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TRIBUNE PHOTO BY LANA MEIER

The Community Living Interlake fall fashion show models looked spectacualr all decked out in outfits from local businesses. Pictured left to right, Arlene Patterson, Holly Mulvihill, Jo-Anne Procter, Liz Harkness and Gail Spencer-Lamm.

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Home-Based Business Showcase celebrates 10 years in Stonewall

Showcase stepping stone for small business

By Natasha Tersigni

For a decade now, shoppers have been getting a jump on their Christmas lists while local business owners expand their customer base at Stonewall's Home-Based Business Showcase. The annual show celebrated its 10th anniversary this Saturday with more than 40 businesses packed into the Royal Canadian Legion in Stonewall.

Throughout the day, 360 people attended the show, with organizers donating the \$360 collected from door admission to the Stonewall and District and Christmas Cheer Board. With the wide variety of retailers attending the show, everything from books to makeup, dieting products, clothing and jewelry were available for purchase.

"This year we had close to 10 new businesses participating, and shoppers had a wide variety of products to choose from. Having the show in October really draws a big crowd and it is always a great turnout from the public," said Tanya Swanson, who organized the show along with Kerrie Holm. "It is great to see how businesses are able to grow from

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TRIBUNE PHOTO BY NATASHA TERSIGNI

Interlake Kneads Michelle Myers, left, along with daughter Rhea Myers and Kaylin Whittaker attended the 10th annual Home-Based Business Showcase held in Stonewall on Saturday. This is the third year that Myers attended the show and credits the annual event with helping to establish a customer base and move her business from home based to a storefront.

the show. The showcase is really a great opportunity for local business owners who don't have a storefront. This way they can really get out there and get some great exposure for their products."

One business that has seen success from the being involved with the show is Interlake Kneads Massage Therapy. Owner Michelle Myers started coming to the showcase three years ago selling bath and body products. The registered massage therapist opened her Stonewallbased store a year ago and credits the business showcase for helping with the transition and building a customer base.

"Coming to the show gave us lots of exposure to keep growing and helped us to evolve into a storefront business," said Myers, who added within the show she was able to expand her product lines and now carries products from four different suppliers.

"When I initially started selling products, I started with Epsom salts to help with pain management in between massage therapy treatments. I found it really successful, and from there, I was able to expand to other bath and body products. All the products are natural and really complement the massage therapy side of Interlake Kneads."

Along with her massage therapy service, Myers offers her complete bath and body products, including Epsom salts, soaps, lotions and bath bombs, at Interlake Kneads Massage Therapy at 12 – 333 Main St. in Stonewall.







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Antique store to host open house on Oct. 27

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By Jennifer McFee

An expansive new antique store provides a glimpse into the past while opening up ideas for modern design.

Grandmont Antiques welcomes the public to peruse its treasures during an open house event on Saturday, Oct. 27 from 10 a.m. to 4 p.m. The Argylearea business is located 13 kilometres west of Stonewall on Highway 67 and then four kilometres north on Road 2 West.

As soon as visitors arrive, they will have the chance to view an impressive collection of period furnishings, original artwork, architectural elements and tribal artifacts, all housed within an 1,800-square-foot building designed to resemble an old English manor home.

Owners Jack and Joan Grandmont honed their knowledge of antiques

Continued on page 7

One item in the collection is an 1870 buffet from Nimes, France.



TRIBUNE PHOTOS BY JENNIFER MCFEE

Jack Grandmont showcases some antiques that could also be incorporated into modern home designs.











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TRIBUNE PHOTO BY HAYLEY MINNIE

Due to a seasonably early frost, the Proctor Pumpkin Patch near Grosse Isle was forced to pick their pumpkins a little sooner than expected, resulting in green and orange gourds. Pumpkins need sunlight and warmth to ripen and a dry place, so Proctor's jack-o-lanterns will be ready to carve for Halloween with a little indoor care. The Proctors planted 230 pumpkin plants in the spring and harvested approximately 800. Kahlie Minnie, left, and her sister Abby stopped by the Proctor Pumpkin Patch to pick out their favourite pumpkins. There are still many available and if you are still looking, you can call 204-794-4895.

letter to the editor Letters to the Editor: letters@stonewallteulontribune.ca

Trudeau's marijuana legalization misses the mark when it comes to medicinal use

The total focus of the liberal marijuana legalization is all about recreation pot smoking.

A legal age customer can walk into any government approved retail outlet and buy all the buds he or she can carry out. Smoke enough joints and you will get high as a kite. No different than consuming too much alcohol.

Now if I wanted to purchase a small bottle of CBD oil at this same outlet. I will be asked to show my medical marijuana certificate. CBD oil will reduce inflammation and pain, relieve muscles spasms, has antiseizure properties, combats anxiety and is a sleep aid. No amount of CBD consumption will get a person high. So why does one need a special certificate to purchase a product which takes the pain away from my old body? Why does the government want to control oil from a plant used by the Chinese for over 5,000 years?

Looks like the Liberals are more interested in making money off the recreation user than providing access to those who need CBD oil as a medicine. Leaving out the marijuana oils in the Liberal legalization plan is a huge mistake.

Sincerely, Inky Mark, former MP

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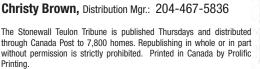
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Letters to the Editor:

Thousands of Manitobans objecting to Pallister's statement of 'no' to carbon pricing

Mr. Pallister's letter to the editor, though lengthy, skirted the issue at hand. I very much suspect if the federal government was Conservative, Brian Pallister would have no objections to the carbon pricing initiative. And I doubt he would be referring to it as a tax.

It is commonly known throughout the populace that this word is being used solely to politicize the issue — to rouse indignation and dissent against the Feds, who are not of his party. And to think this provincial politicizing is at a time when the world's scientists have banned together, dedicating their life's work

under the designation of Earth Science and are pleading all governments at the United Nations, to put politics aside and instead band together to save our planet primarily by reducing carbon gas emissions.

Currently, television documentaries and their contributing scientists are educating the public regarding the dangerous effects of carbon emissions spewing into our atmosphere. On The National, the late news on or about Oct. 13, the host asked the scientist he was interviewing if he felt it was necessary there be carbon pric-

Without hesitation, the scientist

replied in the affirmative. The funds garnered thusly from those polluters are to be used to help the people this pollution adversely affects in the times to come.

When Mr. Pallister complains that the Feds "claim they have the absolute right to impose carbon tax"... if the provinces do not meet the standard ... does Mr. Pallister go further to explain the why of carbon pricing? Does he mention all those scientists who have impressed upon the Feds this is the absolute right way to go and by listening to these experts the Feds are carrying out their responsibility as elected leaders of our nation? Exactly which scientific degree has Mr. Pallister earned, giving him the authority to write "We say no."

And to whom does he refer when he

writes "We"? Certainly Mr. Pallister must realize he may not purport to speak for the entire thinking population of our province or he wouldn't have felt it necessary to write the letter to the editor trying to explain his decision. I am one of thousands of Manitobans objecting to his statement of "no" to carbon pricing and to his including us in his declaration of no to co-operating in this world-wide initiative. And I am one of millions of Canadians concerned for the welfare of the children, grandchildren and great-grandchildren in our own families who will have to deal with the aftermath of current decisions.

- Germaine Gougeon Senior Citizen of Manitoba Canada

Ottawa ignores Manitoba's carbon tax wake-up call

This column was first printed in the Winnipeg Free Press

Ottawa experienced a traumatic event when Manitoba rejected the carbon tax, but the feds are in denial. It's as if Ottawa had a heart attack and then promptly fried up a pan of bacon. Prime Minister Justin Trudeau needs to pause and take the pulse of Canadians regarding the carbon tax.

Premier Brian Pallister gave a simple explanation for his decision to reject the carbon tax.

"The sitdown with the prime minister a couple of weeks ago was pretty much clear," Pallister told the Free Press. "Either we're standing up now to the federal threat or we're standing up in a year. So which one's better? I would say now."

Pallister met the federal government more than half way. He proposed a carbon tax that's higher than Ottawa initially required. He proposed to implement it earlier than required. He raised the point that Manitoba needs credit for its massive-to-the-point-ofreckless investments in hydro power.

Ottawa hasn't responded to these specific points. Instead, the feds fixated on a single issue: Manitoba proposal to keep its carbon tax at \$25 per tonne of carbon (or 5.3 cents per litre of gasoline) while Ottawa is telling provinces to increase the carbon tax to \$50 per tonne over time. The federal government says it'll impose that higher carbon tax on any province that doesn't comply.

Rewind two years and the situation looked very different.

"We will end the cycle of federal parties — of all stripes — setting arbitrary targets without a real federal/ provincial/territorial plan," stated the Liberal campaign platform. "We will instead partner with provincial and territorial leaders."

That's what makes the meeting between the prime minister and premier pivotal. When the prime minister rejected Manitoba's points, he repudiated the promised partnership. That forced the premier to take a stand.

What happened next is truly stunning. Manitoba's decision to reject the carbon tax is a disaster for Ottawa. It could have been an opportunity for conciliation, but Ottawa took the opposite approach.

"Now [Manitoba is] with the federal Conservatives and conservative parties across the country," said federal Environment Minister Catherine

So, Manitoba's rejection of a carbon tax is just partisan, according to McK-

Coarse Language;

Continued on page 6

PG

8:00 pm

EACH NIGHT

Ladv Gaga

Bradley Coope



May Frighte Young Children;





> ARNIE WEIDL Mother Nature can't stop fishermen from doing what they love

Welcome, my fisher and angler friends.

Last week I happened to be in the Selkirk Industrial Park and noticed a new well-built ice shack sitting in front of the Harvester Fish Net Co., a shop that sells fishing equipment to our commercial fishers in Manitoba.

I went in and met Sean Johnston, who runs the place. We got to talking and I asked him about the shack

"Yeah, there's a guy by the name of Phil Spring up in Riverton who makes them along with auger extensions and other accessories you need when fishing on the winter ice," he said.

"If you can give me his number, maybe I'll call him and ask if he has a fishing story for us," I remarked. Then I turned my attention back to Sean, asking him if he had been fishing lately.

"Oh man," he responded, "my life-long buddy Corey and I were fishing on the north end of the Red River last week and it turned into a comedy of the ridiculous," he said. "We love to fish. When others call us nuts for going boat fishing in our snowmobile suits, we don't care — we go!"

Standing in the fish net shop display room, Sean went into his story. "The fishing was good and we didn't want to quit but, as it happens in late fall, dusk comes upon you rather quickly. In the half light, we headed for the boat launch pad by Selkirk just as it started raining," he said. "Now my canopied boat has every imaginable extra on it except for windshield wipers. It was something that escaped me completely when buying it."

Soon the rain turned to snow and the windshield turned into a blinding block of ice. Sean looked at Corey and said, "You've got a credit card, right?" Corey hesitantly admitted that he did. "You're going to have to go out on the front deck and chip away enough ice so I can see to get us back to the landing pad," Sean said.

So Corey sat cross-legged backwards on the deck

clearing enough of the windshield in the driving snowstorm for Sean to navigate back to Selkirk!

A few days later, I called Phil Spring in Riverton and complimented him of the high quality of his shack and products then asked him if he had a fishing story for us. "Yes," he said, "but I don't know if you can print it!"

He gave me the story, and after listening to it, I felt it would be OK with you my friends.

A while back, Phil took his son and grandson fishing up by Washow Bay. As they trolled near the shoreline, the grandson saw blighted chokecherry bushes with black bloated berries and dark growths hanging down. "Grampa," the boy asked, "what is that stuff hanging on the bushes?"

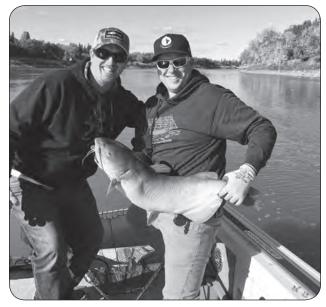
Grampa, a husky silver-haired guy with an ever-present joking nature, said to his young naïve grandson, "Well, that's dog poop, sonny!" Silence filled the boat as it glided along the shore.

Phil and his older son stifled smirks as they watched the young lad gaze around in perplexed thought. Finally the boy brightened and with wide eyes asked his loving grandfather, "Poppa, how did the dogs get up in the bushes?"

Not long ago, I ran into a chap, Jules Barten of Winnipeg, who told me of an unusual thing that happens at Sword Lake west of Minaki. There is an eagle in the area known to everyone as "Charlie." If you go out fishing on Lac du Bonnet and are fortunate enough to catch a few smaller fish, all you have to do is call out to "Charlie" or whistle and he will come. You hold the fish high in the air and he will dive down to pick it out of your hand, never leaving so much as a scratch!

A couple of weeks ago, I stopped at Bruce Benson's packing plant at Silver Harbour while he and his crew were unloading the boats after a lift. I asked Bruce if anything funny or unusual had happened on the lake lately.

Bruce a tall, strong fellow with a pleasant face



TRIBUNE PHOTO SUBMITTED

Corey Surma, left, and Sean Johnston, right, who has a top-of-the-line boat without windshield wipers, holding a cat they caught on the Red.

weathered nicely from his life outdoors, smiled as he helped another basket with fish up the chattering rotating chain lift. "Yeah," he called out over the sound of the lift's clamour, "In early summer, I and my buddy Ryan were coming up on one of our buoys to lift nets and I told him not to let the skiff's motor get close enough to the lines or nets for fear they would get wrapped around the prop," he said. "Sure enough, he got us snagged. As I bent over the side of the skiff up to my shoulders in the choppy warm water to free the lines, I yelled, 'What part of look out for the buoy lines didn't you get!""

Until next week, so-long for now gang.

> WAKE-UP CALL, FROM PG. 5

enna.

Pots and kettles debating partisan blackness may be standard procedure, but McKenna takes it to an astonishing level.

Yes, Saskatchewan's right-of-centre Saskatchewan Party government has opposed the carbon tax from the beginning. Ontario's Progressive Conservative Premier Doug Ford has now joined the fight. But they're not the only ones.

