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TRIBUNE PHOTO BY NATASHA TERSIGNI

The music was pumping and the dance floor rocking all night long last Saturday at the Stony Mountain Child Care Centre's Halloween Dance. Pictured left to right: Payton, Jordan and Summer concentrate on their Halloween-themed crafts.

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



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Stonewall council shows support

Regular meeting news in brief

Staff

Jimm Simon, executive director of Community Living Interlake, is seeking support from Stonewall council as the not-for-profit organization faces changes to its agreement

with the provincial government.

In total, Community Living Interlake provides support to about 40 adults that live with intellectual disabilities. The organization also employs 80 staff members in Stonewall, making it one of the largest employers in town.

They own the building across from Stonewall Town Hall, as well as five houses in town. The organization also rents one other house in town and operates eight apartments for supported living.

In addition, they operate Global Garage and Art House as a social enterprise, and they're planning to launch another social enterprise business further down Main Street.

At the Oct. 18 council meeting, Simon explained that they operate on a budget of about \$4 million per year, the bulk of which they receive in the form of per-diems that their clients get for the day program or the housing program. These funds come from the provincial Department of Families.

As well, the organization raises money through fundraising events, grants from municipalities and other sources.

The money that they get from the provincial government comes under the provisions of a service provider agreement (SPA) that is typically four years in duration. Their current SPA expired a year ago.

"The government has spent about a year developing a new SPA, which was presented to ourselves — as well as 186 other agencies that sign onto that SPA — without any opportunity to debate, discuss, negotiate whatsoever," Simon said. "It was a fait accompli."

Community Living Interlake, along with the other 186 agencies, has a number of problems with the SPA that



Scott Myers



TRIBUNE PHOTOS BY JEN MCFEE
Jimm Simon

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Who?	All members of the Interlake School Division community (parents, students, community members, ISD staff)
What?	Community Input Night
When?	November 1, 2017 7:00 p.m.
Where?	École Stonewall Centennial School
Why?	To share your vision for the future of our schools

Your input is important to us.

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For further information contact

Margaret Ward, Acting Superintendent

204-467-5100

they've received. Simon outlined a few of the main concerns.

"First of all, this new SPA is proposed to be only one year at a time going forward, and that makes it very difficult for doing long-term planning. It doesn't provide us with any certainty," he said.

"We're looking after people for their entire adult lives. We have people who have been with us for 50 years, and the idea of them getting year-by-year funding for the rest of their life is not really tolerable."

In addition, the new SPA includes wording that restricts their ability to operate as an autonomous not-for-profit organization.

As well, Simon said that the government has asserted ownership over

Continued on page 8



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Spooktacular fun



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Families hit the dance floor, played spooky games and, of course, toured the haunted house at the Stony Mountain Community Centre last Saturday. Left photo: the haunted house gets a little spooky for brothers Samar and Sahbaz. Right photo: children were all dressed up and got a jump on trick or treating at last weekend's Spooky Boogie Halloween dance.

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Awards handed out at Stonewall Collegiate

By Jo-Anne Procter

A celebration of Stonewall Collegiate's finest academic students took place on Oct. 18. As well as academic achievements, students were also acknowledged for contributions they have made to the school and their community for the 2015-2016 school year.

Sunova Credit Union and the Interlake School Division collaborate on an Excellence Award Program that rewards students achieving 90 per cent or better with engraved gold medals.

Principal Jason Cassils, along with vice-principals Bryce Baldwin and John Loochuk, presented the following students with Excellence Awards: Grade 9 – Sarah Aikens, Kaitlynn Barr, Kenzie Bremner, Robyn Bretecher, Tess Derksen, Sarah Dowsett, Ethan Enns, Tessa Lawrence, Camryn MacInnes, Kara Magnusson, Ellen Marshall, Madison Miller, Aidan Mulvihill, Dana Murphy, Hunter Olson, Liam Proven, Emily Rogowski, Trinity Rutledge, Anna Shewchuk and

Kalennah Tonner; Grade 10 – Annika Brown, Amy Clark, Alexis Forbes, Rikki Frost-Hunt, Fallon Furkalo, Abigail Georgison, Jayden Lockhart, Dante Lourenco, Hunter Lupyrypa, Kalista Nugent, Marcus Skakum, Paige Yashinsky; Grade 11 – Ryan Brown, Ian Cerniak, Andrew Everitt, Sarah Fines, Melaina Harrison, Rudi Hough, Hanna Marshall, Shae Mulvihill, Ralph Paguio, Jonas Perrella, Loren Proven, Marline Roulin, Kyra Shewchuk, Austin Smith and Scott Yeo.

Merit awards for students achieving an average over 80 per cent were presented to 57 Grade 9 students, 47 Grade 10 students and 30 Grade 11 students.

The Dave and Annette Unrau Award, which was established by the Unrau family through the Interlake Community Foundation, was awarded to Jason Hooper. The award is presented to a student in a modified or individualized program who has shown improvement during the year either in behaviour, achievement

or has consistently been a hard-working student. Hooper is known for his good attitude and he demonstrates a willingness to help others.

Students of the Year were presented to Grade 9 students Ellen Marshall and Aidan Mulvihill, Grade 10 students Hunter Lupyrypa and Aidan Erickson and Grade 11 students Shae Mulvihill and Andrew Everitt. Cassils explained that SCI staff are asked to indicate what makes these students stand out from the rest for their contributions to life at SCI in a positive manner both in and outside of the classroom. It is intended as a thank you by acknowledging them for the positive influence they have on others. Each of the six students recognized are a pleasure to teach, coach and guide and they help their peers in any way they can. These students lead by example and make SCI a better place. Each is kind, polite and conscientious, reliable, hard working and are positive role models.



Jordan Hooper received the Dave and Annette Unrau award last Wednesday night at the annual awards ceremony.



TRIBUNE PHOTOS BY OWEN NISHI

Left photo: Students of the Year Grade 9 students Ellen Marshall, Aidan Mulvihill; middle photo: Grade 10 students Hunter Lupyrypa and Aidan Erickson; right photo: Grade 11 students Shae Mulvihill and Andrew Everitt.

Age Friendly event celebrating the community

By Jennifer McFee

More than 40 people attended a recent Age Friendly event to celebrate the community.

On Oct. 10, the group gathered at the Quarry Park Heritage Arts Centre for an information exchange and an opportunity for mutual learning. The event aimed to build

further awareness about the physical, social and service-related needs of the organization.

On behalf of the Stonewall-Rockwood Age Friendly group, Joie Van Dongen said that the event went well.

"We got lots of feedback," she said. "We had 35 organizations represented."

During the information exchange, representatives had the chance to present a one-minute summary and mission statement declaring the goals of the organization.

The attendees also focused on the Eight Dimensions of Age Friendly put forth by the World Health Organization. These eight dimensions focus on outdoor spaces and buildings, transportation, housing, respect and social inclusion, social participation, communication and information, civic participation and employment op-

portunities, and community support and health services. Organizations had the chance to share information about which items they are currently addressing and which items they feel need to be addressed by the community.

"It was interesting to see that we've got lots of social participation and outdoor spaces, as well as lots of respect and social inclusion," Van Dongen said.

Discussions continued over a pizza lunch provided by Age Friendly.

Going forward, Van Dongen said they will present their findings to all the participants, including local councils.

"It was great that the participants came and it was appreciated that people turned up," she said. "We've got to get together to work on more things."





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Wild winds fan flames throughout the Interlake



TRIBUNE PHOTO BY NATASHA TERSIGNI

The Stonewall-Rockwood Fire Department spent over four hours at the Stonewall Transfer station trying to contain flames that had ignited from a hot ember.

By Natasha Tersigni

High winds, low humidity and extremely dry conditions kept local fire departments busy across the region fighting flames and protecting property on Oct. 18.

The Stonewall-Rockwood Fire Department began the day responding to an early morning call to downed power lines. The wind had knocked the lines down and they were sparking into trees. Just after the noon hour, the department was called out once again, this time to the Winfield Road Waste Transfer Station located south-east of Stonewall.

