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# Stonewall Teulon Tribune

VOLUME 6 EDITION 43

THURSDAY, OCTOBER 22, 2015

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**Trail blazing**

TRIBUNE PHOTO BY NATASHA TERSIGNI

The hills were alive with the sound of 140 runners and walkers taking part in the inaugural Abas Auto Stony Mountain Run held last Saturday. Organizers were pleased with this year's event that featured four different runs for participants. Special guests, Amazing Race Canada Season 3 contestants Cynthia and Brian Boyd were official finish line greeters, pictured centre in red. The event raised \$4,500 for the construction of the community's Stony Mountain Trails project. See more on page 18.

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



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# James Bezan wins local seat in landslide victory

By Brandon Logan and Lindsey Enns

James Bezan reassured his Selkirk-Interlake-Eastman Conservative supporters Monday night he will continue to fight for them, despite a Liberal majority government win.

"We will be there to question how they're going to spend our tax dollars, we'll be there to hold them to account," the re-elected MP told the large crowd which packed the Selkirk Golf and Country Club on Monday night to watch the 2015 federal election results roll in. "I'm going to continue to fight for infrastructure dollars and investments in Lake Winnipeg and making sure our farmers and everyone that we have in the area are taken care of."

According to Elections Canada unofficial results Monday night, Bezan garnered 25,617 votes, or 51.9 per cent of the vote, while Liberal candidate Joanne Levy had 15,508 votes.

Bezan also beat out NDP candidate Deborah Chief who received 5,649 votes, the Green Party's Wayne James with 1,707 and lastly Libertarian Donald Grant with 888 votes. A total of 49,369 voters cast ballots across Selkirk-Interlake-Eastman, giving the riding a voter turnout of 69.21 per cent. Nationally, voter turnout was 68.49 per cent.

Levy's small campaign team gathered at Gaffer's in Lockport Monday night with high hopes of bringing change to the riding.

Before results started pouring in for the riding, emotions were already running high as Levy and her team celebrated the news Justin Trudeau and the Liberals had unseated Stephen Harper and the Conservatives.

Not long afterwards there was another celebration, this time for the announcement of a majority Liberal government win.

Despite her loss, Levy was happy with the way her party made ripples across the country.

"This is nothing but a night for celebration. We have a majority Liberal government, we have a whole new tone and attitude that is going to be coming back to Canada," an excited



TRIBUNE PHOTO BY LINDSEY ENNS

As many ridings across the country turned red Monday night, Selkirk-Interlake-Eastman MP James Bezan stayed overwhelmingly blue. Bezan, flanked by his daughters, pictured from left to right, Cortney, Taylor, Cassidy and his wife Kelly, thanks his campaign staff and a room full of his Conservative supporters at the Selkirk Golf and Country Club.

Levy said Monday night. "The fact I didn't win here seems like pretty small potatoes when you compare it to a majority government."

When asked about her future in politics, Levy said her status is up in the air for now, but she wanted to thank local and area community members for voting for her, and voting for change.

"I can't do anything more than salute them (my campaign team) and the people who did vote for me in Selkirk-Interlake-Eastman," she said. "I have enjoyed meeting them everywhere around the riding and I look forward to keeping up some of those connections in the future."

Trudeau, 43, will become Canada's next prime minister after his party claimed more than 180 seats in the newly expanded 338-seat House of Commons.

Harper, who called the 78-day election on Aug. 2 after nearly 10 years in

power, said Monday night he will step down as party leader.

The Liberal Party of Canada capturing a majority in the House of Commons made for mixed emotions for Bezan.

"It is a bittersweet win for us," Bezan said. "We know what we have to do, and the role that we play ... it is still an important job being an opposition."

"I'm not thrilled about it, but at the same time you have to accept the verdict led by the voters of Canada."

Bezan said the NDP vote collapsing Canada-wide definitely hurt the Tories.

"That vote went to the Liberals," he said. "I was expecting a better result nationally, I wasn't expecting the big Liberal majority win."

Bezan's wife and arguably one of his biggest supporters, Kelly Bezan said although they are happy to win the riding, it was a "disappointing" result nationally.

"But ... everybody will get together and regroup and we'll form a strong opposition and go from there," Kelly said. "We never took nothing for granted and we worked hard from the minute the summer started ... and we've had tons of people helping us and that's what does it."

Bezan also took the time to thank his family, friends, campaign team, supporters and the candidates that ran against him on Monday night.

"It's always a very brave thing to put your name on the ballot," he said, adding his first order of business will be catching up on constituency work. "We'll see how things play out over the next couple of weeks when caucus gets together and what portfolio I might look at carrying when I get back to Ottawa."

Trailing Levy in third place by approximately 10,000 votes was the rid-

Continued on page 3

An advertisement for One Insurance. On the left is a portrait of Diane Iverson, a woman with short brown hair and glasses, wearing a grey and white striped shirt. To her right is text: "Please join us for coffee and cake from 9am-2pm on Friday, October 30th, 408 Main St., Stonewall as we say goodbye to Diane Iverson after 20+ years with One Insurance". To the right of the text is an illustration of a coffee cup on a saucer next to a box of cake. On the far right is the "ONE INSURANCE" logo in white text on a blue background.

# Fire destroys two homes at Twin Lakes Beach



By Jeff Ward

A mid-afternoon fire ravaged two homes along Twin Lakes Beach over the weekend, burning both properties to the ground and damaging two others.

St. Laurent fire department got the call at 4:15 p.m. on Sunday, Oct. 18 and were on the scene with seven of their members within 15 minutes. Woodlands fire department was also called into help and arrived just before 5 p.m. to fight the blaze. Unfortunately, neither property could be saved so fire fighters concentrated their efforts on keeping the fire contained.

"When we got to the scene, one house was fully involved and the second house was three-quarters involved as well," said Roger Leclerc, deputy fire chief for the RM of St. Laurent.

"I saw the two neighbouring properties being threatened so I told my members to protect those properties. We had to let the houses burn themselves out."

The fire was aided by a strong southern wind, which likely contributed to the fire becoming so overpowering.



TRIBUNE PHOTO COURTESY OF TWIN LAKES BEACH ASSOCIATION  
Two cottages in Twin Lakes Beach were completely destroyed by fire over the weekend.

No one was hurt in the blaze but both homes were reduced to ashes. Firefighters left the scene at 9:45 p.m.

The cause of the fire is still under investigation but Leclerc mentioned that property owners were having a bonfire earlier in that day and that the burning embers may have

been the cause. The estimated damage is between \$300,000 to \$400,000.

Leclerc is withholding the names of the property owners out of respect for their loss.

## > BEZAN, FROM PG. 2

ing's NDP candidate.

"I did the best I could and I would like to congratulate Mr. Bezan for winning the riding," Chief said on Monday night.

Chief, who is no stranger to politics, said campaigning on the federal level was a new and exciting experience she's proud she participated in.

"It was a good experience, I met a lot of good people and I got to visit all of the communities practically," she said. "It was just a good experience overall."

While she wouldn't commit to running in the federal ranks again, Chief said she would be involved politically again at some level of government.

With fewer than 1,000 votes, Libertarian candidate Don-

ald Grant finished last in the riding.

However, Grant was positive about his election takeaway, noting his first time campaigning with the Libertarians was a success.

"As far as me going as a first timer in my party, I have one of the most votes of all the candidates in our party, so for my first election I'm doing well," Grant said. "We all have to start somewhere and I think it's a good start."

Now that the Libertarian Party is on the map in Selkirk-Interlake-Eastman, Grant said his future goals are to continue to grow the party in the riding and to gain future campaigning experience.

The Green Party's Wayne James could not be reached before press time.

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Family/Open Bonspiel  
Sat., Nov. 21

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# Breaking the silence about ovarian cancer

By Jennifer McFee

Ovarian cancer is often referred to as the silent killer, but a local woman is breaking the silence by speaking about her experience with the disease.

Catherine McCullagh was first diagnosed with ovarian cancer in 2011. After undergoing chemotherapy, she remained in remission for three years until she was re-diagnosed with an occurrence of ovarian cancer in March. In April, she began more chemo treatments, which wrapped up last month.

"Ovarian cancer is a fast-growing cancer disease and usually, in most patients, it reoccurs fairly quickly again. For three years, it was looking very promising because that's a long response, so I got very hopeful that I was done," she said.

"But now the reality of my situation is, since I had a reoccurrence, that means the cancer is responsive but not completely responsive to the platinum, which is what they use to treat these diseases. So I'll just be in a maintenance situation where I'll be in and out of chemo for the rest of my life."

With ovarian cancer, there are often few or no symptoms until the disease has progressed to an advanced stage.

"It could be swelling of the abdomen, abdominal pain, difficulty with eating, frequent urination, fatigue, gas, weight loss or weight gain. All of these things are very vague. It's a cancer that a lot of women don't know a lot about," McCullagh said.

"When I was diagnosed with ovarian cancer, I was Stage 3, which means it had already metastasized. I virtually had very little to no symptoms at all. It's very difficult for women to know

that they have it until it's in the later stages. By then, it has metastasized and the survival rates are much lower because it's already spread."

In McCullagh's case, a transvaginal ultrasound initially indicated that she had tumours on both ovaries. She was rushed to surgery for a complete hysterectomy followed by chemotherapy treatments. As well, genetic testing revealed that she is a BRCA2 positive person.

"That means I have a defective gene that causes this cancer. I actually have a 70 per cent chance of breast cancer and a 45 per cent chance of ovarian cancer. So just before I had the re-occurrence, I actually had a mastectomy and reconstruction as well," she said.

"They don't necessarily do genetic testing on every ovarian cancer patient, but some of the factors in my case were a little bit unique. My age was a big factor. Most ovarian cancer patients are in their 60s and I was in my 40s. Then there was some cancer history in our family as well."

In addition to having vague symptoms, ovarian cancer is extremely hard to diagnose because there are no early detection tools available. It is often confused with cervical cancer, which can be detected through a Pap test.

"I've even had nurses say to me 'It's too bad you didn't have a Pap smear.' Pap smear is very specific to cervical cancer, not ovarian cancer," she said.

"Also, the HPV vaccine helps prevent cervical cancer, but that does nothing for ovarian cancer, so the two are easily confused."

Based on her experience, McCullagh offers simple yet sage advice: Listen



TRIBUNE PHOTO BY JO-ANNE PROTCHER

Stonewall's Catherine McCullagh wants women to know that there is a difference between cervical and ovarian cancer and that they need to listen to their bodies.

to your body.

"Listening to your body is very, very important. If they experience symptoms about 12 times or more in one month, they really should go and see their doctor. And it's important that they not let their doctor dismiss these symptoms as symptoms of age or having had children," said McCullagh, a mother of two.

"Doctors now are getting very good at listening to women when they come in with these symptoms because they're starting to understand much more about ovarian cancer. That's why they call it the silent killer — because it's a tough one to diagnose early."

By speaking out about her experience, McCullagh hopes to raise the profile of ovarian cancer.

"Breast cancer gets so much publicity and awareness but actually ovarian cancer is a more fatal cancer. It's one that needs a lot of education, and it's starting to come," she said.

"They're already seeing improvements. They're seeing much higher numbers of women being detected earlier."

Looking to the future, McCullagh

maintains her sense of optimism.

"I'm just trying to figure out where we go from here. I'm looking at possibly doing a trial in Calgary. There's a drug that we're just waiting for approval from Health Canada. It has some very promising results for BRCA patients," she said.

"Chemo will keep it in check for a while but certainly not for forever. We have no idea what that crystal ball looks like, but they're coming out with so many different studies and there's so much great research that's happening right now. My goal is just to keep it in remission as long as possible until they find something that's going to actually kick it completely — and I think that will happen."

For more information about ovarian cancer, visit [www.ovariancanada.org](http://www.ovariancanada.org).

For more information about HPV and cervical cancer screening, a documentary called *Someone You Love: The HPV Epidemic* is showing tonight (Thursday, Oct. 22) at the University of Winnipeg at 6:30 p.m. The event is free, but tickets are required. To register, visit [www.eventbrite.ca/e/cervixcheck-presents-someone-you-love-the-hpv-epidemic-tickets-17499265775](http://www.eventbrite.ca/e/cervixcheck-presents-someone-you-love-the-hpv-epidemic-tickets-17499265775).

## Teulon Medical Clinic currently closed for renovations to accommodate additional care providers.

We apologize for the inconvenience to you as we complete these necessary upgrades. If you need care while we're closed for renovations, care is available in Stonewall and Selkirk.