New Brunswick's Liberal Premier Brian Gallant is promising to "fight" Ottawa's carbon tax. Alberta's NDP Premier Rachel Notley has withdrawn her support for Ottawa's plan and frozen that province's carbon tax. Most striking is the almost unnoticed fact that Quebec's cap-and-trade system is equivalent to \$18 per tonne and there's no sign it will rise, yet Ottawa shows no interest in threaten-

ing that province with a federal carbon tax.

McKenna's partisanship is tone deaf, but her colleague's comments are even more revealing.

The *Free Press* reported that Intergovernmental Affairs Minister Dominic LeBlanc said Ottawa would impose a carbon tax on top of Manitoba's proposed flat tax no matter how much emissions actually fall. Let that sink in.

Ottawa will force provinces to impose increasing carbon taxes even if they're already hitting emission-reduction goals. LeBlanc's comment makes it clear this policy is not about the environment. It's about taxes.

For those who need more proof, consider this: Prince Edward Island is already almost half way to achieving its targets and Nova Scotia has already hit them, yet Ottawa is still threatening to impose carbon taxes on those provinces.

Manitoba's rejection of a carbon tax is a wake-up call for Ottawa. The most charitable assessment of the federal carbon tax is that it's badly flawed and raising multitudes of unanswered questions. At very least, the prime minister needs to hit the pause button and check taxpayers' blood pressure as opposition to the carbon tax rises.

'Let's Talk Taxes' is a free opinion editorial provided every two weeks to media outlets and opinion leaders by the Canadian Taxpayers Federation (CTF). For more information on this opinion editorial, please contact Todd MacKay @306-582-7717 or at tmackay@taxpayer.com.

The CTF is Canada's leading non-partisan citizens' advocacy group fighting for lower taxes, less waste and accountable government.

Town of Stonewall buys historic post office building

By Jennifer McFee

A historical building on Stonewall's main strip is now town property once

The eye-catching post office building at the corner of Main and Cen-

tre streets is under the ownership of the Town of Stonewall following a special meeting of council on Monday.

Council voted unanimously in favour of purchasing the building for \$225,000.

Mayor Lockie McLean said that the purpose for the purchase is to restore and pre-serve a piece of the town's heritage.

"When we did our strategic plan earlier this year, we asked what are

the things that make Stonewall, and that building is one of the things that makes our Main Street. When you look in rural Manitoba, it would be difficult to find a nicer Main Street

with the character that we have," McLean said.

"The town is in great financial shape, so this isn't a burden at all. I'm very proud that we were able to do this."

Architect Francis Sullivan, who men-

"THE TOWN

IS IN GREAT

FINANCIAL

AT ALL."

SHAPE, SO THIS

ISN'T A BURDEN

tored under worldarchitect renowned Frank Lloyd Wright, designed the building. Built during 1914 to 1915 with local limestone, the building served as a post office until 1978.

After that, it was used as a library and then eventually sold in the early '90s. Since then, it has changed hands several times among private owners.

"Over the years, it

was heartbreaking to see it getting run down, so we bought it to save it, to restore it and eventually find tenants for it," McLean said.

"It's a magnificent architectural



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Town of Stonewall purchased the old historic post office building for \$225,000

structure, and it's one of the only known surviving examples of prairiestyle architecture in Manitoba. For me and for all of council, it was very important to reclaim and preserve this part of our history. This is Stonewall's heritage and it's worth saving it."

> ANTIQUE STORE, FROM PG. 3

over the decades. For more than 10 years, they also operated an antiques emporium called Ivy Cottage. When Joan's interior design business, Grandmont Designs, began to gain momentum, they eventually decided to close Ivy Cottage — but they never stopped amassing items for their own collection.

Now they are ready to embark on a new adventure through Grandmont

"We've been collectors for a long time so it's given us a chance to buy a number of really incredible items," said Jack, who also operates a grain farm across the road.

"I didn't realize our collection was so varied until I started bringing everything out of storage."

Although the pieces might be centuries old, they can provide a unique design element when they are incorporated into modern-day homes.

"The world of antiques is different than what it was in the 1980s. Back then, people wanted their houses to look like their grandmother's kitchen. That's fine if that's their preference, but it's changed so much. Now people are looking for that feature piece be it a desk, a cupboard, an armour, a clock — something that can be the focal point of a room," Jack said.

"With the pieces that we have, the goal was that they can fit into a modern home. The majority of pieces that we have are one of a kind. Virtually any piece here could be placed into any lifestyle."

At Grandmont Antiques, there's no shortage of showstopping items to become a focal point in a home or business. Many of the items come from Europe, with some dating back as far as the 1600s all the way up to the early 20th

An example is an intricately carved cupboard created during the same era that William Shakespeare was penning his plays.

"He wrote King Lear when this was standing in a house," Jack said. "It's that old."

A stylistically carved bed frame is another attention-getting item, complete with the initials "PG" for Paul Getty.

"This bed is out of the Getty mansion. It is a very special piece," Jack said. "Where else are you going to get a piece of furniture out of the home of one of the prominent families in the United States?"

For anyone who is curious to see these items and many more, they can drop by on Oct. 27 during the open house or they can call 204-383-5382 to make arrangements to visit

For people who are seeking a particular piece, Jack can



even source the item through contacts across the globe.

"Collecting has introduced us to people all around the world. It's taken us to places we would never have imagined," Jack said. "There is so much that you can learn. It is definitely a passion."

For more information about Grandmont Antiques, visit the new website at www.grandmontantiques.com or check out photos of some of the items on Instagram.



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Stonewall council says no to proposed multi-family development

By Jennifer McFee

After nearly two months of an emotion-infused wait for the public hearing process to wrap up, Stonewall council unanimously decided to deny conditional use for a proposed planned unit development.

On Oct. 17, the public hearing resumed for the third time for the proposed development at 19 Alan McLeod Ave. A four-person team — made up of Celine Doll, Riley Patterson, Lynn Couch and Bryan Couch — from IV Development Solutions requested conditional use for a development made up of townhomes and a multi-family condo, with a grand total of 86 units.

Prior to this meeting, which was held at the Heritage Arts Centre to accommodate the large crowd, the applicants had provided additional support materials requested by the South Interlake Planning District (SIPD).

SIPD general manager Eric Shaw said that the South Interlake Planning District generally supports residential infill housing projects in residential designated areas and that planned unit developments are eligible for conditional use consideration in residential single-family zones.

However, in order for a project to receive conditional use approval, it must demonstrate compatibility with the general nature of the surrounding area. It also must not be detrimental to the health or welfare of the people who live or work in the area or negatively affect other properties or potential development nearby. As well, it must be generally consistent with the development plan and zoning bylaw.

In his recommendation, Shaw stated that the SIPD "believes the applicant has not adequately addressed several concerns expressed by the SIPD, and has not demonstrated that the pro-







TRIBUNE PHOTOS BY JENNIFER MCFEE

Photos from left: Bryan Couch of IV Development Solutions provided a response to the SIPD report; Celine Doll provided a presentation on the project; Al Sullivan posed questions at the public hearing.

posed development will occur in such a manner as to minimize conflict with the adjacent land uses."

In particular, the SIPD cited concerns about the lack of details in the revised site plan as well as the proposed density of the project. Other concerns stemmed from the design and architectural compatibly of the 18-plex buildings, plus a lack of information about the traffic impact study and the landscape concept plan.

As a result, the SIPD recommended that council deny the conditional use

The developers then provided a presentation that outlined the benefits of the project and addressed some of the SIPD's concerns. They confirmed that the site plan is drawn to scale and they also provided more details about their landscaping plans. As well, they said they could provide a complete traffic study, rather than a preliminary traffic forecast, noting that they also plan to have ample visitor parking over and

above zoning requirements.

In addition, the developers called on several experts to provide their opinions and insights on traffic as well as site suitability and drainage.

At the end of their presentation, they also said they could reduce the number of 600- to 700-square-foot units by 33 per cent. Further, they said they could increase the total green space up to 40 per cent, reduce the maximum site coverage down to 25 per cent and increase the parking up to a minimum of two stalls for every home

Mayor Lockie McLean then opened the floor so that members of the public could ask questions of the develop-

After the question period ended, council voted on the issue. They unanimously decided to deny the request.

For Coun. Wally Badger, he felt this plan would be too great a change in the area to happen all at once.

Coun. Clive Hinds said that it's a

great plan but, as a member of the planning board, he has to stay with the board's recommendation to reject the proposal.

Then Mayor Lockie McLean told the applicants that they held themselves with class by not contacting council and standing back to let the process work.

Coun. Jeff Levesque noted that throughout the public hearings, it seemed to come down to an issue of density, but he believes a win-win is possible.

And Coun. Sandra Smith said it was a difficult process for all involved and she appreciated everyone's patience. She also complimented the developers for their presentation and told Doll that she held herself with composure in front of a difficult group.

Looking ahead, if the developers come back with another project proposal, it will need to go through the entire conditional use process again.

Nominations now open for 2018 Manitoba Human Rights Awards

Deadline for nominations is Nov. 1, 2018

Submitted

This year on Dec. 10, we celebrate the 70th anniversary of the Universal Declaration of Human Rights, which forms the basis for human rights protections in Canada.

Since 2000, the Manitoba Human Rights Commission, the Canadian Human Rights Commission and the Manitoba Association for Rights and Liberties have hosted the Manitoba Human Rights Awards to recognize the achievements of Manitobans who work tirelessly to protect and advance human rights.

Senator Marilou McPhedran will be in Winnipeg to give the keynote address at a public awards reception on Dec. 10. Information about ticket sales will be posted shortly at www.manitobahumanrights.ca.

As in previous years, the awards committee issued a call to Manitoba artists to create the prestigious Human Rights Commitment Award of Manitoba. Treherne fibre artist Krista Zeghers was selected to create a unique piece to be unveiled as the

awards reception. A youth contest to select a candle-lighter for the Dec. 10 will also be launched to engage youth to talk about human rights in the classroom in Manitoba next week.

To nominate a person or group to receive any of the following, submit the application form at http://www.manitobahumanrights.ca/v1/news-events/human-rights-awards.html by no later than by Nov. 1, 2018, at midnight.

The Human Rights Commitment Award honours an individual or group who has worked to promote human rights and fundamental freedoms in Manitoba.

The Sybil Shack Youth Award hon-

ours an individual or group under the age of 25 that has worked to promote human rights in Canada and abroad. The Aaron Berg Award honours an individual or group involved in the legal profession who has contributed to the advancement of human rights through their work.

This year's recipients will join local human rights defenders like Meet Me at the Bell Tower, Red Rising collective, The Manitoba League of Persons with Disabilities, Manitoba Theatre for Young People, Ali Saeed and Jim Derksen all who have previously been honoured for their work.

Rosser council news in brief

By Jennifer McFee

At the Oct. 9 meeting, Rosser council hosted a public hearing for a variance application by Rosser Holsteins.

Rosser Holsteins requested a reduction in the minimum separation distance requirements from 9,186 feet to 3,328 feet between a rural settlement area and an earthen manure storage facility or feed lot for a proposed livestock operation of 2,000 animal units.

They also requested a reduction in the minimum separation distance requirements from 6,135 feet to 3,400 feet between a designated rural settlement area and an animal confinement facility or non-earthen manure storage facil-

Council approved the variation requests.

In other council news:

- Council clarified its resolution regarding the board of revision to state that the reeve, councillors for wards 1, 2, 3 and 4, and Bob Brown be appointed as members of the board of revision for 2018. The reeve will be the presiding officer.
- Council approved an application for a culvert crossing at 137 Wheatfield Rd. The applicant will be responsible for the cost of supplies and installation.
- Council gave approval for natural gas work proposed by Manitoba Hydro.
- Council passed third reading of a bylaw to authorize the expenditure and borrowing of money to construct a wastewater collection system and water distribution system to service the developed portion of the Rosser CentrePort Phase 1 Stage 1A area, including feeder mains from the intersection of Klimpke Road and Farmer Road and from the feeder main under Canada CentrePort Way, as well as a low-pressure sewer connection to the City of Winnipeg wastewater lines at Brookside and Inkster boulevards. Coun. Lee Garfinkel voted against the resolution.
- The RM of Rosser will enter into an agreement with the RMs of Woodlands and Rockwood and the Town of Stonewall regarding services provided by the Stonewall



ALL ARE WELCOME



& District Handivan.

- The RM of Rosser will enter into an agreement with the City of Brandon regarding 911 services.
- The RM of Rosser will make an exemption to the development standard construction requirements policy regarding the type of wastewater force main pipe materials to be used

at the BrookPort site. The RM will also make an exemption regarding the use of HDPE pipe at the Davis Way Tim Horton's site.

The RM of Rosser will enter into an agreement with Manitoba Water Service Board regarding cost-sharing of sewer and water.



The annual seasonal flu vaccine is available to all Manitobans at no charge. It will offer protection against four seasonal flu strains.

An annual flu vaccine is especially important for those at increased risk of serious illness from the flu, their caregivers and close contacts.

If you are 65 or older or have a chronic illness, you should also get a pneumo vaccine. One pneumo vaccine may give you a lifetime of protection.

To get your free flu vaccine, contact your public health nurse, doctor, pharmacist or call Health Links – Info Santé at 204-788-8200 or toll-free 1-888-315-9257.

manitoba.ca



Guimond family shares daughter's struggle with Rett Syndrome

By Lorne Stelmach

Imagine symptoms like those associated with autism, cerebral palsy, Parkinson's, epilepsy and anxiety disorder, but all in one little girl.

That is how Trish Guimond describes her nine-year-old daughter Ema, who lives with the disease called Rett Syndrome.

Ema, the youngest of five children was diagnosed with the rare genetic or hereditary neuro-developmental disorder about five years ago, though it took time to arrive at that conclusion.

"Rett Syndrome wasn't on anybody's radar because there's very few in Manitoba with it," explained Guimond, who lives in Winnipeg but whose family roots are here in the Winkler-Morden area.

Telling her family's story to help mark October as Rett Syndrome Awareness Month, Guimond said more children like Ema are starting to be diagnosed with Rett Syndrome.

