Stonewall Girl Guides took part in talks about various issues affecting girls around the world such as how some do not get the opportunity to go to school, how there isn't always equal pay for equal jobs, how we can help and much more. The girls took donations for a women's shelter in Winnipeg and made hug-a-bears that were donated to the Children's Hospital.

Motorists reminded to slow down



TRIBUNE PHOTO BY NATASHA TERSIGNI

To encourage drivers to watch their speed and slow down in school zones, a digital display board showing a vehicle's actual speed has been temporarily placed for eastbound traffic travelling in front of École R.W. Bobby Bend School. The board is part of Manitoba Public Insurance's Community SpeedWatch Program and is a way to encourage drivers to be more aware of how fast they are travelling. Stonewall's RCMP Staff Sgt Kelly Glaspey told the *Tribune* that the board is put in place by municipalities as a way to educate drivers and is not meant for enforcement.

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Stonewall moves towards eliminating pet licences

By Jennifer McFee

For many people, it's a real pet peeve to license their dogs and cats every year.

But in Stonewall, they may no longer need to add that task to their annual to-do list.

Council is considering changes to the animal control bylaw that would eliminate the need for people to license their dogs and cats in Stonewall.

Mayor Lockie McLean said that with the change, the animal control officer would no longer need to follow up with multiple notices and administrative paperwork.

"Over the years, I paid people's fines from my own pocket because I felt sorry for them. For a person to be late on a \$10 or \$20 dog licence, they'd get a fine and then they'd have to come in and plead their case. They would have fines that were 10 times the amount that the original dog licence was, so what were we trying to accomplish?" McLean said.

"I'm very proud of council that we just removed people having to pay for dog licences and all of the administrative work that goes into it and the hassle people have."

The bylaw has passed first reading, and if approved, pet owners would still need to ensure that their animals are vaccinated and abiding by all other regulations.

"In general, 99 per cent of people love their pets and take utmost care of them. But if there's someone out there that doesn't and their dog's running loose or if there's someone out there that has not vaccinated their animal and the town finds out about it, there will still be fines and we'll still have the dogs or cats picked up," McLean said.

"When you look at the City of Winnipeg, they're certainly not decreasing any fines; they're increasing it. There are so many ways that governments try to control and tax, and it's

Continued on page 7



TRIBUNE FILE PHOTO

Dr. Amanda Brown, left, of Stonewall Veterinary Clinic, pictured here with Dr. Supreet Kahlon, weighs in on pending changes to Stonewall's animal control bylaw.

VISIT THE BALMORAL HALL SCHOOL OPEN HOUSE IN WINNIPEG ON SATURDAY, OCT. 29TH, 11 AM - 3 PM

FROM BRANDON TO VIENNA AND BACK AGAIN: HOW BALMORAL HALL SCHOOL CHANGES LIVES

BY REGAN BOULTON

Growing up in Brandon had a lot of advantages, such as really getting to know people in my community, but I also experienced some challenges. When I started playing hockey, I had no idea where it would take me, but in high school, when I learned about NCAA hockey in the United States, everything changed quickly. Playing hockey at an elite collegiate level became my goal; although, had I not decided to leave home in order to attend Balmoral Hall School, it never would have become a reality. Balmoral Hall offers small class sizes, an all-girls learning environment with enriched academic opportunities, and a strong commitment to athletic success. As a student-athlete, I gained essential skills such as independence, discipline, and careful time management. I loved my time in the classroom (almost) as much as I loved playing with the BH Blazers. Junior Women's Hockey League (JWHL) took me to cities I would not have been able to see otherwise. Through the generous financial aid program Balmoral Hall offers, I qualified for generous bursary support, which made these opportunities, including full-time (seven days per week) boarding, affordable.

After graduating in 2009, I had the opportunity to play hockey at Quinnipiac University (NCAA Division I) in Connecticut, just like I had dreamed. Better still, I received a full academic/athletic scholarship. I completed a bachelor's degree in criminal justice, graduating with a high GPA while captaining the hockey team, attending practice and off-ice training sessions, and gaining work experience through a demanding internship. As my collegiate hockey career neared its end, I was not ready to give up the game that had changed my life, and so I pursued a professional hockey career in Vienna.

Now, several years later, I find myself back in the school that allowed me to develop as a student, as an athlete, and as a person. I have the ability to help girls of promise achieve their goals academically and athletically. As I mentor these girls, I wonder where their educational experience will take them next.

I hope to meet you at our open house Saturday, Oct. 29 from 11 a.m. to 3 p.m.

Regan Boulton '09 is an admissions officer at Balmoral Hall School.



Regan tours new families around the Balmoral Hall campus.



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Paint Nite Fundraiser in St. Laurent to raise money for parish

By Jeff Ward

A fundraiser next Thursday will help maintain as well as keep the heat and lights on the St. Laurent Parish and its neighbouring hall.

Paint Nite is an opportunity for attendees to flex some creative muscles, share some laughs with friends and walk home with a brand new painting for their homes, all while helping raise money for the St. Laurent Parish. Debbie Lavallee one of the organizers of the event said that because of some roof repairs the parish needs to do some extra fundraising to help pay for the costs of keeping the building warm, the lights on and water running.

Monique Rainville is the host and artist for the event and said that the painting attendees will be tasked with recreating is called A Night at

Rainbow Pines. The fundraiser takes place on Oct. 27 at 7 p.m. at the Parish Hall right beside the church and tickets are \$45 each.

"I walk everyone through the process one layer at a time," said Rainville.

"The thing that's so exciting about these is that everyone will have a different interpretation of the painting and each will be unique. Different colours or lines really do make for limitless possibilities."

Rainville said that there is a soft cap of 50 attendees, but if the demand is there, she can accommodate more as she is not one to turn people away.

Anyone interested in purchasing tickets can call Monique Rainville at 204-999-5517.

> PUMPKINS, FROM PG. 2

"Most of the teens in the program have no family and have really never celebrated Christmas. Last year we started a Secret Santa with the independent living skill students. Everyone at Lightly School took a name and we went shopping in the city for our Secret Santa's and we put together present packages. The MYS students then came to the colony and we gave them their presents; it was a really emotional time because some of the students from MYS have never celebrated Christmas before," said Oughton who added that through the pumpkin patch Lightly School continues to grow their partnership with MYS.

"This year staff from MYS came out to help us plant pumpkins in the spring and harvest in the fall, they even purchased quite a few pumpkins from us. It is great to continue to build these community connections."

Along with MYS and the school in

Uganda, the Lightly School has decided to help the Christians Empowering Organizations (CEO) Ministries fund a school in Sosua, Puerto Plata, Dominican Republic. The school has 70 students from Haiti, that would go without an education because their parents are illegally in the country.

"The Haitians are not allowed to go to local public school because their parents are illegal immigrants in the country. Pastor Nelson who is the founder of the school, has been begging in order to receive enough money to provide students with one meal a day and some income to the teachers," said Oughton.

"It is great to see our school can make a difference both internationally and right here at home."

Lightly School still has pumpkins for sale and if anyone is interested in purchasing one for \$5 please contact the school by calling 204-272-8081.

Rosser council news in brief

By Jennifer McFee

The Manitoba Water Service Board awarded Cambrian Excavators with a contract to install water pipeline from the Rosser reservoir to Stony Mountain Penitentiary and West St. Paul.

The contract includes a 500 mm water line reservoir to Farmers Road at an estimated cost of \$275,000 to be cost shared, with Rosser responsible for about \$100,000. Council authorized these costs to be funded from the capital levy reserve.

In other news:

- Council authorized a payment of \$4,725 including taxes to the City of Winnipeg for an encroachment application for sewer and water on Brookside Boulevard.

- The RM of Rosser will buy advertising space in the Royal Canadian Legion military service recognition book for \$295.

- Don Manchulenko and Victor Braun of the Rosser Fire Department attended the meeting to discuss fire inspections. As well, CentrePort senior planner Meagan Boles attended the meeting to provide information about the inland port special planning area.

- The Board of Revision will be

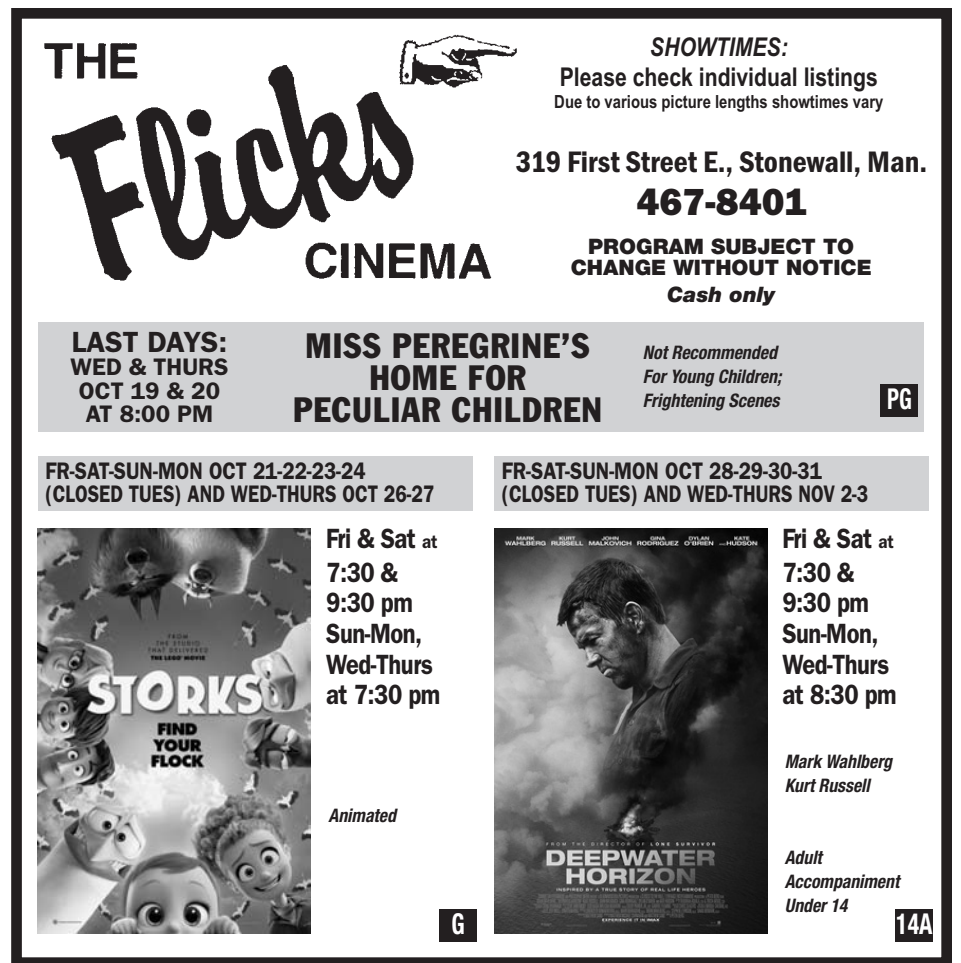
made up of appointment members Frances Smee, Scott Corbett, Lee Garfinkel, Angela Emms and Kelvin Stewart, with Smee as the appointed presiding officer. Beverley Wells is the appointed secretary of the Board of Revision, which is scheduled for Nov. 3 at 10 a.m.

- The RM of Rosser will create a special committee called the Accessibility Plan Committee to develop an accessibility plan for the RM. Under the provincial Accessibility for Manitobans Act, all government agencies must develop an accessibility plan to address accessibility barriers in policies, practices and procedures. Rosser's Accessibility Plan Committee will be made up of appointed members Frances Smee, Kelvin Stewart, Beverley Wells and Lori Sheldon. The committee will automatically dissolve by Dec. 31, 2017.

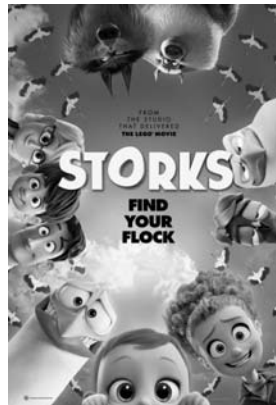

- Council gave second reading to an amended bylaw for the rural settlement centre of Rosser secondary plan, which aims to provide a vision and direction for the development of Rosser's rural settlement centre.



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getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL **A tale of the big fish that got away**

Hi friends.

It wasn't that long ago that I ran into a most delightful family on the Red River bank downstream from the spillway. There was dad, Charles James, mom, Bebi and son Tony. Tony, in his early 20s, had a fishing story for us about a catch he and his parents had not too far from here some 10 years ago.

Everyone was fishing but his line was not that far out. Suddenly, to his shock and then fear, a giant jackfish that reminded him of an alligator appeared just below the water's surface. It lazily took Tony's baited hook, rolled to one side, turned and floated in the current with Tony struggling in tow.

Mom and dad flew into a frenzy. Tony, now knee-deep in the water, his hands frozen on his rod, began slogging downstream following the monster. A crowd began to gather walking along the riverbank, shouting instructions and encouragements at Tony as well as mom and dad, who had rushed into the water to help. Just as Charles and Bebi got their arms around their son to stabilize him the fish jackknifed into the air throwing the hook. Everyone stood motionless, stunned for a moment, and then those with lines ready began casting out trying to recapture the beast. No luck. Young Tony on the other hand climbed ashore, dropped to the ground head down, trembling, telling his mom and dad he had enough for one day.

Unique, charming and mysterious Hecla beckoned me last week, yet this time my attention was drawn



TRIBUNE PHOTO SUBMITTED
Craig Jones at the Hecla fish processing shack with a few of his catch

from the brightly coloured maritime homes to the wind-driven white-capped restless waves of Lake Winnipeg slamming and spraying over the village pier. Parking there beside the fish-processing shack, I watched our commercial fishing brothers coming in with their skiffs loaded with

their morning lift, using their motors with authority to navigate beside the docks.

As the men in their bright yellow slicks tied off and unloaded fish baskets, I got out of my car and, bracing against the wind, walked to the shack to see if the boys had a story for us. Craig Jones, sporting a week-old grey beard, met me at the door and in his usual jolly mood offered me a chair along with some good hot coffee. Almost immediately, he went into a story that happened back in the late '30s.

His dad Murray and his uncles Helgi and Alan were at a fishing camp on Deer Island getting ready for winter fishing just before Christmas when Alan got appendicitis.

Murray and Helgi, knowing they had to get him to hospital fast, put him in a small flat-bottom boat, wrapped him up in lots of blankets and made for Riverton across the treacherous ice patches and open water. They had skates and used them to go quicker on the ice, and then when they met open water, they would jump into the boat and paddle. Days later, exhausted, wet and half frozen, they got to Riverton. There, they found somebody with a car to get Alan to the Gimli hospital. Boy, some of the things they had to do in those days.

Last Saturday, I drove over to Victoria Beach and just as I came up to the pier, two people were about to launch their boat. I went over to them and introduced myself to Winnipeggers Ron Graham, a big robust chap with grey-blond hair, and his sister Peggy

Continued on page 7

Stonewall Teulon
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> ELIMINATING PET LICENCES, FROM PG. 4

nice when you can keep out of people's pockets and find a way to simplify things. To me, I hope all of the animal lovers out there that have an animal really appreciate the move because it's been a long time coming."

So far, Dr. Amanda Brown hasn't heard any feedback yet at Stonewall Veterinary Clinic.

"I think that a responsible owner of a dog or a cat is going to be responsible whether there is structure in place for licensing or not, and it is a headache to try to keep on top of people who aren't responsible," Brown said.