- Stonewall Medical Clinic located in the Stonewall Hospital at 204.467.5509 (M-F and weekends)
- Interlake Medical Clinic (Beside Stonewall Family Foods) at 204.467.5717 (M-F)
- Hope Medical Clinic, Stonewall, on Main Street at 204.467.7595
- Rockwood Pharmacy, 5-405 3rd Ave S, Stonewall, 204.467.5167
- Selkirk QuickCare Clinic at 204.482.4399 (phones answered for appointments at 9:30 a.m.) (M-F and weekends)
- You can also visit your local pharmacist for minor ailment prescriptions, prescription refills, and injections
- For non-urgent care: Call Health Links (toll-free) 1-888-315-9257

The Teulon Medical Clinic will reopen in November. Watch the local newspaper for more details.



Interlake-Eastern  
Regional Health Authority

# Stonewall Lions lend helping hand for Hayden

By Natasha Tersigni

The Stonewall and District Lions Club rallied to raise funds to support seven-year-old Hayden Young and his family with mounting medical expenses incurred from treatments for his rare chronic disease.

On Sunday the Lions held a pancake breakfast and donated \$1,200 to the Young family — \$1,000 from the Lions and \$310 in donations collected from community members.

The Selkirk family has faced a year of emotional and financial turmoil since Hayden was admitted to the Children's Hospital in Winnipeg last November for what his parents, Jill and Ryan, thought was a severe case of the flu. After two weeks of numerous tests, doctors found that Hayden is one of only 500 people in the world who has Lymphangiectasia, a disease that affects the intestine and digestion of food.

"Basically his body does not absorb fat. He is on a very restricted diet and can only have 14 grams of fat per day. If he has too much fat in a day, it will leak from his intestines into his abdomen causing severe complications in his body," explained Hayden's mother Jill Young.

Since his diagnosis, medical expenses have been mounting and the family has even travelled to the Mayo Clinic in Rochester, Minn., to find the cause of his disease so better treatment can be provided. Currently Hayden travels to the Children's Hospital twice a week for blood tests and protein infusions. Despite his health conditions and diet restrictions, Hayden continues to be an active seven-year-old.

"Hayden is a very amazing boy because he should be underweight and not as active as he is. Hayden is in the top percentile for his age and he plays hockey. I don't think he ever feels great but he manages through everything," said Jill.

When Lions president Ralph Sinclair learned of Hayden through his son Jason, Sinclair got the Lions onboard to help raise money. Jason is a close family friend to the Young family.

"We try and help anybody in the



community that needs help. When I found out about Hayden, I told the group and they wanted to help any way we could," said Sinclair.

The entire Young family, including extended relatives, attended the pancake breakfast, and Jill said that they were all overwhelmed by the attendance and support from the community.

"We find the support very amazing. For the Lions to do something like this means a lot to us. Having some financial assistance from this group means the world to us and is a very humbling experience," said Jill.

Donations to the family can be made on the Go Fund Me Page [www.gofundme.com/d33jh6es](http://www.gofundme.com/d33jh6es) set up for Hayden.



TRIBUNE PHOTO BY NATASHA TERSIGNI

Last weekend, the Stonewall and District Lions Club held a pancake breakfast fundraiser to help support Jill and Ryan Young with the mounting medical expenses for their seven-year-old son, Hayden.

**INWOOD HALL**  
**Annual General Meeting**  
**Tuesday, October 27, 2015**  
**7:00 pm**

Please come out to the meeting and help our Hall keep operating  
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# get heard

EDITORIAL > VIEWPOINTS > LETTERS



## letters

### ISD chairman sets the record straight on the value of teachers

Dear Editor:

I am writing in response to the article on page 2 of the Oct. 8 edition of the *Tribune* regarding Interlake School Division teacher salaries.

Simply put, the opinions of Trustee John Hueging which were included in the article are not reflective of the opinions of the Board as a whole. As Chair of the Board, therefore the spokesperson in the media, I was not aware of Mr. Hueging's contributions to the article or that the article had been prepared

until I read it in print.

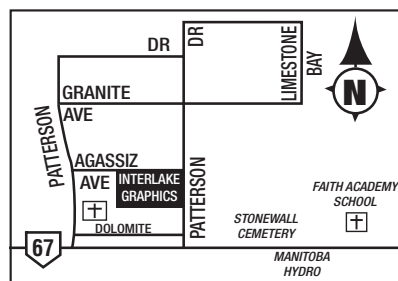
Trustees have addressed this matter internally at the Board level and dialogue continues with our counterparts at the Interlake Teachers Association.

In the days following the publication of the article, I emailed every ISD teacher personally to convey the message that the Board of Trustees values the work they do very much. Unfortunately, the views and opinions of an individual trustee have been publicly portrayed as a

misrepresentation of the views of the Board as a whole. For this reason, I am sending this letter to publicly correct the record and to reassure our staff, their families and the general public that the important work of our teachers is sincerely appreciated and recognized.

Sincerely,  
Alan M. Campbell  
Chair  
Board of Trustees  
Interlake School Division

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



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74 Patterson Drive, Stonewall Industrial Park Phone 467-5836 Fax 467-2679  
Letters to the Editor: [letters@stonewallteulontribune.ca](mailto:letters@stonewallteulontribune.ca)  
Classified: [classifieds@stonewallteulontribune.ca](mailto:classifieds@stonewallteulontribune.ca)  
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# Stonewall provides info on draft zoning bylaw

## Open House event focuses on zoning maps, secondary suites, portable storage

By Jennifer McFee

The Town of Stonewall invited residents to a public open house on its draft zoning bylaw last Thursday and Friday at the Heritage Arts Centre.

The key focus was on the zoning map, secondary suites and portable storage units, as well as on the structure and formatting of the bylaw itself.

The purpose of the zoning bylaw is to regulate the use of land and buildings in Stonewall, as well as the size, location and character of buildings and structures throughout the town.

The zoning bylaw divides the town into zones, while also prescribing permitted and conditional uses of land and buildings in each zone.

According to the draft zoning bylaw, secondary suites may be permitted as a conditional accessory use to single-family dwellings as long as they comply with requirements of the National Building Code and Manitoba amendments.

No more than one secondary suite is permitted on a single-family residen-

tial-zoned site. Detached secondary suites (garden suites) and secondary suites that are above an already existing building, such as a garage, are not allowed. As well, secondary suites are not permitted within or as an addition to a mobile home or to two-family or multiple-family dwellings.

For homes that contain a secondary suite, only one street-facing entrance is allowed unless it already contained an extra street-facing entrance before the secondary suite was created.

Secondary suites within or in addition to the main home can't be larger than 500 square feet or 40 per cent of the total floor area prior to the construction of the secondary suite. As well, they can't be smaller than 350 square feet.

Parking for secondary suites must adhere to specified parking requirements.

As for portable storage units, the draft zoning bylaw indicates that they are only permitted in industrial or commercial highway zones. On these



TRIBUNE PHOTO BY NATASHA TERSIGNI

Stonewall resident Tania Laurie and Town of Stonewall employee Evan Allan check out the posters of the draft zoning bylaw.

sites, a maximum of four units is permitted — including sea cans, rail cars and semi-trailers — and they can't be stacked on top of each other.

Portable storage units may be considered for temporary use in a residential zone for a 60-day period.

At the open house event, residents were invited to provide comments

on the draft bylaw. During the formal bylaw adoption process, citizens will also have the opportunity to address council at a public hearing.

Copies of the Town of Stonewall's draft zoning bylaw are available at the town office or by emailing planning intern Evan Allan at eallan@stonewall.ca.

## Rosser public hearing

By Jennifer McFee

On Oct. 6, the RM of Rosser hosted a public hearing about Cartier Regional Water Cooperative's construction of a water treatment plant, water transmission line and reservoir.

Nelson Shodine expressed support for the local improvement plan, although he did not make a verbal presentation.

Lynden Krym presented concerns about the per-acre capital levy rate being too low as well as its potential effect on land sales in the area.

The RM also received letters of objection from Mike Wiens of the DLM Group of Companies and Rick Such of Fort Garry Fire Trucks.

An additional 11 people attended the meeting for information.

Stonewall Teulon  
**Tribune**

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### Register today for an Environmental Farm Plan Workshop

Environmental farm plans help you protect your land and preserve it for generations to come.

Manitoba Agriculture, Food and Rural Development is holding workshops in November and December to help you develop or renew your plan. With a valid statement of completion, you could be eligible to receive funding through Growing Assurance to:

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- Increase water storage
- Protect and enhance habitat
- Reduce soil erosion
- Upgrade fuel storage

Complete workshop dates and locations are available at [manitoba.ca/agriculture](http://manitoba.ca/agriculture). Contact your local MAFRD GO Office to register for November workshops by **Friday, November 6** and for December workshops before **Friday, December 4**.

### Apply for funding

Applications for Growing Assurance will be accepted starting at **9:00 a.m. on Monday, February 8, 2016 until midnight Friday, February 12, 2016**.

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# Nurse practitioner coming to Teulon hospital clinic

By **Natasha Tersigni**

Starting in November, the Interlake-Eastern Regional Health Authority (RHA) will be staffing the Hunter Memorial Hospital medical clinic with a nurse practitioner. The new position comes after two years of work between the Interlake Healthcare Sustainability Committee and the Interlake-Eastern RHA, which have been collaborating on ways to provide Teulon and surrounding communities with sustainable health-care services.

The new addition to the clinic is experienced nurse practitioner Paul Tylliros. Having worked in remote First Nations communities in Manitoba and most recently for the University of Manitoba Northern Medical Program in Peguis, Fisher River and Fisher Branch First Nations communities, Tylliros has extensive knowledge on providing primary health-care services.

"I am excited about the community and the team approach that Teulon has presented itself with. They are bringing in a nurse practitioner to expand their primary-care service deliv-

ery," said Tylliros

Tylliros added that a nurse practitioner is able to provide care very similar to that of a doctor.

"We have a full scope of practice. We can prescribe medicine and order any and all tests required to investigate a patients' complaints. We can do all of this autonomously without the need for a physician."

Teulon Mayor Bert Campbell said that the new hire shows that Interlake-Eastern RHA is committed to providing adequate and long-term services to residents.

"This is a start for the clinic to get back up and running. There is a pretty good prospect of getting doctors in (the clinic) by spring time or next summer," said Campbell.

"The Interlake-Eastern RHA are listening to our concerns and trying to get the clinic on its feet and running properly. Hopefully this all comes together soon and Teulon will once again become a hub for medical care in the Interlake."

The hospital medical clinic will be closed until November for renova-



TRIBUNE PHOTO SUBMITTED

Nurse practitioner Paul Tylliros will be working at the Hunter Memorial Hospital medical clinic starting in November.

Interlake-Eastern RHA's goal for the new position is to have the clinic open and staffed five days a week with regular, dependable office hours.

## Riders have fun at Gymkhana

By **Jennifer McFee**

The Interlake Riding Club hosted a Gymkhana Fun Day on Sunday, Oct. 11 at the Teulon Show Grounds.

The half-day event featured five events: Juicebox Race, Egg and Spoon, Relay Flag Race, Pole Bending and Barrel Race.

Riders of all levels were welcome, with excitement bolstered by prize money and ribbons.

The Interlake Riding Club, an equestrian-focused organization, has been offering family-oriented events for the last 50 years. Each year, the club

hosts clinics, horse shows, trail rides, gymkhanas and more.



Christin Hackle participated in the Relay Flag Race.



TRIBUNE PHOTOS BY WOLFSONG CUNNINGHAM

Carleen Schaeffer participated in the Barrel Race.

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# Woodlands council tables lagoon expansion project

By Natasha Tersigni

At the Oct. 12 RM of Woodlands council meeting, it was decided to table the first reading of the borrowing bylaw for the Hamlet of Woodlands lagoon expansion project.

"We tabled it so we can discuss it at our next committee meeting of the whole and we can figure out ways of taxation or to figure out different ways of finding funding to bring down the debenture. It wasn't voted down. It was just tabled," said Reeve Trevor King.

At the lagoon public hearing on Oct. 8, several residents were opposed to the proposal of a 1.24 mill capital levy that was to be added to the RM of Woodlands tax bills for 10 years to cover the \$900,000 cost of the expansion.

## Warren Industrial Park

Electro Wright Contracting Inc, owned and operated by electric contractor Derek Fotty, is the newest business to be built in the Warren Industrial Park. The new addition to the park joins already established businesses including Northern Terrain and the Federated Co-operatives Limited fuel tank site.