"A lot of kids go undiagnosed, and they are labelled with autism ... that's what my daughter was originally given was autism," she recalled.

"At least they're learning more and more about it every day now," Guimond said, noting there is a leading researcher at the University of Mani-

Rett Syndrome is a neuro-developmental condition characterized chiefly by the loss of spoken language and hand use. The disorder, which is seen in infancy and occurs almost exclusively in females, is usually caused by a mutation of the MECP2 gene on the X chromosome.

Named after Dr. Andreas Rett, who first recognized the syndrome, it's estimated it affects one in every 10,000 live female births.

Early developmental milestones appear normal, but between six and 18 months of age, there is a delay or regression in development, particularly affecting speech, hand skill and gait.

A hallmark of Rett Syndrome is repetitive hand movements that can become almost constant while awake. Other common medical issues encountered include epileptic seizures, muscle stiffness, osteoporosis and scoliosis.

Guimond said they started noticing some regression with Ema at around the age of one. She was talking but not very fast. Walking also came with difficulty.

Amidst multiple medical tests to try and figure out what was wrong, Ema



TRIBUNE PHOTO SUBMITTED

Nine-year-old Ema Guimond was diagnosed with Rett's syndrome five years ago. Her family shares her story to bring awareness to the disease.

lost what speech she had and her mobility started a steady decline.

It was then the family first heard about Rett Syndrome through a friend of a friend. They finally got the diagnosis about five years ago.

Despite its multiple handicaps, Rett Syndrome is not a degenerative disease, and many individuals with Rett Syndrome live long into adulthood.

"Some have full mobility, some have no mobility ... there's not really two girls who are the same," said Guimond.

"My daughter is fortunate. She has full mobility still," she said. "It's hard for her to walk, but she still does ... some have never walked. My daughter had words and lost them, but some girls never spoke."

Guimond added that it has been likened somewhat to being a stroke victim.

"They're locked in their bodies, so they know everything that's going on around them," she said "It's a very tough disease to watch.

"The hardest thing is to get people to believe that they understand ... they're fully aware. Unlike you and me, they can't communicate."

Despite all of the various difficulties that come with living with Rett Syndrome, Ema is fully capable of learning and growing, and she is fully integrated in her school with the help of a full-time aide.

"It is challenging," admitted Guimond, who nevertheless holds out hope that they will keep learning more about this condition and how to help with it.

"It's a daily fight for most, but at least there's some progress being made," she said. "It is moving slowly ahead, but they do have a tough go. They have a daily struggle."

Learn more about Rett Syndrome online at rettsyndrome.org.



Quarry Park Heritage Arts Centre

The service will pay tribute to local residents who died in service to our country.

Please join us after the service for refreshments and a tour of

"1918: A War to End All Wars" Exhibit.

Members of the public are invited to participate.

Stonewall Remembers

1918: The End of the War to End All Wars Oct. 27-Nov 30 (Closed Nov. 11)

> 11 am – 5 pm Quarry Park Heritage Arts Centre

Everyone Welcome ~ Free Admission

For more info contact: Catherine 204 467-7980

Multiple break and enters

Staff

On Thursday, Oct. 18, Stonewall RCMP received a complaint about multiple break and enters to trailers and cabanas at Miami Beach reported by the campground owner.

The break-ins occurred sometime after Oct. 1. At this time, there are no

suspects, witnesses or evidence.

Anyone with information can call Stonewall RCMP at 204-467-5015. Anonymous tips can also be provided to Crime Stoppers by calling 1-800-222-8477 (TIPS) or to text "TIP-MAN" plus a message to CRIMES (274637).

Kids at Starting Blocks embrace outdoor program

By Jennifer McFee

Rain or shine, youngsters at Starting Blocks benefit from ample time spent in the great outdoors.

The childcare centre launched an outdoor program this year with a group of four-year-olds, who are outside everyday from 9 a.m. to 3 p.m. in all types of weather.

Director Brenda Kaminski had always wanted to run an outdoor program, and she had two staff members who jumped on board with the plan.

"We believe that so much good happens from the outdoors. There's documentation about how children learn so much better outdoors," she said.

"The learning is done in a natural environment, so they're learning how to problem-solve and how to sequence and so many other things on a natural level."

Behaviours also change when children are outside, she added.

"We've seen children who really struggle throughout the day who have now turned their day around. And if they're inside, most of our children from the outdoor program will ask to go outside," she said.

"One child really struggled with how to recognize the spelling of their name. This child, who is only four, can now spell their name with leaves recognize their name using different mediums to spell it."

The program filled up quickly, and it is already proving to be a success.

"Children in that type of environment learn so much more readily, especially children who have struggles," Kaminski said.

"So the success comes in many different ways."



TRIBUNE PHOTO BY JO-ANNE PROCTER

Starting Blocks Children's Centre launched an outdoor program this year with a group a four year olds.

Community Futures program passes \$1 million in loans

By Roger Newman

Community Futures East Interlake (CFEI) has reached a milestone.

The Riverton-based federally funded economic development agency is celebrating the granting of \$1 million in loans to recipients participating in its Entrepreneurs with Disabilities program.

Tammy Dziadek, the agency's general manager, says the \$1 million mark was achieved by lending and relending the original \$200,000 invested in the fund when it was launched in 1996. That means the seed money was loaned and repaid many times to bring the loan total to the \$1 million mark in the past 22 years. The loans were all to entrepreneurs who have a disability or a health condition.

"It's a significant achievement," says Village of Dunottar Coun. David Oberding, the current CFEI chair whose agency has been serving entrepreneurs in municipalities stretching from RM of Rosser to Kinonjeoshtegon First Nation since the Riverton head office opened 1986.

Dziadek, who was 19 when she joined CFEI 25 years ago, leads a four-

person staff that provides a variety of services to entrepreneurs, businesses and their communities. These include a conventional loan program for new and existing businesses, counselling, a free resource library and assistance with community development projects. All this is done with a four-person staff made up of Eugene Zalevich, community growth settlement officer; Deanna Fridfinnson, community and business development co-ordinator; and Lisa O'Neill, loan administrator.

Dziadek said the conventional fund has made \$ 9.6 million in loans to East Interlake entrepreneurs and businesses since the Riverton office opened in 1986. She said these loans are part of a nation-wide federal program where 267 communities futures agencies have provided more than a billion dollars of loans in the past 32

"Statistics show that assisted businesses are more successful than unassisted businesses," the general manager said."The Canadian survival rate after five years is 80 per cent for the assisted versus 52 per cent for the unassisted."



TRIBUNE PHOTO SUBMITTED

Community Futures East Interlake has achieved the \$1 million mark in loans granted. Staff members, back row, left to right: Deanna Fridfinnson (business and community development co-ordinator), Eugene Zalevich (community growth settlement office); front row: Lisa O'Neill (loan administrator) and Tammy Dziadek (general manager).









Activities for Seniors in Your Area

November 2018 Calendar of Events!

Activity Centre • 374 – 1st Street West For newsletters, visit www.si55plus.org

NOVEMBER EVENTS:

- Drive Safely Presentation @ 10:00 am Nov 5
- Cribbage Tournament @ 1:00 pm
- **Caricatures & Cartooning with Ralph Class** Nov 6 @ 1:00 pm
- Shopping Trip Kenaston Outlet Mall Nov 8
- Nov 14 Monthly Luncheon @ 12 Noon
- **Accumulative Cribbage Tournament begins** @ 7:00 pm (week 1)
- Casino Trip McPhillips Street Station @ 10:00 am
- Nov 16 Needle Felting Class @ 10:30 am

Nov 20 Parkinson's Disease 101 Presentation @ 1:00 pm

- Nov 21 Accumulative Cribbage Tournament begins @ 7:00 pm (week 2)
- **Accumulative Cribbage Tournament begins** @ 7:00 pm (week 3)

DECEMBER EVENTS:

- Dec 3 Cribbage Tournament @ 1:00 pm
- **Accumulative Cribbage Tournament begins** Dec 5 @ 7:00 pm (week 4)
- Shopping Trip St Vital Mall @ 10:00 am
- Christmas Dinner tickets required @ Noon
- WSO Celtic Tenors @ 2:00 pm
- Dec 29 RWB The Nutcracker @ 2:00 pm

ACCUMULATIVE CRIBBAGE TOURNAMENT

4 Week Tournament - Partner Play - Weekly Prizes!

Wednesday Evenings @ 7:00 pm - November 14 - December 5, 2017 Registration Required by: November 12 by Noon. Call to Register at 204-467-2582 55 Plus Fundraiser - Everyone Welcome

November Luncheon



Wednesday Nov 14th @ Noon Tickets Required & Available Nov 1st

December Luncheon



Wednesday, Dec 12th @ Noon Tickets Required & Available Nov 1st

Dec 29 - RWB The Nutcracker

Early Deadlines! Limited Seats!

CLASSES

Caricatures & Cartooning Class with Ralph Tanchak

Try your hand at a new Artistic Technique November 6 @ 1:00 pm:

Needle Felting with

Kathryn Jack

Bring your Scissors & Thimble

November 16 @ 10:30 am:

Registration deadline: November 1st

BUS TRIPS



Nov 15 – Casino Trip – McPhillips St Station Dec 6 – Shopping trip St Vital Mall

Registration Required!

PRESENTATIONS

Drive Safely: Mon, Nov. 5 @ 10 am Presented by TONS (Transportation Options Network for Seniors) Transitioning from Driver to Passenger

Parkinson's Disease 101: Tues, Nov. 20 @ 1 pm

Information Session Presented by Parkinson's Canada All are Welcome to these Informative Presentations Refreshments will be Served

For Information Call: South Interlake 55 Plus @ 204-467-2582

South Interlake Seniors Resource - Stonewall 144-622 Centre Avenue - Lions Manor, Entrance 4.

SUPPORT SERVICES FOR SENIORS

- Driver/Escort Program Equipment Lending Service Meals on Wheels
- Lifeline ERIK and ICE Programs Handy Helper/Housekeeping Program
- Friendly Visiting and Telecheck (phone buddy) Home Hair Care Service
 - Resource information/Form Assistance

www.sisrc.ca

The South Interlake Seniors Resource Council offers services for seniors and those with disabilities to help them to remain independent and safe in their homes and communities. With the help of volunteers and our fee for service workers, we provide these services to Stonewall, the RM's of Rosser, Woodlands and the southern portion of Rockwood.

Eating Alone? Join us for a once-a-month

"POTLUCK PLEASURE AND FELLOWSHIP"

Tuesday, November 20th at 5:00 pm Church of the Ascension Parish Hall 435 - 1st Ave. N. For transportation, please call 204-467-2234 or 204-467-8613



November is Financial Literacy Month (FLM)! Throughout the month, Canadians are encouraged to invest in their financial well-being. This means taking control of their finances and reducing financial stress by making a budget, having a savings and debt reduction plan, and understanding their financial rights and responsibilities.

We would like to acknowledge two of our Meals on Wheels Volunteers who tirelessly deliver meals to our seniors, Kathy and Murray Mulligan! Kathy and Murray also do other volunteer driving with us and we are so thankful to be able to rely on them week after week. Thank you both so much!

Kathy & Murray will enjoy lunch at

Join us for homemade lunches & desserts Tues-Fri 10-5, Sat 10-4 • 292 Main St., Stonewall 204-467-2303
Thank you to McLeod Teahouse for donating gift certificates for our volunteers!



For more information call 204-467-2719

St. Laurent Seniors Resource Council Inc.

"A HELPING HAND WHEN YOU NEED IT"

55+ and people with disabilities Offering support services within the RM of St. Laurent and surrounding areas

St. Laurent Community Health Centre 51 Parish Lane, 204-646-2504 ext.4 Seniors Resource Coordinator, Darlene McKay

Footcare clinic, Community Volunteer Income Tax Program, Exercise Program, Monthly Seniors Birthday Club, Mobility Aids, (E.R.I.K.) Emergency Response Information Kit, Victoria Lifeline, Volunteers for different services such as Friendly Visits and Telecheck, resource Information, housekeeping, transportation, mobility aid equipment for loan. Fundraising activities throughout the year.

Monthly Birthday Bingo Club and whist tournament last Thursday of each month.

"Celebrating Seniors in Action"

Teulon & District Seniors Resource Council Inc.

Providing a Helping Hand

Find us at 54 Main St. Teulon 204-886-2570

PROVIDING FREE SERVICES TO SENIORS:

- PHONE BUDDY FRIENDLY VISITOR
- DRIVER ESCORT INFORMATION/FORM ASSISTANCE • ADOPT A GRANDPARENT
 - DROP IN CENTRE AREA
 - COMMUNITY VOLUNTEER INCOME TAX PROGRAM
 - MEDICAL EQUIPMENT LOANS
 - CAREGIVERS SUPPORT GROUP

REGULAR OFFICE HOURS: 8:30AM-4:30PM

Fall fashion show, a fabulous CLI fundraiser

Community Living Interlake (CLI) held their first annual fall fashion show fundraiser with a delectable dessert table last Thursday at Quarry Park Heritage Arts Centre.

The fashion extravaganza featured clothing from The Look, McLeod House, Red Apple and Something Beautiful from Stonewall plus Packers and The Foot Shop from Selkirk.

The silent auction, Winnipeg Jets ticket raffle, 50/50 raffle and admission tickets raised \$6,300 that will be used towards the purchase of a new

Shirley Shinnie and Joneen Livingston won the Jets tickets and Emma and Olivia Smith won the 50/50.

CLI board member Holly Mulvihill was overwhelmed with the generous support of the 150 guests and spon-

Mulvihill thanked board members for helping to encourage inclusion in the community while promoting respect and dignity. Board members in attendance included Karen Korchinski, Sandra Smith, Shane Gabor, Christine Gudmundson, Trish Glass and Clayton Grant. Don MacLennan was absent.

CLI executive director Jimm Simon stressed the importance of inclusion of the intellectually disabled in our community and the importance of fundraisers that provide quality of life to their clients.

CLI has 90 staff and provides day programs, employent, housing and education for 150 individuals.