“The fire at the transfer station started in the section where all the paper and cardboard is burnt. We believe there was a hot ember that got stirred up with all the wind and, with the strong gusts from the west, it caught the woodpile on fire,” explained Stonewall-Rockwood Fire Department Chief Curt McClintock.

The transfer station fire took close to four hours to contain and local crews received help from the Stony Mountain-Rockwood Fire Department.

The Warren-Woodlands Fire Department, along with Rosser and St. Laurent departments, spent much of

their day fighting two separate bush-fires along Highway 411. Both fires were human-caused, with the first fire being started from a stove in a hunting shack and the second fire caused by embers from a burn pile from the previous day.

“Both fires were wind driven events which really gets tough for the crews,” said Warren-Woodlands Fire Chief Dean Campbell, who added that the low humidity was also a contributing factor to the fires.

“When the humidity drops really close to the temperature, that is when fires can get really unpredictable. The humidity on Oct. 18 was 16 per cent and the temperature was hovering right around 16 C. When they are close like that, or if the temperature passes

the humidity, that is when you will get extreme fire events. For anyone planning to burn, they should check with Environment Canada to see what the humidity is. If it is low and close to the temperature, don’t burn.”

The Warren-Woodlands crew battled the blazes for 12 hours before they were contained around midnight. Just after the fires along Highway 411 were extinguished, a crew from Woodlands was dispatched to assist in St. Laurent.

“It was a tough day and we certainly needed the help from the Rosser and St. Laurent department with both personnel and equipment. It certainly was a team effort. Other than tired fighters, there was no injury or loss to property,” added Campbell.



TRIBUNE PHOTO BY STEPHANIE DUNCAN

With winds gusting between 80 and 100 km/h and low humidity on Oct. 18, fire crews across the Interlake were kept busy fighting a number of fires.



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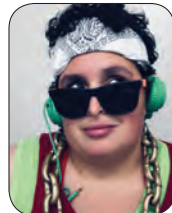
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The fish that got away without Andy's toe

Greetings, good friends.

This week, unpredictable fishing action, not to mention the fish themselves, have conspired to give us some extraordinary stories.

On the wide sandy bay north of the Winnipeg Beach Marina last Tuesday, I saw a couple shore fishing. I tread down through the deep sand to a distinguished looking chap by the name of Jeff Bostock and his wife Eva, a petite outdoorsy lady with short curly hair. Though home base was Winnipeg Beach, they were seasoned travelers who liked to tell stories of fishing in many places in North America.

One time, they took a friend, Nadine from Chicago, boat fishing with them on Revell Lake, Ont. It was a calm, warm, overcast day, and only minutes after Nadine dropped her jig into the water, she caught a 14-inch pickerel. As a rookie, she excitedly reeled in as fast as she could, causing the dangling fish to fly over the boat's side and bounce up off the seat. As it flew back over the water, it slipped the hook. It slashed into the water, just wiggling around confused under the surface until it saw Nadine's jig again, which had dropped into the water after she had let her rod go. The pickerel shot for the jig and hit it again. This time, Nadine controlled herself and reeled it in slowly, carefully to claim her bouncing prize.

A day later, I strolled up and down the Selkirk Waterfront pier visiting with anglers when I heard a young tyke jabbering endlessly in a high-pitched voice. I went over and met Winnipeggers Matt Halischuk, his wife Bobby and their precocious and very vocal son Mike, just as Bobby landed a pickerel. As Matt and I began talking, young Mike interjected, "You can call me Mick-eal Halischuk." I stifled a chuckle, trying not to interrupt Matt when his bright son added "I caught and lost a great big jackfish, you know." I couldn't help telling Matt, "Your Mike is way beyond his years in smarts." I so enjoyed taking the family's picture with Bobbys' fish. As I left them, Mike was still going on about his jackfish.

I continued upstream by the Red and met Ron Chorney of Oakbank. As we talked, he remembered a number of years ago when he was boat fishing here with his 10-year-old son Chancey and nature insisted he "add a little water to the river." He went to the bow of the boat, and with Chancey driving the boat forward and seeing



TRIBUNE PHOTO BY ARNIE WEIDL

Matt, Bobby and Mike Halischuk with Bobby's catch off the Selkirk pier.

no one in sight, he proceeded to comply with nature. Suddenly, the bow hit a mud bar and stopped dead. Ron did a perfect somersault over the bow and disappeared from Chancey's sight. Chancey waited, then heard a sucking sound as his father, covered from face to foot with black mud, appeared by the side of the boat. Ron pulled himself over the boat side just enough to roll in and, trying to catch his breath, said to his son, "Please,

Continued on page 7

Tribune

Selkirk Record

The Winkler Morden Voice



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School board to host community input night

Staff

The board of trustees of the Interlake School Division has started to lay the foundation for their next multi-year strategic plan, and they are seeking feedback from the public.

For board chair Alan Campbell, they're now at the most important step in the process.

"We need to hear from our communities in order to get clear direction on

the path forward," he said in an email.

The public is invited to join Interlake School Division trustees and the senior administration team at Ecole Stonewall Centennial School on Wednesday, Nov. 1 at 7 p.m.

"Our public education system has a crucial reach into every corner of our Interlake communities, and it is very important that all perspectives are represented at the table for this dis-

cussion," Campbell said.

"Therefore, the ISD board is challenging all of our staff, students and school families to spread the word to all those who might otherwise feel as though they don't have a say in this discussion. To be clear — all of our community members have a say in our public education system and this event on Nov. 1 offers the opportunity for respectful dialogue on what the

division's priorities need to be in the coming years."

More information on the Interlake School Division's current 2014-2018 strategic plan is available on their website at isd21.mb.ca.

Anyone with questions before the Nov. 1 event can contact Campbell at 204-886-7121.

> GET FISHING, FROM PG. 6

quick, back us out of the mud before anybody sees us."

Last weekend, I met a couple, Russell Kruz and Debbie McKechnie, who love to fish Betula Lake. A while back, they invited a friend, Andy, to come fishing with them. It wasn't long after they got out on the water in the boat that they realized Andy wasn't, shall we say, adept with machinery or of a calm nature. He fumbled about with his rod that he hadn't used in years until the reel handle literally fell off into the water. He tried to fish fingering the reel. When that didn't work, he lost his temper. Deb and Russ had all they could take and set him out on a huge rock outcropping to fish by himself.

No sooner alone, he caught a big pickerel. Deb and Russ, 30 feet offshore, tried not to laugh at Andy as he tried desperately to wind the reel with his thumbs. Finally, he just grabbed the line and hauled the fish in. The flapping fish landed on the rock, which slopped down to the water so he stuck his foot out, shoving it further up. That's when the fish clamped its mouth over Andy's big toe. Skinny Andy split the air, howling as he danced about with his foot high in the air and the fish dangling from his toe. Deb and Russ couldn't help themselves and roared with laughter. After they quieted down, they landed and rescued Andy's toe from the fish.

Bye till next week.

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ALL ARE WELCOME

Escape Room event coming soon to Stonewall

By Jennifer McFee

Participants in an upcoming Escape Room activity will have to think outside the box in order to succeed.

On Friday, Oct. 27, Canadian Parents for French (CPF) Stonewall is hosting an Escape Room night at Ecole Stonewall Centennial School. The event aims to raise funds for a CPF French immersion bursary, which will be awarded for students graduating from Stonewall Centennial School starting in 2022.

Escape Rooms are often aimed at adults as a team-building activity, but CPF Stonewall is gearing its event towards kids with a specially designed Escape Room activity called a Breakout. In this timed game, players rely on their teamwork skills to solve puzzles in order to open a locked box. The Halloween-themed Breakout will require players to read messages written in invisible ink, decipher codes

and read between the lines to open the locks on the box before they run out of time.

Teams of four to eight people can register at cpf.stonewall@gmail.com at a cost of \$40 per game. Games will start at 6 p.m. and 7 p.m.