King is confident that with the recent Municipal Board of Manitoba ruling, which stated that the Co-op fuel tanks in Warren's industrial park do not need to be moved and an additional risk assessment is not required for developers to be able to build in the industrial park, more development in the park will be coming in the near future.

"I am positive we will continue to see growth in the park now with all issues out of the way," said King.

The Warren Business Park was developed by the Woodlands Community Development Corporation and has a total of 15 lots intended for industrial and commercial development. Currently, the rate for land in the park is \$30,000 per acre and the CDC has a Business Incentive Program available for those who want to build in the park.

## Potential conflict of interest

With the RM of Woodlands council now undertaking the management of the Woodlands Community Pasture, in-

cluding setting the rates, questions have arisen regarding the potential for conflict seeing that there are council members that are also patrons of the pasture.

"I can't foresee that as a conflict at all. I think it is an asset to have producers involved and bringing back information to council," said King when asked by the *Tribune* about the potential for a conflict to arise on this matter.

"As far as setting the rates, the board is going to try and keep them as close to the Prairie Farm

Rehabilitation Administration (PFRA) model as we can. At the end of the day, it is the entire council that approves it."

The Manitoba Ombudsman states a conflict of interest "occurs when the personal interest of a council member conflicts with the public interest." A conflict of interest can arise when a council member might benefit financially from a decision or action of council or when a council member is seen to be too close to the parties on one side of a dispute or proposal.

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# Beefs and bouquets

We would like to give a big bouquet to "Dan the Man" in the meat department at Marketplace in Stonewall for his efforts working with us on an unusual project.

Dan went out of his way to fulfill this request to make a customer happy and should be recognized for a job well done.

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# Inside Ride raises funds for pediatric cancer

## Oct. 13 event raised more than \$150,000, thanks in part to local fundraising efforts

By Jennifer McFee

Several local residents hope to stop the cycle of cancer through an indoor bike-riding fundraiser.

The Inside Ride is a nationwide event that is dedicated to raising money to support children with cancer as well as their families.

The ride started in St. John's on Sept. 26 and will wrap up in Victoria and Barrie on Oct. 25.

On Tuesday, Oct. 13, the fundraiser made its way to MTS Centre. Teams of six riders took turns on 75 stationary bikes, with each team member pedalling for a five-minute stint.

Warren resident Troy Woods understands the importance of providing support for children and youth diagnosed with cancer. When he was 17 years old, Woods was diagnosed with acute lymphoblastic leukemia. As he now prepares for his 23<sup>rd</sup> birthday, he remains in remission from the disease.

Now Woods feels compelled to give back for all the help he received. Not only is he a member of the event's organizing committee, he also raised the fifth-highest amount of donations in the province with a contribution of \$3,075.

As well, his team Proof Positive was the top fundraising team in Manitoba with \$14,983 in donations.

"We're a group of pediatric cancer survivors. All of us benefited from clinical trials and from the work that's done at CancerCare. It's a good opportunity for all of us to be able to give back because we benefited so much. We all feel pretty passionately about the cause. It's something that we like to do because we get to get together," Woods said.

"Fortunately, we're not seeing each other much anymore because we're not in the hospital as much. It's a blessing that I'm not going back there,

but you do feel like you've lost something that you had before when you're not going in and seeing those people who took such good care of you."

Marquette resident Ashleigh MacMillan also participated on the Proof Positive team along with Woods, her classmate from elementary school.

In 2013, MacMillan was diagnosed with ovarian cancer at the age of 19. After chemotherapy and two surgeries, she is now studying education at the University of Winnipeg.

"The Inside Ride went really well," she said. "It's a good way to give back."

In addition to Proof Positive, a team called The Flashdancers brought participation from a local group of friends.

Tracy Dunstan of Argyle rode in the event, along with Kathy Hjalmarsson, Shelley Matheson and Lindy Appleyard, who happens to be Woods' aunt. The foursome, who graduated together from Stonewall Collegiate Institute in 1977, were joined by 103 Virgin Radio personalities Pamela Roz and Tyler.

"It's a pretty amazing looking event. There were all of these bikes filling the MTS Centre along with colour and costumes and goofiness and cheering. It's quite an intense and exciting time," Dunstan said.

"It's definitely a good cause and it's nice to be a part of something like that. They try to make it a very high energy with music and a fun atmosphere there. But it also pulls at the heart strings because there are kids there that are suffering as we're riding."

So far, this year's Manitoba event has raised more than \$150,000, which will be used to support survivorship and program initiatives for local children's cancer charities.

Donations to the Inside Ride National Tour can be made online at [www.theinsideride.com](http://www.theinsideride.com).



TRIBUNE PHOTO COURTESY OF TRACY DUNSTAN

The Flashdancers, from left: Pamela Roz, Lindy Appleyard, Kathy Hjalmarsson, Tracy Dunstan, Shelley Matheson and Tyler the Slimer.



TRIBUNE PHOTO COURTESY OF TROY WOODS

Team Proof Positive, Troy Woods, Zoe Peckover, Dane Hantscher, Ashleigh MacMillan and Morgan Gilroy.

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# Kids enjoy Lego building at Teulon's GAAC

Monthly Lego sessions include pizza dinner for kids aged five to 12

By Jennifer McFee

Kids will have the chance to build up their creative skills through a hands-on Lego program.

The Green Acres Art Centre has launched its Kidz Night Out initiative featuring Bricks 4 Kidz on the third Friday of the month.

Parents can drop off their children aged five to 12 for an exciting evening of Lego-based games and challenges. The monthly sessions will also feature Lego movies, group builds, motorized builds and self-directed free creation time.

Pizza will also be provided to fuel creative forces and feed hungry tummies.

The program uses its own Lego bricks, so kids will not take home their creations. However, a small make-and-take project is included each month.

Beth Hutchinson, vice-president of Green Acres Art Club, said the program aims to fill a gap in children's programming in the area.

"We found that there's a gap in things that aren't sporty so we're trying to add more programming. We

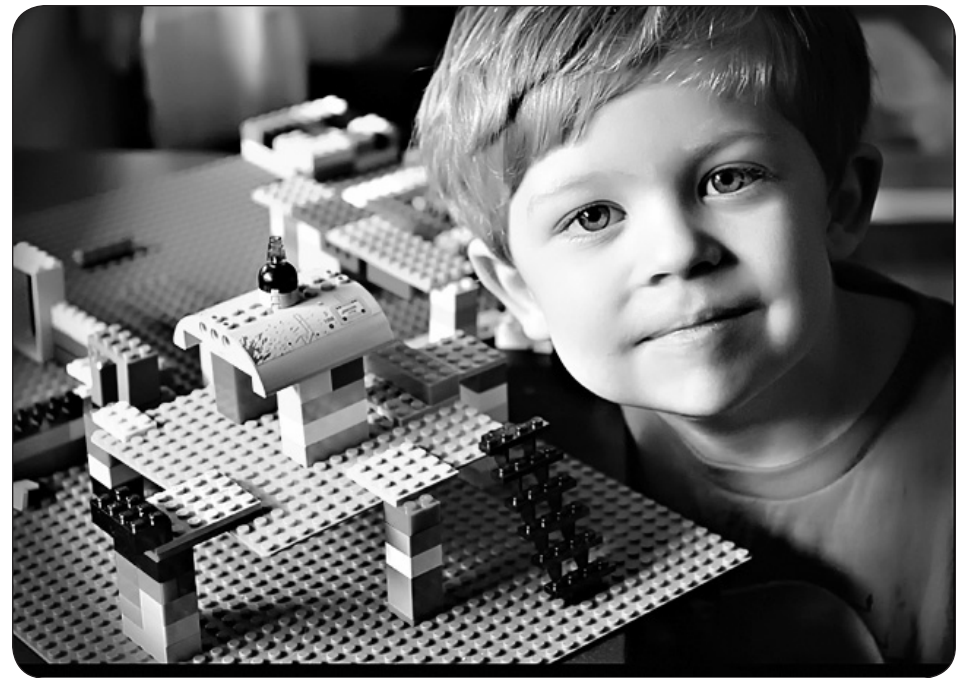
have a lot of dance currently at the centre, but lots of stuff is really sporty. There are kids in the area who can't do sports so we just wanted to do something fun," said Hutchinson, adding that the centre might also incorporate a beginner sewing program for kids and for adults.

"Plus it's awesome for parents. They can drop off their kids, go

out for supper and then pick them up and everybody's happy."

The first Bricks 4 Kidz session, called Fall Fun, offered an entertaining evening on Oct. 16.

**"WE FOUND THAT THERE'S A GAP IN THINGS THAT AREN'T SPORTY SO WE'RE TRYING TO ADD MORE PROGRAMMING."**



TRIBUNE PHOTO COURTESY OF LEGO

Teulon Green Acres Art Centre has launched its Kidz Night Out initiative featuring Bricks 4 Kidz on the third Friday of the month.

The next session is set for Nov. 20, and there will be no session in December. In 2016, sessions are scheduled for Jan. 15, Feb. 19, March 18 and April 15. In May 2016, the session is set for May 27, the last Friday of the month. Each session will feature a different theme.

Each session runs from 6 to 9 p.m. and costs \$35. Parents can receive a discounted rate of \$90 for three sessions if they call 204-898-LEGO or email tgerbrant@bricks4kidz.com to register.

For more information or to register, visit [bricks4kidz.com/388](http://bricks4kidz.com/388).

# Provide your input on recreation master plan

By Jennifer McFee

Everyone's invited to be a good sport and provide their input about local recreation programs and facilities.

Two community workshops scheduled for Nov. 3 and 4 will focus on the Master Recreation Plan for the RM of Rockwood, the Town of Stonewall and the Town of Teulon.

The workshops will be hosted by the Teulon-Rockwood Recreation Commission and facilitated by HTFC Planning & Design, which has been conducting an assessment of all recreation facilities in the area with additional input from LM Architectural Group.

Maureen Krauss, community engagement specialist with HTFC, said the assessment has focused on the facilities' age, infrastructure and utilization. The goal is to chart a course for the future by helping the municipalities determine where they should strategically focus their investments to meet the different demands for recreation.

"We hope to look at the municipality in its entirety and speak to the resi-

dents on a broader holistic approach. It's easy to get caught up in individual communities' personal interests like in their curling centre or in their community hall, but we want to really look at a broader spectrum," Krauss said.

"We understand that in a few years' time, it might not be possible to operate four or five curling rinks all within 20 kilometres of one another. So we need to get the best feedback from the residents, saying, for example, 'Would you consider driving 15 minutes or 20 minutes to curl in another facility if it meant that greater investment could be made into that facility?'"

The workshop will focus on A Framework for Recreation in Canada 2015: Pathways to Wellbeing, which is a joint initiative of the Interprovincial Sport and Recreation Council and the Canadian Parks and Recreation Association.

"In terms of the framework, we want to talk about active living, inclusion and access. We want to talk about connecting people and nature, what are the priorities and supportive environments, which are the physical things

that help people have recreation within a community. And then we need to talk about capacity," Krauss said.

"We want to get people thinking more broadly and regionally. Then we can bring it into a smaller and more centralized focus."

Krauss hopes that the events, which will be held in Stonewall and Teulon, will bring out as many people as possible.

"What we really need to do is to take the temperature. We understand that some communities are growing while other ones maybe have a very high senior population and may have problems in succession planning of who is going to take care of that community centre. It's a way for looking at all the resources — the physical structure, the people who help run it, the people and organizations that want to take advantage of that

facility," she said.

"We really bring it all together. We're going to have people sitting at round tables and talking with their neighbours about issues, and helping us to put some priorities together. We're very interested to hear from people."

The first workshop will be held on Nov. 3 from 6:30 to 8:30 p.m. at the Heritage Arts Centre in Stonewall. The second workshop will be on Nov. 4 from 6:30 to 8:30 p.m. at the Centennial Centre in Teulon.

Attendees are asked to RSVP by Oct. 28 by email at [info@htfc.mb.ca](mailto:info@htfc.mb.ca) or by phone at 204-944-9907, indicating which date they plan to attend.

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# Manitoba signs Suzuki's healthy environment declaration

Staff

Manitoba is the first Canadian province to sign the David Suzuki Foundation's Blue Dot Declaration showing its commitment to a healthy environment.

The province will also invest \$400,000 over the next two years in the new Prairie Climate Centre at the University of Winnipeg, Premier Greg Selinger announced last Friday.