Simon looks forward to the expansion of their social enterprise 'Something Beautiful' with the opening of a coffee-bar later this month. Simon wants to see this space promoted as a community space where groups are welcome to come visit, play games,



Community Living Interlake executive director Jimm Simon.

"It's a beautiful space and we want the community to use it day and night," said Simon.

The coffee-bar will provide free WiFi, a book exchange from McNally Robinson, playing cards and board games for guests while providing skills like cooking, hosting, serving and cleaning to their clients.

The vision for CLI recognizes the value of every person and believes that people living with an intellectual disability are individuals, each of whom has rights as community mem-

The non-profit organization is dedicated to supporting individuals to live fully inclusive lives as members of the community.

CLI clients have a right to be treated with respect and dignity and have a right to actively and independently participae in the community. These programs support and promote selfesteem and personal growth.

Simon talked about how some of their clients are financially self-sufficient while others require assistance. He encouraged everyone in atten-



TRIBUNE PHOTOS BY LANA MEIER

Shirley Shinnie, left, and Joneen Livingston, middle, were the lucky winners of the Jets versus New Jersey Devil tickets presented by Karen Korchinski.

dance to get involved in some way whether it was by shopping or visiting the store, donating to the Donna Jensen fund, helping teach skills or by providing employment.

"We want our clients to work in our community. They can shovel snow, wash windows, deliver flyers or cut grass," said Simon.

The money that the province provides covers basic essentials. It does not provide extras for recreation, iPods, bikes or socializing.

"CLI owns five homes, rents one, manages 10 independent apartments and provides staffing 24-7 for their clients. All this takes money. We rely on local donors," stressed Simon.







Models also included, left to right, Amanda Coggan, Jamie Yeo and Michael Maartense.





Plus POP-UP sales throughout the store!

LOOK FOR ANOTHER MONEY SAVING COUPON NEXT WEEK

Open Mon-Fri 8am-9pm, Sat 8am-7pm, Sun 9am-6pm Phone: 204-467-5553 for FREE Delivery in Stonewall and surrounding communities



Come in and see us about to be replaced

Come in and see us about all your vehicle needs

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SPECIAL

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Oil, filter & lube, rotation of tires & multi-point visual inspection?

Also ask about Low Interest financing on your Winter & All Weather Tires with the "Get A Grip" MPI Program

AUTO SERVICE

467-7512 11 Agassiz Ave Stopewall MR



Ever dealt with a dead car battery in the middle of winter? Not much fun, is it? Drivers are far better off ensuring that their battery is in good shape before the thermometer dips. But how can you tell if your battery needs to be replaced? Here's what to look out for.

Indicators of age

Car batteries typically last four to six years. One indication that yours is on its last legs is that the interior lights and/or headlights have gotten dimmer. Another good clue is that your vehicle doesn't jump to life when you turn your key in the ignition: instead, your start up is slow, weak or inconsistent. If you're experiencing these problems and your battery is old, it's a good idea to get it checked by a licensed technician to see if it needs to be replaced. If your battery is still under four years old, it may just need to be recharged.

Low voltage

Recharge your battery when the voltage is lower than 12.4 volts. You can check the voltage using a voltmeter or multimeter. If you have a car battery recharger, you can recharge the battery yourself. Otherwise, get

a professional to do it.

Provided resolves the issue, your battery is likely still fine. However, should the problem return, check the voltage again. If the battery won't hold a charge, it's time to get it replaced. If the voltage is within range, it might be an issue with the alternator.

Problems with the alternator

Note that a defective alternator has similar secondary effects as a weak battery. For this reason, it can sometimes be a good idea to consult a mechanic before replacing your battery. This way you're sure to get a full and accurate diagnostic.





Wolves killing cattle in Moosehorn have producers calling for government action

By Patricia Barrett

A Moosehorn cattle farmer says he's lost about \$60,000 this year because of a spike in the numbers of wolves attacking and eating his cattle, and a few more years of losses may put him out of business.

Glen Metner, who farms 22 quarters between Moosehorn and Grahamdale with his brother and son, figures he's lost 24 calves this season. He had three different people counting his herd and all of them came up with roughly the same number of missing animals.

"Last year I was missing about seven, and six the year before," said Metner last week. "It's more than tripled this year, plus I'm missing either two cows or two three-year-old heifers. I don't know which yet."

Since 2014, Metner said he's been losing calves to wolves and discovered this year's loss near the end of September when he brought his cows and calves home from their freerange pasture.

He knows the loss is down to wolves because he said he found wolf tracks in the pasture and around gateways and discovered a freshly killed calf. He also brought home a mother and her calf that had been badly mangled by wolves.

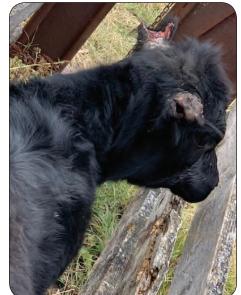
"The only reason this calf is alive is because the mother cow beat the wolves off him. She was bit on the nose and both ears and half way up her tail, and bit on the flank when they were trying to drive her away from the calf," said Metner."The calf was grabbed by two ears and the skin is pulled off the ears — there's cartilage there — while another wolf was eating his hindquarter out. They ate the equivalent of two kilograms of meat."

As a farmer, Metner said he's allowed to kill wolves only on his deeded land — not his leased portions — and only if they're harassing his livestock.

He said the dead calf was found on the edge of a deeded quarter and the mangled calf had run with his mother for about a mile to escape the wolves. He had a trapper come out, but he hasn't caught any wolves thus far.

"If you look at the wolf survey for





TRIBUNE PHOTOS COURTESY OF GLEN METNER

A wolf grabbed this calf by two ears and pulled the skin off while another wolf was eating his hindquarter out.

[hunting] Area 21 this year — that's north of PR 325 and east of Highway 6 — they counted 1,089 wolves there on the 24th and 25th of April," he said.

To him, those high numbers spell trouble down the line for cattle ranchers. Metner said he knows farmers in the area that have already lost a significant number of cattle to wolves

He, along with a Manitoba Agricultural Services Corporation (MASC) senior adjuster who spoke briefly to refer the Tribune to MASC head office but wishes to remain anonymous, said other farmers in the area have lost a significant number of cattle to wolves this year.

"At one time we had cyanide guns ... you could set in your pasture and the cows didn't bother them," said

Metner. "The wolf takes the bait and pops the cyanide pill and the gas goes off and burns out their lungs and they'll die right there or within a half mile. But you're only killing the problem wolves that are doing the killing. They no longer have any of this stuff. Now you have to get a trapper

Since 2014, Metner says all they're catching in traps are pups and young wolves — not the adults that are "too smart for us. Sustainable Development wants me to scare them out of my pasture into my neighbours' pastures. That's the theory — to keep them out of your pasture, but they have to kill and eat somewhere."

Sustainable Development compensates livestock producers through MASC for animals injured or killed by bears, cougars, wolves, foxes and coyotes, according to a document forwarded by the adjustor. Produc-

ers have to notify MASC to register a claim within 72 hours of discovering an attack. Assessments are based on the carcass, attack site and indicators of the presence of a predator. If an adjustor determines there's sufficient evidence to prove a predator, the producer will receive full payment. Compensation is 90 per cent of the calculated loss.

But Metner says wolves will eat the entire carcass within a few days, leaving no evidence of a kill. That means no insurance payout. And the calf that survived will be worth nothing at market. He's also had a 28 per cent increase in the number of cows aborting their fetuses because of wolves.

"The bacteria they carry when they bite a cow causes cows to abort their fetuses. I treated the calf that got attacked and he'll be fine, and I put penicillin into [the mother]. But any other cows that got involved and got attacked, they're going to abort their calves."

Manitoba Beef Producers represents about 7,000 producers across the province and liaises with government to strengthen the industry. General manager Brian Lemon said MBP passed a number of resolutions at its annual general meeting this year to urge the government to help producers deal with predator attacks as they're "one of the key issues for the association."

Besides wolves, which are a "huge problem" in the Interlake and the Parkland and The Pas regions, bears and coyotes also kill cattle, said Lemon. And ravens and magpies can take

Continued on page 22



Quarry Park Heritage Arts Centre. Drop by after dusk to see them lit All retired pumpkins will be composted at the community garden.

Brought to you by REACT Inc. Visit us at www.reactinc.org











Massage Therapy Awareness Week October 21-27, 2018

What is massage therapy

What is "Relaxation" Massage?

What is commonly referred to as relaxation massage is often what you think of when you go to a spa and where your goal is to leave feeling relaxed, to reduce tension, and minimize a feeling of stress. The clinical names for the basic massage techniques often used to achieve a state of relaxation are collectively known as Swedish massage. Some Swedish massage techniques are known to be more relaxing. Techniques like effleu-

rage or petrissage when applied with appropriate pressure and direction will elicit a relaxation effect. These techniques are generally long gliding motions or kneading.

Is "Relaxation" Massage different than Massage Therapy?

Not when you recieve a qualified and administered treatement by an RMT. An RMT will assess your situation and have the tools to create the best possible plan for you whether it is for relaxation or for something like

pain relief from a muscular strain.

Buyer Beware: find out who is administering your massage. In some spas, salons and other settings, the person giving a massage may not be a Registered Massage Therapist. RMT's have a minimum standard of education and are bound to ethical and effective professional care. Others who do massage are not held to those same standards. So whether you need to relax or manage more specific pain, an RMT will assess your needs as it could be the case there is something more specific that needs to be addressed for you to reach that goal and that may require more complicated therapeutic techniques.

What is "Deep Tissue" Massage?

The term "Deep Tissue" is often used by clients when communicating that they want something more than light touch or pressure. When you ask for "deeper" or more pressure, that is just one cue to a professional RMT that your needs may be more complex. A deep tissue massage will be determined after the health history and assessment reveal your specific health needs and potential risks. Not only

will an RMT ask and be aware of cues for adjusting pressure, they will encourage you to express what you are feeling during the treatment with respect to pressure, discomfort or effect. Different people might request deep tissue massage, but their expectations will be completely different. This is something that needs to be determined with appropriate assessment and communication.

Why is some massage accepted by my insurance health benefits and some not?

Most major insurance benefit programs will only approve massage therapy provided by a Registered Massage Therapist who has graduated a full program to allow the treatment to be billed under the benefit plan because it increases the effective health benefits AND reduces the injury risks when a minimum standard of education has been achieved by the practitioner. This assures the insurers and the companies who provide your benefits that your health care is being managed by someone with minimum competencies and who is held to a high standard of care.



Kaylin Whittaker, RMT Remedial Massage Therapist

is accepting new clients.

Unit 12 - 333 Main Street (Westside Plaza) Stonewall, MB

(204) 404 - 7681





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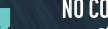
THEN 1973

CELEBRATING 45 YEARS!

NOW 2018

MTAM started with **5 MEMBERS**

MTAM now has 1,230 MEMBERS



DID YOU KNOW?

MTAM Members are all fully qualified massage therapists.

DID YOU KNOW?

MTAM works closely

with health benefit providers to ensure our

are recognized by

benefit plans

members' treatments

NO CONSISTENT EDUCATION

standard across Canada

PROFESSION IS NOT REGULATED

in Manitoba

Majority of massage therapists

WORKED ALONE

or in spa or fitness facilities

Massage therapy **POPULARITY EMERGING** in Manitoba



showing the efficacy of massage therapy

Top health benefit providers

DID NOT INCLUDE

massage therapy as a regular part of their plans

NATIONALLY ACCEPTED

minimum standard (2 year/ 2,200+ hrs) of quality education

PROFESSION WILL BE REGULATED

in Manitoba in 3-5 years

MANY DIFFERENT SETTINGS

today, from personal care homes to multi-disciplinary clinics

OVER 60% OF MANITOBANS

visit a massage therapist

A LARGE BODY OF SCIENTIFIC RESEARCH

showing efficacy of massage therapy

is now a regular part of

HEALTH BENEFIT PLANS

in Manitoba and Canada

DID YOU KNOW?

Most education in Canada is moving to a more robust 3-4 year program of study for massage therapy



DID YOU KNOW?

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Your Home & Garden

The four hottest flooring trends to try

Are you fed up with your home's outdated floors? Or maybe you find them hard to maintain? Every year, flooring products become more innovative, beautiful and durable. Here are four of today's best options.

1. Faux wood

You're probably already familiar with laminate flooring that looks like hardwood, but did you know that there are porcelain and ceramic tiles that also mimic the colours and textures of wood? These products are both attractive and incredibly durable.

2. Vinyl

If you dream of luxurious floors made of natural stone or exotic wood but they're not in your budget, vinyl

and adhesive sheet styles, this material can imitate the bamboo, concrete or tile flooring you dream of for a fraction of the price. Vinyl's also an ideal choice for bathrooms and kitchens because it's both durable and waterproof.

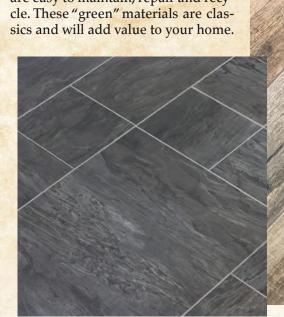
3. Metallic epoxy

If you're looking for bold, cuttingedge flooring, this is the top choice for you. The mix of epoxy and polyurethane allows you to create any look and colour you want, making it perfectly suited to your style and your home's design esthetic. It will turn your floors into works of art.

4. Eco-friendly materials

Hardwood, bamboo, cork and stone

is the answer. With both floating tile are eco-friendly flooring options that are easy to maintain, repair and recy-

















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Your Home & Garden

Buying a snowblower: types and features

Are you on the hunt for the perfect snowblower? Wondering which one you should buy? Here's what you should know about the different available types.