Corinne Lothian, an experienced French immersion teacher, said that many CPF Manitoba chapters have bursaries that are \$500 and \$1,000, so the local group has decided to start fundraising now through the Escape Room event.

"Our focus has changed from recruitment to retention, which is why this activity is geared more towards middle school students, although all ages are welcome to participate in the Escape Room event," Lothian said in an email. "With enough demand, we are looking at creating more theme nights. We've even had a few requests for adult-only Breakouts. We'll see

how the turnout is the 27th before making anymore plans."

The bursary criteria is not yet determined, but the winner will be a member of CPF Stonewall who has completed Grade 12 with a French immersion diploma. Applicants will also need to submit a paragraph about the importance of French.

"With the ISD's commitment to support French immersion through Grade 12, CPF Stonewall would like to reward students for persevering in the program. It is our intention to raise enough money to award a graduating student with money that can be used to continue their post-secondary education en français," Lothian said.

"CPF has a branch that is called French for Life and we want students to recognize that when they continue to learn in French, they are choosing French for life. We couldn't be happier."

This year's French Immersion kindergarten information night, hosted by CPF Stonewall, will be on Nov. 7 at 6:30 p.m. in the school library at Ecole Bobby Bend School.

"CPF Stonewall has worked really hard to get French immersion started in the community, and the community has responded positively because now French immersion is thriving," she said.

"There have been two full classes of kindergarten French immersion for the past few years. Programs like 'Le français pour les petits' and French Storytime at the library have helped parents make an informed decision when enrolling their child in kindergarten. Kindergarten and Grade 1 are entry points for French immersion."

Anyone who would like to make a contribution to the bursary can contact CPF Stonewall at cpf.stonewall@gmail.com.

> COUNCIL, FROM PG. 2

all their capital assets based on the premise that the houses were bought with government money.

"That ignores our 52-year history in the community, money that was raised in the community, money that was raised by donations," Simon said, adding that if they were to sell the buildings, they would become government assets.

But most disconcerting, he said, is the inclusion of a surplus deficit policy, which proposes that the government would reclaim a portion of any surpluses that they have at the end of the year — regardless of the source.

"So if the government provided us with 80 per cent of our funding, they would lay claim to 80 per cent of any surplus that we had at the end of the year. Even if that surplus had come from donations or foundations or fundraising and not from the government, they would still lay claim to that," Simon said. "That's really a negative incentive to do fundraising or to get sponsors."

Last week, Community Living Interlake and the other 186 agencies received a letter indicating that, due to the overwhelming response from the agencies, recommendations are being made to the government to write the SPA as a multi-year contract. The recommendations also include amending the surplus deficit clause so that the government will only lay claim to any surpluses that come directly from government sources.

"These are only proposed changes. The government has not said that they will accept them or endorse them at all," Simon told council.

"So now I'm coming to you to ask you to support us in going forward to the minister to accept these changes that their own bureaucrats are proposing. It does not make any mention to the claim to our capital assets nor does it make any mention to our dislike of the slow erosion of our autonomy and the power of our board to direct our actions, but it's a start."

Stonewall council indicated that it

will support Community Living Interlake and they've already made an application to meet with the provincial minister to discuss these concerns at the upcoming Association of Manitoba Municipalities convention.

In other council news:

- Scott Myers spoke to council on behalf of Stonewall Minor Hockey Association to ask permission to put in a reverse osmosis system in the arena. This new system would result in cost savings and would improve ice conditions.

He proposed that minor hockey would fund the \$25,000 project and be reimbursed by the town over several years. Council plans to give the go-ahead for the proposed project, pending a review of a similar system in Oak Bank.

- Council approved a utility rate increase over the period of 2018 to 2020 to recover the revised 2015-2016 utility deficits for the Town of

Stonewall.

"Basically, we have very low water rates in Stonewall and what we charge is not covering the expenses we have surrounding the service of everything to do with water provided to the town," McLean explained.

- Council adopted an accessibility plan to comply with provincial legislation outlined in Bill 26.

- Council agreed to buy a hydraulic snow gate from Lakeland Farm and Ranch Direct for \$8,950 plus installation and taxes. The funds will come from the equipment replacement reserve fund. This piece of equipment will improve the efficiency and quality of snow clearing and hopefully reduce costs.

- The Town of Stonewall is accepting requests for proposals for the development of a strategic plan. The deadline is Oct. 31, and more information is available online at www.stonewall.ca.

You are cordially invited to
Goodwin Lodge
Fall Tea
Friday, November 3, 2017
1:30-3:30 PM
162 3 Ave., Teulon, MB
Light Lunch, silent auction, book sale. 50/50, money draw, craft table, and bake table.
SILVER COLLECTION - Ticket Sales end at 3:00 P.M.
All donations greatly appreciated.
Contact Sarah Bertrand-Cheung at 204-886-2108

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Annual Memorial
Eye Foundation Craft Sale
Odd Fellows Hall
374 1st St. W., Stonewall MB
Saturday October 28
10:00 – 2:30 p.m.
Great items for gifts and stocking stuffers: from homemade spices to honey; novelty sewing to home baking (regular & gluten free); jewelry to knitting; artisan soaps to acrylics; doll clothes to perogies and more...
Admission: \$1.00
Silent Auction & canteen

Home-based business showcase

By Natasha Tersigni

The Stonewall Legion Hall was bustling last Saturday with local entrepreneurs selling their wares at the 9th annual Home-Based Business Showcase.

With 44 vendors and close to 350 customers, there was definitely something for everyone that came through the doors. From door admissions, \$270 was collected for the Stonewall and District Christmas Cheer Board.

The annual event is an opportunity to showcase what local home-based businesses have to offer and allow customers to get a sneak peak into new products or a jump on their Christmas shopping.

New to the show this year was Stonewall resident Kelly McCrea with her business Brenick Creations.

Just six months into her new venture, McCrea specializes in designing and

creating custom gifts and products for any occasion including T-shirts, mugs and signs.

"We specialize in vinyl work on basically anything. We can customize any product or item of clothing with names or any type of design," explained McCrea, who added that the showcase was her first event showing her inventory.

"I use a heat press to ensure that the products are long lasting, especially for clothing. As well, I do my own designs so I can work with customers to come up with something original that will suit their needs."

With the holiday season right around the corner, now is the time to get your order in. For more information, you can visit Brenick Creations Facebook page at fb.me/brenickcreations or email Kelly McCrea at brenickcreations@mymts.net.



TRIBUNE PHOTO BY NATASHA TERSIGNI

Kelly McCrea, owner and designer of Stonewall-based Brenick Creations, used the annual Home-Based Business Showcase to launch her new business that specializes in custom apparel and gifts.

Province launches website for waste management and recycling depots

Sustainability Awards deadline for nominations Dec. 8

By Jeff Ward

A new website that will allow Manitobans to find their nearest recycling depot and learn about what that depot can handle was launched last week as part of Waste Reduction Week.

The website, www.gov.mb.ca/waste-wise, is interactive and can be used to find out where to take your recyclables. Things like cell phones, batteries, fluorescent lights, oil and anti-freeze among many other categories are searchable with the site. October is Sustainability Month and the province is working on raising awareness and engaging communities in sustainability initiatives.

In a press release dated Oct. 16, Manitoba Minister of Sustainable Development Rochelle Squires outlined the new website and also announced that nominations are now open for the 2017 Manitoba Excellence in Sustainability Awards.

"All Manitobans have a role to play in making our province as environmentally conscious as possible and the province is taking a leadership role," said Squires in the press release.

"We're collectively taking action on climate change and energy conservation. We want Manitobans to have easy access to information on recycling and waste reduction."

The Sustainability Awards recognize Manitobans who embrace the spirit

and principals of sustainable development. Nominees can include action items such as climate change, air quality and energy efficiency, sustainability in water and natural area stew-

ardship, education for sustainability, and innovation and research for sustainability among others.

The awards are open to all Manitoba residents and any organizations or

businesses operating within the province. Those interested in nominating someone can apply online at <http://www.gov.mb.ca/sd/susresmb/mrtsd/ mesa/>.