"Manitobans and their families have seen the effects of climate change firsthand, and the financial and emotional impacts severe weather events can have on our communities," Selinger said. "By investing in this centre, it is clear that our government views the environment and the effects of climate change as some of our highest priorities. By becoming the first province to sign the Blue Dot Declaration, we are committing to introduce legislation to provide all Manitobans with a healthy environment. We are ensuring sustainable prosperity for future generations."

The centre is a partnership between the U of W and the International Institute for Sustainable Development (IISD) and will be hosted by UWinnipeg's Richardson College for the Environment. The centre's goal is to provide municipal governments, the private sector, civil society organizations and other practitioners with practical information and tools to engage in effective climate-change adaptation planning.

"Planning for the effects of climate change is critically important for



PHOTO COURTESY OF CHRISD.CA

Premier Greg Selinger announced the province will invest \$400,000 over the next two years in the new Prairie Climate Centre at the University of Winnipeg, alongside Dr. David Suzuki at the Manitoba Legislative Building last Friday. Manitoba also became the first Canadian province to sign the David Suzuki Foundation's Blue Dot Declaration showing its commitment to a healthy environment.

Manitoba municipalities, as well as industries in our province. Floods, storms, fires, droughts — all can have catastrophic impacts on communities and people," UWinnipeg president and vice-chancellor Dr. Annette Trimbee said. "By collaborating and pooling our research and expertise and making that easily available to oth-

ers, the new Prairie Climate Centre is meeting a real-world need."

Dr. David Suzuki, co-founder of the Suzuki Foundation, said, "We are undoubtedly living in a warming world, with serious implications for future generations, and we must increase our capacity to understand and act on this pressing global issue.

"Research, education and outreach facilities like the Prairie Climate Centre will generate meaningful solutions, and I congratulate Manitoba for committing to this important initiative."

One of the first of many projects for the centre is to support a documentary film by Dr. Ian Mauro on Manitoba's boreal forest and the vital role it plays in carbon capture and implications of climate change, the premier noted.

"The boreal forest is one of the most important ecosystems on the planet. It helps sustain us, both globally and locally, and is home to many Indigenous and non-Indigenous communities whose knowledge of this landscape is integral to its protection," said Mauro. "Through film, we will engage the region and its people, and provide Manitobans an opportunity to reflect on this ecological and cultural richness and strategies to conserve it."

The province will invest \$200,000 in 2015-16 and \$200,000 in 2016-17 in support of the centre.

"Now more than ever, protecting our boreal forest and the status of the proposed east side UNESCO World Heritage Site and advancing environmental science are critical to Manitobans," Selinger said. "Together with all of our partners, we need to embrace scientific research in order to prevent further climate change and restoring the health of Lake Winnipeg and our waterways while also lessening the immediate and long-term impacts on Manitobans."

## Some St. Laurent residents still without blue emergency sign

By Jeff Ward

The ubiquitous blue emergency signs seen on many properties in St. Laurent are part of a strategy that helps make homes easier to find for emergency personnel. However, even though these signs are important, there are still some residents who haven't gotten theirs yet.

The signs began popping up in November of last year and are connected to the phone number on the property. When you call for emergency services, your location, based off of the GPS location on the sign, is immediately shown on the computer of the dispatcher. With these signs being so vital, it was frustrating and confusing for residents who still haven't received theirs to be left in the dark.

"I'm on a corner lot where there are three houses. There is only one house

that has a blue sign and it's been vacant for two years," said a frustrated Marita Pope, who lives in a full-time residence on Laurentian Beach Road.

"I'm thankful that in this time I haven't required an ambulance to come to my home. If I need one, I have to give either abstract directions or my rural number."

The locations for signs were mapped by Peter Williams of DataLink Mapping Technologies, who hasn't responded to any letters or phone calls from RM staff since they realized the job was incomplete. RM staff has tried multiple times to get a hold of Williams via phone calls, emails and even a registered letter but have not been able to make contact.

"We were under the assumption that everything was done and that these numbers had significance," said

Maurice Allard, emergency measures co-ordinator for St. Laurent.

"But when I called MTS to get my phone hooked up and gave them my location (Allard's blue sign), they told me it didn't mean anything to them. So it was then that we realized that not only were homes missing their signs but also that the locations were never sent in."

Allard estimates that there are around five per cent of homes in St. Laurent that don't have an emergency sign and that the number of overall homes is estimated at around 35. Allard personally sent in the spreadsheet of GPS locations and telephone numbers to MTS, and within the next week, those numbers will have been added to the 911 call centres. And the work in establishing the GPS location and telephone number of the homes

that don't have signs is beginning now.

Allard is not waiting for Williams to honour the contract and finish the job. These signs are very important to the RM and he noted that this is the RM's top priority right now, so he's taking matters into his own hands.

"I have someone coming to teach me about using GPS and I'll go and map the last few locations myself. I don't have a timeline just yet, but we're talking about public safety here so we can't wait any longer," said Allard.

Pope is hopeful that her property will have an emergency sign in the next little while and is encouraged by the commitment from Allard.

"It's good to know that they're addressing this even though it will take them longer than we hoped. But at least they're aware of it," said Pope.

# Teulon council exploring contracting private security firm

By Natasha Tersigni

At the Oct. 13 meeting, Teulon council discussed the costs and logistics of hiring a private security firm to help augment the local RCMP that is currently understaffed due to a hard vacancy.

Council contacted Winnipeg-based private security firm Impact Security Services to ask about prices and services they could provide to the town. For basic patrolling, the firm charges \$26 per hour and will come to Teulon for a minimum of a four-hour patrol.

"There have been a few break-ins in town. I can't say the RCMP are not on top of it, but they are spread too thin," explained Mayor Bert Campbell, who added that contracting the firm is something they would not be able to do until next year's budget.

"(Contracting) Impact Security Services is just a suggestion. Stonewall looked at it for their industrial park and apparently it didn't go forward."

While council is looking into augmenting the RCMP services, they have not given up lobbying the provincial government and the Manitoba RCMP to reinstate the vacant position at the Teulon detachment. At the upcoming Association of Manitoba Municipalities (AMM) convention in November, Teulon councillors and Campbell will be meeting with RCMP officials.

"We try to meet with them every year at AMM as there is usually something you can talk about. If they see that you are concerned, they may pay a little more attention. We try to get an audience with the RCMP every year, and this is one of the issues we

will discuss," said Campbell.

## Goose Plant one step closer to operating

After more than two years of discussions and negotiations, Teulon's goose plant, owned and operated by Toronto-based feather and down entrepreneur Bryan Pryde, has finally received a conditional use permit from the town. Council voted unanimously, minus Coun. Jim Dola who was absent from the meeting, to accept the 21-page conditional use agreement.

"We are happy it finally came to fruition," said Campbell.

"Our main concern was the lagoon and that was an issue to make sure our lagoon was protected in the future and we came up with an agreement that was good for them and good for us."

Before the plant can officially open and begin operations, it still needs to obtain Canadian Food Inspection Agency (CFIA) and South Interlake Planning District (SIPD) permits.

## Maintenance of town cenotaph

Campbell discussed the feasibility of public works staff taking over maintenance of the town's cenotaph located at the corner of Beach Road and 1st Street NE. In the past, Teulon's Lion Club member Doug Stone, who passed away in February 2013, diligently maintained the grounds. Currently Interlake School Division staff mow the grass around the cenotaph. The main concern is weeds and en-

suring flags remain in good condition.

The public works committee will discuss this issue further at their upcoming monthly meeting.

## Animal bylaw complaint

The bylaw enforcement and animal control officer served a Teulon resident with a notice for having more than the maximum number of two dogs allowed in the town. The owner, who has lived in Teulon for over three years, currently has three dogs and a puppy. Dogs under six months are exempt from the maximum dogs allowed rule. The owner has asked council for an exemption to the number of dogs allowed. The public works committee will look into this issue and report their findings and recommendation at the next council meeting. In order for the Animal Control Officer to investigate the residence and serve the notice, a complaint from a neighbour had to have been made.

## Library renovations

Thanks to a vehicle driving through the front window of the South Interlake Regional Library Teulon Branch, planned renovations to the exterior of the building have been moved up. Manitoba Public Insurance will be covering the costs to the repairs of the window and other damages that occurred during the accident while the previously planned renovations will be completed at the same time.

"We are looking at putting some bollards in the front of the building.

It is the second time since it has been the library and the fourth time in the building's history that it has been hit," said Coun. Danny Hutchinson.

## Recreation Master Plan

There will be two community workshops for anyone interested in the Recreation Master Plan for the RM of Rockwood, Town of Stonewall and the Town of Teulon. The first meeting will be held Tuesday, Nov. 3 at Stonewall's Quarry Park Heritage Arts Centre and the second will be Wednesday, Nov. 4 at the Teulon-Rockwood Centennial Centre. The meetings are open to the public and invitations will be sent out to various recreation stakeholders.

## Crescent Creek rates increase

Starting Jan. 1, 2016, Crescent Creek residents will see a rate increase on their monthly bills. Lot rental rates will be increasing from \$170 a month to \$175, lawn maintenance services will increase from \$50 to \$52.50 a month and snow clearing services will increase from \$30 to \$32.50 a month.

## Community donations

Council approved the following donations: \$100 to Canada Post Community Foundation for their Heroes of Hope display; \$400 for a sponsorship to the South West District Palliative Care gala dinner on Nov. 15 and \$500 to KidSport Manitoba to help parents with the cost of registering their children for sports.

# Canadian Patient Safety Week October 26-30

## News Release

Canadian Patient Safety Week is October 26-30, 2015. This year the Interlake-Eastern Regional Health Authority will be celebrating by promoting the theme "Good Communication is Good for Patient Safety." Community pharmacies, physician and nurse practitioner offices have also been invited by the RHA to participate.

"Communication is as essential to good health as exercise, eating right and the company of a good companion," says Kathy Pragnell, Quality and Patient Safety Manager, "We want to encourage all Interlake-Eastern residents to think about

their role in good communication."

To promote this theme the RHA will be distributing tips and tools to get the conversation started through health care service places, including medication cards and "Tips for Talking" to help prepare for medical appointments or any interaction with the healthcare system.

Here are five tips to get you talking...

- Bring someone with you to take notes during your appointment.
- Be sure to share a list of all your medications with your healthcare provider.
- It's alright to ask your healthcare provider to clean their hands.

• Repeat back what your provider said to ensure you understand correctly.

• Ensure you understand next steps. This will help your care plan.

Interlake-Eastern RHA is a member of the Manitoba Institute for Patient Safety (MIPS) which is a strong advocate for patient safety awareness and education. They have many valuable resources for health care providers and the general public, including how to engage with your health care provider and advocate for yourself or a loved one. For more information visit [www.mips.ca](http://www.mips.ca) and click on "Resources & Tips", then "Patients & Families", and then "Ad-

vocating for yourself and others".

Canadian Patient Safety Week encourages health care providers, patients and citizens to become more engaged in their own health care and was created by the Canadian Patient Safety Institute (CPSI) in 2005 to "inspire extraordinary improvement in patient safety and quality." For more information about CPSI please visit [www.patientsafetyinstitute.ca](http://www.patientsafetyinstitute.ca). Additional patient safety information, including the communication resource "Tips for Patients and Families," is also available online at [www.ierha.ca](http://www.ierha.ca), click on "About us", then "Your safety".

**OCTOBER 31**

**10:00 am - 2:00 pm**

**PUMPKINS IN THE PARK** →



**NOVEMBER 1**

**4:00 pm - 8:00 pm**

**LIGHTING THE JACK-O-LANTERNS** →

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Lunch will be available

Bring your jack-o-lanterns to quarry park & see them lit all around the pond at dusk!

(all retired pumpkins will be composted)

**Golf fundraiser tops**

**\$2,500 for cancer research**

By Jennifer McFee

This year's Birdies FORE Boobies fundraiser was another success, which is par for the course for the much-anticipated event.

On Oct. 3, a group of 60 golfers and volunteers gathered at the Inwood Golf and Country Club to enjoy a game of golf while also raising funds

for breast cancer research.

"We had a perfect day weather-wise, which started the day off properly," said Breanna Figur. "It went really well. We're really pleased."

The event raised \$2,500, bringing the three-year grand total to approximately \$9,000.



SUBMITTED PHOTO

Left to right, JL Carriere, Rich Kerbrat, Breanna Figur, JP Carriere, and Nick Schon.

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# McLeod House sells out wine-tasting event

Customer Appreciation and Christmas Open House events scheduled

By Jennifer McFee

A new event at McLeod House Tearoom and Gift Shop has already proven popular — and it hasn't even happened yet.