"With our animal control officer, who seems to do quite a good job, if we still have him still available to pet owners and the public, then maybe it will be fine not to have the registration."

Brown also noted that Stonewall other communities are taking a different approach to the situation.

"It seems to me like Stonewall's going in a different direction from all the other towns and cities that all want to continue with knowing who the animal population is in their communities. This will decrease amount of the information that the town will have access to," she said.

"As far as I know, there are rules about the number of dogs or cats you're allowed to have, so then it will be a little bit more difficult to keep on top of that. However, responsible people will be responsible regardless. And people who want to have more than the allotted amount of pets, they're already doing it and they'll continue to do so regardless."

Pet owners will still need to keep up with their pet's vaccinations, with rabies being the only federally regulated vaccine for animals. Brown said dogs should get their first rabies shot when they're four months old followed by a booster shot a year later. After that, the rabies vaccine is due once every three years.

For cats, less research has been undertaken so there is less information about how long immunity carries on in their systems. Like dogs, cats should have their first rabies shot when they're four months old followed by a booster shot a year later. After that, the vaccine is administered annually.

"Cat owners should come in yearly for the (rabies) vaccine," Brown said. "Dog owners should come in yearly for wellness exams and other core vaccines as well, although those other vaccines are not federally regulated."

For anybody who might not want to vaccinate pets every year, Brown said that "antibody titers" provide another option.

"The titer will tell you how much antibodies the animal has in its system and if they need to be boosted or not," she said.

"The problem is that the cost is about five to 10 times more expensive than just proceeding with vaccinating, so most of our clients up till now have decided to just carry on with vaccines. However, some people are very concerned about over-vaccinating, so they choose to do titer testing."

The animal control bylaw will return to council at upcoming meetings for second and third readings.

> GET FISHING, FROM PG. 6

Keen, a true outdoors lady with sun-bleached hair. Ron had the greatest story about his granddaughter.

They were boat fishing in the bay here a week ago and Ron felt a fish had taken his hook but wasn't moving. Ron looked over at his granddaughter, who was busy singing to herself and playing with a little toy. So with a smile and twinkle in his eye, he pretended to want a sandwich from their cooler and asked her to hold the rod. Passing the rod from one to the other, he brought the fish to fight. The girl got right into it, reeling in with all her cute little might, landing a small sauger. The little girl was so taken with the experience, she had "poppa" buy her a rod — a pink one, thank you very much.

Till next week. Bye for now.

Correction

In the Oct. 13 article "Forging connections in film," the name of the production company was incorrectly written as Buffalo Girls. The correct name for the company is Buffalo Gal Pictures. The *Tribune* regrets the error.

BECAUSE IT'S ABOUT THEM TOO

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A timeline of Canada Post's contentious community mailboxes

By Jennifer McFee

Stonewall council is keeping the public posted about any possible changes related to the mail.

Representatives from Canada Post spoke to council at the Oct. 12 committee of the whole meeting.

"Their mandate is to not expand the post office but they gave us assurances that the post office will remain. There's no problem there," Mayor Lockie McLean said last week.

"But the trouble is that it's at capacity and they need to free up a little bit of space in it."

Council had previously suggested that they put up more mailboxes outside of community businesses, but Canada Post had other ideas.

"For anyone who's west of 5th Street West, what they wanted to do was convert them all to community mailboxes," McLean said.

"They said if someone had a mailbox already that was west of 5th Street West, they could have a mailbox, but then they would have to pay to retain a mailbox at the post office."

Council pushed back against that idea, which McLean said would impact about 40 per cent of Stonewall's population. Then the Canada Post representatives noted that the new development north of Montgomery Avenue should have had community mailboxes.

"They said that when that development came in, it was supposed to have community mailboxes, but there was

a person in transition from Canada Post and they missed it," McLean said.

"So what came up at the meeting was that if they're going to go with community mailboxes, it's a no-go taking everyone west of 5th Street West. But if they focus on the area that they should have put them in initially, which is the latest new area in town just north of Montgomery, we think that that would be a good solution."

Pending approval, Canada Post would like to move forward as soon as possible.

"For the first time, Canada Post acknowledged that they dropped the ball on that. It should've had community mailboxes all along and that would give them enough capacity. Then so many people won't have to be displaced from having a postal box uptown," McLean said.

"It took several meetings to get to this point to realize that we don't need a massive solution where we displace 40 per cent of the town. We need a minor change where some area residents are going to now have community mailboxes, but it's going to be a small per cent of what Canada Post was advocating."

A resolution on the issue is expected to come before council at the Oct. 19 meeting.

In other news:

- Council tweaked the indemnity by-law, which had previously stated that every year council salaries would be increased by \$50 per month and/or by the cost of inflation. Instead, the revision indicates that council sala-



TRIBUNE PHOTO SUBMITTED

Canada Post is hoping to convert to community mailbox delivery for the new development north of Montgomery Avenue in the Town of Stonewall.

ries will be reviewed at the first council meeting of every year.

- McLean gave kudos to the administration team for making changes to the staff's cellular phone plans, thereby saving money for taxpayers.

- The Town of Stonewall is already in a state of holiday cheer as the Christmas season approaches. For the first time, every town employee will receive a turkey to celebrate the season.

McLean said he does the same thing for the workers at his own company.

"When I started in my company when I was 18, every year I looked forward to when our president and executive would hand out turkeys to the workers at Christmas. It makes the season so much better. It's ap-

preciation and a time to say thanks," McLean said.

"Now I'm the guy on the other side of the line because I own part of the company and I'm the vice-president. Now I enjoy the part of thanking them and handing it out, but I also know what it was like to be a worker and to have someone appreciate what you do, to have that little token of appreciation and how it fits in the Christmas spirit."

For the Town of Stonewall, the entire council and administration team will be on hand to extend season's greetings to employees as they hand out the Christmas turkey.

"We'll shake their hand and wish them a Merry Christmas and we'll bag it in front of them. I can't wait to do that," McLean said.

"Hopefully this sets the precedent for in the future so that when Christmas comes, it's just part of what Stonewall does and how we treat our employees."



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'I'm worried I'm going to lose more friends'

Selkirk woman pleads with drug users to seek help after two local men found dead

By Dave Baxter

When Reena Leclerc decided it was time to get sober, she wanted one of her best friends to be by her side.

But that friend couldn't be there for her because he had just lost his battle with drugs.

"I actually messaged Corey that Sunday when he hadn't been found yet," said 26-year-old Leclerc of Selkirk. "I just went into treatment and I messaged him to come visit me because I knew he would. That's just the type of guy he was.

"He was very supportive of me getting help."

Leclerc's friend Corey Berens, 35, of Lockport was one of two men found dead inside a car in Winnipeg on Oct. 4, one day after Leclerc went into treatment.

Myles Brown, 27, of St. Andrews was also found dead inside the car, which was found along College Avenue. Winnipeg police say they believe both men died from a suspected drug overdose.

Police also said the bodies of Berens and Brown had been inside the vehicle for days before they were discovered.

Leclerc now says she wants others who are dealing with drug addiction issues to seek help because she knows how dangerous and dire addictions can become.

"I want to say there is help out there and go get that help," she said. "It's a tidal wave, and I'm worried I'm going to lose more friends."

Leclerc said she was a close friend of both Berens and Brown, and she got the news while in her drug treatment program.

"It honestly was just disbelief," she said. "I went into shock and there's a part of me that still can't believe they are gone.

"Over the years, we had our times where we didn't see each other for a while, so it feels like we're just not hanging out right now, but now I'll never see them again."

Leclerc went into detox drug treatment in Winnipeg on Oct. 3 following a lengthy battle with drug addiction.

"I used drugs every day for the last nine years," she said. "It was bad. It was really bad."

Leclerc said over her nine years of drug addiction, she used everything from opiates to fentanyl patches,



FACEBOOK PHOTOS

ABOVE LEFT: After losing two of her friends to suspected drug overdoses this month, Selkirk woman Reena Leclerc is asking anyone with drug addiction issues to seek help. ABOVE RIGHT: Corey Berens, 35, of Lockport was one of two men found dead in a car in Winnipeg on Oct. 4 from a suspected drug overdose.

first starting with percocet as a way to overcome anxiety when she was a teenager.

She has now been sober for about two weeks and now has to "learn how to live sober."

"I don't even know how to be sober," she said. "I have to start my life over."

Winnipeg police have said they are looking into the possibility of a con-

nection to fentanyl or carfentanil in the death of both Berens and Brown.

Police also said they seized drugs and drug paraphernalia from the vehicle where the men's bodies were found.

Those seeking help can contact the Addictions Foundation of Manitoba by calling 204-944-6200 or toll free at 1-866-638-2561.

RCMP urges drivers to watch for slow-moving farm machinery

Submitted

Did you know it takes just five seconds for a car travelling at 90 km/hr to close a distance the length of a football field between the car and a tractor or combine?

Did you know that the size of farm equipment often requires operators to veer right before making a wide left hand turn?

Did you know the most common causes of collisions involving farm equipment are rate of closure, left turns and passing collisions?

"This year we have already had one death on our roads because of a col-

lision with farm equipment," said RCMP Insp. Ed Moreland, officer in charge of traffic services. "Motorists and farmers both need to be aware of the safety issues involved with slow moving vehicles. Lives depend on it."

"The key to road safety is good judgement," said Glen Blahey, health and safety specialist with the Canadian Agricultural Safety Association. "By simply slowing down, paying attention and by being respectful, both farm equipment operators and motorists can share the road safely."

The Canadian Agricultural Safety Association and the RCMP have some

tips to help keep everyone safe on the road:

- Farm machinery does not always use an obvious intersection but can enter a main roadway from a field or a farm lane. Motorists should be aware of all approaches onto the roadway.
- Slow down! Everyone has a right to the road, and if motorists slow down, they can help avoid rear-end collisions.
- Watch for the slow-moving vehicle sign. It is a bright orange triangle with a red border. The sign is to be mounted at the centre or to the left of centre on all slow-moving farm vehicles

and equipment. If you see the sign, be aware the vehicle will be moving at a slow rate of speed and adjust your actions accordingly.

- Farm machinery is large. If you can't see the driver, the driver cannot see you.
- Farmers are often working long hours late into the night. Machinery should not be operated on the roadway or otherwise if the operator is too tired or the equipment is not equipped with flashing and driving lights.
- Slow down, buckle up, be alert, drive sober.

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"THE KEY TO ROAD SAFETY IS GOOD JUDGEMENT."

Happy trails for Stony Mountain

By Jennifer McFee

It's happy trails in Stony Mountain where the community will benefit from a combined \$100,000 in government grants to improve the active transportation paths.

On Wednesday, Oct. 12 Minister of Agriculture and Lakeside MLA Ralph Eichler announced that the provincial government will contribute \$50,000 in funding under the Small Communities Transportation Fund towards the Stony Mountain Trails project.

The RM of Rockwood will match the provincial contribution by kicking in another \$50,000. In addition, the Stony Mountain Community Association has fundraised about \$30,000 to date, which includes a \$15,000 contribution from Richardson Pioneer plus proceeds from the recent Abas Auto Stony Mountain Run.

The money is expected to go towards the installation of a combination of gravel and paved paths along six key Stony Mountain streets as well as parts of the former quarry in Stony Mountain over the next year.

The RM of Rockwood and Stony Mountain Community Association are partnering together to develop walking and cycling paths in the community to connect people to their

community and their heritage.

Led by the community association, the Stony Mountain Trails project also aims to promote healthy living and active transportation, which has the added benefit of increasing social interaction and community identity.

The grant application stated that a certain amount of infrastructure development is needed to provide safe, interesting and scenic active transportation routes.

"While hikers and cyclists alike do utilize many existing paved walkways and/or roads, the preference is for dedicated trails. While Stony Mountain does have a certain amount of paved sidewalks, it presently lacks the inter connectivity between subdivisions," the application noted.

"There are also areas where pedestrian walking or cycling can be made safer through the development of and more trails specific for that purpose. There are also concerns from community members about providing for safer walking and cycling routes for children to get to school, and the proposed trail additions will help facilitate that."

In co-operation with the towns of Stonewall and Teulon, the RM of Rockwood has employed HTFC Planning and Design to create a recreation



TRIBUNE PHOTO BY JO-ANNE PROCTER

Minister of Agriculture and Lakeside MLA Ralph Eichler presented a \$50,000 cheque to be used towards active transportation paths in Stony Mountain. Pictured from left to right: Rockwood Coun. Mark Hidlebaugh, Rockwood Reeve Jim Campbell, Lakeside MLA Ralph Eichler, Dave Van Heyst and Hartley Pokrant, of Stony Mountain Community Association, and Rockwood Coun. Willy Pinchin.

master plan for the area. HTFC indicated that the development of walking and cycling trails emerged as one of the top priorities during public consultations and surveys.

"The Stony Mountain community also has a long history and heritage and is rich in varied landscapes which can be easily accessed and enhanced with improved trails," noted the grant application.

"The town is home to extensive abandoned limestone quarry opera-

tions, woodlands and scenic native vegetation areas. Many of these locations are currently utilized by people in the community for walking; however, they lack proper trail surface improvements and connectivity between areas."

The Stony Mountain Community Association and the RM of Rockwood jointly support the goals to enhance walkway infrastructure and to bolster active transportation opportunities throughout the area.

School trustees vote in favour of international travel

By Jo-Anne Procter

The regular meeting of the board of trustees of the Interlake School Division held Oct. 11 reviewed the 2015-2016 audited financial statements that were deemed clean by auditors BDO Dunwoody.

Dunwoody's Lauren Tolton reported, "The consolidated financial statements present clearly in all material respects the financial position of the ISD as of June 30, 2016, and the results of its operations, net debt and its cash flows for the year that ended in accordance with Canadian public sector accounting standards."

Operating fund schedule of financial position, due from provincial government, is consistent to the prior year at \$1,139,580; municipal government receivable is \$6,728,594, which is up \$440,000 from the prior year due to an increase in special levy from the municipalities.

Total financial assets were \$8,224,169, and liabilities of the school division were \$7,470,073. Overdraft was down by \$2.2 million and accrued liabilities

up by \$1.9 million.

"These are related, as the teachers are now paid over a 12-month period instead of a 10-month period. This has caused a decrease in the overdraft balance and a corresponding increase in accrued liabilities," Tolton stated.

Operating fund schedule of revenue expenses and accumulated surplus for the year, total actual revenues for the year of \$36,374,996 was fairly consistent with the budget, just up by \$163,000. Total expenses for the year were \$35,473,437, which is under budget by \$389,000. Instructional and other support services is \$1,297,284, down by about \$200,000 from budget because there was no curriculum co-ordinator for about six months, PD costs were lower than budgeted and sabbatical leaves were lower than budgeted.

Operations and maintenance was also down by about \$140,000 from the budget because there were lower costs in heating and snow clearing due to the mild winter last year.

Copies of the 2015-2016 audited fi-

nancial statements will be available to the public by the end of October at the school board office.

Tell Them From Me Survey

Curriculum program support staff member Tyler Moran explained the importance and value of this survey. Feedback gathered in this survey directly connects to three priorities in the current strategic plan: the academic content, the positive respect for learning environments, and the intellectual engagement, which hits on a lot of key items.

"It allows us to really manipulate the data that comes back, such as segregate by grade, sex, students that identify Aboriginal heritage," Moran said. "The survey window is typically the middle of October to the middle of December."

It was agreed by trustees that a motion will be put forward that the survey should be done for \$9,550 plus GST with the hopes that Manitoba

Education will cost share for half as they have in the past as long as everyone participates.