The deadline for nominations is Dec. 8.

A variety of purchase and payment options are available.



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PartcipACTION 150: It is not as easy as it looks

By Natasha Tersigni

With the beautiful season of fall in full swing, I wanted to take advantage of the warm weather and tick off the rest of my outdoor activities needed for my PartcipACTION 150 list.

I had this amazing plan, like almost all of my hare-brained schemes that I cook up at 3 a.m., that I was going to showcase the true beauty of Stonewall’s Quarry Park in fall by kayaking in the park pond.

Now, I may have mentioned this before but I am no stranger to water sports. I was a competitive rower for five years, and I competed in the 2009 Canada Summer Games and many international regattas. I am pretty comfortable in a skinny little single on the water. Not to brag, but I definitely spent more time rowing than in the drink.

For activity #82 Kayaking, I was fully over-confident. For my beautiful afternoon paddle around what I was

now referring to as Stonewall’s majestic lake — yes, we are still talking about the duck pond at Quarry Park — I recruited two young gentlemen for my excursion and a Jeep Wrangler named Sara.

After a quick trip to pick up the kayak and 20 long minutes trying to figure out how to actually tie the kayak to Sara, we were soon driving 40 kilometres per hour down Highway 67 towards Quarry Park. The untying was pretty quick, considering there was like one strand of rope actually securing the kayak. Then it was time for my grand excursion.

This is the part of my story where I am legally obligated to say while there are no signs saying don’t kayak in the pond, I am sure that there are rules not to — or just common sense should dictate that you don’t. But as mama always said, good sense isn’t as common as one might think. Please, children, do not do this.



TRIBUNE PHOTO BY ALEX SAMUEL
Turns out #82 Kayaking in Quarry Park pond was not executed as smoothly as intended.

We found a nice area that was pretty wide open and had direct access to the lake, er, pond. I jumped in the kayak and Brandon (Gentleman “A”) started to push me into the water while Alex (Gentleman “B”) snapped pictures.

What happened next was not in the plans.

Everything was going great. I was mesmerized by the beautiful colour of the leaves, and then the water started coming into the kayak. I quickly told Brandon just to send the kayak and that is when it happened. My excursion ended fast. Water poured in. I panicked and flip went the kayak. The water was cold, freezing.

Already wet and a bit discouraged, I tried again. We figured it was the spot’s fault because no way it could actually be, *gasp*, mine. We drained the kayak, found a new spot and decided on a sideways entry this time. And, again, in the boat I go. I let go of the shore and, bam, in the water I go.

I would really like to say that the third time was the charm, but after having to half-swim and half-crawl to safety, I threw in the towel. While activity #82 lasted a total of five seconds, I am going to count it as a win in the books because there is no way I am getting into the kayak again. Give me a rowing shell any day.

With just over two months to go, I need help to keep ticking activities off. (Enter desperate pleas for help here.) If you want your club or organization profiled please, please, please send me an email at natasha@stonewallteulontribune.ca (I may even bring some cinnamon buns). Activities that I am need of include but are not limited to # 9 Pilates, #15 Aquafit, #54 Ringette, #60 Gymnastics, #63 Surfing, # 73 Boxing, #88 Sledge Hockey, #89 Judo, #97 Cheerleading, #105 Fencing, #108 Tai Chi, #110 Football, #116 Highland Games, #119 Wrestling, #124 Sailing, #128 Croquet, #133 Taekwondo, #136 Synchronized Swimming and #142 Roller Derby. That is by no means all of the activities I have left. It’s just a short list of things I need help with.

SERVICE CLUBS - Serving our Communities					
<div>Royal Canadian Legion Branch No. 52 \$33-\$38 member/year depending when dues are paid 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. Meetings are held on the 2nd Tuesday of the month at Stonewall Legion Club Room.</div>	<div>South Interlake Ag Society Janice Rutherford 467-5612 Hwy #236 and Rockwood Road \$10/member/year It 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.</div>	<div>Teulon Women’s Institute Phone 886-2216 Fee: Nominal membership may apply Motto: “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 always welcome.</div>	<div>1 Snow Goose Bay on Hwy 220 Stonewall, Manitoba 1-888-50MARSH (62774) 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 ecosystems, and to encourage public support for their conservation through innovative education and outreach programs.</div>	<div>Quarry Toastmasters Brenda 467-5088 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 people, 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.</div>	<div>Kin Clubs of Stonewall Motto “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 Chad Sheppard 204-461-2023 Kinette President Leona Palmer 204-467-7655</div>
<div>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 at 7:30pm. The Ag Society sponsors the Teulon & District Ag Fair and the Annual Teulon Pumpkinfest.</div>	<div>Interlake Community Foundation, Inc. 204-467-5634 www.interlakefoundation.ca The Interlake Community 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.</div>	<div>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, Freemasonry is non-sectarian and prohibits discussion of religion and politics in its Lodges. Freemasonry 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. Monthly Meetings 2 B 1 ASK 1</div>	<div>Stonewall Ladies Auxiliary Committed to the wellbeing of our community and raising funds for the ongoing mutual support provided by the Stonewall Legion Branch #52. Meetings are held on the second Thursday of the month. New memberships are welcome. Yearly membership fee 10.00. Volunteers often required for events at the Legion hall.</div>	<div>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 Information/Form Completion; Telephone Buddy/Friendly Visiting; Handy Helper/Housecleaning. We also distribute the ERIK (emergency response information kit) and we are Lifeline Representatives.</div>	<div>The Liliane Baron South Interlake Breast Cancer Support Group Claudette 886-2393 Joyce 467- 2473 The group is a non profit grass roots organization founded by women in the South Interlake Area diagnosed with breast cancer. Our mandate is to assist others who may find themselves with a similar diagnosis and to provide a variety of support, assistance and friendship where needed within the confines of privacy, 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 is always welcome.</div>
<div>Knights of Columbus Stonewall Dave Couprie 467-9548 \$40/member/year The Knights of Columbus raise funds for charities within the community. 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 Stonewall.</div>	<div>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 plus. Many activities and events are held on a regular basis. Newsletters are published monthly and available to pick up at the 55+ Centre in Stonewall.</div>	<div>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.</div>	<div>Independent Order of Odd Fellows Stonewall Lodge #49 Larry O’Dell 467-8882 Ross Thompson 467-2438 www.ioofmb.ca Yearly nominal membership fee The Odd Fellows Lodge is a fraternal organization based on the fatherhood 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.</div>	<div>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.</div>	<div>Grosse Isle 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 members always welcome.</div>
<div>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.</div>		<div>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.</div>			

Finance minister visits St. Laurent for pre-budget consultation

By Jeff Ward

Interlake residents took part in the province's pre-budget consultation meeting last week and were given the opportunity to speak directly with Minister of Finance Cameron Friesen.

Approximately 50 residents took part in the Q and A session on Oct. 17 at the St. Laurent Recreation Centre. Friesen went over a brief presentation detailing some of the issues Manitoban's are currently facing to open the meeting. The deficit, health care and controlling the sale of recreational marijuana use were three key points that Friesen spoke about. Friesen was candid about the government's position on needing more time to prepare for the impending legalization of cannabis and how his government plans to eliminate the deficit. Minister of Municipal Relations Jeff Wharton and Interlake MLA Derek Johnson joined Friesen and were there to provide added context for issues specific to the Interlake.

During the Q and A session there were a wide variety of questions tossed at Friesen who sat and listened to people and took notes. St. Laurent Coun. Frank Bruce expressed his concern with the legalization of cannabis by July of 2018. Bruce's concern, which was echoed strongly by Friesen, was about policing.

"We have a small detachment in Lundar, which is about 25 minutes away, [and] they're pretty strained [because] it's a big area to cover," said Bruce.

"Can the province help municipalities like ours? Maybe have the cadet program we used to have or something to that effect, [to give us] more man power?"

Friesen said that it would be naive to believe that legalization wouldn't add to the responsibilities that RCMP currently have. He said that the province has asked for more time and that the federal government has not granted it.