A wine-tasting and education night scheduled for Wednesday, Oct. 28 sold out quickly to eager participants. Those who registered early enough will enjoy a four-course feast along with a sampling of wines from Pelee Island Winery.

Tearoom owner Leanne Stewart said the event will likely be the first of many themed dinner outings at McLeod House.

"We're finding that special events always work really well for us," Stewart said. "This way, we can book an evening and keep doing different kinds of events like this. Maybe we'll even progress into doing the meal paired with different wines. That may be an

option. We're just sort of feeling it out right now."

For now, fans of the Stonewall eatery and gift emporium can mark their calendar for a few upcoming events.

A Customer Appreciation event will run from Nov. 3 to 7, and the Christmas Open House is set for Dec. 2 to 5, featuring a traditional turkey lunch and holiday desserts. Both events include discounts in the gift shop, just in time for holiday shopping. The Christmas room is currently open and filled with festive décor. On an ongoing basis, the stock is enhanced with additional jewelry, purses, gift ware and winter accessories.

McLeod House Tearoom and Gift Shop will extend its hours until 7 p.m. on Thursday, Dec. 10 and Thursday, Dec. 17 to accommodate the holiday rush for both shoppers and diners.

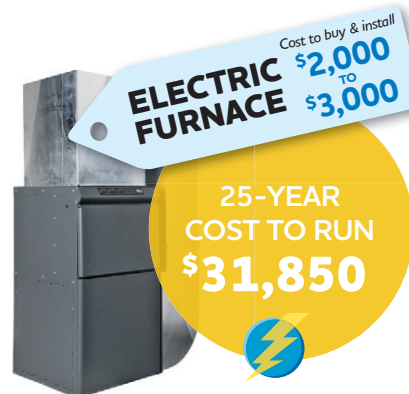


TRIBUNE PHOTO BY JO-ANNE PROCTER

Leanne Stewart, owner of McLeod House Tearoom and Gift Shop, prepares for an upcoming wine sampling and education evening.

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The costs shown above to buy, install and run are averages and will vary depending on your home, specific heating needs, and other conditions. The cost to run is based on a natural gas cost of \$0.2851/m<sup>3</sup> and electricity cost of \$0.07672/kWh.

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You see, according to experts, most tires have rubber that hardens when the mercury drops below 7 degrees Celsius. That means the tires are not flexible enough to deal with icy conditions. There is always a thin film of water on top of ice, and "real" winter tires have the capacity to pull away that water so the rubber can grab the dry part of the ice. This allows a tire to keep the traction it needs — something most regularly produced tires

can't do.

Consequently, it would be better to get your SUV or light truck equipped with officially recognized winter tires for your safety and that of your passengers. Today, many major tire manufacturers have such tires, available in most sizes. At first it might seem like a major expense, but when it comes to safety, money should be of no object. You will be thankful when you are driving on an icy highway this winter!



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# month

## Change those wipers and clean those windows before winter

Living in Canada inevitably means dealing with winter. Yet, winter might not be same for all of us, from coast to coast. Nonetheless, even our milder regions see snow and freezing rain from time to time. Winter driving is a challenge whenever that happens, but the stress can be eased with a bit of pre-cold preparation. Being able to see through the windows properly is a basic element of being ready.

If you really want to play it as safe as possible, there are two important pieces of advice that will help you to see better in any situation. First of all, change your wiper blades, even if they still seem to be good. Try to get wiper blades specifically made for winter. These are recognizable by the rubber envelope that encloses the tension mechanism on the wiper blade. But before you install new blades, make sure the windshield has been properly cleaned and that it is free of any greasy residue from the road. You could also clean the blades with fresh windshield washer before installing them. By the way, it is recommended to clean the windshield and the blades at least a few times during the cold season in order to wash away the greasy film that accumulates with time.

The second thing to do is to clean the inside of the windows and

windshield with a proper glass cleaner. By doing this, you will eliminate any greasy film that can contribute to glare when driving on very sunny days — in winter, the sun is often low enough to produce just such a glare. It will also reduce glare at night, when meeting another car's headlight beams.





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## Teulon CAO off to Peru on FCM exchange program

By Natasha Tersigni

Town of Teulon CAO Jeff Precourt will be putting his vast knowledge of municipal politics to good use when he joins four other Canadian municipal employees and elected officials in Peru on a Federation of Canadian Municipalities (FCM) exchange trip sponsored by the Federal Government's Department of Foreign Affairs, Trade and Development. This is the first trip of a five-year program where the government department will be spending \$20 million to mentor communities in Peru and Colombia on how to properly administer municipal governments.

Continued on page 22



TRIBUNE PHOTO BY NATASHA TERSIGNI

Teulon CAO Jeff Precourt spending two weeks in Peru on a national exchange program where he and four other Canadians will mentor municipal government officials in Peru on various issues affecting their communities.

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# Runners hit the streets for Stony Mountain trails

By Natasha Tersigni

Runners and walkers of all ages descended on Stony Mountain Saturday for the inaugural Stony Mountain Run held to fundraise for the construction of biking and walking trails to be built throughout the community. With 140 registered runners and walkers taking part, there was a race for everyone including the What the Hill 5km Race, Mountain Mile Relay (four participants each running a one-mile leg), 2.5-km Stony Mountain Scamper Fun Run/Walk, and the Toonie Run for children aged six and under.

Special guests for the event were *Amazing Race* Canada Season 3 contestants Brian and Cynthia Boyd, who helped to hand out medals at the finish line. The married police officers from Winnipeg also spent time chatting with participants. The races brought in \$4,500 for the Stony Mountain Trails project, and along with the \$1,000 donation made last week from Stony Mountain Curling Club's goose shoot, the committee has so far raised \$5,500 for the trails.

Race director Dave Van Heyst was pleased with the event and thanked all the sponsors, volunteers and participants for participating.

"Registration was a little slow at the start so I thought we might not get this turnout, but in the last week, everybody signed up so it was great," said Van Heyst.

"We were calling this our inaugural event and if it went good we were going to keep doing it. It was a great event so we are looking forward to a similar one next year."

The unexpected crowd favourite and inspirational story of the day was Winnipeg runner Sandi Reimer. Reimer, who had her right leg amputated at birth, ran the challenging 5-km course on crutches and finished in just under 58 minutes. The 43-year-old made a goal three and a half years ago to run 100 races before she turned 50. The Stony Mountain Run was her 24th race of the year and 48th overall. After a crowd of people cheered her through the finish line, Reimer took time to chat with young runners and even signed a few autographs.

"At 28 weeks, I was born breach and my leg got stuck and it had to be amputated two days later. I met the nurse who kept me alive a few years ago and she told me back in those days if you were born at less than 32 weeks, they left you out on the counter for an hour to see if you survived or not. Only 50 per cent survived, and of those, 90 per cent were brain damaged. The only way they kept me alive, because they didn't have respirators for infants back then, is they watched my chest rise and fall and then if it stopped rising, they would tap or pinch me to remind me to breath," said Reimer.

"Life is a gift; being able to move is a gift. I am just going try and do as many races as a I can."



TRIBUNE PHOTOS BY NATASHA TERSIGNI

The Toonie Run was for children aged six and under.



The Fast Action Rolling Team warms up before their race. Pictured left to right: Kaiden Kendall, Nolan Vandebussche, Tristan Yasinsky and Brody Stovin.



Amputee Sandi Reimer took part in the What the Hill 5km race and shared her inspirational story following the run.



Max Van Heyst takes the race baton from his 2 Fast 4 U relay team member Carter Vandebussche.



Brian Boyd places a medal on Stony Mountain School principal Myles Blahut after his 5 km run. It was noted that Blahut beat Warren School principal Chris Gamble by 17 seconds.



Men's and mixed relay.



Women's relay winners.

# get inspired

> MEAL IDEAS

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### Autumn Stew



#### Ingredients

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

#### Preparation

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

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

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

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

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

Preparation Time 20 minutes

Cook Time 45 minutes

Serves 10



1 large sweet potato, peeled and chopped (about 1 lb/454 g)

- 1 tsp (5 mL) canola oil
- 1 pkg (450 g) lean ground turkey
- 1 small onion, chopped
- 3 cloves garlic, minced
- 1 tbsp (15 mL) chili powder
- 2 tsp (10 mL) dried oregano
- 1/2 tsp (2 mL) ground cumin
- Pinch cayenne
- 2 whole wheat pitas, halved

#### Red sauce:

- 1 1/2 cups (375 mL) passata (tomato puree)
- 1/2 cup (125 mL) water or low sodium vegetable or chicken broth
- 1 tbsp (15 mL) chili powder
- 1 tsp (5 mL) ground cumin
- 1 large clove garlic, minced
- 2 tsp (10 mL) sodium reduced soy

## The Skill: Giving Your Family Toward Healthy Eating



#### Part 2:

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

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

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

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

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

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

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#### sauce

#### Directions

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

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

In a nonstick skillet, heat oil over

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

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

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Service 9:30 a.m.  
Phone 344-5426




**Stonewall United Church**  
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**Anglican Parish of St. Cyprian**  
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**Interlake Full Gospel Assembly Teulon**  
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**New Life Church**  
Sunday Service 9:00 & 10:45 a.m.  
Sunday Morning Classes  
9:00 a.m. - All Ages  
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**St. John Vianney Catholic Church**  
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**Christ Church Anglican**  
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**Anglican Church of the Ascension**  
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10:15 am - Choral Service & Sunday School  
9:30 am - Wednesday Morning Prayer  
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**Christ the King Catholic Church**  
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315-2nd St. E., Stonewall  
Phone 467-9016

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

## Listening for Grace



Last week Stonewall United Church hosted a one man play entitled "Listening for Grace." It was written and performed by Ted Swartz from Harrisonburg Virginia and supported by musicians Chris Yoder and Phillip Martin.

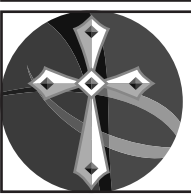
The story was about a widowed father whose son Jared, discloses that he is gay. Ted in preparation for this play met with and talked to people who have gone through this experience. He then used their stories to present the different responses people have when dealing with homosexuality in the context of communities of faith.

Ted through humour and heart wrenching stories forced us to reflect on what would our response would be if we encountered such a disclosure from a family member or close friend. Would we be embarrassed and want our son or daughter to remain silent, would we reject and disown them or would we support and stand with them on this journey? This play presents all three of these responses from the perspective of people and their faith.


The story began with a Preacher discussing the Bible and sexuality looking at the stories of Sodom and the Song of Solomon. This presented many thought provoking questions. Where does the church stand in regards to sexuality? Is homosexuality the only starting or conversation point of human sexuality in the bible? What does it mean to say we are made in the image of God? How do we, as communities of faith, journey with those who are living the reality of a different lifestyle?

Ted, through the biblical story of Job, then presented three varied responses to Jared's coming out. Each story brought up its own questions and challenges. The intent of the play was not to present an agenda or claim to have the answers. It was designed to invoke conversation about sexuality and the church. I think those who saw the play would say it succeeded in that goal and hopefully the dialogue will continue.


Leonard Oracheski  
Stonewall United Church  
unitedc@mymts.net




**Balmoral United Church**  
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**Immanuel Lutheran Church (LCC)**  
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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  
Father Michel Nault

To participate in this monthly section please call 467-5836

# Teulon Collegiate recognizes academics and athletics

By Lana Meier

Teulon Collegiate staff recognized 2014-2015 students for athletic and academic achievements during an awards ceremony last Thursday.

Principal Paul Magnan thanked his staff for their commitment and dedication to the students. Magnan also congratulated students on their academic achievements last year and was proud to recognize 33 per cent of the student population for achieving marks over 80 per cent.

The TCI senior band under the direction of Ms. B. Belinki opened the evening ceremony with *O Canada* for friends and family.

Mrs. Darlene Waldbauer had the distinct pleasure of presenting the Mr. and Mrs. A. Howard Campbell Award to Gr. 10 student Kailen Ledochowski, for highest academic average 97.29 per cent. This award was established to recognize a Teulon Collegiate student in Grade 10 with the highest academic average of all courses taken.

Mr. and Mrs. A. Howard Campbell were prominent citizens in Teulon and were well known throughout the area. Howard came to Teulon in 1926 and established his own law firm.