International Study Tour Request

After much discussion regarding safety and health concerns, trustees gave final approval to the Stonewall Collegiate Travel Group to take a group of students on an international study tour March 25 to April 7, 2017, to Costa Rica and Nicaragua.

Although parents signed consent forms, some trustees were still not comfortable with the group going.

"In my mind, it doesn't make any sense for the public school system to condone a trip to a place where the federal government is encouraging its citizens to exercise a high degree of caution," said board chair Alan Campbell.

Other trustees echoed Campbell's concerns including health risks such as the Zika virus.

Gas leak forces evacuation of two Stonewall schools



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Following a break in a natural gas line, emergency crews cordoned off a portion on 2nd Ave North in Stonewall. A crew worked to repair the leak at 599 2nd Ave North on Monday morning that forced an evacuation of Stonewall Collegiate and École Stonewall Centennial School. The leak was caused when a construction crew building a fence hit a gas line. There were no injuries and the evacuation was just a precaution.

By Natasha Tersigni

Monday morning, classes at Stonewall Collegiate and École Stonewall Centennial School were cut short thanks to a gas leak that occurred on a residential property neighbouring SCI.

At approximately 11:30 a.m., Stonewall-Rockwood firefighters, Stone-

wall RCMP and IERHA ambulance staff responded to a gas leak call at 599 2nd Ave. N where construction crews working on a fence struck a gas line.

As a precaution, a portion of 2nd Avenue North was cordoned off and all students and staff from both schools were evacuated and sent to the Vet-

eran's Memorial Sports Complex. From there, parents and guardians were contacted that they could pick-up their children. Classes resumed at 1 p.m. after the gas line was repaired.

"The evacuation was just a precaution, it wasn't a big leak. The gas leak was caused when a construction crew was digging a fence post and the dig-

ger hit it," said RCMP Staff Sgt. Kelly Glaspey.

"Along with the schools, a few residential homes were evacuated as a precaution. There were no injuries and the line was repaired successfully."

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SIPD new general manager meets with Teulon council

Town of Teulon council news in brief

By **Natasha Tersigni**

Newly hired general manager of the South Interlake Planning District (SIPD) Eric Shaw appeared as a delegation at the Teulon council meeting on Oct. 11.

The professional land use planner who has over 15 years' experience in the field began working for the SIPD in August and hopes to better include Teulon within the SIPD partnership

"When applications come forward that deal with lands within Teulon, I intend to be here at council meetings to be able to answer any questions council may I have. I am not sure if that has always been the practice but I will be here in case there are any issues or council has any questions, even if it is a straightforward hearing, because you never know if there is going to be a question or concern from the community," said Shaw.

Over the next few months, Shaw, along with the SIPD board, will be working on a new strategic plan to better provide clarity on the organizations' goals and objectives. Another initiative that Shaw is hoping to implement is making the planning and building process more open and accessible to the public.

"We certainly want to focus on improving our communications with

the community and making it easy to apply for different applications and navigate through the process. We are going to do quite a lot of work on our website, which is not quite where it needs to be," said Shaw.

"Along with our online content, we will be working on pamphlets and brochures that will clearly outline how someone would go about building a deck, submit a conditional use or rezoning application. This way we can really eliminate any confusion with the public."

Council spoke with Shaw regarding specific needs to Teulon including updating the town's secondary suite by-law and developing the town's newly acquired CPR land, both projects Shaw said are within his areas of expertise and he will be assisting the town with.

Townfolio

Council approved a contract with Townfolio for \$700 a year for three years to host a profile on the Town of Teulon. The company's website, townfolio.com, provides comprehensive information about Canadian municipalities and their local government and economic industries. The website can compare towns to each other and is used as an online tool for communities wanting to attract new business, economic development and residential growth.

AMM minister meeting request

AMM minister meeting request

Council has put in a request to meet with the



TRIBUNE PHOTO BY NATASHA TERSIGNI

Eric Shaw, the new manager of the South Interlake Planning District (SIPD), attended the Teulon council meeting on Oct. 11 as a delegation to speak with council about his role with SIPD and how the organization plans to better support Teulon moving forward.

deputy minister of municipal relations during the Association of Manitoba Municipalities (AMM) annual convention held Nov. 21 to 23 in Winnipeg. During the convention, provincial ministers make their best efforts to meet with municipal officials in order to discuss local issues.

If granted, the meeting council members in attendance plan to discuss increasing the per capita library funding, reinstating the Dutch Elm provincial program and increase funding for recreation programming and services.

Stonewall holds out Emergency Measures Board

As the South Interlake Emergency Measure board prepares to dissolve

at the end of 2016, Teulon and the RM of Rockwood are waiting for Stonewall to decide if they will be joining a smaller, three municipal board for their emergency management.

The South Interlake Emergency Measures Board is currently made up of five municipalities, including Rosser, Armstrong, Rockwood, Stonewall and Teulon, spread over a large portion of land. Teulon decided to leave the board and opt for a smaller one, which will be more manageable. Rockwood and Teulon have agreed to this new board concept, but Stonewall has yet to commit.

Recruiting doctors continues

Members of East Interlake Regional Health Committee attended at Job Fair at the Selkirk Recreation Complex in September on behalf of the town. The fair was to recruit medical students that will be graduating this spring and have interest practising in rural health. Health Authorities and regions from across the province and even Saskatchewan and Ontario came to the job fair to recruit doctors to their region.

"There were 93 residents that attended and 72 residents that came to our booth. There were some that showed genuine interest in rural medicine. It was a very enlightening and rewarding evening that we spent there," said Campbell.

The Stony Mountain Curling Club will hold an

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Jets host another successful dinner and auction

By Jo-Anne Procter

The Stonewall Jets hosted another successful annual fundraising dinner and auction last Saturday at the Quarry Park Heritage Arts Centre in Stonewall. Phil Aubrey of 92 CITI FM, master of ceremonies opened the evening reminiscing about the last seven seasons and congratulated the team on winning the MMJHL championship last season.

Comedian Dean Jenkinson entertained guests before handing the mic over to Jets' general manager Ryan Margetts. Margetts took the opportunity to thank Ralph Nesor and Darrell Faulkner for showing him the ropes and for their guidance and leadership in his new role. He also thanked Chris Dawson for helping organize the dinner and auction; Bob Beck for being the treasurer; Alyssa Reagh for returning as the team's trainer; Mike Nugent for looking after the equipment and coaches Matt Figur and Brock Couch.

"It's been a great transition," said Margetts before handing the mic over to the coaches to introduce this year's lineup.

Couch said he is looking forward to co-coaching for another season.

"Last year ended the best way possible winning the championship. This a good group of local guys," said Couch.

Approximately \$15,000 was raised through ticket sales, the popular live auction, progressive auction and variety auction.

The live auction is always an exciting part of the evening and raised \$9,650. Irv and Sandy Kosch donated a Winnipeg Jets electric guitar which was purchased by Lynn Couch. The two NHL hockey jerseys were definitely an hot item with Bryan Couch and Dean Fuller winning the Connor McDavid and Mark Scheifele autographed jerseys. Todd Doyle purchased the STIHL pressure washer, Dori Boersma the Husqvarna chain saw and trimmer, and Stu Schaeffer the Broil King barbecue. The one week trip to Puerto Vallarta, Mexico was purchased by Randy Faulkner and Idzerd Boersma had the winning bid for the one day fishing trip for 8-10 people on the Winnipeg River.

The Jets organization, competes in the Manitoba Major Junior Hockey league has their sites set for finishing top four this season. The team invites you out to watch some exciting hockey this winter. Watch your *Tribune* for game dates and league standings.



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The Stonewall Jets Manitoba Major Junior hockey team held their annual dinner and auction fundraiser last Saturday. One hundred and sixty five guests enjoyed the Danny's Whole Hog catered meal and entertainment while the hockey players waited and served the tables during the night.



CBC focuses on family's secret struggle with mental illness

By Jeff Ward

For many people, the prospect of opening up some of their darkest secrets and most intimate moments can be a scary concept. But an Ashern family has decided to share their family life with tens of thousands of people through a CBC documentary about mental illness.

Being Greene aired last Thursday on CBC and stars Quinn, Kane, Dave and Roxie Greene. The film deals with each of their individual struggles with mental illness. The family had camera crews follow them around for a period of two years documenting nearly every aspect of their daily lives, detailing how their mental illness affects them and how each of them cope with it.

Quinn Greene, who now lives in Winnipeg with his brother Kane, said that the process was meant to be a brutally honest look at how anxiety can affect people day to day. The documentary focuses on the family's ability to push past their own burdens and live full, healthy lives. He added that they all hope the documentary will inspire people to seek help for their illnesses and they hope to see a reduction in the stigma of mental illness as a result of the film.

"It was very challenging at certain

moments to have the camera right there watching you," said Quinn Greene about the experience of making the film over the last two years.

"In the film, the topic of suicide is a very close reality at some points. My mother suffers from depression and attempted suicide about a decade ago. I deal with anxiety that makes it extremely difficult sometimes to live anywhere near a normal life. This film is a very honest portrayal of what we are going through."

"AS A PARENT, THERE'S NOTHING I WOULDN'T DO TO TRY AND BRING A LITTLE MORE HAPPINESS INTO MY SON'S LIFE."

The story that leads viewers through the film revolves around the family trying to rally support behind Kane Greene, who Quinn said is dealing with a very deep, dark depression right now. Both Quinn and his father Dave — who many Interlake residents know as an Elvis tribute artist — devise a plan to help bring Kane through to the other side. Dave

Greene said he came up with an idea he called *Greene Warriors* that has each of them dress up in fake battle armour and have mock battles at many locations around Winnipeg.

"The idea is that there is a battle for mental health on every street corner, so what we're doing is symbolic of that fight," said Dave Greene.

"The reality for many people who suffer from mental illness is that they

may look and act normal on the surface but they could be battling some very dark thoughts inside of them. We want people to know that they can and should seek help. We want to reduce the stigma."

Dave Greene said that with his very public persona as a tribute artist combined with living in a small community, making a film like this is basically him telling everyone in town his darkest secrets. He was fully prepared and willing to do



TRIBUNE PHOTO COURTESY OF FACEBOOK

Being Greene is a documentary about one family's struggle with mental illness and their fight to get through tough times. Pictured from left to right: Dave, Quinn, Roxie and Kane Greene.

so because his son Kane needs the strength of his father and brother to get through his own depression.

"As a parent, there's nothing I wouldn't do to try and bring a little more happiness into my son's life. I'm willing to sacrifice my own personal wellness to help my son improve his mental health," said Dave Greene.

The process of filming the documentary forced Quinn Greene to really look deeply at his own life and he said the process was quite cathartic sometimes. Dave, Kane and Quinn use performance-based art to help alleviate the stresses caused by their own mental illness. Quinn uses sketch comedy to cope, Kane is a musician and beat boxer, and Dave does live performance art as an Elvis tribute artist.

"I think our dynamic relationship

really comes across in the film. We use our performance to connect with other people and make them feel good. Seeing others laugh and smile because of what I did helps give me perspective. It's a big part of the reason we chose to perform," said Quinn Greene.

The documentary will be available online through the CBC website at some point in the near future but a date hasn't been set for that release. The Greens hope that the *Being Greene* film encourages people to seek help or get more educated on mental illness and the forms it can take. Dave Greene said that compassion and education will go a long way into helping reduce and hopefully one day eliminate the stigma.



Woodlands

RM of Woodlands Residents - WE NEED YOUR INPUT

7:00 PM on Wednesday November 9th
at the Warren Fire Hall Multipurpose Room

NEW ACCESSIBILITY PLAN LEGISLATION INFORMATION & FEEDBACK SESSION

The RM of Woodlands is currently in the process of developing an accessibility plan, and to complete it, we need input from our citizens. In particular, we want to hear from persons with disabilities and/or those affected by disability.

In the coming years all public and private sectors will be required to create and implement their own accessibility plans and this session will provide a timeline and key information to aid you in this process.

**Any questions, please contact Renée Simcoe,
Economic Development Officer at 383-5679.**

Provincial cuts put added strain on local recreational programs

By Natasha Tersigni

With the recent announcement that the province has cut funding to key recreation programs and grants — including the Recreation Opportunities: Partners in Leisure Program and the training allocation — recreation departments across Manitoba are left scrambling to figure out how they will be able to offer the same programming with less money.

For the Teulon-Rockwood Recreation Commission, the cuts — which were announced in September after the board had already passed the 2016 budget and contracts for the year — means that they are short 11 per cent of their expected provincial funding.

“They made these cuts without any notice and all the recreation commissions in the province have set their budgets for the year. So this is three-quarters of the way through the year when we were already expecting this money for months and now all of a sudden it is cut out,” said Teulon-Rockwood Recreation Commission director Beth Hutchinson.

“We have a contract with the province to receive this funding and that was renewed at the beginning of the year. With this announcement, they

will not be fulfilling the full contract. The cuts to the program are five-and-a-half per cent and they also removed our training allocation, which was \$600.”

While the cuts may seem minor, for a recreation commission that works on a small fixed budget, the cuts will have a significant impact, Hutchinson told the *Tribune*. Along with maintaining the arena, curling club, Green Acres Park and the hall in Teulon, the commission is responsible for funding programs and paying wages to employees, including arena and park staff, office staff.

“This funding is the difference between being able to run a six-week day camp in the summer and not being able to offer that. The camp, which we ran this summer, is an essential service especially with the lack of daycare services in the community,” added Hutchinson.

At the Oct. 11 Town of Teulon council meeting, a resolution was passed unanimously to lobby the provincial government to reinstate the recreation opportunities program funding for 2016 and beyond.

Hutchinson hopes that by addressing the province with concerns about



TRIBUNE FILE PHOTO

Teulon's summer camps are in jeopardy of being cut to meet budget requirements after the provincial government announced financial cuts to the funding of key recreational programs and grants.

recreation funding cuts that not only will the funding be reinstated but it will prevent any further cuts.

“We are worried about these cuts and if we don't say something we

are worried that they will just keep happening throughout the years. We need the province to know that recreation is really important especially to rural communities.”

MacKenzie

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| 5. Help fibromyalgia pain | 12. Promote relaxation | 19. Decrease symptoms of Carpal Tunnel Syndrome |
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Top 4 Soothing Benefits of Prenatal Massage

Whether you're in your first, second or third trimester, you can probably benefit from a soothing prenatal massage. After you've cleared it with your health-care provider, and after you've found a registered massage therapist (look for one who specializes in and feels comfortable with prenatal massage), lie back (or on your side) and relax! Here are some of the benefits you could gain from indulging in a prenatal massage.

Stress Reduction and Improved Mood

Studies have shown that pregnant women who receive regular massages experience less stress and have higher levels of dopamine and

serotonin (low levels of these two hormones are linked to depression). These hormonal changes were also linked to fewer birth and newborn complications, such as low birth weight.

Back Pain Relief

As the uterus grows and puts pressure on the pelvic floor and lower back, some women may experience the awful pain of Sciatica, which is the result of nerves being pressed or pinched. Prenatal massage can help to reduce sciatic nerve pain by relieving the tension in the nearby muscles that are doing the pressing or pinching.