"One thing is very certain: the cost will be very great and like you said, community policing will be part of the cost that we pay on that," said Friesen.



TRIBUNE PHOTO BY JEFF WARD

Interlake residents asked about health care and cannabis legalization at the province's pre-budget consultation last week. Pictured from left: Minister of Municipal Relations Jeff Wharton and Interlake MLA Derek Johnson and Minister of Finance Cameron Friesen.

Grant Sigfusson from Lundar brought up another concern on the same issue. He asked how employment standards will be affected once legalization takes place. The operation of heavy machinery at his company Sigfusson Northern can't be compromised by cannabis use, and his ability to run a safe working environment will become more difficult in this instance. His issue of workplace safety and how he as an employer is going to tackle that was a strong one that resonated with Friesen.

"I know this new marijuana policy is really going drive our costs up on trying to run a business, trying to be safe," said Sigfusson, who said that he is already doing drug testing at a big cost to his business.

Friesen said that Sigfusson and business owners like him are under attack by the federal government who call him "the rich one-per-cent tax evaders." He also agreed with him on the potential safety issue and said that Manitoba Justice Minister Heather Stefanson, who is co-chair of a provincial working group studying

various areas of legalization is working those concerns on.

Health care a constant concern for rural residents

The potential health-care cuts, the fear of big changes and the already difficult nature of rural medicine was also discussed.

St. Laurent resident Jack King expressed his frustrations that Winnipeg residents are up in arms about an extra 10 minutes to reach a hospital while Interlake residents face a minimum of 30 minutes. King said that he would like to see the nurse practitioner role expanded to include more diagnostic capabilities and praised his community's nurse.

"Her diagnostic capabilities are greatly hindered by the fact that they don't have a facility at this time to draw blood or take X-rays. Considering the aging population here, I would consider these essential services," said

King.

Friesen agreed and sympathized with the concerns King raised.

"We've said as a government that our plan in a nutshell is better care sooner, and Manitobans have waited long enough," said Friesen.

Some of the comments were a bit more pointed. Ed Miller from Portage La Prairie said that in his current situation, where his children require constant and expensive health care, that any privatization is a threat to his family.

"When I go to the doctor, I just want to use a health card, not a credit card," said Miller.

Amanda Russell from Selkirk said that she was frustrated by the province's survey Manitoban's Making Choices and said she felt like the survey was worded intentionally to draw certain conclusions from it.

Friesen said he respected the feedback on the survey and encouraged her to fill it out anyway as there is a comment section at the end where she could write out her concerns.

Following the meeting, Friesen fielded more direct questions while many who attended said they were happy to be heard by the minister. The point of the meeting was so that Friesen could listen directly to the concerns of the people, he said, and to make more informed decisions on the direction of the budget.

"This is where it happens, at the grassroots. We've got to do the democratic part of this, engaging with people in their communities who know their communities, who know their needs, and listen," said Friesen.

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Sunday, November 5, 2017

1:00-4:00 pm in the
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Application will be provided. Documentation is required.
Questions call Desiree Gillespie 204-467-8509

Stonewall
Odd Fellows
Lodge No. 49

Quiz Night

**Saturday,
October 28, 2017
7:30 p.m.**

Odd Fellows Hall
374 First Street, Stonewall

Team up with friends
6-8 on a team
\$15.00 per person
For tickets call:
Doug Livingston 467-2690
Desserts \$1.00

Petition rallies support to bring mobile health clinic to St. Laurent

By Jeff Ward

A petition to have the Interlake-Eastern RHA bring their mobile health clinic to St. Laurent has received more than 100 signatures and has also captured council's interest.

St. Laurent's Laurentien Lodge 55+ senior's home chairperson Larry Wiebe made a presentation to coun-

cil on Oct. 18 and said that he's heard from dozens of residents who say they can't get to their appointments for routine diagnostic testing like blood work and X-rays. The reasons vary but some don't have anyone who can provide a ride and others can't afford the cost of hiring a driver or the handi-van to take them. Wiebe said that St.



TRIBUNE FILE PHOTO BY JEFF WARD

St. Laurent residents have signed a petition in hopes of bringing the Interlake-Eastern Regional Health mobile health to their community on a regular basis.

Laurent is an aging community with close to 600 seniors currently living in it, and his solution to this problem is to have the mobile clinic make a stop a few times a month in the community to do this testing.

"I know of people who just never get their testing done because they can't make it to the appointment," said Wiebe.

"I've collected over 100 petition forms from people who are in need of this service and I'm wanting council to help. This is something we need in the community."

Council was very receptive to the idea and agreed with Wiebe that his solution seemed like a good idea.

Reeve Cheryl Smith said that council would approach Interlake-Eastern RHA CEO Ron Van Denakker to discuss further how this could be implemented.

"I think we need them to stop here," Smith said, which had all councillors nodding in agreement.

The mobile clinic currently rotates between Gypsumville, Grand Marias, Seymourville and Prawda.

Brigite McDaniels is working with Wiebe on this petition and said that the clinic would provide St. Laurent seniors with the opportunity to see a nurse practitioner and primary care nurse more often and get the testing they need.

"There are people out there who haven't had blood work done in a long time and might be sick, but they don't know. These tests can let you know if you're sick and then you can get help. I really hope we can make this work," said McDaniels.

Following the meeting, Wiebe said he was encouraged by council's support and is looking forward to seeing this issue through to the end. He hopes to see the clinic start making visits to his community by spring but admitted that the process is slow and that making an accurate prediction on the timeline would be difficult.

CORRECTION:

Please note, last week's advertisement incorrectly identified Dr. Hamid Ansarian.

Health care providers accepting patients in Stonewall

Do you live in or near Stonewall? Get your health care closer to home!

There is a stable group made up of physicians and a nurse practitioner in Stonewall who are accepting new patients! Your health care provider's primary care clinic serves as a your home base within the health-care system. They provide you and your family with timely access to care, coordinate your health care within the health care system, and manage your health care records. You and your family deserve to have all of that closer to home!

By accessing health care options closer to home you are:

- Building a relationship with a care provider closer to home
- Accessing appointments in a more timely manner because your health care provider knows you and your health concerns
- Supporting local physicians in rural practice
- More likely to receive appropriate care through your provider instead of accessing emergency departments for same-day care

If you don't live near Stonewall, there are providers accepting patients in other areas in the region. Please contact Family Doctor Finder at 1-866-690-8260 for more information.

Meet the health care providers in Stonewall:



Dr. Majid Zahiri

He is a family physician who has an interest in emergency medicine.



Dr. Aoife Benton

She is originally from Ireland where she received her medical degree from the National University of Ireland, Galway.



Andrew Skene

Nurse practitioner (NP), Andrew Skene is starting at Quarry Ridge Medical Clinic at 469 1st Street in Stonewall on October 30. To book an appointment with Andrew, please phone Quarry Ridge Medical Clinic at 204-467-9707.



Dr. Hamid Ansarian

He is a family physician who has an interest in seniors' health care.



Dr. Ken Iwaasa

He is a physician with the Canadian Forces who has an interest in family medicine.



Dr. Fariba Forouzandeh

She is a family medicine physician.

Drs Ansarian, Iwaasa and Forouzandeh are accepting patients at Interlake Medicentre (located at 330 3rd Ave S, Stonewall). Patients can phone 204-467-5717 for an appointment. Please be sure to have your medical card available when calling to book your first appointment.

Woodlands holds public hearing for Lake Ranch subdivision

By Natasha Tersigni

Officials with the Lake Ranch Development continue to press ahead with plans to build a 350-lot subdivision in the RM of Woodlands.

Twelve members of the public attended the hearing that was held on Oct. 19 to discuss the rezoning of the Lake Ranch. Owners of the land, located in the upper east corner of the RM of Woodlands, want it to be rezoned from agriculture to residential use in order to move forward with the subdivision project.