He and his wife Mary built a new home in 1934. Many were welcomed into their home. Mary taught piano lessons and was a leader for several clubs. The Campbells even had a collection of costumes that were borrowed for Halloween and carnivals. They were involved in the agricultural society, Rockwood Festival of the Arts, Chamber of Commerce and the United Church. Valued for their contributions to Teulon and surrounding area, the Campbells were honoured at a retirement reception at Teulon Hall in appreciation for their outstanding services to the people of Teulon and their involvement in the community. The award pays tribute to the Campbells, who placed great importance on a good education and recognizes the efforts put forth by an outstanding student.

Magnan and vice-principal Jason Darragh also had the pleasure of presenting the Interlake School Division Excellence Awards sponsored by Sunova.

Other awards presented, along with the honour, were:

Male Rep Sports Leadership Award - Everit Morin

Kozy's Volunteer Award - Amanda Hargreaves

Jr. High team of the year - junior high boys volleyball team.

Team of the year- was awarded to three teams that each won a provincial title.

The JV boys volleyball team went



Darlene Waldbauer presented the Mr. and Mrs. A. Howard Campbell award to Gr. 10 student Kailen Ledochowski, for highest academic average 97.29 per cent.



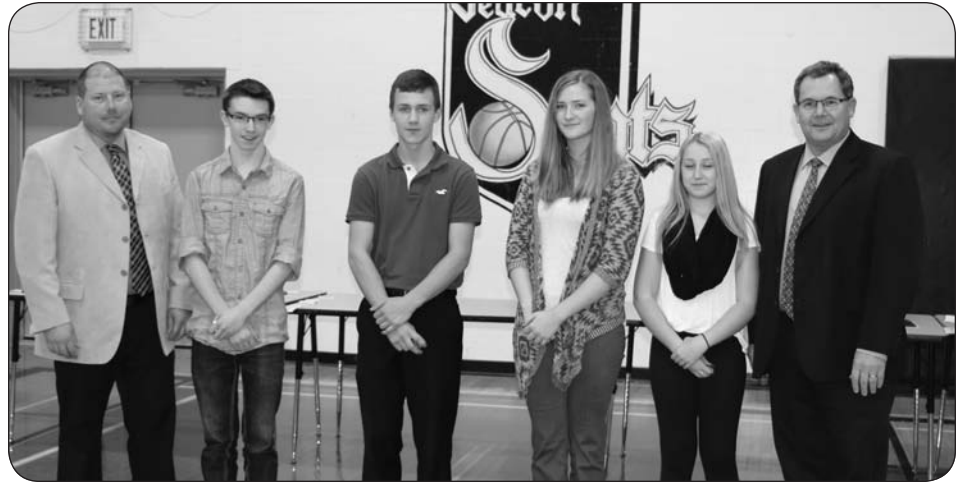
Everit Morin, Grade 11 highest standing with an average of 94.03 per cent.



Christine Kilpatrick, Grade 9 highest standing with an average of 94.55 per cent.



Junior high athletes of the year Ryan Hill and Carter Kiel.



TRIBUNE PHOTOS BY LANA MEIER

Interlake School Division Gr. 9 gold medal winners, average of 90% or higher based on all subjects. Vice Principal Jason Darragh, Skylar Botham, Curtis Johnson, Christine Kilpatrick, Samara Osnach and Principal Paul Magnan. Missing from photo Rudi Hough.



ISD gold medal winners Grade 10, left to right: vice-principal Darragh, Kailen Ledochowski, Brea McMahon, Mark Shinnie, Jake Ledochowski (missing) and principal Magnan. Missing from photo is Katrina Carter.



ISD gold medal winners Grade 1, left to right: vice-principal Darragh, Andrew Guilbeault, Jessica Johnston, Eviret Morin and principal Magnan. Missing from photo is Madelaine Green.

into provincials ranked fourth and won the title. It was the first time a volleyball title had been won in the history of the school.

The varsity girls won the basketball provincials and the varsity badminton team won the first ever provincial badminton title for the school. The team earned a total of 42 points while the second place team from White-

mouth scored 22 points.

Athletes of the year:

Junior high boys - Ryan Hill and Carter Kiel

Jr. high girls - Hayley Charison

Junior varsity girls - Kira Weibe and Kailen Ledochowski

Junior varsity boys - Jake Ledochowski.

# Jets ready to soar

By Jo-Anne Procter

The Stonewall Jets hosted another successful annual fundraising dinner and auction last Saturday at the Lions 55+ Centre in Stonewall. Phil Aubrey of 92 CITI FM, master of ceremonies, opened the evening reminiscing about the last six seasons he has been involved with the team and how it has evolved. For instance, Brock Couch was a player and is now part of the coaching staff.

Comedian John Ljungberg entertained guests before handing the mike over to a more serious pair of coaches. Matt Figur and Brock Couch introduced each player describing what they bring to the team.

Over \$15,000 was raised through the popular live auction, progressive auction and variety auctions. Jason Co-  
meau had the winning bid for a one-

week trip to Puerto Vallarta, Mexico, for \$4,000. Two one-day fishing trips for eight to 10 people on the Winnipeg River were purchased for \$2,100 by Badger Daylighting and Idzerd Boermsa. A framed Blake Wheeler autographed jersey was purchased by Carlos Melo for \$1,250; a Weber barbecue for \$1,100 by Neil Dobson; a Husqvarna lawn mower for \$525 by Todd Doyle; an authentic Winnipeg Jets golf bag for \$475 by Irv and Sandi Koch; and four Winnipeg Jets tickets for \$450 were purchased by Idzerd Boersma.

The Jets organization, which competes in the Manitoba Major Junior Hockey league, has their sights set on finishing Top 4 this season. The team invites you to watch some exciting hockey this winter. Watch your *Tribune* for game dates and league standings.



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The 2015/16 Manitoba Major Junior Hockey League Stonewall Jets held their annual fundraising dinner and auction last Saturday night at the Lions 55+ Centre in Stonewall. Top right, players Chase Faulkner, left, Mac Johnson and Brett Meilleur got a chance to enjoy their Danny's Wholehog dinner after serving guests. Phil Aubrey addressed the crowd; coaches Matt Figur, left, and Brock Couch introduced players and goaltenders Stuart Fleury, left, and Hunter Ploszay assist in the live auction.

## > TEULON CAO, FROM PG. 17

Teulon applied to be part of the program and was the only Manitoba community chosen. During the trip, Precourt will meet with councillors and mayors from five rural Peruvian communities in the Ancash and Cusco regions of the country. After the initial meeting, Precourt and Garth Frizzell, a councillor from Prince George, B.C., will tour the communities and get a better feel for how municipal government runs there.

"They have requested Canadian assistance to come and give them technical assistance in assessing their capacity as far as local government and how they can increase things such as transparency and sharing best practices," said Precourt

"The reason why Teulon was selected for this program — even though Peru is in South America and very different — we are going to small communities and small towns with an agriculture

base with some manufacturing, which is very similar to Teulon."

Precourt, who left for Peru on Saturday, is excited about the opportunity to travel and volunteer in an area that interests him: municipal politics. While international travel is not new to him, Precourt has never been to Peru and will be using a translator to communicate with the local officials.

"This a great opportunity to travel but at the same time provide them

with assistance with municipal government issues," said Precourt.

While this is just the beginning of the program, Precourt said, in the future there may be opportunity for more travel and to even have members of Teulon council join him in Peru or have the Latin American officials come to Teulon to see how municipal governments in Canadian rural communities are conducted.

# Museum's Halloween Haunt to serve up new scares

By Lindsey Enns

Some spooky surprises are in store this month at Selkirk's Marine Museum as it gears up to host the 15th annual Halloween Haunt.

"There's new twists and turns and a few new displays and a lot of new hiding spots," Marine Museum manager Shaylene Nordal said, adding they are always looking for more volunteers to help out. "They get to dress up and some over the years have modified their costumes on their own ... so they throw a little creativity into it as well."

Halloween Haunt nights at the Marine Museum are taking place from 6 p.m. to 9 p.m. on Oct. 16, 17, 23, 24 and 30. General admission is \$10 and children six and under are free. There are no advance tickets and cash only will be accepted at the museum. Admissions fees will go back into the restoration of the ships and will grant access to all three ships. Those interested in volunteering can contact the museum directly by calling 204-482-7761.

The three ships this year include the S.S. Keenora, which will be the scariest ship and not recommended for children under 15. The M.S. Lady Canadian will be geared towards younger children and although it will be decorated, no one will jump out and scare anyone. The M.S. Joe Simpson will host nightly scheduled events such as face painting and live entertainment.

Lower Fort Garry is also gearing up to host its own Halloween programming including the second annual Lower Fort Scary and the third annual Fright at the Fort.

The historic site will host Lower Fort Scary for children from 11 a.m. to 4 p.m. on Oct. 18, 24 and 25. The event will feature a magician, a witch pantry, face



TRIBUNE PHOTO BY LINDSEY ENNS

Setting up the spooky decor for the 15th annual Halloween Haunt is well underway at Selkirk's Marine Museum.

painting and a trick-or-treat theme for the children.

Fright at the Fort, for ages 14 and up, will take place in the evenings on Oct. 16, 17, 23, 24 and 30. For more information, visit [pc.gc.ca](http://pc.gc.ca).

"It really is a jump out and scare you type of program," Lower Fort Garry spokesperson David Lavallee said. "The idea this year is a prison break."

"Lower Fort Garry served for a time as Manitoba's first penitentiary and it was also a base for the

North West Mounted Police in the late 1800's."

Lavallee added they have hosted Halloween events for several years now and lots of ghost stories can be found on site.

"It's the setting itself that makes it important," he said. "After dark, the fort really does have a spooky ambiance to it and it really plays well for Halloween programming."

## Province calls 2015 an 'average' year for crops across Interlake

By Brandon Logan

It was an average year for crops in the Interlake region, according to the Province of Manitoba's weekly crop update.

While some areas did well overall, it was a mixed bag for most of the region as farmers suffered through severe weather, dry conditions and excess moisture.

"Overall, the 2015 cropping year was considered average in the Interlake region," a provincial release stated last Tuesday. "Weather events such as thunderstorms and hail throughout the season caused crop loss through reduced stands or shattering of standing/swathed crops."

The province said areas such as Eriksdale, Ashern and Moosehorn dealt with dry conditions while excess moisture was troublesome for farmers in Arborg, Riverton, Teulon, Selkirk and the Woodlands.

In terms of harvest, the Interlake region's is 95 per cent complete with just some soybean, sunflowers and silage corn left.

When it comes to final yield numbers, the release said canola was around 30 to 40 bushels per acre with yields going as high as 50 to 60 bushels per acre in areas that received favourable growing conditions. Peas are at 50 to 60 bushels per acre, flax at 10 to 25 bushels per acre and soybeans ranging from 30 to 40 bushels per acre.

A rainy Thanksgiving weekend also helped soils in the region get up to field capacity in terms of moisture, the release said, adding cattle are now being taken to market or moved home off summer pastures.

Taking a look at the entire province, harvest is more than 95 per cent complete.

Now that most crops are harvested, fall field work is kicking into full swing in most regions.

## Veterinary service public forum to be held in Stonewall Thursday

Staff

Rural Manitobans interested in the care and services available through local veterinary clinics are being invited to attend upcoming public forums on these issues.

"It's true that rural veterinarians deliver essential care to countless animals including family pets, but they also protect the livestock that provide food and a livelihood for many in our province," Agriculture, Food, and Rural Development Minister Ron Kostyshyn said in a release last Friday. "These consultations will allow people who rely on these services day-to-day to share their views, which will be used for building future models of care in rural Manitoba."

The public events are being hosted by the Rural Veterinary Services Task Force and the public is encouraged to attend anytime within the time period of the consults to share thoughts and ideas about rural veterinary service. No advance registration is required. A scheduled consultation in Stonewall at the South Interlake Rockwood Agriculture Society's Red Barn is scheduled for Thursday from 1:30 p.m. to 7 p.m.

For more information or to view the online questionnaire, visit [gov.mb.ca/agriculture/surveys-and-consultations/rural-veterinary-task-force.html](http://gov.mb.ca/agriculture/surveys-and-consultations/rural-veterinary-task-force.html).

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Jets snap losing streak with win over Twins

By Brian Bowman

The Stonewall Jets needed a win in a big way against the Ft. Garry/ Ft. Rouge Twins on Sunday in Winnipeg.

And the Jets certainly delivered as they snapped a three-game losing streak with a solid 4-1 win over the Twins in Manitoba Major Junior Hockey League action.

After Tosh Plouffe opened the scoring just 25 seconds into the contest, it was all Stonewall after that.