Continued on page 17

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Continued from page 16

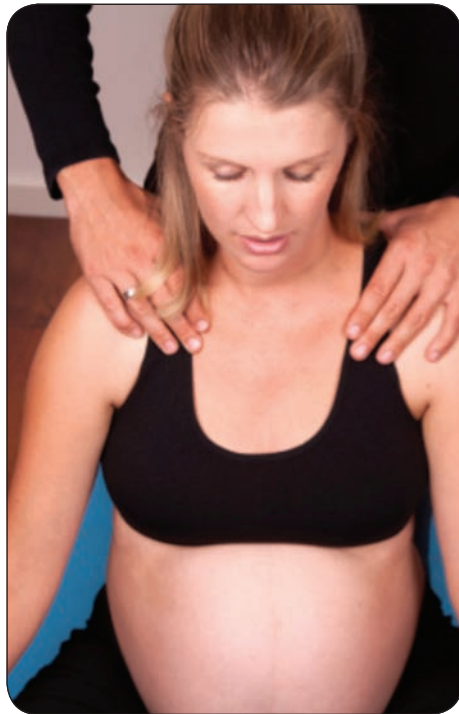
Reduced Swelling

Another thing that can be affected by a growing uterus is circulation: as the uterus grows heavier, it can put pressure on major blood vessels, restricting blood flow to the extremities. The result can be swelling in the arms, hands, legs, feet and joints, also known as edema. Massage can help to reduce this swelling and stimulate blood flow in the affected areas.

Relief for Minor Pains and Discomforts

Massage has many other potential benefits, including reduction in muscle tension and headaches, reduced joint pain, reduced anxiety and better sleep!

*Files from
www.canadianfamily.ca



PHOTOGRAPHY VIA ISTOCK PHOTO

Elvis and Johnny Cash Fundraiser comes to Argyle

Tickets going fast for Oct. 22 event

By Jennifer McFee

Argyle residents can enjoy a fun night out this weekend to support the local hall in their own community.

On Saturday, Oct. 22, award-winning tribute artist Corny Rempel will entertain the crowds at Argyle Community Hall for the Elvis and Johnny Cash Fundraiser.

In addition to gaining acclaim for his impersonation skills, Rempel is well known as a morning host for Steinbach's radio station.

Ken Craig, a board member for Argyle Community Hall, said the fundraiser aims to raise money to help cover the costs to insulate the foundation of the hall.

"The building doesn't have any insulation all the way around, and our heating bill is just absolutely horrendous," Craig said.

"We think it's going to cost around \$4,000 to do the insulating, so we're hoping that this fundraiser is going to take us a good long way towards it."

As for the show, Rempel offers a

family-friendly entertainment.

"He incorporates quite a bit of comedy into his act, so it's more than just an evening of music," Craig said.

"I've seen him once before, and he had the crowd in tears with laughter.. He puts on a good show, so it will be a fun night in Argyle."

The outing will also feature a door prize as well as a raffle for a handcrafted dollhouse, which was made and donated by Craig's wife. In addition, there will be a cash bar and a 50-50 draw.

Tickets cost \$15 and are available by calling 204-467-7014 or 204-467-8750. They are

also available at the Prime Meridian Store in Argyle.

But if you want to enjoy the evening, you'd better act fast because tickets are proving to be a hot commodity.

"Tickets are really going fast. We don't have a whole lot left," Craig said. "It's good for the community to get everybody out."

"IT'S GOOD FOR THE COMMUNITY TO GET EVERYBODY OUT."



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TRIBUNE FILE PHOTO BY LANA MEIER

Corny Rempel will perform at an Argyle fundraiser on Oct. 22, when he will entertain the audience with his Elvis and Johnny Cash tribute show.

Open house emphasizes the importance of household fire extinguishers

By Natasha Tersigni

Community members came out in droves for Teulon Rockwood's Fire Department's annual open house held last Sunday in conjunction with Fire Prevention Week.

Along with tours of the fire station, rides on the trucks and a delicious barbecue lunch prepared by firefighters, there were demonstrations and training to ensure the public knows how to properly use a fire extinguisher and respond to a small household fire.

The easiest and most efficient way to combat a household fire and contain it from spreading is with a fire extinguisher. Members were on hand to educate guests on what to look for when purchasing a household fire extinguishers and how to properly use one. Using a simulated fire burn pan that was connected to a propane tank, people were able to test their fire extinguisher skills.

"The best way to use a fire extinguisher is to point it at the base of the fire and continuously sweep back and forth until the fire is out. This method that we teach is the PASS method because you Point-Aim-Squeeze-Sweep," said Capt. Taras Derbowka, who added that even if it is a small fire, always call 911 before using the fire extinguisher.

"If for some reason the fire does not get extinguished or if it starts to spread, we can already be on our way.



So call first and then try to extinguish the fire yourself."

Firefighters also demonstrated the right and wrong way of putting out a kitchen grease fire.

Using a demo stove, firefighters started a pan grease fire and tried to extinguish it using water, which only added more fuel to the fire.

"Adding water to a grease fire only makes the fire more dangerous and spread. The easiest way to put out a grease fire is by putting a lid on the pan, it will cut off the fire's oxygen supply and extinguish the fire. You can also use a chemical-based fire extinguisher or baking soda," said Derbowka

Also at the open house, firefighters were handing out batteries for smoke alarms and reminded the public that they need to be checked twice a year.



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Firefighter Kyle Kearney demonstrates how quickly a grease fire spreads when water is added. The best way to extinguishes a stovetop grease fire is by covering the pan or pot with a lid, thus cutting off the fire's oxygen supply.

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FREE DRAWS



Teulon RCMP seek info on two separate incidents

By Jennifer McFee

Teulon RCMP are seeking information from the public to help solve two recent crimes in the community.

Overnight between 11 p.m. on Aug. 17 and 8 a.m. on Aug. 18, a 2010 Polaris Ranger XP 800CC was stolen from the backyard of a Gunton home. Teulon

RCMP are looking for any information in relation to this incident.

Then on Sept. 13 between 10:30 and 11:30 p.m., Teulon RCMP received a report of a hay bale fire in the RM of Rockwood on the northwest corner of Road 87 North and 8 East. The fire destroyed about 150 round hay bales

at an estimated cost of \$7,500 for the farmer. RCMP believe this fire was set deliberately.

Anyone with information about the arson or the theft can call the Teulon RCMP detachment at 204-886-2244 or Manitoba Crime Stoppers at 1-800-222-TIPS (8477).

Anonymous tips to Crime Stoppers can also be submitted online at www.manitobacrimestoppers.com or by texting "TIPMAN" plus the message to CRIMES (274637).



TRIBUNE PHOTOS SUBMITTED

Teulon RCMP are seeking information about a hay bale fire that they believe was deliberately set on Sept. 13.



A 2010 Polaris Ranger XP 800CC was stolen from a Gunton home in August. Anyone with information can contact Teulon RCMP or Crime Stoppers.



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October is Car Care month

Safety & Reliability

We've all heard about the dangers of driving under the influence, driving distracted, or driving while tired, but did you know that it's also dangerous to drive a car that hasn't been well-maintained?

Over the years, vehicle safety standards have become more stringent and today's cars are safer than ever before, but even the safest design requires maintenance to keep it running safely and reliably over time.

Failing to maintain your vehicle to the level recommended in your own-

er's manual by the engineers that designed your car can put you and your family at risk.

Brakes

Every time you use your brakes, the friction that causes your car to stop wears your brake pads or shoes. Over time this causes your brakes to lose their effectiveness and increases your stopping distance, though you may not notice the gradual change. If your car pulls to one side while braking, if your brake pedal pulsates or feels "mushy," or if you hear a noise when you apply your brakes, get them checked out immediately.

Shocks & Struts

When it comes to maintenance, one of the most ignored vehicle systems is the suspension. Its gradual wear can go

unnoticed because you don't feel a major difference from one day to the next, but a healthy suspension system is critical to your safety and that of your passengers. When these parts wear, they decrease your control of your vehicle during critical driving maneuvers, increase your stopping distance, prematurely wear or damage your tires, and create a rougher ride.

Fuel Pump

Your fuel pump provides a constant supply of pressurized fuel from your gas tank to your engine. In many cases, your fuel pump can last the entire lifetime of your car, but it can wear out and can fail without warning. If this pump does fail, it will either pump too little gas into the engine, which will prevent your car from starting and can leave you stranded or it will pump too much gas into the engine and in some cases start a fire.

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Your vehicle's exterior lighting system provides nighttime visibility, enhanced clarity in poor weather conditions, and signals and alerts to other drivers, all of which makes it extremely important to your safety. Be sure to replace both your bulbs and light covers to maintain high quality lighting so that you can react to whatever you may encounter on the road.



Your vehicle's interior lighting system is also important to your safety because it supplies light for viewing instruments in your vehicle's interior at night.

Windshield

Though a crack in your windshield may seem like a cosmetic issue, it can affect your safety on the road. Your windshield is part of your car's safety restraint system, meaning that cracks or chips can decrease the overall effectiveness of airbags, seat-belts, and roof stability in the event of an accident. Chips and small cracks spread quickly so have them fixed as soon as possible.

Cabin Air Filter

Replacing your cabin air filter is a relatively inexpensive way to ensure the health of your passengers. This often ignored filter is responsible for filtering all the air that enters your car to prevent you from breathing in pollen, mold spores, dust, dirt, smog, and other pollutants. It also helps to keep debris (e.g. leaves and insects) out of your air conditioning and heating system. Your air filter should be replaced at least once per year and more often if you live in a dusty area. Anyone suffering from asthma or allergies should pay particular attention to this maintenance item.

Files from www.becarcareaware.ca

Sharing financial success



TRIBUNE PHOTO BY DENNIS VANDEKERCKHOVE

Last Thursday, Stony Mountain Goose Shoot executive member Neil Van Dorp, right, presented a cheque for \$3,000 to Linda Relf of the Stony Mountain Christ Church Cemetery. The donation comes from funds raised at the 14th annual Stony Mountain Goose Shoot that was held Sept. 30 and Oct. 1.

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Smoked Salmon Eggs Benedict with Creamy Dill Caper Sauce



- 1/2 cup (125 mL) nonfat plain yogurt
- 1 tbsp (15 mL) canola oil
- 1 tsp (5 mL) fresh lemon juice
- 1 tbsp (15 mL) chopped fresh dill, plus sprigs for garnish
- 1 tbsp (15 mL) capers, drained
- 1/2 tsp (2 mL) finely grated lemon zest
- 2 whole-grain English muffins
- 3 oz (90 g) thinly sliced smoked salmon
- 4 medium eggs
- 3 tbsp (45 mL) white wine vinegar
- Directions

To make sauce: In medium bowl, whisk yogurt and canola oil until blended. Whisk in lemon juice, then stir in chopped dill, capers and lemon zest. Let sauce sit at room temperature while preparing the rest of the dish.

Toast English muffins. Place slice or two of salmon on top of each English muffin half.

To poach eggs: Fill large, deep skillet about 3/4-inch (2 cm) to top with water and bring to boil over high heat. Add vinegar, and then reduce heat to medium-low. Crack egg into small bowl, and then gently add it to boiling water. Repeat with remaining eggs until all four eggs are in skillet. Cook until whites of eggs are set but yolks are still slightly runny, about 3 minutes. Use slotted spoon to transfer eggs to paper towel to drain. (Alternatively, cook eggs over-easy in nonstick skillet.)

Presentation: Transfer each egg to salmon-topped English muffin half. Pour 2 tbsp (25 mL) of sauce on top of each muffin half and garnish each with sprig of dill.

Potato and Arugula Omelets



- 2 1/2 tablespoons unsalted butter
- 1/2 tablespoon olive oil
- 4 ounces red-skinned potatoes, scrubbed but not peeled, cut into 1/2-inch cubes
- Kosher salt
- Freshly ground black pepper
- 4 eggs
- 1/8 teaspoon cayenne pepper
- 8 cups arugula, stems discarded and leaves cleaned, dried and coarsely chopped*
- 1/2 tablespoon balsamic vinegar
- 6 tablespoons grated Gruyere cheese

1. Heat 1/2 tablespoon of the butter and the olive oil in a medium, heavy frying pan set over medium heat. When hot, add the potatoes and saute, stirring often, until light golden and tender, 8 minutes. Remove from the heat and season with salt and pepper. (The potatoes can be prepared 1 hour ahead; leave at room temperature. Reheat, stirring, over medium heat.)

2. Whisk the eggs in a mixing bowl and season with a good pinch of salt and the cayenne. Place the arugula in another mixing bowl and toss with the vinegar. Place the Gruyere and the potatoes each in separate bowls. Have ready a ladle for adding the egg mixture to the pan.

3. Add 1 tablespoon to a 9-inch frying pan, preferably nonstick or seasoned cast iron, set over medium heat. Swirl the butter so that it coats the bottom of the pan. When it is hot but not smoking, ladle half of the eggs into the pan and stir with the back of the fork until they start to set but are still quite liquid on the top, 30 to 40 seconds. With the fork or a nonstick spatula, lift an edge of the omelet and tilt the pan to let some of the uncooked egg mixture run underneath. Repeat this two or three more times, working your way around the pan until the eggs are cooked but remain moist on top.

Powerful Thoughts to Begin and End Your Day



"THERE ARE ALWAYS FLOWERS FOR THOSE WHO WANT TO SEE THEM."

HENRI MATISSE

I have often written about the way in which our thoughts affect our reality, our outlook, and even our health. Granted, this can be a hard thing to monitor as we get wrapped up in the demands of the day.

There are a couple of times each day when carefully choosing our thoughts can have a powerful impact on our lives—first thing in the morning, and last thing at night.

As you close your eyes each night, no matter how stressful or difficult your day, think of some bright spots. Then, think of at least three things you have to be thankful for. You can list as many as you want, but there must be at least three. Finally, tell yourself you will sleep well, awaken refreshed and energized, and have a great day. Then go to sleep! If you

cannot sleep right away, do not allow your mind to go to worry thoughts or planning things you need to do. Simply go back to the beginning of your three steps: bright spots, thankfulness, and that tomorrow will be a good day. Do this over and over until you fall asleep.

When you first awaken in the morning, think again of what you have to be thankful for. Then think about the day ahead, visualizing yourself being patient, positive, and handling things with ease. If there are any particular qualities you wish to bring forth in yourself, visualize yourself manifesting those easily and effortlessly.

What you will notice about this process is that it has nothing to do with anyone else. It is your own process to create a positive environment within your own consciousness. You may not have control over people or things external to you, but you do have control over your own inner environment.

You might be amazed at the difference in how you feel and experience your days once you begin consistently to consciously choose your first and last thoughts of the day.

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

4. Sprinkle half of the potatoes, then half of the cheese, and finally half of the arugula over the eggs. Let the mixture cook until the cheese begins to melt and the arugula wilts only slightly, 30 seconds. Using a nonstick or metal spatula, fold the omelet in half and slide it onto a plate. Repeat to make another omelet.

5. Serve each omelet as soon as it is prepared.

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TCI celebrates student's academic and athletic successes

By Natasha Tersigni

To recognize students outstanding efforts in athletics and academics for the 2015-2016 school year, family, friends and staff gathered at Teulon Collegiate last Thursday for the school's annual awards ceremony.

"This evening is about celebrating the successes of our students whether academically athletically or with extracurricular activities. We have many successes here and it is a proud evening for us and staff," said principal Paul Magnan, who also took the opportunity to recognize efforts from other groups at TCI including Helping Hands committee, yearbook club, Student Council and the drama club.

For their athletic accomplishments, Athlete of the Year Awards were presented to Jacey Ledochowski and Kaelyn Logan-Pemkowski (Junior High Girls), Bryce Good and Odin Domino (Junior High Boys), Christine Kilpatrick (Junior Varsity Girls), Kailen Ledochowski (Varsity Girls) and Jake Ledochowski (Varsity Boys).