- Electric shovels: ideal for small areas like balconies, sidewalks or very small driveways. They can remove snow up to 10 centimetres deep.
- Electric snowblowers: best for small, flat driveways. They're typically unable to remove icy or heavy snow.
- Single-stage snowblowers: also best for small driveways with trouble lifting icy and heavy snow. They can remove up to 20 centimetres of snow.
- Two-stage snowblowers: suited for long, wide or sloped driveways. They have no problem moving over 20 centimetres of snow, even if it's heavy or mixed with ice. However, they take up a lot of room, so make sure you have sufficient storage space.
- Three-stage snowblowers: perfect for large driveways and areas that regularly get huge amounts of snow. They can be up to 50 per cent more powerful than two-stage snowblowers.

Now that you've determined the type of snowblower you need, you can start looking at the different models that are available. Some have heated handgrips. Others come with power steering, a feature that makes using a big machine much easier.



It's best to invest in a popular brand because if replacement pieces are ever needed, they'll be more readily available.

Always buy the best model of snowblower you can afford. Inexpensive ones tend to require more in the way of maintenance and repairs.

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204-467-8929



Young musicians toured the Interlake with youth choir



TRIBUNE PHOTO BY JO-ANNE PROCTER

The 2018 Interlake Youth Choir performed 11 songs for students at Ecole Stonewall Centennial School on Oct. 15.

By Jo-Anne Procter

In just four short days together, the voices of young Interlake singers melded together in time to perform three great performances.

For the third season running the Interlake Youth Choir (IYC) has been selecting grades 9-12 Interlake singers through an audition process. Singers are chosen based on vocal qualities including accuracy, intonation and overall tone.

This year, 37 selected singers spent Sept. 29 rehearsing along with an intensive weekend at Camp Arnes Oct. 13-15, culminating in a school concert tour with a finale concert in Selkirk.

The IYC is a Interlake Choral Association initiative created to provide an extraordinary choral opportunity for youth in the Interlake through rehearsing and performing high-quality choral literature, under the direction of an exceptional conductor.

Alisa Wiebe, the IYC conductor is from Winnipeg and holds a bachelor of musical arts from Canadian Mennonite University and a Bachelor of Education from the University of Manitoba. She teaches choir, vocal

jazz and fiddle and conducts the Pembina Trails Voices Boys Choir as well as sings with the Winnipeg Singers.

Accompanist Beth Emmers, orginally from Alberta, studied jazz piano at Humber College in Toronto and currently writes, arranges and accompanies choirs and teaches group piano classes and is the music co-ordinator for her church across Manitoba.

The choir performed concerts at Dr. George Johnson Middle School in Gimli, Ecole Centennial School in Stonewall and a finale concert in Selkirk where they were joined by Tabula Rasa, the Interlake's young Adult

Tabula Rasa is made up of Interlake singers aged 17-26. Their next performance will be at Little Britan United Church on Dec. 16 for their annual Christmas concert.

The Interlake Choral Association Advent concert on Nov. 30 will showcase eight to 10 choirs from the Interlake region at St. Michael's in Cooks

For information on any of the Interlake choirs, contact Kendra Obach by email klobach@gmail.com.





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Rug-weaving workshop brings women together

Winnipeg artist Claire Thérèse Friesen introduced traditional rug weaving to a group of Eriksdale women on Oct. 17. The group told stories during a workshop while adding their own section of rug to the multi-communi-

The group of artists billeted with Eriksdale residents and shared in a variety of art, drama, and music lessons and performances from Oct. 15 to 19 as part of This Land Floods: the Interlake Chautauqua Tour presented by Theatre Projects Manitoba.

Friesen, who led the class, comes from a rug-weaving background herself. This traditional art was passed down to her grandmother, who in turn shared it with Friesen and her sister. Friesen fell out of practice with the art until she started keeping her sister company while she created artful rugs out of scrap fabric.

During their time together, Friesen and her sister found they spent the time sharing stories about the old sheets, curtains, tea towels and fabrics that touched their lives. It was these memories that inspired Friesen to share both craft and storytelling with others.

The first section of the rug was crafted in Steep Rock where participants were asked to choose three fabrics that represented their community. Sunny, warm, welcoming and water themes came together in a weave of



The rug, which started in Steep Rock, will travel throughout the Interlake growing larger with each community visit.

solid yellow, patterned blue, and florally cream.

The workshop began with each of the 12 participants introducing herself and describing what sort of arts they're involved with. Some of the women came from very crafty backgrounds but others found their art in the garden, kitchen or even massage therapy.

One resident, who immigrated from Egypt in the '90s, hoped to learn the skills she hadn't from her mother, who has passed away. She told the group that her sister had made all their clothes, and with the scraps, her mother would braid similar rugs.

Nearby sat a large table covered with mixed fabrics, some brought

Continued on page 23



TRIBUNE PHOTOS BY KAL FRANCHUK

Local women listened to Theatre Projects Manitoba artist Claire Thérèse Friesen, left, at a rug weaving workshop in Eriksdale on Oct. 17.

Interlake region remains No. 3 for vehicle-deer collision

Interlake is the No. 3 region, while Eastman and Westman are No. 1 and No. 2 for vehicle-deer collisions, according to Manitoba Public Insurance.

Eastman — which includes the com-

munities of Steinbach, Lac du Bonnet, Anola, Birds Hill Park area and Falcon Lake — experienced an average of 1,700 collisions yearly, based on statistics collected from 2013 to

Of note, the city of Winnipeg dropped one level to No. 6 on the list of top vehicle-deer collision regions in the province, which is released annually by Manitoba's public auto insurer.

"At this time of year in particular, there's an increased likelihood of encountering these animals when travelling through these zones. Awareness is one key to preventing a collision," said Satvir Jatana, vice-president responsible for Communications, Manitoba Public Insurance.

"There are nearly 7,000 vehicle/deer collisions yearly in Manitoba. Our goal is to see that reduced through education, awareness, emerging driver-assist technologies and drivers taking preventative steps."

In addition to raising awareness of high-collision hotspots by publishing its annual listing, Manitoba Public Insurance works in partnership with the city of Winnipeg to place highvisibility message signs at strategic locations identified as key wildlife-vehicle collisions hotspots. A total of 14 locations have been identified within Winnipeg.

In rural Manitoba, signs will be placed in Riding Mountain National Park, warning drivers of the potential danger of collision with wildlife and encouraging safe speeds, particularly between dusk and dawn.

On average, about 400 people are injured in wildlife-related collisions yearly. Over the last 10 years, seven people in Manitoba have been killed in crashes caused by an animal on a road. Overall, Manitobans are involved in more than 11,000 vehiclewildlife collisions yearly according to Manitoba Public Insurance data.

The province's Top 5 vehicle-deer collision regions are:

- 1) Eastman Region 1,700 yearly col-
- 2) Westman 1,585 yearly collisions
- 3) Interlake 1,200 yearly collisions
- 4) Pembina Valley 665 yearly colli-

5) Central Plains - 640 yearly colli-

Tips to help keep you safe:

Slow down when you see wildlife crossing signs and drive with extreme caution scanning the road ahead as

well as shoulders and ditches.

Animals are normally more active at dawn, dusk and at night.

Be especially alert where brush and tall grass grow near the road.

Watch for the reflection of headlights in the eyes of a deer, or a dark silhouette.

Do not swerve if an animal does cross

in front of your vehicle. Brake firmly to reduce the impact between an animal and your vehicle.



TRIBUNE PHOTO BY JO-ANNE PROCTER

Drivers need to be alert where brush and tall grass grow near the road.

SERVICE CLUBS - Serving our Communities

Royal Canadian 🐞 Legion Branch No. 52

"THERE ARE

NEARLY 7,000

VEHICLE/DEER

COLLISIONS

MANITOBA."

YEARLY IN

Reg. Dues are \$45/year Membrers 70+ \$40/year

The Royal Canadian Legion is dedicated to the service of veterans and their dependents, as well as to raise funds for the community. The Legion is open to all Canadian Citizens. The legion meeting is the 2nd Tuesday of the nonth at 8 pm at Stonewal Legion Club Room

Teulon & District

Agricultural Society

Lana Knor, President

467-0740

The Teulon & District Ag

Society meet on the fourth Thursday of each month

from February to November

at the Agricultural Building

sponsors the Teulon & District

Ag Fair and the Annual Teulon

Dave Couprie 467-9548

\$40/member/year

The Knights of Columbus

raise funds for charities

The Knights are open to

all Catholic men, 18 yrs or

older. Meetings are held 1st Monday of the month

September through June at

the Christ the King Church in

the community.

The Ag Society

Knights of

Columbus

Stonewall

South Interlake Aa Society

Janice Rutherford 467-5612 Hwy #236 and Rockwood Road \$10/member/vear t encompasses the needs of the three municipalities that it serves - Rockwood, Rosser and Woodlands. Monthly meetings are held the 3rd Tuesday of each month at

7:30 at the Ag grounds.

Teulon Women's Institute Phone 886-2216

Fee: Nominal membership may apply "Home and Country"

The TWI has approximately 14 members that work hard to raise money throughout the year to donate to local and regional charities and community projects. Meet 3rd Tuesday of the month 7:30pm Farview Place Teulon. New members

Snow Goose Bay on Hwy 220

Stonewall, Manitoba 1-888-50MARSH (62774) ohmic@ducks ca

ohmic@ducks.ca
oakhammockmarsh.ca
The Oak Hammock Marsh Interpretive Centre is a non-profit
organization. Its mission is to
foster public awareness and
knowledge of the inherent values of wetlands and associated
accesstems and to encourage ecosystems, and to encourage public support for their conser tion and outreach programs

Ladies Auxiliary

Committed to the wellbeing

of our community and rais-

ing funds for the ongoing

mutual support provided by

the Stonewall Legion Branch

#52. Meetings are held on the second Thursday of

the month. New member-

membership fee 10.00. Vol-

unteers often required for

events at the Legion hall.

Yearly

Quarry **Toastmasters** Brenda 467-5088

Tribune

We have moved. Come join us for a visit or two. Quarry Toastmasters will be at the Chicken Chef in Stonewall 7:15-8:45 pm on Tuesday night. Our group helps you with speaking in front of peo ple, grow's confidence, how a meeting should be run. We have an agenda, slow steps to get you to do speeches. We support each other and we also have fun.

South Interlake Seniors

Resource Council Inc.

Darcy or Corinna @ 467-2719

sisrc@shaw.ca

SISRC is a non-profit organization

that offers services for seniors and those with disabilities. These

services include; Transportation; Mobility Aid Lending Service;

Caregiver Support Group; Health Education Presentations; Resource

Telephone Buddy/Friendly Visiting;

Handy Helper/Housecleaning. We

also distribute the ERIK (emergency

response information kit) and we

are Lifeline Representatives

Completion:

Information/Form

Kin Clubs of Stonewall "Serving the Communities"

Kin Canada is a dynamic volunteer organization enriching our communities through service while embracing national pride, positive values personal development and lasting friendships.

Kinsmen President Martin Mailman 204-467-8359 Kinette President Edith MacMillan

204-375-6691 The Liliane Baron South Interlake

Breast Cancer Support Group

Claudette 886-2393 Joyce 467- 2473 The group is a non profit grass root organization founded by women in the South Interlake Area diagnosed with breas cancer. Our mandate is to assist other who may find themselves with a simila diagnosis and to provide a variety of support, assistance and friendship whe

respect and caring.

The group meets for positive encouragement and support on the third Tuesday of each month at 7PM at the office of LJ Baron Realty, Main Street in Teulon Anyone seeking information or services i

eeded within the confines of privac

always welcome

Stonewall & District **Health Centre Ladies Auxiliary**

Marg Bond 467-8732

The auxiliary's goal is to raise funds for the purpose of enhancing the care and comforts of patients, residents and clients served by the Health Centre.

Meetings are held the first Monday of each month at Rosewood Lodge

New members welcome

Women's Institute Phone 204-467-9376

Motto: "Home and Country"

The GIWI has approximately 14 members that work hard to raise money throughout the year to donate to local and regional charities and community projects. Meet 2nd Tuesday of the month 7:00pm Grosse Isle Hall. New mem bers always welcome.

Unity, Steps of Courage (AA) United Church

369 1st Ave., N., Stonewall Fridays at 7:30 pm Info Call Bryce 204-430-6787

Interlake Community Foundation, Inc. www.interlakefoundation.ca

Interlake Foundation provides the citizens of Rockwood, Rosser, Stonewall Teulon and Woodlands with the opportunity to invest in the future of their community and region forever. The Foundation pools donations in a capital fund that remains in perpetuity. The income generated from the capital is distributed as grants to registered charities in the region. Grant applications are due by February 28th of each year.

South Interlake 55+ Inc

467-2582

www.si55plus.org

\$20/member/year

si55plus@mts.net

This non-profit organization

provides education and activities for persons age 55

events are held on a regular

basis. Newsletters are pub-

lished monthly and available

to pick up at the 55+ Centre

Warren Horizons District Lions Club

President: Irene Tully 204-375-6522

Meetings are held the first and third Wednesday

of each month at the Warren Fire Hall

Sept. thru June

Many activities and

Stony Mountain Stonewall Masonic Lodge #12 Call 204-467-2788 for Information

Stony Mountain Stonewall Masonic Lodge #12 is the oldest organization in Stonewall (1880) and part of the oldest and largest fraternity in the world. Although a belief in one God is necessary to join, Freemasonary is non-secular and prohibits Freemasonary is non-seconar and prominist discussion of religion and politics in it's Lodges. Freemasonary focuses on the reinforcement of morality into the daily lives of our members and of charity, a giving back to our communities through our Lodges and by our charitable activities as well as in our personal lives, which we believe makes GOOD MEN BETTER.

Stonewall & District Lions

Ralph Sinclair 622 Centre Avenue Stonewall 467-9600 Motto: "We Serve"

Membership is open to anyone over eighteen with an interest in providing assistance to those people or projects in our community in greater need than ourselves. Meetings are every 4th Wednesday of the month at 7:15 pm September thru June

(E)E D

ships are welcome.

Larry O'Dell 467-8882 Ross Thompson 467-2438 www.ioofmb.ca

Yearly nominal membership fee The Odd Fellows Lodge is a fraterna organization based on the fatherhoo of God and the brotherhood of man. We do charitable work through various projects in the local community, the province and internationally. We seek to elevate the character of man and thereby make the world a better place to live. Meetings every 1st and 3rd Monday of the month at 8:00pm at the Odd Fellows Hall.