Mackenzie Johnson scored 17 seconds after Plouffe's marker and then Brett Meilleur netted the eventual game winner at 6:57 of the first period. It was Meilleur's team-high sixth goal of the season.

Sam Mandryk made it 3-1 in the second period and then Chase Faulkner added an empty-net goal in the third.

Stuart Fleury made 31 saves for the win.

Last Friday, the Jets were doubled 6-3 at home by the St. Vital Victorias.

Justin Tremblay gave the Vics a 1-0 first-period lead but Meilleur tied the score at 1-1 early in the second.

St. Vital then grabbed a 4-1 lead on goals by Kal Kastes, Brendan Reichardt and Jordan Ivanyshyn.

The Jets came right back, however, to make it a one goal game as Chase Faulkner and Robert Smith, on the power play, tallied just 1:57 apart.

Tremblay added his second goal of the game at 16:26 of the third and then Kastes iced the game with an empty-net goal with 48 seconds remaining in the game.

On Oct. 13, the Jets were stopped 4-1 by the St. James Canucks in Winnipeg.



TRIBUNE PHOTO BY LANA MEIER

The Jets' Ryan Miskiewicz is hounded by a St. Vital Victorias player during MMJHL action last Friday.

Ashton Fogarty gave the home side a 1-0 first-period lead and then Wyatt Kemball and Derek Walker made it 3-0 after 40 minutes.

Austin Hill increased St. James' lead to 4-0 at 15:11 of the third period. Johnson, assisted by Eric Swanson, then snapped Canucks' goalie Kurtis Brakel's shutout bid with 2:44 remaining in the game.

St. James was 0-for-8 with the man advantage while Stonewall was blanked in three opportuni-

ties.

With the 1-2 record last week, the Jets are now 5-3-1 and tied for third place with Charleswood, each with 11 points. Stonewall trails only the Raiders Jr. Hockey Club (6-2) and the Pembina Valley Hawks (5-2-2).

Stonewall will host the River East Royal Knights on Friday (7:30 p.m.) and then will visit the Transcona Railer Express on Sunday (2 p.m.).

## Family Foods Junior Stonewall Classic on the button

Submitted

The Stonewall Curling Club hosted their yearly Manitoba Junior Curling Tour event - the Family Foods Junior Stonewall Classic - last weekend.

The local event is the largest junior bonspiel on the MJCT season with 30 teams entered. The MJCT represents the 20-and-under age category, with events created to enhance the elite junior curlers in the province.

After three days of round-robin games and close semifinal matchups, both the men's and women's finals came down to last-rock decisions in the eighth end.

On the junior men's side, Team Oryniak of the Granite Curling Club beat Team Wiebe of Portage la Prairie.

Oryniak's rink, which includes Jordan Smith, formerly of Warren, won \$900 for first place.

On the junior women's side, Stonewall's Rebecca Lamb rink, ranked No. 3, faced Team Bevan of the Elmwood Curling Club, ranked No. 7, in the final.

Team Bevan pulled off the upset to win the \$800 first-place prize.

The Stonewall Curling Club, meanwhile, will be the site of another major event this weekend as it hosts the CurlMB Provincial Berth Bonspiel from Oct. 23-25.

Thirty-one teams will compete for four spots up for grabs to advance to the 20-and-under provincials in early January.



TRIBUNE PHOTO SUBMITTED

Team Oryniak won the junior men's side and received \$900 from event co-ordinator Darrel Argan. Pictured left to right, Darren Oryniak (coach), Kyle Allenby, Christopher Gallant, Jordan Smith and Derek Oryniak.



# Warren loses wild one in WHSHL opener

By Brian Bowman

In past seasons, the Warren Collegiate Wildcats have had a penchant for scoring a lot of goals.

It appears that may stay the same this season.

Warren dropped its first Winnipeg High School Hockey League regular-season game last Thursday, losing 7-5 at home to the College Louis Riel Voyageurs.

Tied at 3-3 in the third, the visitors outscored Warren 4-2 in the final frame.

Will Slagerman had a great offensive game for Warren, leading his club with three goals. Wyatt Hagen had a goal and two assists while Baily Proctor also tallied.

Despite the regular-season opening-game loss, the Wildcats expect to ice a competitive team once again this season.

"Our team has a mix of youth and experience this year," said Wildcats' head coach Ryan Margetts in an email. "We will rely heavily on our Grade 12 players for leadership and ability, as we usually do."

Warren is set in goal with Braydon Weatherburn and they have some talented Grade 12 forwards in Brendon Burnett, Ethan Fairlie, Taylor Radley, and Baily Proctor.

Each of them will see a lot of ice time in important situations this season. Veteran defenceman Koby Carriere, meanwhile, will be leaned on heavily

to lead Warren's very young defensive corps, said Margetts.

While Warren got into an old fashioned shootout with the 12 combined goals scored in its first regular-season game, that's not how they want to play this season.

"The identity of our team is different this year," Margetts said. "Typically, we have been a very offensive team and played a run-and-gun style. We have more balance and size up front than usual, and a back end that is more inexperienced than usual."

"We want to have a more defensive minded club that can use its size and balance up front to create scoring opportunities. We will rely on Braydon to be the anchor he usually is (and) our goal is to finish in the top half of our division."

Earlier this month, Warren competed in the annual Springfield homecoming tournament. Warren lost its first two games against Shaftesbury and Kildonan East and then defeated Sisler.

Burnett led the way offensively with eight points in three games. Matt Fossay, Landen Mann, and Weatherburn were game stars for Warren while Fairlie, Riley Atchinson-Harden, and Bryce Allary earned hardest-working-player awards.

Warren hosted John Taylor on Tuesday and then visited Windsor Park Collegiate yesterday. No scores from either game were available at press



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Wildcats' Brendon Burnett (right) battles for position with a Voyageurs' player last Thursday.

time. The Wildcats will then host Murdoch Mackay next Tuesday. Game time is 4:15 p.m.

The Stonewall Collegiate Rams, meanwhile, were also in action last week, losing 3-2 to the Sturgeon Heights Huskies.

Liam Brown, on the power play, and

Carson Ouellette scored for the Rams. Curtis Beck took the loss in goal.

The Rams will be playing in the Huskies Classic, which begins today and runs through to Sunday, in Winnipeg. Stonewall will then resume league play Tuesday when it battles Vincent Massey at Silverstone Arena.

Game time is 4:15 p.m.

# Lightning lose pair at Showcase

By Brian Bowman

The Interlake Lightning had a tough weekend at the Manitoba AAA Midjet Hockey League Showcase in Portage la Prairie.

Interlake lost both of its games — 4-1 to the Winnipeg Wild on Friday and 4-3 to the Yellowhead Chiefs Saturday — to fall to 3-3 on the season.

In the loss to the Chiefs, Yellowhead took a 2-0 lead on goals by Dayton

Heino and Josh Belcher. Jack Einarson cut that lead in half late in the opening period but Brian Mentuck regained the Chiefs' two-goal advantage midway in the middle frame.

Interlake's Riley Vautour scored at 15:57 of the second period but the Chiefs' Tucker Scanterbury struck on the power play early in the third. Vautour currently leads the Lightning in goals (three) and points (six).

Karson Collins pulled the Interlake to within a goal once again when he scored at 13:56 of the third.

Adam Swan made 24 saves in the loss.

Last Friday, the Lightning were defeated by the first-place Winnipeg Wild.

The Wild took a 3-0 first-period lead on goals by Conor Timlick, Caiden Dailey and Brendan Arnold. Rylan

Bettens made it 4-0 midway in the second period and then the Lightning's Sean Loutit tallied at 17:40 of the third.

Jordan Kristjanson and Collins drew assists on Loutit's goal.

Winnipeg outshot Interlake 53-18, including 36-12 through the first two periods.

Nathan Cvar made 49 saves in the loss. The Lightning are back in action this weekend with a pair of home games in Teulon. Interlake will host Southwest Saturday (6 p.m.) and then Norman on Sunday (2 p.m.).



**Friday, Oct. 23**  
**Stonewall Jets vs River East Royal Knights**  
**7:30 pm at VMSC**

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**Sunday, Oct. 25**  
**Stonewall Jets vs Transcona Railers**  
**2:00 pm at Ed Golding Arena**



[www.stonewalljets.net](http://www.stonewalljets.net)

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Falcons fly past Midget Thunder

By Brian Bowman

The Interlake Thunder's Midget football season is now over.

Interlake was on the wrong side of a 56-0 decision to the Greendell Falcons in a Midget Football League of Manitoba quarter-final matchup Saturday afternoon at the University of Manitoba.

Greendell led 26-0 at the break and didn't let up in the second half.

"Our offence struggled to get things going," said Thunder head coach Kris Johnston. "We were definitely trying to get the running game going and the passing game wasn't quite on its mark like it normally is."

"It was just an off day offensively for us."

Interlake completed just two passes for 49 yards the entire game. On the ground, the Thunder produced just 78 yards between three players.

Defensively, the Thunder played very well, at times, especially in the first half. Greendell was kept in check during that first half but did explode for some big plays.

"They managed to get us on a couple of missed tackles and blown assignments," Johnston said. "Minor things, but they added up to big gains for ma-

ior first downs and, in several cases, touchdowns."

Looking ahead to next season, the Thunder expects to lose 12 players due to graduation from the Midget league. Several of those players were very good for the Interlake this past season and played key positions.

In fact, four of the Thunder's five starting offensive linemen, and two of three starting linebackers, have played their final game of Midget football.

"It's certainly a significant number but I have coached teams where we have lost more," Johnston said. "It's a good group of guys, for sure, but we do return some tremendous football players."

Despite the lopsided loss in the playoffs – and a 2-6 regular-season record – Johnston felt the Thunder had a successful season.

"There were a lot of positives to this season," he stressed. "We saw a lot of growth with our players throughout the course of the year. And, although we lose a lot of key starters, we're really excited about the future of this team. There are a lot of good Bantams coming up."



TRIBUNE PHOTO BY LANA MEIER

The Thunder's Alex France makes a catch during the first half of his team's 56-0 loss last Saturday.

## Warren runs wild at cross-country provincials

By Brian Bowman

The Warren Collegiate Wildcats' varsity girls' cross-country team captured the A/AAA bronze medal at the MHSAA provincial championship at Spruce Woods Park on Oct. 14.

Kyra Hoffman led Warren with a great time of 14:43, followed by Breanna Fallis (14:52), Sarah Holtmann (16:03), Julie Sprague (16:09), Chelsea Witt (18:34) and Becca Schott (18:52).

"We've had these girls together pretty much through grades 9 through 12," said Wildcats coach Lee Stewart Monday afternoon. "They've been very consistent and they're hard workers. The girls had a good sense as to what they needed to do to get themselves a shot at the medals."

The Wildcats combined to score 100 points, which was behind only Menonite Collegiate (53) and Lorette (71).

All of the Warren varsity girls' runners are in Grade 12.

In the junior varsity girls' race, Jordan Schott led Warren with a 94th placing and a time of 16:38. She was followed by teammates Delaney Grindle (114th, 17:33), Meghan Sholdice (130th, 18:09) and Brynn Arksey (134th, 18:12).

"We had four of them, so we were one runner short to make a team," Stewart noted. "But they did pretty well. We live in a pretty flat area, so the hill training is tough for us to do. I was pretty pleased with their effort."

On the JV boys' side, Luke Voth had a nice start and finished 42nd with a time of 20:39. Landen Mann was 155th after crossing the finish line in 24:34.

Braydon Weatherburn, meanwhile, was Warren's lone varsity boy runner. He placed 134th after a time of 22:04.



TRIBUNE PHOTO SUBMITTED

Warren Collegiate varsity girls won bronze at the MHSAA cross-country provincials Oct. 14. Pictured left to right: Breanna Fallis, Becca Schott, Kyra Hoffman, Chelsea Witt, Sarah Holtmann and Julie Sprague.

# Schneider, Rams run well at provincials

By Brian Bowman

The Stonewall Collegiate Rams had several great performances at the 2015 MHSAA Provincial Cross Country Championships at Spruce Woods Provincial Park on Oct. 14.

But the best performance, by far, came from Amber Schneider. Schneider finished second overall in the junior varsity girls' race with an impressive time of 12:42. That was behind only Kelvin's Erin Valgardson (12:06).

"Amber took off like a rocket and moved quickly into second place before the race moved into the woods," said Rams' cross-country coach Randy Gabel in an email. "She maintained that position to the end of the run and distinguished herself as one of Manitoba's top junior runners."