Team awards were presented to members of the Junior High Girls volleyball and basketball teams for Middle Years Team of the Year and to the Varsity Badminton team for Senior Years Team of the Year. For their contributions to the TCI sports, Mark Shinnie was awarded Student Coach of the Year, Katrina Carter earned the Reps Sports Leadership award and Ashlee Choken won the Kozy's Production Volunteer Award.

Along with awards for highest standing marks in each class and honour roll awards for having an average of 80 per cent and over, a number of students were presented with the Interlake School Division (ISD) Excellence Awards. The gold medals were presented by Supt. Christine Penner to students who maintained an average of 90 per cent and over and included Grade 9 students Grace Riley (93.82%) and Kirk Eskilson (96.18%), Grade 10 students Samara Osnach (90.17%), Skylar Botham (91.72%) and Christine Kilpatrick (95.41%) and Grade 11 Students Toran Pillay (90.34%), Brea McMahon (92.30%), Mark Shinnie (95.25%), Jake Ledochowski (96.09%), Katrina Carter (97.07%) and Kailen Ledochowski (97.75%).

Christine Kilpatrick, who had the highest grade average in Grade 10 with a 95.4 per cent, was presented the Mr. and Mrs. A. Howard Campbell Award that pays tribute to the prominent Teulon citizens by recognizing the efforts put forward by an outstanding student. Along with excelling in the classroom, Kilpatrick is a member of the Helping Hands



Christine Kilpatrick was awarded the Mr. and Mrs. A. Howard Campbell Award for the Grade 10 student with the highest standing average of 95.41.



Kailen Ledochowski, left, was awarded the Highest Standing Award in Grade 11 with an average of 97.75 while Kirk Eskilson, right, was awarded the Highest Standing in Grade 9 with 96.18.



Katrina Carter was presented with the Reps Sports Leadership Award.

group and plays on many TCI sports teams along with being a member of the Varsity Badminton team that won provincials. Highest Standing Awards were presented to Kirk Eskilson for having the highest Grade 9 average of 96.18 per cent and Kailen Ledochowski for her Grade 11 average of 97.75 per cent.



ISD Supt. Christine Penner and TCI principal Paul Magnan presented ISD Gold Medals to 11 students who had an average of 90 per cent or higher based on all subjects. Pictured back row, left to right: Penner, Katrina Carter, Jake Ledochowski, Mark Shinnie, Brea McMahon, Christine Kilpatrick and Magnan. Pictured front row, left to right: Skylar Botham, Kailen Ledochowski, Grace Riley and Kirk Eskilson. Missing from photo is Toran Pillay and Samara Osnach.



TRIBUNE PHOTOS BY NATASHA TERSIGNI
TCI's Varsity Badminton team that brought home the provincial banner was recognized as the Varsity Team of the Year.



Junior High Girls Athlete of the Year Award was shared between Jacey Ledochowski, left, and Kailen Logan-Pemkowski, not pictured.



Mark Shinnie, left, received the Student Coach of the Year Award for his efforts coaching badminton to junior high students.

Rockwood council news in brief

By Jennifer McFee

At the Oct. 12 meeting, Rockwood council defeated a resolution to allow the Stony Mountain Utility System to recover a deficit through a three-year surcharge.

In late 2008, the Public Utilities Board issued an order that required all water and sewer utilities to report an actual year-end deficit. The Stony Mountain Utility System incurred a deficit at the end of the operating years for 2013, 2014 and 2015. The reasons for these deficits are increased operating costs, PSAB impacts and unforeseen costs.

Reeve Jim Campbell and Couns. Terry Hartle and Mark Hidlebaugh voted in favour of approving the deficit recovery surcharge to be collected over three years. However, the resolution was defeated because the rest of council voted against it.

In other council news:

- The Nov. 23 committee of the whole meeting has been changed to Nov. 30

starting at 9 a.m.

- Council granted a variation to Dallas and Mary Krahn to vary the maximum garage door height to 14 feet from 10 feet to allow for the proposed construction of a new accessory building for personal equipment.

- Council granted a variation to Brad and Brenda Joel to vary the minimum side yard setback from 25 feet (7.62 metres) to 17.5 feet (5.33 metres) on the west side and 24 feet (7.31 metres) on the east side. The changes will allow for the proposed construction of a detached garage.

- Council defeated a resolution that would require the Stony Mountain Community Association to buy and install the required signage on the trail system with consultation and guidance from the public works department.

- The RM of Rockwood will provide \$500 to the Stony Mountain Community Association for their Remem-

brance Day service.

- Council approved tile drainage applications filed by Frontier Drainage Systems on behalf of Ronald Gendzelevich.

- Council approved an application from the Oak Hammock Marsh Conservation Centre to add several areas to their existing liquor licence so that these areas would be eligible to host permit events. These areas include the outdoor courtyard next to the Wetlands Exhibit Hall, the indoor Nature Nook area next to the Wetlands Exhibit Hall, the café outdoor deck and the lab outdoor deck.

- Council authorized the new owners of the Argyle General Store, Esther and Anko Havedings, to apply to the Liquor and Gaming Authority for a retail licence to sell alcohol at the store, which is a retail liquor vendor.

- The RM of Rockwood will contribute \$800 to be a gold table sponsor for the South West District Palliative

Care's annual dinner and dance.

- Council passed first reading for a bylaw that would allow the municipality to prescribe a fee chargeable for tax certificates.

- At the Board of Revision on Oct. 12, council heard from Barry and Merle Tomyk as well as Martin Solodyuk and Carol Grierson. The board approved changes to the assessment roll, with Couns. Art Goudy, Terry Hartle and Bill Matheson voting against the resolutions.

- At the Sept. 28 committee of the whole meeting, Geoff Reimer of Conservation Water Stewardship updated council about drainage in the CentrePort area, which is currently going through a provincial review. Council said that they would like to be copied on all drainage applications within the municipality since they would like to review the applications before the province issues licences.

Pallister gov't to cut 112 senior management positions



TRIBUNE FILE PHOTO

Finance Minister Cameron Friesen announced last Thursday the Pallister government plans to cut 112 senior management positions over two implementation stages early next year.

Staff

The Pallister government says it plans to cut 112 senior management positions through attrition, retirements and "necessary reductions" over two implementation stages beginning early next year.

Finance Minister Cameron Friesen made the announcement in a press release issued last Thursday.

"Immediately following the election, our new government undertook a complete reorganization of departments which resulted in a one-third reduction in the size of cabinet to 12 from 18," Friesen stated in the release. "The next step necessarily involved a review of the senior management levels within government, which have grown by nearly 33 per cent

since 2005. This dramatic growth rate, nearly four times the rate of overall staff growth within the civil service, has not improved Manitoba's performance results and is simply not sustainable given the significant challenges associated with our province's fiscal situation."

All government departments will be part of this initiative, which looks at the overall management of government, he added.

According to the province, "a total streamlining of 112 management positions will occur through attrition, retirements and necessary reductions," the majority of which will occur over a two-phased implementation schedule effective March 31, 2017, and Dec. 31, 2017, Friesen added.

"Layers of administration and top-heavy structures do not create better value or performance, rather they complicate effective decision-making and restrict the free flow of ideas from critical front-line service providers," added Friesen.

"Our government has inherited significant fiscal challenges and we have committed to Manitobans that our focus will remain on fixing the province's finances, restoring our services and repairing our economy."

Once completed, the initiative is expected to result in an estimated annual savings to government of at least \$10 million, he added.

Manitoba Liquor and Lotteries parts ways with former RHA CEO

Staff

The former CEO of the Interlake-Eastern Regional Health Authority (IERHA) has now been let go from his position as CEO of Manitoba Liquor and Lotteries (MBLL).

In December 2014, John Stinson stepped down from his position as the CEO of the IERHA to take on the position of CEO of MBLL.

The board of MBLL announced in a press release last Tuesday that Stinson would be "departing the organization."

Liquor and Lotteries said Stinson's departure comes at a time when the organization is looking for "refinement of its core operation."

"The board of Manitoba Liquor and Lotteries today announced that it will focus the corporation's strategies towards growth and refinement of its core operations," Manitoba Liquor and Lotteries said in a press release. "This will include developing new ideas, new projects and new approaches to strengthen the organization while improving its liquor prod-

ucts and gaming and entertainment services.

"This will ensure MBLL is aptly positioned for a future that meets the needs of its customers and Manitobans."

"As a board, our job is to maximize the positive impact MBLL can have on the Manitoba economy and in the lives of all Manitobans," MBLL board chair Polly Craik said in a press release.

Craik also praised Stinson for the work he had done since taking on the

position as MBLL CEO in 2014.

"John played a key role in guiding MBLL through a period of significant change, and we thank him for his leadership," Craik said.

Peter Hak, an MBLL executive who has held several senior positions since joining Manitoba Lotteries in 1984, will become interim CEO effective immediately. The current Progressive Conservative government appointed all the current members of the MBLL's board after the provincial election on April 19.

A buckin' good time at 20th annual Boyz & Bulls

By Jeff Ward

An October tradition in Eriksdale once again provided some of the most exciting entertainment money can buy at the Boneyard General Repair - Boyz & Bullz event, presented by The Healthy Chef, last Saturday.

The sold out event is a staple for the small town and continues to pack a thousand people into the Eriksdale Recreation Centre, for the fundraiser.

The event saw some great bull rides and was very well hosted by BRC (Bull Riders Canada) finals bound announcer Dustin Edwards.

The Eriksdale event format is unique as all of the bull riding contestants are treated to a Mr. Perogie & Steak supper. During this complimentary feast, the draw is done live where contestants pick numbers for their turn to select their long round bulls.

This year 17 riders from across the country rode a pen of some of the toughest bulls that organizer Ben Kinkead said he has ever seen.

The event pits the riders against each other in two rounds with the best riders from the first round competing in the second round top eight.

In the first round it was 16-year-old Everett Fairlie of Woodlands who stole the show with an 84.5 point score aboard Lazy S & Bonkowski Bucking Bulls' Brindle Bob. Fairlie double entered in Eriksdale after a spot opened up from a last minute turnout. Considering Eriksdale's format was already a two head event that meant Fairlie would have to ride four bulls in one night.

He rode excellent, with qualified rides on the first two, and making a good effort but coming in just under the eight seconds on his last two bulls.

"It's pretty tough to stay on even in the first round, so for a guy to stay on for both rounds is quite a bit harder," said Kinkead.

"That second round has some very tough bulls and these guys are work-

ing pretty hard to compete in that top eight. They were amped up this year for sure and those bulls really made them earn their pay cheque."

Kyle Primeau from Gwynne, Alta. took home the top prize for his performance and \$2,086 that had him holding on for the full eight seconds in both rounds. Primeau won round two and placed second in round one scoring an 83.5 in the first round and an 87 in the second round aboard Stevens Bucking Bulls Billy The Kid.

Meanwhile Fairlie took home \$1,564 for second place.

A two-way tie for third between Dustin Glenn and Wyatt Laughlin earned the two riders \$260 each.

Kinkead said that the representation from Manitoba was strong this year with Fairlie and Keenan McMahon from Inwood. Eriksdale resident, Austin Kinkead also rode in the competition and improved on his great performance of last year with the fifth best score going into the top eight. Ben Kinkead said that his young cousin set a pretty high bar in the first round and challenged nicely in the top eight.

"He put in a great effort in that second round. He took that bull the farthest I've ever seen it taken. He was very close to going the full eight seconds," said Kinkead.

With the points won from Fairlie's double entry spot, even though he came second place in Eriksdale, Fairlie now leads the 2016-17 Season V National Standings with 485 points.

"There is a long ways to go (in the season), but it feels good to start the new season strong," said Fairlie.

Fairlie recently found out that he would be attending his first ever Bull Riders Canada Finals, competing against 29 other Top BRC bull riders this weekend in Lloydminster, Sask.

BRC President, Russell Friend was impressed with the young up-and-coming cowboy's determination.

"Everett has a lot of confidence and



TRIBUNE PHOTOS BY CHERYL LAW

Woodlands' Everett Fairlie leads the Bull Riders Canada 2016-17 Season V National Standings with 485 points after his excellent performance last weekend at the Boyz & Bullz event in Eriksdale.

is craving bulls...that is the recipe for success," said Friend. "Fairlie could really make the finals even more interesting this weekend in Lloydminster."

BRC caught up with Kyle following his win and he was very complimentary about his hosts, the Eriksdale Community Club. "Ben Kinkead (Eriksdale Community Club VP) puts on an outstanding event for the Bull Riders in Eriksdale - it's first class."

When asked how it feels to be back

riding in BRC and about his goals for Season V, Primeau responded, "I'm going to do what's best for my family and to provide for them, and I think BRC provides me that opportunity."

All roads now point to Lloydminster as the Wrangler Bull Riders Canada Season IV Finals takes over the Exhibition Grounds this weekend.

The fundraiser raised approximately \$15,000 for the Eriksdale Recreation Centre.

IERHA hosting 'Living Life to the Full' program in Selkirk

Submitted

The Interlake-Eastern Regional Health Authority (IERHA) and the Canadian Mental Health Association want you to know about a new program that will help you be happier, more confident and less worried.

The program, called "Living Life to the Full," helps participants learn new ways of dealing with what life throws at them.

"We're pleased to partner with the

Canadian Mental Health Association to bring such a valuable program to our region," Pat Olafson, IERHA regional director of mental health and crisis services said in a release last week. "Who doesn't want to feel happier, sleep better and feel more confident? We are able to address those needs with this new program, in partnership with CMHA, which has had great success in other regions, provinces and countries."

The program is for everyone and boasts interactive courses to understand feelings, thoughts and behaviours, and what to do about them. In eight fun, friendly 90-minute sessions, Living Life to the Full helps people make a difference in their lives. Each session is moderated by a trained facilitator and includes a booklet, handouts, exercises and discussions. This program helps participants have more energy, gain confidence, get out

more and enjoy better, healthier relationships in a meaningful and user-friendly training in life skills.

The course runs from Tuesdays, starting on Oct. 25 to Dec. 12, 2016, (10:30 a.m. to noon) and is held at Robert Jefferson Heritage Room at the Gaynor Family Regional Library located at 806 Manitoba Ave. in Selkirk.

To register, visit interlakeeastern.cmha.ca/programs_services/living-life-full/.


worship *with us*

> FAITH



Teulon United Church
9:30 a.m. Teulon
Phone 886-2382
teulonpastoralcharge@mymts.net

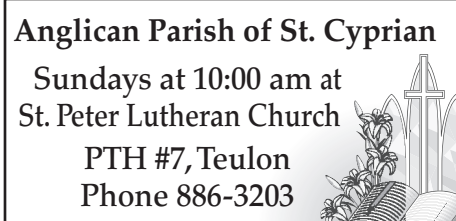
Lilyfield United Church
Rd. 68 & Sturgeon Rd.
Service 9:30 a.m.
Phone 344-5426




Stonewall United Church
369-1st Ave. N., Stonewall
Service and Sunday School
Sundays 10 a.m.
Phone 467-5469 (office)
www.stonewallunited.ca



Alive!
Family Church
Sunday Hymn Sing 10:00 a.m.
Sunday Worship 10:30 a.m. at
Sunova Auditorium, Quarry Park
Interpretive Centre, Stonewall
Phone 467-2870
www.alivefamilychurch.ca



Anglican Parish of St. Cyprian
Sundays at 10:00 am at
St. Peter Lutheran Church
PTH #7, Teulon
Phone 886-3203




**Warren & Meadow Lea
United Church Services**
Joint Services
Alt. Sundays at 10:30 am
Call 322-5752 for location of service.