Independent Order of Odd Fellows Stonewall Lodge #49

of God and the brotherhood of man

Warren & District Lions President Stu Bangle 204-322-5381 "We Serve" Membership is open to anyone over 18 interested in giving something back to their community through direct action, meeting humanitarian needs, encouraging peace, and promoting international understanding. Meetings are held the 1st and 3rd Wednesday of the month at 7:00pm at the Warren Fire Hall from Sept-June.

'Moderation is key'

Local cannabis users weigh in about legalization

By Lindsey Enns

Derek Fedorchuk says he isn't your stereotypical cannabis user.

The 33-year-old St. Andrews resident has been a regular cannabis user for nearly 15 years. He also owns his own home and has a successful job in the construction industry.

"I bought a house at 21 years old and I work hard," Derek said. "I'm successful and I smoke pot every day for all those years and I still manage my money properly and make smart investments."

With recreational cannabis now legal from coast to coast in Canada, Derek hopes it will help erase the negative stigma that often surrounds those who use the drug.

"There is a stigma regarding cannabis. The lazy pot head, stoner, but moderation is key," he said.

After working in the construction industry for several years, Derek has suffered multiple back injuries. He says smoking cannabis in the evening helps relieve his pain.

"I was prescribed different antiinflammatory's and muscle relaxers, which I took briefly, but I just didn't like them," he said. "I'm not a fan of taking pills. I would just kind of deal with the pain and then I got into fitness and the marijuana use helped."

Derek says he believes cannabis can

be a good alternative to prescription drugs.

"I think it's a lot less harmful on your body, side effect wise and everything," he said. "I think it's definitely been beneficial for me."

Although he wasn't in line to purchase the product when it became legal across Canada last Wednesday, he plans to check out some of the shops soon.

"It's nice to see the fact that people don't have to worry about being persecuted over smoking weed," he said. "Now you know you'll be getting a clean product."

Derek's brother Landon Fedorchuk, 35, who also considers himself a regular cannabis user, says he hopes legalization will generate lots of revenue for Canada as well as create jobs. Landon said he started using cannabis about 20 years ago.

"I enjoy smoking pot. It's just relaxing," he said. "But since my back injury, I definitely picked up my use a bit."

Landon says "there's good and bad" to cannabis legalization in his eyes. He said although it's good that people can have it now, the laws and fines surrounding it are harsh.

"I don't think it's fair that they're doing it that way," he said.

Those who break Manitoba's rules on cannabis consumption can face fines of up to \$2,542.

Smoking cannabis in a provincial park or campsite could lead to a fine of \$672. The same fine will apply to those under 19 who are caught with cannabis.



RCMP PHOTO

A local cannabis user says "moderation is key" when it comes to consuming marijuana.

Six things you need to know about cannabis in Manitoba

- 1. You must be 19 years old or older to buy marijuana
- 2. You can't smoke or vape cannabis in public
- 3. You can't grow cannabis at home
- 4. You can carry a maximum of 30 grams of marijuana on you while in public
- 5. Don't drive while high
- 6. When in a vehicle, cannabis should be stored in a the trunk or as far back as possible

Growing cannabis plants at home, supplying cannabis to an underage person or selling cannabis without a licence will bring fines of \$2,542.

The province says the risks associated with consuming cannabis include that it can be addictive, can lead to depression and anxiety, will affect brain development, will impair your ability to drive, can harm your baby and it is risky to purchase on the street.

To learn more about cannabis in Manitoba, visit gov.mb.ca/cannabis/index.html.

Earlier this year, Peguis First Nation gave GrowForce Holdings Inc. the green light to build a production and distribution facility on a piece of their land in Selkirk.

Although details surrounding the exact location of the facility is still being determined, the project is expected to include a \$33-million investment for a building that will be at least 50,000 square feet. Construction is expected to begin in early 2019.

> WOLVES , FROM PG. 15

down cattle by persistently picking and feeding on a sore.

"We're starting this time of the year to hear more about the problems with wolves over this past season only because producers ... are bringing their cattle home and are seeing how many cattle they've lost," he said. "The kills will actually happen throughout the summer and fall, and in some of those areas, it's difficult to get a head count because ... there's bush. So it's not until you round them up and bring them home that you're short X number of cattle."

Like Metner, Lemon said wolves will clean up a carcass "100 per cent" in a few days, making it impossible for producers to make a claim. The claim rate is about 10 per cent.

MBP is working with both Sustainable Development, whose mandate is to protect wildlife, and the Department of Agriculture, whose mandate is to grow beef production, to come up with solutions to predators, he said. In addition to killing cattle, wolves chasing them cause them stress and prevent them from feeding. That can result in lower weights.

"To a large degree it's the cattle producers who protect biodiversity," said Lemon, referring to producer-led grassland rehabilitation projects that sustain birds and other species, "and to not be compensated for the losses that come from the wildlife interactions is really something we think is important to push with government."

MBP formed an industry-govern-

ment working group that presented a report to ministers Rochelle Squires and Ralph Eichler this spring. MBP's three-pronged goal is to initiate a pilot project to deal with predators, obtain fair compensation for producers and launch a proactive approach to predator management.

"When the wildlife starts to be a problem, we need to have a government that's willing to step up and help us manage problem predators in a proactive way," said Lemon.

Claims manager David Koroscil from the Department of Agriculture's Portage la Prairie MASC office supplied wolf kill claims/payouts from the past three years (based on MASC's fiscal year, which runs from April 1 to March 31).

In 2016, 48 successful claims resulted in \$44,640 in indemnities. In 2017, the

numbers of claims jumped to 143, resulting in \$133,780 in indemnities. In 2018 (the fiscal year ends March 31, 2019) there have been 37 claims so far with \$35,240 in indemnities.

Koroscil said the Manitoba Trappers Association has been working in conjunction with Sustainable Development and MASC to "target problem areas in an effort to mitigate predation losses."

Metner said he'll be paid virtually "nothing" for his losses because of a lack of carcasses.

"I'm getting frustrated with this. Since 2014, I've started having a wolf problem, and if this keeps up for a couple more years, I'm out of business," he said. "We're farming now, me and my son, for two years with no profit because of the wolves. That \$60,000 was my profit. This is wrong."

Interlake School Division goes the distance on school bus safety

By Patricia Barrett

The Interlake School Division observed School Bus Safety week Oct. 15-19 by asking all of its schools to incorporate bus safety tips into their regular curriculum.

ISD's transportation supervisor Jaret Thiessen said each school will also be taking part in bus evacuation training this week.

The safety measures follow the prov-

ince's annual promotion of school bus

"The province also kicks off their School Bus Safety poster contest at this time, so we ask the schools to start the process this week," said Thiessen. "Winners from our division will be picked and sent in by Dec. 7. This year's theme is 'My School Bus, The Safest Form of Student Transporta-

In addition to teaching students about how to be safe on and around school buses, Thiessen said motorists can help by obeying school speed zones and stopping on both sides of the road for school buses with lights and signs activated.

"School speed zones have been added in Balmoral and Stony Mountain areas over the past couple years," he said. "[But] we continue to have motorists go through our school bus stop sign lights, posing a real threat to the safety of the students. We do have cameras on the bus to help enforce the law but would rather prevent it from happening with awareness to avoid the tragic consequences that can't be undone with any amount of

Rockwood public hearing

By Jennifer McFee

Rockwood council hosted a public hearing on Thursday, Oct. 18 about a technical review committee's report for Lifewind Farm Ltd.

The applicant proposes to expand a dairy operation to 360 animals (720 animal units) from the current 140 animals (280 animal units) within an animal confinement facility at a site located about 3.2 kilometres west of Stony Mountain on Road 74.

The proposed project would involve the construction of a new barn with robotic milking. The existing barn would be renovated to house heifers produced by the operation. All livestock would be housed indoors.

Other aspects of the project include the construction of a manure storage structure. The operation would also use 11,640 imperial gallons of water

The technical review committee had

previously received comments outlining concerns with the proposed project, including possible odours, the effect on groundwater, and the amount of water required for the expansion.

The technical review committee confirmed that the information in the site assessment meets provincial recom-

"In addition, based on available information, it has been determined that the proposed operation will not create a risk to health, safety or the environment, "states the technical review report, "or that any risk can be minimized through the use of appropriate practices, measures and safeguards.'

If Rockwood council decides to provide conditional approval for the proposed project, the applicant might need to get various provincial permits and licences to address environmental aspects.

> RUG WEAVING, FROM PG. 20

by the artists, some from Steep Rock residents and others brought in by the women in attendance. Each chose one fabric they were drawn to and returned to their seat to share with the group why it was chosen.

The stories were then connected together to help determine the final colours that would represent Eriksdale. Autumn colours were chosen to reflect the landscape. The browns would become a tree trunk in the rug, a symbol of how many people are rooted in the area.

As the tour moves between communities so will the rug, and each group will add a section to represent them. Friesen will then complete the final row, tying together her experiences on the tour and the stories that were told along the way.

The rug's final destination has not yet been determined. It will belong to all communities that participated and will likely spend some time in each on display.

The workshop was as much about the skill as it was bringing people together. During their introductions, some of the women tossed around the idea of starting a weekly craft group. Another brought her own crocheted rug to share.

A few of the artists in attendance also felt like they were gaining from their stay in Eriksdale. Instead of just teaching a class and going home, they became part of the community for the week and will draw inspiration from their experience in future projects.

Associate artistic director Andraea Sartison said that as an organization funded by all levels of government, Theatre Projects Manitoba focuses on bringing arts outside of Winnipeg when possible.

Success, which is traditionally quantified by ticket sales, has to be redefined within rural areas. Instead they focus on the meaningful exchanges between artists and community members.

worship with us

"Whoever is not against us is for us." Mark 9:40

These words from Mark's gospel invoke images of togetherness and community. They are spoken by Jesus to his disciples in response to their request two verses earlier. "Teacher, we saw someone casting out demons in your name, and we tried to stop him because he was not following us."

Why the request to stop someone doing good works? It was not the good works the disciples objected to but rather the person doing them. He was not a member of their inner circle. He was not part of who the disciples categorized as "us" and therefore must be part of

From the first disciples, to early councils of the church, to the reformation, to defining church as a particular culture or institution, to denominational divides, to membership lists, to limiting opportunities to serve within the church based on institutional criteria, the church has time and again limited its understanding of the circle of God's people. Time and again we have said, "If you're not for me, you are against me," we have seen and shown intolerance when Jesus' teach-

There is simply no place in God's kingdom for "us" excluding "them." The concept of circle drawing reminds me of my first seminary class where my professor opened with the origin of a specific type of circle. The term deadline first appeared during the American Civil War and was a circle drawn around prisoners to contain them. If a prisoner stepped over the "deadline," they were shot. I never handed in an assignment late during seminary as I did not want to find out how literally she used the term when doling out work.

The disciples and the church have the potential to draw deadlines if we are intolerant of other followers of Christ. The only difference from the original deadline is that the shooting is being done from the inside of the circle.

"Us" versus "them" theology! When we practise gate keeping (carefully monitoring who is "in" and who is "out"), we forget our mission, and go and perhaps even exclude God from our circle. By drawing circles, we go against Jesus' teaching on tolerance and run the risk of drawing ourselves out of God's circle.

Jesus said, "Do not stop him. No one who does a deed of power in my name will soon be able to speak evil of me." We need to look beyond our small circles of denominational differences, culture, gender and any other reason for drawing circles of "Us vs. Them" and follow Jesus together.

Submitted by: Rev. James Bardsley Church of the Ascension, Stonewall Member of Stonewall Ministerial

get inspired > MEALIDEAS



Prep time: 10 minutes 4 tomatoes 3 grilled red bell peppers in oil 1 shallot 1/2 cup Bertolli Extra Virgin Oli

1/2 cup Bertolli Extra Virgin Olive Oil, plus additional for brushing on bread

3 tablespoons sherry vinegar

1 clove garlic

10 basil leaves

salt, to taste

pepper, to taste

Tomato Soup with Homemade Olive Oil Croutons

4 slices crusty bread

Cut small cross in bottom of tomatoes and submerge in boiling water 30 seconds. Let tomatoes cool in ice water 30 seconds then remove skins.

In blender, blend tomatoes, red bell peppers, shallot, extra-virgin olive oil, vinegar, garlic, basil, salt and pepper, to taste, until mixture is smooth. Add mixture to large pot and heat, stirring frequently.

Cut bread slices, brush with olive oil and grill 2 minutes per side over medium-high heat until visible grill marks have formed.



Prep time: 15 minutes 3 beets

Healthy Beet Hummus

salt, to taste

Bertolli Extra Virgin Olive Oil

2 cups canned chickpeas

2 tablespoons sesame seed paste or

Heat oven to 375 F.

Peel beets and boil until soft; season with salt and olive oil.

Puree beets with chickpeas and sesame seed paste until a uniform paste forms. Transfer to oven-safe serving dish. Bake 10 minutes and serve.



Prep time: 15 minutes 1/2 cup, plus 1 tablespoon, sweetened condensed milk

1/2 cup brown sugar1 1/2 tablespoons Bertolli ExtraVirgin Olive Oil, plus additional for

4 ounces dark chocolate

pistachio cream

Bitter Chocolate and Pistachio Cream Dessert

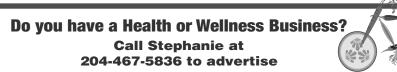
11/4 cups shelled pistachios In saucepan, combine condensed milk and sugar; cook over low heat, stirring until mixture takes on toasted color.

Add olive oil and dark chocolate; continue to stir until fully combined.

Line 9-by-5-inch loaf pan with parchment paper and spread mixture into pan. Refrigerate until fully set.

To make pistachio cream: Blend pistachios and olive oil until smooth paste forms.

Remove dessert from pan and cut into slices. Serve with pistachio cream on top.





Consider the possibility that everything is in divine order, and if we do not feel that, it is because WE are out of step, not the world or other people. That is a very powerful thought! It means that we create our own stress, struggle and suffering.