Other Rams competing in the JV girls' race were Fallon Furkalo (29th, 14:40) and Hanna Marshall (35th, 14:55).

In the JV boys' race, Stonewall's Scott Yeo placed 11th with a time of 19:03. He was followed by teammates Noah Bracken (27th, 20:12), Alex Renner (39th, 20:34), Dawsyn Arbez (55th, 21:11), Brayden Renner (109th, 23:04), and Markus Skakum (179th, 26:12).

That combination resulted in Stonewall finishing third as a team in the A/AAA results with 71 points. That was behind only Carman (35) and Sanford (62).

"After our junior boys won the Zone 5 championship, they took to the hills



TRIBUNE PHOTO SUBMITTED

The SCI's junior varsity boys' team placed third in the A/AAA division with a combined score of 71 points. Pictured left to right, Brayden Renner, Noah Bracken, Dawsyn Arbez, Alex Renner, Markus Skakum. Missing from the photo is Scott Yeo.

of Spruce Woods Park and continued their outstanding season," Gabel said. "Scott Yeo finished an impressive 11th place."

The Rams did not have anyone compete in the two varsity races.

The Teulon Collegiate Saints, meanwhile, also competed very well at the provincials.

Mark Shinnie placed 28th in the var-

sity boys' race with a time of 19:07. That was ahead of teammates Derrek Jones (172nd, 22:58), Jake Ledochowski (184th, 23:18), Nick Dzidek (254th, 28:25), Carlin Trudzik (255th, 28:29) and Austin Spulnik (267th 31:22).

On the varsity girls' side, Kailen Ledochowski placed 41st with a time of 14:45. She was followed by teammates Madelaine Green (93rd, 15:58),



Stonewall's Amber Schneider finished in second place at the 2015 MHSAA Provincial Cross Country Championships at Spruce Woods Provincial Park on Oct. 14.

Katrina Carter (176th, 17:39) and Ale Mejicanos (230th, 20:28).

In the junior varsity girls' race, Teulon's Jolene Hancox placed 99 with a time of 16:52, followed by fellow Saints Christine Kilp[atrack] (140th, 18:46), Tiegan Smith (172nd, 24:01) and Melissa Cunningham (173rd, 24:03).

## Bantam showcase



TRIBUNE PHOTO BY JOANNE PROCTER

The Interlake's Emma Stewart battles along the boards with a Yellowhead Chiefs player at Warren Sunova arena during the Female Bantam Showcase last weekend. The Ice finished the tournament 1-3, defeating Assinboine Park but losing to the Chiefs, Northeast and Fort Garry.

## A perfect end



TRIBUNE PHOTO BY JUDY KITCHING

The Neil Kitching team scored an 8-ender against the Chuck Lefley team in the first end during mixed league curling last Thursday at the Stonewall Curling Club. Kitching's team consists of Katie McMechan, Daniel Hunt, Meghan Knutson and Neil Kitching.

# Rams spike their way to tourney victory

By Brian Bowman

For the second time this season, the Stonewall Collegiate Rams' varsity boys' volleyball team was crowned tournament champions.

Stonewall avenged an earlier round-robin loss to Kildonan East, sweeping the Reivers 2-0 in the finals by scores of 25-19 and 26-24 to win a St. James tournament last weekend.

"It was a solid team effort," said Rams' head coach Owen Nishi in an email. "We lost to Kildonan East in the round robin, so it was nice to have the opportunity to face them again in the finals."

"The boys learned from the early loss and responded well."

The Rams reached the finals after defeating College Beliveau (26-24, 25-20) in the semifinals and St. James (25-23, 25-20) in the quarterfinals.

In round-robin play, Stonewall was 4-2 in sets, finishing second in their pool. The Rams lost 2-0 (25-23, 25-17) to Kildonan East but rebounded nicely to defeat Nelson McIntyre (25-15, 25-21) and St. Boniface (25-22, 25-19).

"We served well all day and started to make some positive steps forward with respect to learning and making adjustments on the court," Nishi said. "It was a long day for us as we only had eight guys."

"In the end, we had a tired and bruised up team but everyone embraced their roles, which was a key factor in our success."



TRIBUNE PHOTO BY JEN LOEWEN

The SCI Rams varsity boys' volleyball team defeated Kildonan East in the finals of the St. James Jimmies tournament last Saturday. Pictured from left, Braden Formaniuk, Zack Kendel, Evan Loewen, Tanner Good, Matt Thoresby, Carson Ouellette, Quin Arsenault and Owen Nishi (coach). In the front row is Scott Yeo.

# Rams downed by Dauphin at soccer provincials

By Brian Bowman

The Stonewall Collegiate Rams finished with a 1-2 record at the MHSAA Rural Girls Soccer Provincials in Steinbach last weekend.

Stonewall was eliminated from the B-side of the tournament after a tough 2-1 loss to Dauphin on Saturday morning. Randi Frost-Hunt scored the Rams' lone goal.

"We didn't have many games this year in our zones," said Rams' head coach Andrea Prigroski. "All of the teams dropped out, so we didn't have many opportunities to play together as a team. We actually hadn't played a game since Sept. 22."

The Rams earned a matchup with Dauphin after edging the Northlands Parkway Collegiate Night-hawks 2-1 in overtime.

Eryn Stewart scored for the Rams with about five minutes remaining in regulation time to tie the score at 1-1 and then Cindy Wills, a Grade 9 student, sniped the game winner in overtime.

"It was a nice win," Prigroski said. "It was a cold, windy day for soccer."

The Rams were relegated to the B-side after starting the provincials with a 6-2 loss to the Morden Collegiate Thunder. Stewart opened the game's scoring and then Sarah Lyle tallied for the Rams.

"They tried hard and played well," Prigroski said. "But Morden was a better team."

Despite the low number of games played this year, Prigroski felt it was a good season for the girls' team. Stonewall will lose five players – Erica Ammeter, Kelsey Chmelnitzki, Sarah Crellin, Lyle, and Stewart – due to graduation.

"We had a lot of new players, a lot of Grade 9s come out," she noted. "But a core of our team was Grade 12s and Grade 11 students. They have played for Mr. Cooke in the past and they had him on their minds at provincials. "They played with a lot of heart and their goal was to win it for Mr. Cooke."

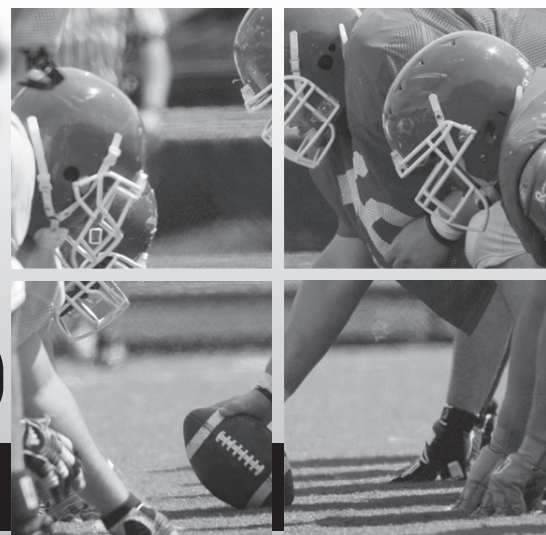
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Stony Mountain Child Care Center is looking for someone to work the 3:00 - 6:00 shift. Duties will include working with the children, closing duties and cleaning. Will need First Aid and Criminal Checks. Please send resume to SMCCC, Box 448, Stony Mountain, MB R0C 3A0 [orismccc@hotmail.ca](mailto:orismccc@hotmail.ca)

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## THE RURAL MUNICIPALITY OF ROCKWOOD PUBLIC NOTICE

The Rural Municipality of Rockwood hereby gives notice that the dates of the following Regular Meetings of Council have been changed:

- From: Wednesday, November 11, 2015 starting at 9:00 a.m. To: Tuesday, November 10, 2015 starting at 9:00 a.m.
- From: Wednesday, November 25, 2015 starting at 9:00 a.m. To: Thursday, November 26, 2015 starting at 9:00 a.m.

Council,  
The Rural Municipality of Rockwood



## TREATMENT WORKER REQUIRED

Interlake School Division invites applications for a full-time (6.0 hours per day) **treatment worker** for Stonewall Collegiate.

The successful applicant will be at least 18 years of age and must possess the following:

- Para -educator diploma or equivalent
- The ability to work independently and as part of a team.
- Non-violent crisis intervention or Weavas training.
- Valid driver's license and personal vehicle

Please direct applications, including complete resume and three references to:

Mrs. M. Ward, Principal  
Tel: 204-467-5539  
Email: [mward@isd21.mb.ca](mailto:mward@isd21.mb.ca)

Closing date for applications is October 29, 2015.

# ATTENTION

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## SCHOOL SECRETARY REQUIRED

Interlake School Division invites applications for a part-time (9 hours per week, schedule to be determined) **School Secretary** position at Stony Mountain School.

The ideal candidate will possess:

- Excellent people skills
- Minimum grade 12 education
- Strong computer and keyboarding skills (minimum 50 words per minute)
- Good accounting skills
- Previous secretarial experience
- Excellent communication and organizational skills
- Knowledge of Powerschool and CIMS programs are an asset

Applications are to include a complete resume and three references. Please apply by October 29, 2015, 12:00 noon to:

Mr. Myles Blahut, Principal, Stony Mountain School  
Stony Mountain MB R0C 3A0  
Tel: 204-344-5459 Email: [mblahut@isd21.mb.ca](mailto:mblahut@isd21.mb.ca)

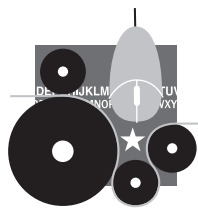
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					9		1	
3						5		
	1							7
7		3		5	4			
5		8				7		
			9					2
4			2					6
6				5	8	3		4
				6	4	1		

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the moment you  
square off, so  
sharpen your  
pencil and put  
your sudoku  
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Level: Intermediate

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

Sudoku Answer

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

Crossword Answer

## X CROSSWORD

**CLUES ACROSS**

- Angling worm
- Tissue that conducts food in plants
- 1937 Steinbeck novella
- Feed storehouse
- Raised pattern cotton cloth
- Prophetic signs
- Cowboy competitions
- Ophthalmic products company, \_\_\_\_\_ Worldwide
- Prefix meaning inside
- Arousing or provoking laughter
- Plant spike
- Atomic #94
- Himalayan goat
- Patti Hearst's captors
- Rock TV channel
- Pen point
- Tiny bite
- Organized work group
- Atomic #58
- Food fish of the genus *Alosa*
- Fleshy slice of meat
- Shallowest Great Lake
- Tapered tucks
- Winter muskmelon
- Isaac's mother
- Picasso's birthplace
- Lowest hereditary title
- Streisand/Reford film
- Verb states
- Soluble ribonucleic acid

**CLUES DOWN**

- Sink in
- Hairdo
- Muslim leaders
- Ringworm
- Oppresses or maltreats
- Cut fodder

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				54			55
		56						57		58			59
					60					61			
												62	
													63

- Natural logarithm
- Not divisible by two
- Independent Islamic ruler
- Written proposal or reminder
- Tilt or slant
- Nests of pheasants
- Portable shelters
- Swiss singing
- Body of an organism
- Opposite of "yes"
- 41st state
- 007's Fleming
- They speak Muskogean
- Payment (abbr.)
- "Spud Papers" author's initials
- Large vessel for holding liquids
- Nanosecond (abbr.)
- Worn to Mecca
- 1/100 rupee
- Of I
- Distributed cards
- Public promotion of a product
- Hard to find
- Thinks or supposes
- More lucid
- Thai monetary unit
- Phil \_\_, CIA Diary author
- Dialect variant of "heron"
- One of the tender bristles in some grasses
- Pass
- Hot or iced brewed beverage
- Equally

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**UPCOMING EVENTS**

Red Barn Events for November - Victorian Tea and Vendors Treasurers, Sunday, Nov. 15, 11 - 4; vendors welcome, contact JoAnn at 204-297-4522 or Diane 204-633-2238. Spirit of Christmas, Sun., Nov. 29, 9 - 1 p.m. Breakfast with Santa Candy Cane Store, more details forthcoming.

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*Thank You*

*Thank you to all my special friends and family that helped celebrate my 75th birthday.*

*Huge thank you to my family for the great surprise and all their hardwork making it a wonderful and memorable evening.*

~ Ron Miller

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-Lovingly remembered,  
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