**Interlake Full
Gospel Assembly**
Teulon
Sundays at 11:00 am
Phone 886-2680

New Life Church
Sunday Service 9:00 & 10:45 a.m.
Sunday Morning Classes
9:00 a.m. - All Ages
10:45 am - Nursery - Gr. 4
Childcare for Nursery School to Gr. 4
1 km East on Hwy 67, Stonewall
Phone 467-5529 (office)

New Life Church
Sunday Service 10:00 a.m.
Sunday school 9:30 a.m.
Teulon 886-3269



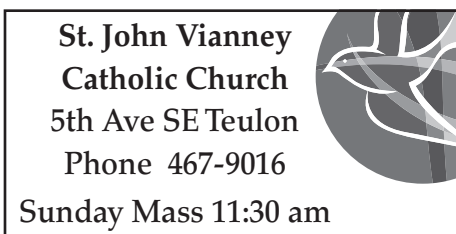
**Woodlands
Gospel Chapel**
Service 7 p.m.
Sundays
Hwy 6 + Rd 82,
Woodlands
Phone 467-5109



St. Peter Lutheran Church
Sunday Service - 10:00 am
PTH #7, Teulon
886-2159



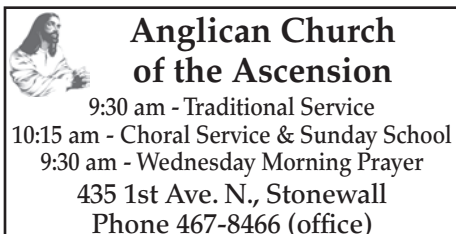
**Cornerstone Pentecostal
Church**
Sunday Worship &
Sunday School 10:30 am
Youth Nights - Sundays 6 pm
Thursday Bible Study
& Kids Club 7 pm
308 2nd Ave. N., Stonewall
Phone: 467-9797




**St. John Vianney
Catholic Church**
5th Ave SE Teulon
Phone 467-9016
Sunday Mass 11:30 am



Christ Church Anglican
97 School Rd,
Stony Mountain
Service 10:15 am
Phone 489-4847
or 344-5220



**Anglican Church
of the Ascension**
9:30 am - Traditional Service
10:15 am - Choral Service & Sunday School
9:30 am - Wednesday Morning Prayer
435 1st Ave. N., Stonewall
Phone 467-8466 (office)



**Christ the King
Catholic Church**
Sunday Mass 10:00 a.m.
315-2nd St. E., Stonewall
Phone 467-9016

**Grosse Isle and Rosser United
Church Services**
Rosser Sunday 9:45 am

Last minute heroics

For those who have been watching the Toronto Blue Jays baseball team in the last month there have been some amazing last minute heroics that has given hope to the team and inspired the fans. In the race for a wild card spot it came down to the last game of the season against the Baltimore Orioles. Edwin Encarnacion's three run homer in extra innings on October 4 sent the team to the playoffs for the second straight year. In the first round of playoffs the Jays finished off the Texas Rangers on October 9 in three straight games whom they lost to the previous year. This win in game three advanced them in the playoffs through the last minute heroics of Josh Donaldson who slid into homeplate in extra innings. Will it be some last minute heroics again that will advance them past the Cleveland Indians and into the World Series?




Jesus also had some last minute heroics. When all looked lost as Jesus lay in the tomb that Easter morning, suddenly he revives and is resurrected from the dead. The disciples' despondency was quickly transformed to joy. This last minute heroics of Jesus, however, was not for himself, but to offer hope and salvation to all who face dark days when the game of life feels like it is over. When you feel setback that is when Jesus comes to give you hope for a comeback. Peter writes in 1 Peter 1:3 "praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead" (NIV).


Regardless of how the Blue Jays do in the next round, although I hope there will be some last minute heroics again, remember that with Jesus there is always an advance game with him. In his resurrection you have been given new life and hope to carry on. He will restore your purpose and inspire you with a "living hope" for another day. The game is not over!

John Harrison
Pastor of Spiritual Development
New Life Church, Stonewall
johnharrison@mymts.net

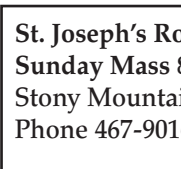
Balmoral United Church
Sundays 11:15 am
Phone 886-2382
teulonpastoralcharge@mymts.net



**Immanuel Lutheran
Church (LCC)**
Service 10:30 am
Childrens Sunday School
during Worship
Inkster & King Edward, Winnipeg
Rev Richard Beinert 632-6911



**Stony Mountain
United Church**
12 Main St., Stony
Mountain
Phone 344-5426



St. Joseph's Roman Catholic Church
Sunday Mass 8:30 am
Stony Mountain
Phone 467-9016



**Church of the
Annunciation**
Woodlands
Service
12:00 noon

To participate in this monthly section please call 467-5836

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Falcons fly past Thunder in Midget semifinal game

By Brian Bowman

The Interlake Thunder's Midget Football League of Manitoba season is now over.

Interlake was ousted from the league playoffs after a 39-9 loss to the Falcons Football Club in one of two semifinal games Sunday afternoon.

The Thunder, which trailed 17-1 at the half, had a couple of good scoring opportunities before the break but simply could not convert.

"We had two separate potential scoring opportunities, which we didn't execute," said Thunder head coach Kris Johnston. "There were a lot of good things that happened in the first half but we just didn't (convert) in key situations."

The Falcons controlled the field position in the first half, which caused the Interlake to concede safeties. To compound problems, the Thunder struggled offensively in the first half, which often gave the Falcons very good field position.

The Thunder's offence was better in the second half, though, and their lone touchdown was a one-yard plunge by quarterback Brandon Porteous. Colton Nedotiafko then ran in a successful two-point conversion.

Porteous was able to connect with receiver Thomas Dunlop seven times for 74 yards in the second half. Dunlop started the game at quarterback and played there the entire first half.

"We were able to create some rhythm (offensively) in the second half," Johnston said. "We made the change with Dunlop, and many people would say



Alex France of Warren kicks off against the Falcons.

he is our most dynamic player, and we put in our No. 2 quarterback."

The Thunder's main problem in the game was turnovers. Interlake QB's threw six interceptions while the Falcons also recovered a pair of fumbles.

"I preached all year that turnovers will be your undoing," Johnston said. "I preached from Day 1 that we have to be the better tackling team, the better blocking team, and we have to eliminate and prevent turnovers from happening."

Despite the playoff loss, Johnston



TRIBUNE PHOTOS BY ANNALIESE MEIER

The Thunder's Thomas Dunlop started the game at quarterback and finished the second half as a receiver. He had seven catches for 74 yards.

said he was proud of this year's Thunder team and the effort they put forth the entire season. Interlake will lose 12 players from this year's 38-man roster due to graduation, so there will be several big holes to fill next season.

"But we have 14 really awesome Bantam players that are going to be coming up," Johnston reasoned. "Our

Bantam team this year was very, very strong and they have some excellent football players that are coming up to potentially be on our roster next year."

In the other MFLM semifinal last Sunday, St. Vital defeated Southwest 47-0. The MFLM championship game will be played between St. Vital and the Falcons.

Third period costly for Rams

By Brian Bowman

The Stonewall Collegiate Rams were real good defensively for two periods against the West Kildonan Wolverines last Friday.

Unfortunately for them, hockey is a three-period game.

Stonewall led 2-1 after two periods but then allowed three goals in an 11:30 stretch in the third in a 4-3 home loss.

Stonewall's Austen Ewanek and West Kildonan's Noah Dandenau traded first-period goals and then the Rams' Brendan Labossiere scored the lone goal in the middle frame.

Ryan Dombrowski, Jaden Shumilak and Max Mendro, on the power play, scored for West Kildonan to begin the third period. Stonewall made it a one-goal game, however, as Ryan Feeleus tallied with 5:29 remaining in the

third. Gavin Love took the loss in goal.

The Rams started play last week with a 6-3 home loss to Fort Richmond on Oct. 12 in Stonewall.

Joshua Eardley and Blake McClintock scored first-period goals for Stonewall and then Carson Ouellette tallied in the third on the power play.

Cody Dinardo, Brayden Neufeld, Ryan Sasek, Joseph Courier, Jeremy Kaminsky and Cameron Munroe scored for Fort Richmond.

The Rams, now winless in three league games, played Springfield in Oakbank this past Tuesday but

no score was available at press time. Stonewall won't play again until Oct. 28 when they battle the Garden City Fighting Gophers at the Seven Oaks Sportsplex. Game time is 4:15 p.m.

The Rams will take part in the Sturgeon Huskies high school tournament this weekend at the MTS Iceplex. Stonewall's first game is today (12:30 p.m.) against SJR and then they will play River East Friday (6:30 p.m.) and Shaftesbury on Saturday (2 p.m.). The tournament semifinals and final will be played on Sunday.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Jets fly to top spot in MMJHL standings

By Brian Bowman

The Stonewall Jets had a great weekend and were rewarded with sole possession of first place in the Manitoba Major Junior Hockey League standings.

Stonewall was 2-0 last weekend after a 4-3 comeback victory over the Pembina Valley Twisters on Sunday evening.

Trailing 3-2 early in the third period, Kyle Doak tied the score and then Chase Faulkner netted the game winner with 5:33 left in regulation time. Faulkner continues to lead the MMJHL in goals scored (10) and points (15) heading into this week's action.

Doak opened the game's scoring with a power-play goal early in the first period but Pembina Valley came back with goals from Fraser Mirrless and Michael Wirth.

The Jets Garrett Bruce tied the score at 2-2 and then the Twisters' Karl Conrad gave the visitors the lead once again late in the first period.

Hunter Ploszay made 37 saves for the victory. He is now among the league co-leaders in wins with four.

On Friday, the Jets blasted the River



Stonewall's Garrett Bruce tied the score at 2-2 in the first period.



TRIBUNE PHOTOS BY LANA MEIER

The Jets' Chase Faulkner netted the game winner Sunday night to give Stonewall a 4-3 win over the Pembina Valley Twisters.

East Royal Knights 9-2 in Winnipeg.

Stonewall led 1-0 after 20 minutes on a shorthanded goal by Robert Smith but River East came back to take a 2-1 advantage early in the second period on goals by Lucas Henry and Dustin Roitelman.

But it was all Jets after that.

Bruce, Sam Mandryk, Faulkner, and Robert Smith scored in the second period and then Stephen MacKenzie, Max Smith, Ryan McMahan and Adam Blight tallied in the third.

Stonewall outshot River East 55-29

as Curtis Beck recorded the win.

The Jets (6-1) will play the St. James Canucks (5-2-1) tonight in Winnipeg and then will host the Ft. Garry/Ft. Rouge Twins on Friday. Both games will start at 7:30 p.m.

Midget Lightning post first win of the season

By Brian Bowman

It took the Interlake Lightning a little longer than they would have liked, but they finally posted their first Manitoba AAA Midget Hockey League win of the season on Sunday.

After losing its first four regular-season games, the Lightning hit the win column with a solid 3-1 road win over the Parkland Rangers.

Interlake's Jack Einarson scored a first-period power-play goal, assisted

by Blaze Senden and Codey Behun, and then Bryce Krauter made it 2-0 early in the third.

After Parkland's Tanyon Koshowski cut the Interlake's lead in half at 13:25 of the third, Einarson sealed the Lightning's win with an empty-net goal. It was Einarson's third point of the game and team-leading sixth on the season.

Adam Swan made 32 saves for the win.

On Saturday, the Lightning lost 7-1 to the Southwest Cougars. Southwest led 3-1 after two periods but broke the game wide open with four goals by the 10:56 mark of the third.

Behun scored the Lightning's lone goal on the power play in the second period, assisted by Einarson.

Josh Wiens (two), McCullough Park, Carson Boyechko, Jory Nychuk, Caley Barscello and Bryce Young replied for Southwest.

Riley Buhay made 30 saves in the loss.

Interlake will play Central Plains on Saturday (7:30 p.m.) and Pembina Valley on Sunday (1:30 p.m.). Both games will be played in Portage la Prairie.

The Lightning's next home game in Teulon isn't until Oct. 29 when the Capitals come to town.

Meet your Jets...

#29 Chase Faulkner

Forward
Born: 1996
Height: 6'4" Weight: 250lbs
Shoots: left
Hometown:
Stonewall

Sponsored by



Stonewall Jets vs St. James Canucks
Thursday, Oct. 20 -
7:30 pm @ St. James Civic Centre

Stonewall Jets vs Ft. Garry/Ft. Rouge Twins
Friday, Oct 21 -
7:30 pm @ VMSC

www.stonewalljets.net



Rams play well to reach tournament semifinal

By Brian Bowman

The Stonewall Collegiate Rams reached the semifinals of a varsity girls' volleyball tournament in Sanford last Saturday.

The Rams were defeated 2-0 (25-16, 25-21) by the St. Norbert Celtics. St. Norbert went on to win the tournament title with a 2-0 win over Sanford.

"The girls played amazing all weekend," said Jaclyn Risk, who co-coaches the Rams along with Chris Cara and Bryce Baldwin. "It was one of the best tournaments that I've seen yet and the best volleyball that I have seen them play."

Stonewall started its playoffs with a solid 2-0 (25-23, 25-14) win over Calvin Christian.

Stonewall finished its pool play with a 6-2 record in sets to place second in their five-team pool. The Rams swept Leo-Remillard (25-11, 25-5) and Neepawa (25-22, 25-19) while splitting with Landmark (25-11, 26-27) and

Sanford (25-21, 20-25).

"We played some excellent volleyball in the round robin," Risk stressed, noting Stonewall passed and served the ball much better last weekend.

Brielle Cara has been a top player, both offensively and defensively, all season while Cortney Marko, a Grade 11 middle, has also played very well.

Earlier this month, Stonewall reached the finals of a Calvin Christian tournament where they lost 2-1 (25-21, 22-25, 4-15) to the Oak Park Raiders. Risk felt the Rams gained a lot of confidence from playing so well at that tournament.

"At the end, they could not believe that they were in the final," Risk said. "They made it that far in a tournament that had 18 or 20 teams – it was a big tournament."

In recent league play, Stonewall lost 3-2 to John Taylor in a tightly-contested match. The Rams have admittedly struggled in WWAC play so far this



TRIBUNE PHOTO BY LANA MEIER

The Rams' Brielle Cara goes up for a hit against the Sturgeon Heights Huskies during WWAC play last week. Sturgeon Heights won the match 3-0.

season but Risk is seeing plenty of improvement on the court.

The Rams, who were ranked fifth in the province amongst "AAA" varsity girls' teams last week, will continue tournament play on Oct. 28-29 when they travel to Daniel McIntyre in Winnipeg.

"The girls are looking to see if we can get ranked even higher, especially the Grade 12 girls as this is their last year of playing," said Risk, noting the Rams have eight seniors on this year's team.

"They would like to get into the top three."



TRIBUNE PHOTO BY LANA MEIER

The Rams' Ryan Brown returns a serve against the Sturgeon Heights Huskies during WWAC action last week in Stonewall. The Huskies won the match 3-1.

Wildcats place fourth

Staff

The Warren Collegiate Wildcats finished fourth at a Killarney varsity girls' volleyball tournament last weekend.