"The main issues from those who were against the project were concerns over drainage in the area of the RM. At one point that area was a flood-prone area, and back in 2011, some of that land was affected. This

time, traffic was not a major concern; drainage was the biggest issue," said RM of Woodlands Reeve Trevor King.

"Definitely the positive economic impact that the subdivision will have for the RM was brought forward from supporters of the project."

No decision from council was made at the public hearing, as a resolution will be brought forward at a future council meeting. This is just the beginning of a long process for the Lake Ranch subdivision owners if this rezoning bylaw passes council. In order for construction to begin, the RM would have to pass a subdivision agreement and a conditional use agreement with Lake Ranch officials. As well, there are many provincial requirements that need to be met.

Warren Elementary gears up for auction and test-drive fundraiser

By Jennifer McFee

Warren Elementary School is taking another swing at fundraising for its new playground equipment, and the school is hoping to slide smoothly towards its final goal.

On Thursday, Nov. 9, the school will host two fundraising initiatives: the School Goods and Services Auction as well as a GM test-drive event.

Two years ago, a similar auction raised more than \$5,000 for the new playground. This year, they have collected even more exciting items for both the silent auction and the formal auction that will be put on by McSherry Auction Services.

Auction items include 30 dozen perogies and a deep fat fryer from Mr. Perogy; \$400 in electrical services and supplies from Walsh Electric; two hours of labour at Warren Esso; an all-inclusive catfishing trip for four from Bait BoyZ; pizza, salad and wings from LJ's; one load (20 yards) of gravel or ¼ down Wes Hird Trucking; WCI-Custom Jets Crib board; assorted clothing from Silvertip Sport and Promotion and an eight-hour heavy machinery callout from Northern Terrain.

Other auction items feature a Sweet Legs gift certificate from Lisa Nield; a camping package from Rubber Ducky Resort; swimming lessons for two children from Rosser Woodlands Recreation; MAC tools from Todd Alexander; 50 kilograms of grass seed from Riddell Seed; assorted clothing from EE-COL Electric; and two children's haircuts from Korner Kuts.

Attendees will also have the chance to bid on one month of fitness classes from Back Country Fitness; a four-foot granite or quartz vanity from Canital Granite Ltd.; a custom birthday cake from Crissy Debin; a Ducks Unlimited print from Joey and Chantelle; a one-hour massage from Josh Schellenberg; three hours of house cleaning from Melissa Cyr; marketing and planning services from Face Production; nine Manitoba Moose box seat passes from Brandt Tractors; and a three-hour small bouncer rental and four-hour Warren Hall rental from AF Rentals.



TRIBUNE PHOTO SUBMITTED

This artist's rendering depicts a possible design for a new play structure at Warren Elementary.

Adding to the excitement, Selkirk GM will be bringing eight new vehicles (four Buicks and four GMs) for the test-drive initiative. Warren Elementary School's parent advisory council will receive \$20 for each person that completes a test drive.

Chris Singh of Selkirk GM will be on hand at the test drive event along with several salespeople to answer questions.

"I think it's such a great program," Singh said. "This will be the second time we've been able to do it. We did one at Bobby Bend school earlier this year."

Each test drive takes about 10 minutes, and the drivers fill out a form with their opinions.

"For every form that I give back to GM, \$20 gets donated — and all the money goes right to the school," Singh said. "GM will donate up to \$10,000. It's so good for the community."

Principal Chris Gamble hopes they will have enough money to start installing the playground equipment this summer.

"The playground equipment costs about \$60,000. We have about \$42,000 right now, and we've also

applied for grants. This will be the fifth year of our fundraising. If the grants work out well and the auction works out we should be done," he said.

"If this goes even better than expected, we'll buy more playground equipment. I'm cautiously optimistic that this will happen next year."

In the grant application, Gamble pointed out that Warren Elementary has the only play structure in the community.

"The last one was put in with the help of the Lions about 30 years ago," he said. "It's a wooden structure that's past its prime and needs to be replaced."

The GM test drive event runs from 11 a.m. to 6 p.m. on Nov. 9 at Warren Elementary School, followed by the auction in the gym from 6 to 7 p.m. Free hotdogs and drinks will be served at 6 p.m.

To register for a test drive, visit <https://tinyurl.com/ybe82nto> and select the vehicle you would like to drive. Drop-ins are also welcome.

To view a commercial made by the students, you can find it on YouTube at <https://www.youtube.com/watch?v=8MSzxqebh0w&t=2s>.

Teulon Lions hope to expand Wall of Remembrance

By Natasha Tersigni

The Teulon and District Lions Club is looking for the public's help to recognize local veterans and those currently serving in the military.

For the upcoming Remembrance Day Service on Nov. 11 at the Teulon-Rockwood Centennial Centre, the Teulon and District Lions Club is looking to display a Wall of Remembrance. The Lions intend to put together an exhibit using photographs and information collected from local family members made up of veterans from the local area including Teulon, Komarno and Gunton.

"We did a similar exhibit last year with pictures, and this year, we decided to expand it and reach a larger area. We really want to draw attention to our local military members, both

those retired and still serving, and this way the public can actually put a face to those who served," explained Lions member Judy Dedrick-Williams.

For the display, the Lions are looking to collect photographs of veterans with the name, the unit that they served with and any deployments they participated in.

"Our Remembrance Day service is about recognizing our local veterans and it is important for us to know who they are," added Dedrick-Williams.

Pictures are asked to be dropped off at the Teulon and District Senior Resource Centre (54 Main St.) or Kozy's Production (92 Main St.).

The Wall of Remembrance will be on display during the Teulon Remembrance Day Service on Nov. 11 at the Teulon-Rockwood Centennial Centre.

Before the service, a pancake breakfast will be held at the hall from 8:30 to

10 a.m. The service will begin at 10:30 a.m.

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1. Scrub the inside and outside of your windshield thoroughly with glass cleaner to prevent glares from the sun or the headlights of other vehicles. While you're at it, take the opportunity to properly clean your headlights and rear-view mirrors.

2. Remove all snow and ice from your windshield, side windows, rear window, lights and mirrors before hitting the road. Also, make sure to defrost your windshield wipers and unstuck them from the glass.

3. Make sure that your windshield wipers are in good condition. Do they leave streaks behind or make odd noises while operating? Are they adapted to local winter road conditions? It's recommended to replace your windshield wipers every fall.

4. Check if you have enough

windshield fluid before heading out. Keep an extra gallon in your car, as well as a shovel, a broom and an ice scraper to remove snow and ice that accumulate while driving.

5. Polish your headlights if you notice them becoming opaque. Over time, exposure to UV rays can damage the plastic reflectors and alter their appearance.

One final tip: never leave without your sunglasses! Snow reflects the sun, making your winter surroundings exceptionally bright.



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October is car care month

Did you know?

IF YOUR CAR STARTS TO SKID OR HYDROPLANE, slowly steer in the same direction as the skid, but don't look toward it: keep your focus on where you want to be on the road.

TIME OF DAY IS ONE OF THE MAIN RISK FACTORS FOR FALLING ASLEEP AT THE WHEEL. Indeed, nodding off — or coming close to — while driving is more common between midnight and 6 a.m. and between 1 p.m. and 3 p.m., as our metabolism tends to slow down during these periods.

NEVER USE YOUR CAR'S CRUISE CONTROL ON A ROAD THAT'S SLIPPERY, whether due to snow, ice or water. Should your back tires start to skid, the system might try to compensate by accelerating, putting you at risk of losing control of the vehicle.

Local teen selected for leadership role

By Jennifer McFee

An Interlake teen is galloping towards greatness through a unique leadership opportunity.

Kylie Bond, 16, has been offered a position as a team leader with Team Canada for the 2018 American Quarter Horse Youth World Cup, which will be held in Texas from June 28 to July 8, 2018.

The international event is held every second year. It took place in Germany in 2014 and Australia in 2016. This year, 17 countries will be represented, with competitors vying for gold medals in different categories.

"I am super excited," said Kylie, who lives north of Warren. "It's an amazing opportunity."

Kylie, a Grade 11 Warren Collegiate Institute student, will be one of 10 people who are part of Team Canada.