Our natural response to such a statement is to bring up tragedies and losses over which we have no control. How can we NOT suffer, when someone has died, left us, or hurt us? How can we NOT struggle when work, finances or others create problems for us? Naturally, these things will leave us feeling sad, hurt, lonely, vulnerable, betrayed, angry and/or lonely.

As humans, we have the strength, resiliency and the spirit to overcome these setbacks. We were designed to heal. What prevents healing, and prolongs the pain, is our tenacious belief that what happened was wrong, a mistake, shouldn't have happened, or was unfair.

What prevents forward movement is a backward focus - dwelling on how much we wish things had

Keep the Flame of Your Own Unique Spirit Glowing

happened differently- analyzing and re-analyzing the past. The best gift we could give to ourselves is the understanding that the meaning of life is not in what happens to us, but what we do with that.

Life events are the curriculum we are given to work with. Who we evolve into depends on our responses. Just because a figure skater takes a tumble or two during a performance, does not mean the rest of the routine cannot be skated with beauty and dignity.

Oh yes, it can be hard to do that. But our life is our dance, and no matter what happens, we can always rise up and give it our best. So even if this is a hard time of year, give yourself something to celebrate - and keep the flame of your own unique and beautiful spirit glowing.

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



Prep time: 15 minutes
Mushroom Carpaccio:
2 1/4 cups cremini mushrooms
Bertolli Extra Virgin Olive Oil
salt, to taste
Creamed Spinach:
2 1/4 cups spinach
1/2 cup heavy cream
salt
pepper

Mushroom Carpaccio and Creamed Spinach Au Gratin

Parmesan cheese

To make Mushroom Carpaccio: Heat oven to 400 F.

Clean mushrooms and cut into thin slivers.

Season with olive oil and salt. Set

To make Creamed Spinach: Boil spinach 2 minutes, strain and place it into saucepan, over cream. Cook 5 minutes.

In blender, puree mixture and pour over Mushroom Carpaccio.

Grate Parmesan cheese over entire dish; bake 5 minutes.



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Falcons fly atop CRJHL standings

The Lundar Falcons could not have asked for a better start to their Capital Region Junior Hockey League regular

Lundar improved its record to 2-0-1 after a pair of victories last weekend.

The Falcons completed the sweep on Sunday after blasting the St. Malo Warriors 7-2 in Warren.

Lundar turned a close game into a rout with four unanswered goals in the third period.

Derek Benson and Daron Monkman each led Lundar with a pair of goals while Drake Zimmerman, Dennon Sichewski and Brody Southby also tal-

Romano Paul, Shayne Desjarlais and Mason Medeiros each finished the game with two assists.

Paul currently leads the league in points with seven, one ahead of Sichewski.

Robert Guimond and Camden Cline scored for St. Malo.

Lundar goaltender Chris Lesage made 31 saves for the win.

On Friday evening, Lundar skated to a 4-2 victory over the Arborg Ice Dawgs in Warren.

After a scoreless first period, Lundar exploded for four second-period goals late in the middle frame.

Sichewski started the scoring barrage and then Trey King, Southby and Paul made it 4-0.

Zimmerman assisted on three of those goals.

But Arborg made the game interesting in the third with goals from Colton Davies and Byron Gard.

Arborg was 0-11 on the power play while Lundar was 0-4.

Lesage made 42 saves for the win.

Lundar played at North Winnipeg this past Tuesday but no score was available.

The Falcons will then visit Arborg Saturday and then host St. Malo on Sunday.



TRIBUNE PHOTO BY JO-ANNE PROCTER

Falcons' goaltender Chris Lesage makes the stop against the Ice Dawgs' Connor Dowhy.

Stonewall Rams run well at cross-country provincials

Staff

The Stonewall Collegiate Rams had several outstanding performances at the MHSAA cross-country provincial championship last week in Roseisle.

Stonewall's varsity boys' team ran a great race, finishing third in the A-AAA category behind only Carman Collegiate and Westgate Mennonite.

The Rams' top individual performances included Cole Emberly 22nd (junior boys), Chloe Morrison 26th (junior girls), Megan Van Heyst 35th (varsity girls) and Cale Woods 40th (varsity boys).

Each category had close to 200 runners.

The other provincial team winners included:

A-AAA Category

Junior varsity boys - 1st Westgate Mennonite, 2nd College Beliveau, 3rd Morden Colle-

Junior varsity girls - 1st San-

ford Collegiate, 2nd Prairie Mountain High School (Somerset), 3rd – Westgate Mennonite Varsity girls - 1st College Re-

gionale Gabrielle Roy, 2nd Sanford Collegiate, 3rd Nelson Mc-**Intyre Collegiate**

AAAA Category

Junior varsity boys - 1st St. Paul's High School, 2nd River East Collegiate, 3rd Kelvin High School

Junior varsity girls - 1st Vincent Massey Collegiate (Winnipeg), 2nd Kelvin High School, 3rd River East Collegiate

Varsity girls - 1st St. Mary's Academy, 2nd Oak Park Collegiate, 3rd River East Collegiate

Varsity boys - 1st Garden City Collegiate, 2nd Oak Park High School, 3rd Vincent Massey Collegiate (Wpg)

Top individual performances:

Junior varsity boys - 1st Lemek Afewoki - Glenlawn Collegiate

2nd Amanuel Ghebredingil -Dakota Collegiate

3rd Sam Kirkland - Kelvin High School

Junior varsity girls - 1st Marina Gross – Carman Collegiate 2nd Lara Denbow - Neepawa Collegiate

3rd Raegan Ricard - Prairie Mountain High School (Som-

Varsity boys - 1st Ethan Clark - Carman Collegiate

2nd Calvin Reimer - River **East Collegiate**

3rd Justin Kroeker - Edward Schreyer Secondary School (Beausejour)

Varsity girls - 1st Ceci Howes -Kelvin High School

2nd Tracy Towns - Shaftesbury High School

3rd Cadence Christie - St. Mary's Academy

For complete results please visit the MHSAA website https://www.mhsaa.ca/ provincials/?sport_id=10

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Wildcats win sixth straight title

By Brian Bowman

The Warren Collegiate Wildcats knew they had a very good varsity girls' volleyball team this season.

But they never could have predicted the great success they have had so far here in late October.

Warren picked up an unprecedented sixth-straight tournament title after winning in MacGregor last weekend.

The Wildcats swept the host Mac-Gregor squad 2-0 in the final. Warren won sets by scores of 25-20 and 25-11.

"That was probably one of their most complete games of the season, for sure," said Wildcats' head coach Tyler Oliver. "They didn't hold anything back. They came off the court after that first set and were a little upset with their play. I didn't need to say much in between the sets to motivate them and they sure got the job done in the second set."

Great teams have high expectations for themselves every time they compete. That's certainly the case with this year's Wildcats' squad.

"They're holding themselves up pretty high, that's for sure," Oliver said. "The leadership is outstanding and everyone on the court is a leader. If someone is struggling a little bit, there are five other girls that will step up and help out.

"Plus the bench, I could throw any one of those kids out at any point in time and there's hardly any noticeable change on the court."

Warren is currently ranked as the top "AA" varsity girls' volleyball team in the province. The Wildcats beat the No. 2 Green Valley Pirates 2-0 (25-18, 25-16) in a semifinal matchup in MacGregor.

Warren earlier went 4-0 in the tournament and has not lost a set the past two weekends.

On Oct. 13, the Wildcats won the Killarney tournament after defeating Gabrielle Roy 2-0 in the final.

Warren was scheduled to host a home tournament this weekend but that was forced to be cancelled due to not enough teams signing up.

Instead, the Wildcats will be competing in a Winkler tournament this Friday and Saturday.

Three of the top five "AAA" teams are expected to be in Winkler. Those teams should give the Wildcats a real good test as they strive to win their seventh-consecutive tournament championship.

Mercs to host SEMHL home opener Saturday

Staff

The Warren Mercs will open their South Eastern Manitoba Hockey League regular-season this weekend. Warren will be at home when they play the Morden Redskins this Saturday at 8 p.m.

It will be the lone game on Saturday but the Winkler Royals will host the Notre Dame Hawks Sunday at 7:30 p.m.

The Mercs will then travel to Mor-

den on Nov. 8 for their second game of the season.

The SEMHL will be a seven-team league this season. The other teams include the Portage Islanders, Altona Maroons and Carman Beavers.

The Stonewall Flyers will not ice a team again this season.

Each SEMHL team will play a 20game regular-season schedule that will consist of 10 home and 10 away games.

France named MHSAA Rural Athlete of the Week



TRIBUNE PHOTO BY ROBBIN TURNER

The Wildcats' Hannah France was named the MHSAA Rural High School Athlete of the Week on Oct. 17.

Staff

The MHSAA Rural High School Athlete of the Week for last week was Hannah France of the Warren Collegiate Wildcats' varsity girls' volleyball team.

France has been a major key to the extreme success of the Wildcats this season.

She is the team's setter and has helped lead Warren to a school record of five straight tournament wins.

"Hannah motivates her teammates to be the best they can be by being a fierce competitor," said Wildcats coach Tyler Oliver.

"She holds nothing back (and) she gives it all to whatever she is doing. Her expectations for herself and her teammates is very high she is an amazing leader."

In Grade 12, France maintains an 85 per cent average while participating in badminton and track and field.

Midget female Lightning lose pair of road games

By Brian Bowman

Weekend road trips are never easy, but they are a whole lot worse to handle after a pair of losses.

The Interlake Lightning were shut out in a pair of Manitoba Female Midget Hockey League games last weekend. Interlake started the weekend with a 9-0 loss to the Westman Wildcats last Saturday evening in Hartney.

Westman, which held period leads of 2-0 and 6-0, received goals from Krissy Rink (three), Charly Lindberg (two), Jori Hansen-Young, Devyn Laba, Rylee Martin and Ali O'Hara.

Natalie Williamson made 22 saves for the shutout.

The next afternoon, the Lightning were blanked 6-0 by the Yellowhead Chiefs in Shoal Lake.

Jenna Barscello led Yellowhead with two goals while Juliana Davis, Rylee Gluska, McKiya Mazer and Sadie Wood added singles.

Cassidy Cook stopped 17 Interlake shots for the shutout.

Interlake (0-6) is back in action this Saturday at 7:30 p.m. when it hosts the third-place Pembina Valley Hawks (3-2-0-0-1) in Stonewall.

Interlake downs Warriors in U17 Midget Prep action

The Interlake Lightning had a real good reason to celebrate the weekend early last week.

Interlake cruised to an impressive 7-0 win over the Winnipeg Warriors in U17 Midget Prep hockey action last Thursday in Stonewall.

Zac Halldorson, Ashton Fisher and Logan Resch scored first-period goals and then Bryce Allary, Cole Emberly, Ronan Kubrackovich and Andrew Henry tallied in the middle frame.

Jackson Kummen made 23 saves for the shutout.

Interlake was scheduled to play the Winnipeg Monarchs on Sunday but no score was posted on the league website at press time.

Interlake will host the Winnipeg

Hawks on Thursday (7:30 p.m.) in Arborg. The Lightning will then take on the winless Warriors again next Monday (7:30 p.m.) in Stonewall.

In Bantam AAA action, Interlake was doubled 4-2 by the Sharks in Winnipeg last Saturday.

Austin Lourenco and Alexander Kaczorowski scored for the Lightning. Graham Maslow and Dobie Unrau scored power-play goals for the Sharks to give the home side a 2-0

Quinn Lyon and Jordan Crawford then added even-strength goals in the

Interlake won't play another league game until Nov. 3 when they battle the Central Plains Capitals in Portage



TRIBUNE PHOTO BY LANA MEIER

The Lightning's Logan Resch scored a first-period goal against the Warriors last Thursday.

Stonewall Jets split pair of MMJHL weekend games

Bv Brian Bowman

The Stonewall Jets had no trouble scoring goals on Friday but Sunday was a much different story.

The result was a split in a pair of Manitoba Major Junior Hockey League games last weekend.

On Sunday, the Jets were grounded 3-1 by the St. James Canucks in Win-

"I would say, 5-on-5, we had a very tight game," said Jets' head coach Brock Couch. "No team scored 5-on-5, however, their power play scored twice and our power play was 0-for-6. We didn't get it done. We had opportunities - we had two-on-ones - but just didn't find the back of the next."

St. James' Cam Danylchuk scored a first-period power-play goal early in the first period and then the Canucks' John McCammon struck with the man advantage at 17:28 of the middle frame.

The Jets' Carson Ouellette cut that lead in half at 18:13 of the third, assisted by Bryce Stovin, with Stonewall goalie Curtis Beck pulled for an extra attacker.

But St. James sealed the win when Wyatt Kemball scored with 29 seconds remaining in the game into an empty

On Friday, the Jets blasted the lastplace River East Royal Knights 8-0 in Winnipeg. Stonewall led 5-0 after the a whopping 52-24 margin as Beck

first period and 8-0 after 40 minutes.

"We definitely needed a bounceback performance after, what I'm going to call, an atrocious effort against Pembina Valley the previous Sunday," Couch said. "It was definitely a good feeling for the boys to get back on the right track."

Aiken Chop scored twice for the winners while Stovin added a goal and an assist.

Chance Dickenson, Andrew Bayduza, Jordan Rogers (recently acquired in a trade with Pembina Valley), Brendan Labossiere and Braden Paulic also scored for the Jets.

Stonewall outshot River East by

earned the shutout.

Stonewall will be home for a pair of games this weekend. The Ft. Garry/Ft. Rouge Twins will be here Friday and then the first-place Raiders Jr. Hockey Club will be in Stonewall on Sunday.

The Twins handed the Raiders their first loss of the season this past Sun-

It will be the first of five straight home games for the Jets.

"It will be nice to have our homestand start off with two tougher teams," Couch said. "Anybody can beat anybody on any given night, so we'll have to be on top of our game."

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

Lightning pick up points at Midget AAA Showcase

By Brian Bowman

The Interlake Lightning picked up their first win of the season last Sun-

Interlake had a great weekend earning three out of a possible four points — after defeating the Pembina Valley Hawks 5-3 in Manitoba AAA Midget Hockey League Showcase action in Portage la Prairie.