Warren lost an exciting third-place match to the host Killarney Raiders. After losing the first set 25-17, Warren battled back to win the second set 25-23. The Raiders then won the third and deciding set 17-15.

Warren defeated Carberry 2-0 (25-20, 25-16) in the quarterfinals but then lost a thriller 2-1 (17-25, 25-23, 14-16) to the No. 1-ranked Morris Mavericks in the semifinals.

The Elton Sabres won the tournament title after sweeping Morris 2-0 (25-22, 25-22) in the final on Saturday.

Meanwhile, the Stonewall Collegiate Rams lost the third-place game to the Sisler Spartans at the Tec Voc Invitational varsity boys' tournament on Saturday.

Stonewall started its playoffs with a win over Transcona and then was swept 2-0 (25-19, 25-20) by the Kelvin Clippers.

The Rams finished their six-team pool play with a 1-9 record in sets.

Kelvin swept Tec Voc in the final, winning by 25-15 and 25-10.

Lightning outscored in pair of high-scoring weekend games

By Brian Bowman

The good news is that the Interlake Lightning Bantam hockey team scored 12 goals in two games last weekend.

The bad news, however, is the fact that the Lightning surrendered 19 goals in a pair of losses.

Interlake was outscored 10-7 by the Warriors last Friday in Stonewall and then the Lightning lost 9-5 to the Brandon Wheat Kings on Sunday.

In the Brandon loss, Austin Adair and Lyle Murdock scored first-period

goals for the Lightning and then Easton Hazelton tallied early in the second. Colby Bear and Hazelton then scored in the third period.

Nolan Ritchie led Brandon with two goals and five assists while Cole Jordan and Mitch Thiessen also scored twice. Calder Anderson, Deniz Nte-lioglou, and Daemon Hunt added singles.

Jackson Kummén and Chris Fines shared the goaltending duties for the Interlake.

In the three-goal loss to the Warriors, Interlake led 6-3 after two periods but was outscored 7-1 in the final frame.

Adair led the Lightning with three goals and two assists. Bear had a goal and two helpers while Brett Tataryn, Nicholas Finnson, and Hunter Olson also scored.

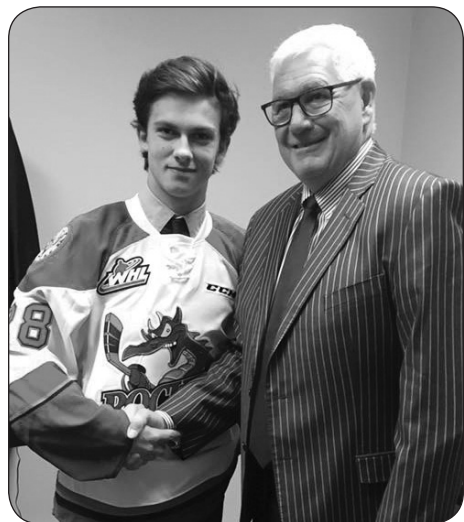
Sam Alsip (two), Benjamin Howika (two), Nathaniel Hinds, Jack Kaiser, Kyle Lamoureux, Hunter Friesen, William Hight, and Bryden Kieseman scored for the Warriors.

Again, Fines and Kummén split time in the Lightning goal.

On Oct. 11, Interlake lost 9-1 to the Monarchs in Stonewall. Lucas Singh scored the Lightning's goal in the third period.

Interlake will play the Warriors at Notre Dame Arena on Saturday (5 p.m.) and then will battle the Hawks at the Maples Multiplex Sunday (2:15 p.m.).

Mattson acquired by WHL's Rockets



TRIBUNE PHOTO SUBMITTED
Leif Mattson, left, is welcomed by Kelowna Rockets' owner/general manager Bruce Hamilton to their organization.

Staff

Leif Mattson has always dreamed of playing in the Western Hockey League.

Now, that dream has become a reality.

Mattson's WHL rights were traded by the Brandon Wheat Kings earlier this month to the Kelowna Rockets. He later signed a WHL contract.

Mattson, 17, formerly of Stonewall, was playing for the Drumheller Dragons of the Alberta Junior Hockey League where he had two goals and an assist in five games.

In exchange for Mattson, the Rockets sent Brandon a ninth-round WHL Bantam Draft pick in 2017. If Mattson plays with the Rockets this season, though, Kelowna will surrender an eighth-round pick in 2017.

Mattson, a 6-foot, 180-pound right winger with good offensive instincts, played the majority of last season with the St. Albert Raiders Midget "AAA" team, scoring 12 goals and 13 assists in 30 games in the Alberta Midget Hockey League.

Mattson previously played for the Interlake Lightning.

Rams' soccer seasons end at provincials

Staff

The Stonewall Collegiate Rams' seasons ended last Saturday at the MHSAA Rural Soccer Championships in Winkler.

Stonewall's girls' team opened provincial action with an impressive 2-0 win over Strathclair early Friday morning. Goal scorers were Dana Mandryk and Sam Melsted while Alex Melsted recorded the shutout.

The Rams were then defeated by Steinbach 6-0 later that day and doubled 4-2 by Dauphin on Saturday. Alex Melsted and Rebecca Fox scored for Stonewall.

On the boys' side, Stonewall was defeated 3-1 by Morden but the Rams then rebounded to blast Birtle 6-1 later that day.

On Saturday morning, the Rams were doubled 4-2 by Oscar Lathlin.

No goal scorers were available from the boys' games.

Steinbach won this year's provincial boys' rural championship after defeating Niverville 3-2 in the championship game. The girls' title was won by Minnedosa, who edged Steinbach 3-2 in their title game.



TRIBUNE PHOTO BY ASHLEIGH VIVEIROS
The Rams' Tyler Geswein leaps to block the ball during the MHSAA Rural Soccer Provincials in Winkler last weekend.

City Midget Lightning zapped twice last week

By Brian Bowman

The Interlake Lightning City Midgets had a rough couple of days last week.

Interlake lost 9-2 to the Hawks at home last Thursday and then was defeated 7-2 by the Warriors on Saturday afternoon in Winnipeg.

In Saturday's loss, Nick Prystupa scored a second-period goal for the Lightning, assisted by Sundance Paul and Evan Palmer, and then Palmer scored an unassisted goal late in the third.

Jayson Szun led the Warriors with three goals while Luc Masse, Liam Eori, Ashton Klassen, and Ty Naakens also tallied.

Josh Bond faced 46 shots in the loss.

In the loss to the Hawks, Palmer scored a first-period goal and then Jagger Bonkowski, assisted by Shaydon Mousseau and Shane Bear, potted a goal in the third.

Cole Chicoine scored four times for the Hawks while Brody Lubkey, Riley Barroso, Mack Whitely, Ryan Ostermann and Cristiano Rodrigues added singles.

Erik Sigurdson took the loss in goal.

Interlake, now 1-4, started its season earlier this month with a 5-0 win over the Eastman Selects and then was defeated 7-4 by both the Monarchs and



TRIBUNE PHOTO BY LANA MEIER
The Lightning's Jagger Bonkowski

Sharks.

Against the Sharks, Nolan Smith, Daniel Paseschnikoff, Ethan Daniels and Nolan Tonn scored for the Interlake.

No goal scoring summary was available for the Monarchs/Lightning game.

In the shutout win over Eastman,

Daniels led the Interlake with a pair of goals while Riley Wirgau, Prystupa and Kyle Melo added singles.

Bond recorded the shutout.

The Lightning will host the Monarchs tonight at 7:15 p.m. in Stonewall and then will play the Selects on Saturday (8:15 p.m.) in Ste. Anne.

Malcolm named PGA of Manitoba assistant pro of the year

By Brian Bowman

Every golfer strives to reach the pinnacle in their sport.

And the same can be said for golf professionals.

Teulon's Garrett Malcolm was recently recognized in Manitoba's golfing world as he was deservedly selected as the Candidate for Membership of the Year. That award is given to the assistant pro of the year by PGA of Manitoba.

"It's the first time that I have ever won anything like this," said Malcolm, an assistant golf pro at Breezy Bend, last week. "It means a lot for me. I was pretty surprised (to win)."

Winning this prestigious award was very rewarding for Malcolm as it recognized all of the hard work that he puts into his profession. Last year, the 26 year old was one of three nominees for the same award but did not win.

"This year was very big for me," Malcolm said, noting provincial winners get nominated for the national award. "This year, I felt I really grew up a lot. I put in a lot of hard work and it was nice to be recognized for all of that hard work."

This was Malcolm's second season as an assistant pro at the beautiful Breezy Bend course in Headingley. He works alongside head pro, Kris Ehnes, who won both teacher- and retailer-of-the-year awards at the Oct. 11 awards evening.

"I'm in a really good spot here in Breezy Bend," Malcolm explained, adding he wanted to thank the pros he has worked alongside (Shawn Coe, Rana MacLeod, and Ehnes) during his career.

"The Headingley area is booming and there are a lot of families. We actually had to start a waiting list for our membership this year, which is unheard of in the golf industry."

"We have a huge clientele and my teaching revenues went through the roof – I spent a lot of time teaching this year."

Malcolm spends 40 hours a week in the pro shop and then teaches outside of that. His days are long – and busy – ones.

"My social life takes a hit in the summer," he noted. "But, far and away, my passion is teaching. I spent probably about 200 hours this summer teaching and a lot of that is with juniors and ladies, which is huge, because that's how we're going to grow the game."

Breezy Bend was expected to shut down this past Monday for the season but Malcolm will stay busy as his course sets up a golf simulator for players.

"We have an indoor winter golf school," Malcolm noted. "So that keeps me employed right through the winter."

Everyone knows that golf is an immensely tough sport to play. It has to



TRIBUNE PHOTO SUBMITTED

PGA of Manitoba award winners, from left to right, Teulon's Garrett Malcolm, Ivan Koop, Dave McMillan, Kris Ehnes, Darren McMillan, and Glen Sirkis. Not pictured is Derek Ingram.

be just as tough to teach, doesn't it?

"I'm a firm believer in simplifying things," Malcolm said. "You can really drive yourself crazy thinking about it. It can be a very, very tough game. It's the toughest game to play, especially mentally."

Before landing at Breezy Bend, Malcolm played golf and worked at the Teulon Golf & Country Club for eight years. He lived about a three-minute drive from the course.

The amazing part of Malcolm's story was the fact he never picked up a golf club until the age of 16. Malcolm has come a very long way in the sport as he recently earned his Class "A" Member PGA of Canada status.

"I started swinging a club when I was 16 and I was a pro when I was 20," Malcolm said. "That was a pretty quick turnaround for me (and) it was one of my biggest accomplishments, for sure."

Synchronized figure skaters wanted by local club

By Brian Bowman

The Stonewall Ice Sensations - a beginner synchronized figure-skating team – is looking to add a few more young skaters to their mix for the 2016-17 season.

The team (which includes anywhere from eight to 16 skaters) is made up of beginner-level figure skaters aged, mostly from Grades 2-6.

"It's the little kids that have just learned the basics of how to skate," explained coach Jessica Watson last week. "It's a good team aspect to figure skating."

Synchronized figure skating is a fun team skating sport that has a lot of similarities to a dance group. The skaters learn a routine to music where they execute moving formations around the ice. Skaters learn to work together while improving their own skating skills.

Skaters with basic skating backgrounds (for example, the CanSkate program) are welcomed to come and try the sport to see if it is a good fit for

them.

Last year, the team competed at a Crocus competition in Portage la Prairie and ended up winning a medal which was very exciting for the kids in their first year.

"All of the teams were very close in ability," recalled Watson, a skater that grew up in East St Paul and has been involved with synchro for 15 years.

Watson loves the sport of synchronized figure skating. She competed at a national level with the University of Manitoba's Ice Intrepid team.

"Synchro is a passion of mine since it combines music, choreography, teamwork, intricacy and fun," she enthused. "I was excited to help start a team in Stonewall when I was contacted last year."

Practices are held Mondays at the Veterans Memorial Arena from 6-7 pm. Registration can be done online at <http://stonewallsc.uplifterinc.com/registration/> or those interested can contact stonewallskatingclub@gmail.com with any questions.



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Stonewall Ice Sensations synchronized figure-skating team is hoping to add a few more skaters to their mix for the 2016-17 season. Pictured left to right, Kennedy Kimball, Lucy Hoff, Jessie Habermann, Sari Brown, Lexi Glowacki, Embla Helgadottir and instructor Jessica Watson.

Classifieds

Stonewall Teulon
Tribune

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PROPERTY FOR SALE
Yardsite 2.5 miles south of Notre-Dame-de-Lourdes on RD49W, 1500 sq. ft. home, 40x60 insulated shop, tin in/out, w/16x20 remote door, 2 storage sheds. 1-204-248-2130.

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2 bedroom apartment for rent, 278 Main Street, Stonewall, Manitoba above Grantham Law Offices. Available immediately. Rent is \$1,250 per month, utilities are extra. Stove, fridge, dishwasher, washer, dryer and security system in a secured building are included. Non-Smoking. No pets. For more information please call Lynne at 204-467-5527.

HELP WANTED
HOTLINE/BREAKFAST COOK required. Seeking part-time breakfast, lunch and dinner cook. Must have some kitchen experience. Call Marco at CRAVINGS RESTAURANT (204) 467-9078 or craving-srestaurant@hotmail.com

HELP WANTED
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take a break > GAMES

SUDOKU

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

Level: Intermediate

Fun By The Numbers

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

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer

CROSSWORD

CLUES ACROSS

1. Subway inhabitants
5. Removes
11. Ancient Greek City
12. Plagued
16. An aspect of the Egyptian Sun god
17. Registered dietician
18. A citizen of Iran
19. Jordan's old team
24. Ballplayers go here when they're hurt
25. Common fractions
26. Terrorist organization
27. Extinct flightless bird of New Zealand
28. Heroic tale
29. Reared
30. One of the first cars
31. Praises highly
33. Make fun of
34. Defines a vector space
38. Blotted
39. Municipal
40. Maxim
43. Russian investment bank
44. Active Filipino volcano
45. Scottish tax
49. Peter ___
50. South Asian garment for women
51. Taiwan capital
53. University of Dayton
54. Combining radio waves
56. Sweetheart (archaic)
58. Farm state
59. Singer-songwriter Atias
60. Isolates
63. Tiny piece
64. Most domesticated
65. Matured

CLUES DOWN

1. Responds
2. Trailblazing tennis player ___ Gibson
3. Driving

1	2	3	4		5	6	7	8	9	10										
11						12						13	14	15						
16						17				18										
19					20	21			22	23							24			
25									26								27			
28								29									30			
					31	32											33			
34	35	36	37									38								
39								40	41	42										
43								44									45	46	47	48
49								50									51	52		
53												55								
56					57							58								59
60										61	62									63
																				65

4. Holy places
5. Spanish river
6. Cardinal
7. Anno Domini
8. Southeast
9. Ills
10. Gentlemen
13. Lanthanum
14. Support
15. Widened
20. Exclamation of surprise
21. Type of Suzuki motorcycle
22. Advantages
23. Cover
27. Ancient kingdom near Dead Sea
29. Baylor University
30. Aristocratic young lady
31. Resinous insect secretion
32. Noble gas (abbr.)
33. Combo exercise ___-bo
34. Shoulder blade

35. Fortress
36. River in England
37. Popular point guard Jeremy
38. Decigram
40. Swiss river
41. Where milk is processed
42. Weird guy Yankovic
44. Tattoo (slang)
45. Place to see movies
46. Conclusive comment
47. Has high legislative powers
48. Initialed
50. Cassia tree
51. Touchdown
52. Egyptian pharaoh
54. Thai district Ban ___
55. Kiln
57. Michigan
61. Morning
62. Rob Gronkowski is one

Classifieds



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HELP WANTED

Grysiuk Apiary Inc. requires six full time seasonal apiarists in Argyle, Mb., wages are \$12 - \$16 per hour depending on experience. Job is physically demanding, must help with wrapping, feeding, making nucs, supering, pulling honey, honey extraction, medicating hives, and winter preparation. April 2017 - October 2017. Please call Cal Grysiuk ph/fax 1-204-831-7838, email acgrysiuk@shaw.ca or mail to 83 Acheson Dr., Winnipeg, MB. R2Y 2E8.