"There are five riders, two alternates and three leaders," explained her mom, Lara Forchuk.

"During the competition, the adults cannot help whatsoever. So Kylie's role is going to be like a leader or a coach. She will be getting the horses ready and then handing them off to the people that are going to compete. She'll also be attending all the leadership activities such as educational events, seminars and clinics."

The leaders need to make sure that the riders get to the ring on time and be ready to help in every possible way.

"The leaders are organizers. There's lots of responsibility," Forchuk said. "When we applied, Kylie's coach said that it was a long shot but to try anyway because it's a good opportunity just to go through the process, so leadership is quite a compliment. I guess they feel that she has the skills that are necessary to help organize and to be a leader."

While she prepares for her leadership role, Kylie will soon begin fundraising to cover her expenses for the trip. She'll also continue competing in horse reining competitions, including



TRIBUNE PHOTO SUBMITTED
Warren Collegiate's Kylie Bond will be one of 10 members of Team Canada competing for the 2018 American Quarter Horse Youth World Cup in Texas from June 28 to July 8.

the North American affiliate championship at the end of November.

Looking even further ahead, Kylie hopes to compete in the American Quarter Horse Youth World Cup in 2020.

PUMPKINS IN THE PARK:
Sunday, November 5th,
4:00 pm - 8:00 pm



Drop off your retired Jack o' Lantern outside the Quarry Park Heritage Arts Centre between 4 pm and dusk. Stroll around the pond and see the entire display lit up between dusk and 8 pm.

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Poppy campaign underway



TRIBUNE PHOTO BY JO-ANNE PROCTER

Rev. Leonard Oracheski (right), Royal Canadian Legion Stonewall Branch #52 poppy campaign chairman, presented Town of Stonewall Mayor Lockie McLean with the first poppy of the annual campaign. The legion's poppy campaign always begins on the last Friday of October,

and the poppy blossoms are proudly worn on the lapels and collars of more than 19 million Canadians. The poppies are intended to honour the more than 117,000 Canadians who have died in the service of their country throughout the world. The local Poppy Fund has raised \$10,111.50 between Stonewall, Stony Mountain and Teulon members, and funds were distributed as follows: the Air Cadet Squadron (\$2,500), Deer Lodge Centre (\$400), a new hospital bed at Stonewall Hospital (\$7,292.95), Help Vet (\$75) and to purchase poppy supplies (\$1,954).

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Damaging winds



TRIBUNE PHOTOS BY JO-ANNE PROCTER AND DANNY KLEINSASSER
Extremely powerful northwest winds across Manitoba ripped down trees, blew off shingles and caused significant damage around the region. The Town of Stonewall sign was destroyed, and Danny Kleinsasser spent days cleaning up tumbleweeds that blew in from the 80 to 100 kilometre per hour winds at his home along Highway 67.

Get well to get home



TRIBUNE PHOTO SUBMITTED
Backcountry Fitness & Conditioning owner Christina Hooper held a fundraising boot camp in Teulon on Friday in support of Las Vegas shooting victim and Inwood resident Jan Lambourne. Fourteen participants took part and raised over \$250 for Lambourne and her family.



Massage Therapy Awareness Week October 22-28, 2017

Pain in the Neck?

Massage Therapy Awareness Week is Oct. 22 to 28, and the Massage Therapy Association of Manitoba is encouraging all Manitobans to be aware that registered massage therapists can help with your neck pain.

Neck pain can be a lot worse than just a pain in the neck — it can lead to symptoms including jaw pain and headaches — but treatment by a registered massage therapist can help to solve the problem at the source and get you moving again.

Sheila Molloy, executive director of the Massage Therapy Association of Manitoba Inc., says the neck is vulnerable to injuries and dysfunction that can lead to both pain and restricted motion.

"The neck is a flexible narrow structure which supports a wider and less flexible skull. This makes the neck more vulnerable," she explains. "Causes of neck pain include; whiplash, TMJ dysfunction, reduced or increased spinal curvature, joint or disc degeneration, nerve or spinal compression, repetitive strain injury, incorrect posture and body mechanics, trauma and a number

of other medical conditions."

Symptoms of neck pain can include tingling in the neck, upper back, shoulders, arms or hands; pain and stiffness in the jaw or upper back; decreased range of motion in the neck; headaches; inflammation; as well as numbness in the neck, upper back, shoulders, arms or hands.

Molloy says there is a great deal of research in this area showing how massage therapy can effectively deal with neck pain, headaches and migraines. Depending on the cause and severity of a patient's specific symptoms, treatments can include remedial exercise, joint mobilizations, thermal therapy and a variety of other massage techniques that can be used to help.

Registered massage therapists are educated, knowledgeable and proud to be a part of your health care team. On behalf of our membership, I encourage Manitobans to visit an RMT and discover, first-hand, the many ways our practitioners can enhance their quality of life.

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Massage Therapy Awareness Week October 22-28, 2017

What is massage therapy

Massage therapy is the manipulation of soft tissues of the body in-

cluding, muscles, connective tissues, tendons, ligaments and joints. Massage Therapy is a clinically oriented health-care option that helps alleviate the discomfort associated with everyday and occupational stresses, muscular overuse and many chronic pain conditions.

THE BENEFITS OF MASSAGE THERAPY

There are tremendous benefits to be achieved through regular massage therapy treatments from a Registered Massage Therapist. Whether your need is to have a moment of relaxation, reduce muscle tension or attain relief from chronic pain, a therapeutic massage can enhance your overall sense of emotional and physical well-being.

Massage therapy can be an important part of your health maintenance plan by:

- Reducing or eliminating pain.
- Improving joint mobility.
- Improving circulation.
- Improving lymphatic drainage.
- Reducing muscular tension.

Massage therapy can be used for the treatment of both acute and chronic conditions. RMTs can work with a wide variety of patients, of all ages, in the treatment of illness, injury rehabilitation and disability. Massage Therapy can also be used as part of a preventative care program. This includes sports training, injury prevention, ongoing stress management and more.

WHAT IS PRENATAL MASSAGE

Massage therapy during pregnancy is a healthy way to reduce stress and promote overall wellness. Massage relieves many of the normal discomforts experienced during pregnancy, such

as backaches, stiff neck, leg cramps, headaches and swelling. Massage for pregnant women reduces stress on weight-bearing joints, encourages blood and lymph circulation, helps to relax nervous tension and can help relieve depression or anxiety caused by hormonal changes.

There are many benefits of prenatal massage.

Headaches can be relieved by massage focusing on the head, neck and shoulders. In addition, maintaining optimal levels of stress relief through massage reduces the chances of migraines or tension headaches by relaxing trigger points and muscle spasms.

Muscle tension created by carrying the extra weight of a baby can be relieved by encouraging blood flow to the afflicted areas. This provides more nutrient-rich oxygen and also increases the flow of lymphatic fluid, which sweeps away toxins and metabolic waste.

Fatigue, backaches, leg cramps and swelling/edema can all be relieved through various types of massage for pregnant women.

The ordinary aches and pains of pregnancy are countered by the release of serotonin, your body's natural anti-pain chemical, which is stimulated by massage.

Regular massage therapy not only helps diminish anxiety and discomfort but boosts relaxation as well leading to better sleep patterns before and after pregnancy. Women in high-risk pregnancies should consult their doctor or midwife before beginning any massage therapy programs.

Back pain...

understanding is half the cure.

Ask anyone over the age of 35 if they have suffered from back pain and I bet you dollars to donuts they have. There are a variety of reasons for this and some of these things aren't going to change overnight, but recognizing some potential reasons for back pain along with some suggestions for helping reduce the pain can make all the difference. Today we'll look at how you're sitting.