Interlake trailed 3-1 late in the second period before Carl Ingalls scored to pull the Lightning to within a goal after 40 minutes.

Kai Studler scored a power-play goal

to start the third and then Greg Paseschnikoff and Nicholas Prystupa tallied to complete the comeback.

Pembina grabbed a 2-0 lead just 2:59 into the game as Tyson Allison, on the power play, and Michael Hlady scored.

But Interlake's Tyler Carvalho cut that lead in half at 16:37 of the first period before the Hawks' Jacob Carels struck on the power play at 14:39 of the middle frame.

Josh Bond made 35 saves for the win.

Overtime loss

The victory was a great way to end the weekend after Interlake was on the losing end of a 3-2 overtime loss to the last-place Parkland Rangers on Saturday.

Hunter Glover scored the overtime winner for Parkland.

Prystupa and Parkland's Jaegar Lapointe traded power play-goals early in the first period.

Matthew Vandel put the Lightning ahead 2-1 at 8:45 of the third period but the Rangers' Waren Jubenvill answered with a goal just 2:52 later.

Vandel is a co-leader on the Lightning with five goals and 10 points with Ingalls through eight games.

Chris Fines made 28 saves for the In-

The Lightning (1-6-0-1) are back in action Friday at 7 p.m. when they play the fourth-place Winnipeg Bruins (6-2) at Southdale.

On Sunday, Interlake will host the Central Plains Capitals for a 2 p.m. game in Teulon.

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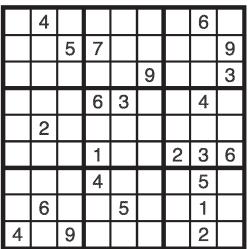
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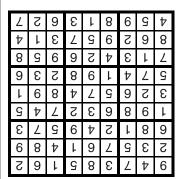


Fun By The Numbers

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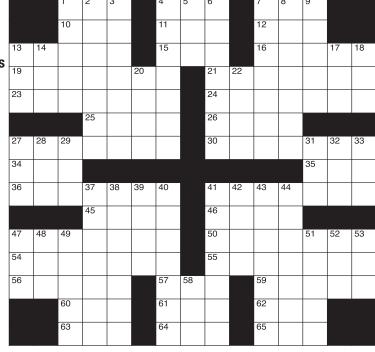


Crossword Answer

CROSSW

CLUES ACROSS

- 1. Expresses weights (abbr.)
- 4. Pounds per square inch
- 7. Central Time
- 10. One who speaks for others
- 11. Aussie TV station
- 12. Swiss river
- 13. A way to improve
- 15. Awesome!
- 16. Appeal to
- 19. Satisfy
- 21. The Emerald Isle
- 23. Quick passages
- 24. Love of humankind
- 25. Fleshy beak covering
- 26. Type of sword
- 27. Basketball stat
- 30. Makes unhappy
- 34. The Princess can feel it
- 35. Bar bill
- 36. Of one
- 41. Prom accessory
- 45. Jai ___, sport
- 46. Assist in wrongdoing
- 47. Small hill
- 50. Erases
- 54. Fill with motivation
- 55. Part of your face
- 56. Novelist Coelho
- 57. Francisco is one
- 59. Narrow space between two buildings
- 60. Soak
- 61. Proofreading mark
- 62. A baglike structure in a plant or animal
- 63. Time zone
- 64. Midway between northeast and east
- 65. Baseball stat
- **CLUES DOWN**
- 1. Sharp mountain ridge



- 2. Types of lenses
- 3. Informs
- 4. Partial paralysis
- 5. Helps little firms
- 6. Alphabetical lists
- 7. Danced about
- 8. Set out
- 9. Trick's partner
- 13. Second sight
- 14. Disfigure
- 17. Comedienne Gasteyer
- 18. Tooth caregiver
- 20. Wrongful act
- 22. __ Nui, Easter Island
- 27. Away from
- 28. Member of Congress (abbr.)
- 29. Car mechanics group
- 31. When you plan to get there

- 32. Bother incessantly
- 33. One point east of due south
- 37. Small giveaways
- 38. "MASH" actor Gould
- 39. A type of habitat
- 40. Refined delicacy
- 41. Inflection of the voice
- 42. Follow orders
- 43. Discharge
- 44. Of the stars
- 47. Briefly place into
- 48. Present in all living cells (abbr.)
- 49. Take illegally by force
- 51. Genus of moth
- 52. Midway between east and southeast
- 53. Bashful
- 58. French river

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Attention all crafters! Stonewall Legion seniors craft sale at Stonewall Legion Hall on Saturday, November 24 from 10 a.m. - 3 p.m. For information on table rentals call Shirley at 204-467-2596.

Lilvfield Church Women will host a Harvest Supper (Baked Ham) on Sunday, Oct. 28th from 4 - 6:30 p.m.

at the church hall Sturgeon Rd and Rd 68. Adults \$15; 6 - 12 yrs., \$6; under 5 - Free, Info 204-633-2067; 204-633-2238.

South Interlake Rockwood Ag Society's Fall Supper, Sunday, November 4, from 4 -6:30 p.m.

at the Red Barn, Hwy 236 & Rd 75N, Adults \$15: 6 - 10 years \$6: under 5 - Free. Take outs available.

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Announcements



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CARDS OF THANKS

Dicks - The family of Eva Dicks would like to thank all those who prayed for our family. attended the funeral, brought meals and baking, and sent cards and flowers. Special thanks to all Mom's home carers for their love and kindness; to the Seven Oaks Hospital staff for the care and compassion given to us all; to Roschelle at MacKenzie Funeral Home for the arrangements; to Fr. Paul Tinguely for officiating at the funeral Mass; and to the Lake Frances Ladies Group for preparing and serving the excellent lunch after the service. Your kindness and compassion are very much appreciated.

ANNOUNCEMENT

CARDS OF THANKS

We would like to express our heartfelt thanks for the many acts of kindness shown to us in the recent passing of our mother and nana, Pat Appleyard. Thanks to MacKenzie Funeral Home for their professional handling of arrangements, to the Stonewall Legion for lunch provided following the service, to soloist Ellen Gros, pianist Joan Main and to Reverend James Bardsley for his visits and for leading the service. The gifts of baking, meals and flowers are greatly appreciated. We are especially grateful to those of you who took the time to call Mom and to those who visited her at home and while in the hospital. To Dr. Venter, Stonewall Hospital staff and homecare staff, we appreciate your compassionate care and dedicated service. Lastly, many thanks to those who attended the service and the donations made in Mom's memory to Cancer Care and other charities.

-With sincere gratitude, Wayne and Cyndi and family, Larry and Lindy and family, Vernon and Darlene and family, Ali and family

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Albert Bruce Campbell

Bruce passed away in his home at Rocky Lake East Shore, Manitoba on Tuesday, October 16, 2018. His wife, Mavis, was with him. Bruce was 62 years old. He was born in Teulon, Manitoba on Monday, October 31, 1955.

Bruce is survived by his wife, Mavis; Mom, Cathy (Bernie) Hendricks of Stonewall, Mb; Step Mom, Emily Evans of Winnipeg, Mb; daughter, Carrie (Chris Denchuk) Tyerman of Winnipeg, Mb; brothers-in-law Milt (Pam) Grolla of Saskatoon, Sk and Gord Grolla of Trail, BC; neice, October (Chris Remenda) Grolla of Martensville, Sk; nephews, Denver (Meagan Reynolds) Grolla of Saskatoon, Sk, Colton Grolla of Prince George, BC, and Carson Grolla of Rosetown, Sk; grandson Dylan Tyerman of Fisher Branch, Mb; granddaughter, Dakota Tyerman of Stonewall, Mb and great-

grandson, Jaxtyn of Stonewall, Mb.; several aunts, uncles and cousins.

Bruce was predeceased by his Dad, Buck Campbell; father and mother-in-law, Walter and Margaret Grolla; both sets of grandparents and several aunts, uncles and cousins.

Bruce was very athletic and played high level sports in Saskatchewan, Alberta and Manitoba. He played hockey, football, fastball, slow pitch and pretty well anything else he could get involved in....except golf. He could never quite figure out why anyone would want to chase a ball down the fairway when there was a perfectly good golf cart to ride around in and drink beer while wearing his unique golf attire, flip flops!

Fishing was a big part of Bruce's life. Bruce taught many of the kids to fish in our boat. He always felt it was the one place the kids were truly independent as they reeled in their first fish by themselves and laughed and giggled, eager to do it again! Bruce taught the kids a saying about fishing....."you catch em, clean em, cook em, eat em, do the dishes!"

Trips to Mexico were a large part of his life with family and friends until Bruce and Mavis purchased a place in Arizona. At that point, the shorter hot holidays turned into 3-4 month stays in Mesa.

Bruce worked with Correctional Service of Canada for 30 years in Saskatchewan and Manitoba. For the last 12 years of his career he was the Warden at Rockwood Institution just outside of Winnipeg. Bruce held the honor of being the youngest serving Warden in Canada for many years prior to retiring in August 2010.

Bruce enjoyed the people he worked with and beamed with pride when they excelled at their jobs. Bruce also enjoyed giving his staff every opportunity to shine as he quietly sat back and smiled at their accomplishments.

Bruce was always interested in hearing people's stories about their lives. Bruce's request was for you to remember him by sharing stories about yourselves while eating pizza and drinking beer. At Bruce's request, there will not be a funeral service.

In lieu of flowers, please make a donation to your favorite charity.

Thank you to the Emergency Department doctors and staff at St. Anthony's in The Pas, who were kind, the first responders who came to the house, the RCMP and Hemauer staff.

For online condolences visit www.hemauerfuneralhome.com



were in care of arrangements











Express your Thanks with a message in the Call 204-467-5836 or

Announcements Tribune



Edward Van Hulle February 24, 1937 - October 19, 2018

It is with heavy hearts that our family announces the sudden passing of Ed Van Hulle on October 19, 2018, with his loving wife of 62 years at his side.

Ed will be sadly missed by his wife Joyce; children Brenda (Peter), Ray (Heather), and Ken (Sandra); grandchildren Kristin (Michael), Dayna (Gordon), Bradley (Samantha), and Rebecca; great-grandchildren Charlotte and Bennett; siblings Maria, Linda (Ron) and Henry (Marlaine); brothers-in-law Fred and Brian (Linda); sister-in-law Helen (Bryan); plus, many extended relatives and friends. He was predeceased by grandson Jordan and sister inlaw Joyce Gaida.

Born and raised in Treherne, Manitoba, Ed always felt at home in the country. At an early age he developed a love for operating large machinery and worked for Hydro up at the DEW line at 18 years old. In 1955 his family moved to Langside Street in Winnipeg. Early in 1956 Ed met the girl next door, Joyce Gaida, and it was love at first sight. They were married on Aug 18, 1956 at 18 and 19 years old.

In those early years Ed moved from job to job trying to find his niche and ended up working for the St James School Division for 18 yrs. Three children were born in the first seven years of their marriage. Ed played baseball, curled, and was an avid fisherman and hunter. During these early years the family spent many weekends camping with friends. Ed's recent passion included the stick curling league at the Marquette Curling Club with neighbours.

In 1977 the Van Hulle family moved out of the city to live in the community of Woodlands where Ed bought his first backhoe and started his own plumbing business. A few years later they built a farrow to finish a pig barn. They also raised chickens, rabbits, geese, horses and cattle,

In recent years Ed developed his gravel pit operating various pieces of machinery. All summer Ed could be found playing in his "sandbox". He was most known for his "MacGyver" ability to fix, invent and re-manufacture anything, to make it work and work better than ever. Ed spent many hours volunteering his time and resources at the Church of the Annunciation and many other community organizations.

All of us will miss the many stories and his big personality.

The family would like to thank the first responders and RCMP that helped at the house.

Viewing will take place on Friday, October 26, 2018 at 10:30 a.m. at the Church of Annunciation in Woodlands, followed by Mass at 11:00 a.m. Lunch to follow at the Woodlands Community Hall. In lieu of flowers, donations can be made to the "Church of the Annunciation Cemetery Fund"

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Judy Ann Atchison

It is with great sadness that we announce the passing of our wife, mother, and grandma, Judy Ann Atchison on October 20, 2018 at the Luther Personal Care Home.

Judy's greatest joy was her family. She leaves to mourn husband Don. sons Bernie (Lori). Dean (Laura) her daughters Shannon (Clint). Deanna (Rick) along with her grandchildren Camilla, Celena, Kyra, Brittany, Ashley, Carter, Riley, Tanner and predeceased by Kaylee. Her family would like to thank all the staff at the Luther Personal

Care Home. In lieu of flowers, donations can be made to the Parkinson's

Foundation. A private burial will be held at the Warren Cemetery. A celebration

of life for all family and friends will be on Thursday, October 25, 2018 at 2:00 p.m. at the Warren Memorial Hall.

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OBITUARY

Margaret Jean Snell 1926 - 2018

Margaret Jean Snell passed peacefully at Seven Oaks Hospital, Monday, October 15, 2018.

She was born in Winnipeg and lived the majority of her life in Stony Mountain. The last years were spent in Winnipeg at Lutheran Home

She is predeceased by her beloved husband Frederick; parents Jimmy and Annie Steen; siblings Andy (Verna), Bert, Chuck, Ron, Rosemary, Grace (Lloyd), and Pat (Hugh).

She is survived by her children Ken (Sheila), Wendy (Randy); grandchildren Derrick (Micki), Darryl, Laura (Andrew), Chris (Amanda), and Charlene. Great-grandchildren Emma, Brooke, Kadence, Kaleb, and Odin and many nieces and nephews and

sisters-in-law Lois and Doreen.

A memorial service was held on Saturday, October 20, 2018 at 2:00 p.m. at the Neil Bardal Funeral Centre, 3030 Notre Dame Ave, Winnipeg. Rev. C. McIver officiated.

In lieu of flowers, memorial donations may be made to the PPCLI Association or a charity of

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