STONEWALL QUARRY DAYS COMMUNITY VOLUNTEERS NEEDED. Looking for keen, community-minded individuals to be part of our committee. We are looking for individuals to help with: Sponsorship, Show n' Shine, Entertainment, Vendors, Street-Setup, Promotional, and more. Must be able to attend monthly meetings in Stonewall as well as the weekend of Quarry Days which always runs the 3rd weekend of August. Please contact ads@stonewalltribune.ca or tanyaswanson@live.ca or Stephanie at 204-467-5836 for more info.

MISCELLANEOUS

FOR SALE - Collection of farm toys, trucks and cars. All scales 1:16 to 1:64. Call Pastor Gary at 204-641-2641.

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

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TO GIVE-A-WAY

Free Black entertainment unit 52" wide x 56" tall. Ph. 204-485-1793.

UPCOMING EVENTS

Stonewall Art Club welcomes new members! Every Thursday, 9 a.m. - 12 noon, Heritage Art Centre, 166 Main St, Stonewall. For more information, call Bev at 204-294-6009.

UPCOMING EVENTS

Lilyfield United Church Women will host a Baked Ham Supper, Sunday, Oct. 30, 4:30 - 6:30 p.m. at the Church Hall (Rd 68 & Sturgeon Rd.). Adults \$10; 6 - 10 yrs. \$5; Preschoolers - free. Proceeds from supper will be shared with local charities. Contact 204-633-2067 or 204-633-2238.

Red Barn events for November: Nov. 6 - "Last Chance" Fall Supper, 4-7 p.m. Adults, \$14; children 6 - 10, \$6; preschoolers - free. Tickets at the door. Take outs available - call 204-461-0274. Info 204-467-8789; 204-633-2238. Nov. 13 - Victorian Tea & Crafters treasures, 11-4 p.m. Admission \$2. Tea room lunch \$8. Table rental \$10. Contact Diane 204-633-2238.

CRAFT SALES

Craft sale on Saturday, Oct. 29th from 10 a.m. - 2:30 p.m. at Odd Fellows Hall, Stonewall. From jewelry to mukluks, novelty sewing to home baking, honey to knitting, quilting to perogies, preserves and more. Admission \$1, silent auction & canteen.

CRAFT SALES

Stonewall Legion Seniors' Craft Sale will be held in the Stonewall Legion Hall, 459 Main St. on Saturday, November 19, 2016 from 10 a.m. - 3 p.m. Free admission. Everyone welcome.

HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewall Elk Products Ltd., 204-467-8428 or e-mail stonewoodek@hotmail.com

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Horse hay, medium square bales, Timothy, Brome, Alfalfa. Also 2nd cut available. No rain, no dust, stored inside. Delivery available, stacked in your shed or barn. Call or text 204-771-7496.

STRAW

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

Small sq. bales of wheat straw. \$2.50/bale. Balmoral area. Ph 204-795-2754 or 204-461-0370.

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NOTICE TO CREDITORS

IN THE MATTER OF: The Estate of Elsie Lydia Kenning, late of the Town of Stonewall, deceased. All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 21st day of November, 2016. DATED at Stonewall, Manitoba, this 6th day of October, 2016. **GRANTHAM LAW OFFICES** Solicitor for the Executrices



Do you have a suggestion for our news team?

Is there someone you would like to see recognized in the newspaper for their accomplishments - athletic, academic or community service.

Call 204-467-5836



Rural Municipality of Woodlands

LAND FOR LEASE

The R.M. of Woodlands is accepting tenders for the lease of the following lands available commencing January 1, 2017.

30.3 Acres	NW 20-14-2W
59.44 Acres	SE 34-13-3W
16.1 Acres	NE 22-15-3W
79.98 Acres	SW 35-15-3W
Approx 10 Acres	SW 29-13-1W

The lease of the property applies to the surface of the property only and for agricultural use only.

The lease shall be for a term of 5 years.

For further information contact R.M. of Woodlands, 204-383-5679.

Interested persons may submit tender to the R.M. of Woodlands, Box 10, Woodlands, MB. R0C 3H0, Fax 204-383-5169 or email cao@rmwoodlands.ca.

Tenders must be received by 4:30 p.m. November 4, 2016.

TOWN OF STONEWALL

UNDER THE AUTHORITY OF THE PLANNING ACT

NOTICE OF PUBLIC HEARING

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

TOWN OF STONEWALL ZONING BY-LAW NO. 6/16

Being a by-law of the Town of Stonewall to adopt a new Zoning By-law.

HEARING LOCATION: Town of Stonewall Council Chambers 293 Main Street, Stonewall, MB

DATE & TIME: Wednesday, November 02, 2016, at 6:35 PM

GENERAL INTENT: To adopt a new Zoning By-Law to replace the existing, in accordance with The Planning Act.

AREA AFFECTED: The new Zoning By-law will apply to all lands within the Town of Stonewall.

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

A copy of the above by-law and supporting material may be inspected at the South Interlake Planning District, 285 Main Street, Stonewall, Manitoba or the Town of Stonewall town Office located at 293 Main Street, Stonewall, Manitoba during normal office hours (8:30 AM to 4:30 PM), Monday to Friday. Copies may be made and extracts taken therefrom, upon request.

Note: Property Owners are responsible for notifying lessee



Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication. Call 204-467-5836



SCHOOL CUSTODIAN

Interlake School Division invites applications for the following Custodian position:

• **BALMORAL SCHOOL, 6.25 hours per day**
Hours of Work: 3:30 pm - 10:15 pm with a 1/2 hour lunch break

Current salary is \$19.33 per hour.

Forward applications including the names of 3 references by October 26, 2016, 12:00 noon to:

Dawn Fenske, Principal
Balmoral School
Phone: 467-2501
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Announcements

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ANNOUNCEMENT

CARDS OF THANKS

We would like to thank everyone that came out to the community Bridal Shower. Thank you to everyone for all of the amazing gifts we received. Also thank you to our wonderful family for organizing the event. We would also like to thank everyone who donated prizes, helped with, and came out to our wedding social. It was a fun filled evening, and we hope everyone had as much fun as we did! We are so very lucky and thankful to have the support of so many family and friends both near and far!

-Alycia King and Richard Jackson

ANNOUNCEMENT

CARDS OF THANKS

The family of Lawrence Kiel extends our sincere thanks for the many acts of kindness and love shown to us during Lawrence's illness and since his passing. We will always be grateful for the assistance and inspiration provided by the healthcare team. We couldn't have provided such care at home without your help. Thank you to our community, friends and relatives for your overwhelming support. Your expressions of sympathy, gifts of food, flowers, cards, and attendance at the funeral brought much comfort. Thank you to Ken Loehner for his caring nature and attention to detail in assisting us with final arrangements.

-Sincerely,
Rose Kiel
Deb and Ray,

Doug, Laverne, Mackenzie and Elliott,
Dennis and Daphne

ANNOUNCEMENT

IN MEMORIAM

Lynn Pamela Langrell
January 24, 1956 – October 21, 2011

In a quiet little cemetery,
Where gentle breezes blow;
Lies the one we loved so dearly,
Who left us five years ago.
Your resting place we visit,
Place flowers there with care;
But no one knows the heartache,
When we turn and leave you there.
To all you were so special,
What more is there to say;
Except to wish with all our hearts,
That you were here today.

-Sadly missed and forever loved,
Harold and family
You are the wind beneath our wings.

OBITUARY

Edward Peltz

December 20, 1931 – October 14, 2016

It is with deep sorrow that the family of Edward Peltz announces his passing on October 14, 2016, at the age of 84 years.

Ed will be lovingly remembered by his wife Mina of 57 years; son Mark (Lisa); daughter Nicole (Ben) Nichol; daughter-in-law Tracey Peltz; grandchildren Ashley (Derek), Keegan (Ashley), Jason, Ryan, and Robyn; great-grandchildren Lachlan Anderson and Sophia Peltz; sister Eleanor Berezuk; sisters-in-law Eleanor Peltz and Dody Budge. He is also survived by numerous nieces and nephews and their families.

Ed was predeceased by his sons Bill and Robert. He was also predeceased by his parents William and Annie Peltz; brothers Stan (Josephine), Casmir, and Stephen; sisters Mary (Joe) Moran, Frances (Steve) Berzuk, Jean (John) Gerstmar; brother-in-law Emil Berezuk; parents-in-law Phillip and Barbara Mattern; brothers-in-law Phillip (Mary) Mattern, Charles Mattern, Ernie Mattern; sisters-in-law Barbara (Bill) Smith, Dorothy (George) Schwitek, and several nieces and nephews.



Ed was born in Ladywood, Manitoba on December 20, 1931. He resided in Ladywood until the age of 11, when the family moved to Smithsville, Ontario. After three years in Smithsville, the family relocated to Warren, Manitoba in September 1946 when the family farm was purchased. He resided on this farm, until his passing.

Ed completed his high school at Warren and worked on the farm with his parents. He played hardball and hockey, and became a hockey referee and baseball umpire.

Ed married Williamina Mattern on June 6, 1959. They took over the farm in the mid 1960's where they raised their family. He enjoyed farming the land with his sons, and raising livestock with Mina. He and Mina were very successful at both. He was also a very accomplished mechanic, builder, and welder. His love of working with steel was incredible. He would envision a tool or piece of equipment or a modification to a piece of equipment that would make it work better, and he would build it, or incorporate it. No repair was insurmountable to him. His belief was that if a man put it together, we could fix it.

In 2005, Ed decided to retire from grain farming. Instead of growing grain crops, he turned to gardening, as he still enjoyed the process of watching things grow and flourish. He shared his bountiful produce with his family, and many friends. He continued to raise livestock with Mina until 2015, when they both decided it was time to sell the sheep, and fully retire from farming.

Ed also had a passion to help his community develop. Ed helped to build the original Warren Hockey arena and served for several years on the executive of the Warren Hockey Club, and later the Warren Recreation Centre Board, and the Warren Hall board. This led to his next endeavor, which became a second career. In 1969, Ed was asked to let his name stand for election as Reeve of the Rural Municipality of Woodlands. He was elected by acclamation and began his term of office on January 1, 1970. Ed would serve the Municipality of Woodlands faithfully as the Reeve for the next 32 years, finally retiring in 2002.

During his tenure as Reeve, Ed worked with many municipal, provincial and federal representatives. He worked on the Boards of Crocus Manor and Rosewood Lodge in Stonewall as they were being constructed. He served on the Association of Manitoba Municipalities Board, the Union of Manitoba Municipalities, the ACRE Board, The Woodlands Community Development Corporation, the Interlake Natural Gas Project, the Oak Park Lodge Board, Teulon Memorial Hospital Board, West Interlake Trading Company Board, the South West District Palliative Care, Inc., and many other boards at the municipal level. He is an honorary lifetime member of the Association of Manitoba Municipalities, a lifetime member of the Manitoba Good Roads Association, and received the Queen Elizabeth II Diamond Jubilee Medal, and the Travel Manitoba Award of Distinction. It is said that those who had the opportunity to work with him found him to be a man of integrity and vision, and a stickler for correct protocol.

With all of this going on, Ed still found time for the simpler things in life. A drive through the countryside, to enjoy the fall foliage and the preparations that the wildlife were making for the upcoming winter. When driving to a destination, he would always ensure that he had an alternative route back, so that he could see the additional sights. If he had to go back to this destination, he would reverse his route, so that he could see everything from the other side. He enjoyed a day or weekend either fishing or ice fishing. The door was always open at the farm where everyone was welcome to stop in for a visit. And of course, his daily routine of a cup of coffee at the "Learning Center" as he called it, the local gas station in Warren. And his love of food, and new recipes that he was always experimenting with.

Ed's greatest passion in life was his family. His love and devotion to his wife Mina with whom he shared his life and dreams. His love for his children, and the lessons and tools that he equipped us with to move forward throughout our lives. And his love for his grandchildren and great-grandchildren.

Our husband, father, grandfather and great-grandfather will be sadly missed by all of us, as well as his extended family, friends, and neighbors who held him near and dear. A celebration of Ed's life will take place at MacKenzie Funeral Chapel in Stonewall, on Monday, October 24, 2016 at 1:00 p.m. Interment will take place at the Warren Cemetery, following a time of fellowship in the Stonewall Legion. All family and friends are welcome to attend.

In lieu of flowers, donations can be made to South West District Palliative Care, Inc., PO Box 1282, Stonewall, Manitoba, R0C 2Z0.

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OBITUARY

William Edmund Van Dongen
October 5, 1945 – October 13, 2016

On Thursday, October 13, 2016 Will passed away peacefully after a short battle with cancer. Left to cherish his memories are his wife and caregiver Joie; daughters Lori (Gerald Danais), Leah (Ali McGillivray); he was 'Opa' to Keleigh, Madeleine, Sophie, Conor, and Emma; 'Willie' to brothers Jan (Rita), Fred (Renata), John (Eva), Barry, and sister Ann Viehweg; and 'Uncle Will' to several nieces and nephews.

Born in Breda, Netherlands Will immigrated to Canada with his family at age six. Through determination and self-education Will achieved success as an orderly, accountant and hotel manager. He was a hunter, camper, boatman, fisherman and snowmobile enthusiast who loved working in his garage 'shop' while listening to music.

Will's family are very grateful for the excellent care and compassion shown by the staff at the Grace Hospital.

If family and friends so desire, donations may be made in Will's memory to the Multiple Sclerosis Society, 1465 Buffalo Place, Suite 100, Winnipeg, MB. R3T 1L8.

OBITUARY

In Loving Memory
Jack Lawrence McDonald
July 12, 1939 – October 11, 2016



Jack (Johnny) McDonald, died peacefully on October 11, 2016 in Arborg, MB, at the age of 77. He was born in Winnipegosis on July 11, 1939 to the late Charles McDonald and Ida Parenteau.

Jack was a gentleman of many trades. He worked as a taxi driver, press operator and eventually retired after over 25 years of service, as a guard at the Stony Mountain Penitentiary. After retirement Jack was able to enjoy his true passions in life, nature, woodworking and his true love Susan. Together the two of them enjoyed their retirement years.

Jack's children and grandchildren remember him as a brave free spirited soul, who could strike up a conversation with anyone and owned a genuine true heart of gold. He will be missed

deeply by his siblings, children, grandchildren, great-grandchildren and his loyal companion Pinto.

A memorial service will be held in honor of Jack on Friday, October 21, 2016 at 11:00 a.m. at the Mackenzie Funeral Home in Stonewall, MB. A reception is to follow shortly after at the Balmoral Hall in Balmoral, MB. All are welcome to attend.

In lieu of flowers please send donations to the Canadian Cancer Society, 193 Sherbrook St., Winnipeg, MB, R3C 9Z9 or "Paw It Forward Retirement Rescue", www.gofundme.com/PAWIT-FORWARDRRRC.

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