Texting, typing, twiddling our thumbs in front of the TV; sometimes it doesn't seem natural to sit correctly, so we must encourage ourselves to take regular breaks and find that 'correct' position. Once you know how to find it you'll be able to keep finding it. First step, put your feet flat on the floor and shift your position to be sitting with a 90 degree angle at your hips, rather than slumped forward or back. Now, imagine you're a puppet being lifted straight up by your hair and chest. Keep your chin tucked in and avoid it raising up. Feel your spine straighten right down to your lower back. Notice how your belly button is automatically drawn in slightly. Pinch your shoulders back slightly and turn your hands palms forward, rotating your elbows back. Imagine those strings are pulling you even higher keeping that chin tucked. Relax your shoulders a little and allow your hands to sit palm down on your thighs. Feel that? Looking good and feeling better. Take the time to do this throughout the day. You'll find it'll make a difference.



Rob Price-Lewis is a former instructor of massage therapy and the newest addition to the massage team at Stonewall Chiropractic Centre. Working Tuesday-Saturday (same day appointments available). He is there to help get you 'back' to normal.

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How to properly care for your gardening tools



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Neglecting to care for your gardening tools (shovels, hoes, trowels, garden shears, etc.) before the colder season sets in is a surefire way to ensure their poor condition come spring. This fall, don't forget to follow these three essential steps to make sure your gardening tools are ready for duty once the warmer weather rolls around:

1. Clean

Wash your gardening tools with soapy water (if necessary, use a brush to scrub away dirt and grime), rinse and dry with a clean towel or cloth. For your cutting tools, you can scrub the blades with a rag soaked in alcohol to eliminate stubborn filth.

Continued on page 22



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Planting in the fall? It's not too late!

After the last of the season's harvest and before the first frost, there are still many ways you can use plants of all kinds to enhance the beauty of your outdoor space. On that note, get your trowels ready!

Bulbs

Make sure to plant autumn bulbs (crocuses, tulips, lilies, hyacinths, snowdrops, etc.) in a rich and well-drained soil. Dig holes three times the height of your bulbs (with the exception of tulip bulbs that prefer to spend the winter one foot below the ground). For optimal results, make sure to leave a space three times as large as each individual bulb between each plant.

Trees

Dig a hole deep enough to accommodate for the tree's root ball with a diameter that's twice as large as the latter. Next, cut and remove the protective layer of burlap on the top half of the root clump. Place the tree in the hole, fill the cavity

with quality soil and compact the earth. Psst! Did you know that garden centres offer worthwhile discounts on trees and shrubs in the fall? Take advantage before it's too late!

Perennials

Autumn is the perfect season for planting potted perennials sold in store. You can also take advantage of a beautiful cool day to divide your existing perennials. To do so, use a round metal shovel and follow these three simple steps:

1. Plunge the shovel vertically into the ground to avoid severing the roots.
2. Loosen the roots on all sides using repeated movements with your shovel.
3. Separate the roots with a gardening tool or spreading knife.

Once you've separated and transplanted your perennials, you'll obtain new plants that will flourish in all their splendour come the warmer season!



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Continued from page 20

2. Sharpen

Carefully sharpen all of your cutting tools with the help of a whetstone, metal file or grindstone. Pro tip: place your tool in a vice to ensure a steady hold while sharpening to reduce the risk of damage and personal injury.

3. Protect

Apply a protective layer of lubricant, oil or grease on your tools' springs and metal surfaces to keep them from rusting over the winter.



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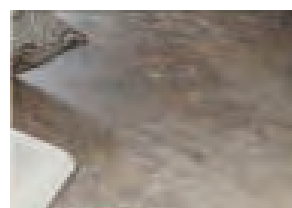
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Kurelek books for ISD



TRIBUNE PHOTO BY JO-ANNE PROCTER

Interlake School Division libraries will be adding some new reading material to their shelves this week. The Rockwood Citizens Kurelek Tribute Committee announced at the regular ISD meeting on Oct. 23 that they will be donating a copy of *William Kurelek: Life & Work* by Andrew Kear recently printed by the Art Canada Institute to each of the collegiates in the division. The committee has also donated copies of Kurelek's *A Prairie Boy's Summer* and *A Prairie Boy's Winter* to each of the elementary schools and Hutterite schools. Pictured from left to right: Doug Pickell, Michelle Schewe, Alan Campbell, Brenda Margetts and Merle Tomyk. The books are available to download at the following link: <https://www.aci-iac.ca/william-kurelek>

Veterans fall supper and dance: major success

Submitted

Project New Hope Canada, a South Interlake-based not-for-profit organization supporting veterans, held a fundraising Old Time Dance and Fall Supper in the Meadow Lea Hall (Marquette area) on Sunday, Aug. 22.

Approximately 90 dancers and 220 dinner guests made the event a major success by generating about \$3,000 of profit for veterans' support programs.

This past September, Project New Hope Canada made a major contribution to support a Spousal Retreat held in Russell by the Shilo and Winnipeg Military Family Support Organizations. Funds raised this weekend will be used for a similar retreat next year.

Music for this event was provided by Country Pride Band from the Interlake area. Guests travelled from

Winnipeg, Portage, Eriksdale, Lundar, Teulon plus other points and were joined by local Marquette residents to have an enjoyable afternoon of dancing and fine eating.

This dinner/dance was one of several fundraising events the group has carried out.

In September, a Motorcycle Rally and Family Day were held in Teulon and a golf tournament at the CFB Winnipeg Golf Course.

A big thank you goes out to everyone who has come out and supported these events. The families of veterans struggling with Operational Stress Injuries will be better off because of your contributions. Watch for advertising on our 2018 events and support our veterans.

George Canyon entertains crowds at Ducks Unlimited event

By Jennifer McFee

Nearly 200 people gathered in Grosse Isle last weekend for a musical fundraiser that seemed more like a kitchen party than a concert.

On Friday, Oct. 20, Ducks Unlimited Canada hosted its fifth annual Concert for Conservation at the Anderson's Hitch 'n Post. This year's event featured country music legend George Canyon, who entertained the crowd with an interactive acoustic performance in the cozy setting. Attendees enjoyed all the elements of an engaging Nova Scotian kitchen party: delicious food and drink, great music and engrossing conversation.

Throughout his two-set performance, Canyon encouraged audience members to write song requests on pieces of paper wrapped in money to donate to Ducks Unlimited. The result was both impressive and amusing as Canyon played requests that ranged from well-known Garth Brooks' hits to snippets of Tina Turner's *Private Dancer*.

Almost as good as the music, the Nova Scotian performer shared personal stories before every song, creating the impression that he was chatting with a room full of good friends. Canyon, who has earned multiple Juno awards, spoke fondly about his family and the time they spent together on hunting trips.

"A lot of people who haven't hunted before don't understand that it has nothing to do with harvesting the animal. It has nothing to do with the firearm or the bow. It has everything to do with family," said Canyon, who has four gold records and a platinum record. "And for me, hunting was the exercise but the experience was family."

Because of these family-based experiences in the great outdoors, he understands the value in efforts undertaken by Ducks Unlimited Canada to preserve natural habitats.

"To me, Ducks Unlimited is going to ensure that my son and my daughter's children's children will be able to enjoy the outdoors," he said, "and it will be able to have an impact on them like it has on me."

In keeping with the kitchen party atmosphere, diners indulged in a mouth-watering spread of food that included barbecued roast beef, baked beans, baked potato, coleslaw and more, followed by hot apple crisp with ice cream for dessert.

The event also featured raffles and a Duck Drop, which had all eyes on a duck named Molly who left her droppings on a numbered grid. The lucky winner went home with \$400 for having the ticket that corresponded with the square filled with the most duck



Canadian country music legend George Canyon shared his passion for music with 200 fans at Anderson's Hitch 'n Post.



Mason Hoxha requested George to sing a Good Day to Ride.

droppings.

A net total of about \$7,500 was raised at the event, which will go toward wetland conservation in Manitoba.

"That was probably the most positive feedback we've ever had from any of our concerts," said Brad Porath, manager of events and volunteer relations for Ducks Unlimited.

Ducks Unlimited hosts ongoing fundraising events, with the next local outing on Nov. 3 when the Interlake Harlequins will provide entertainment at Odd Fellows Hall in Stonewall. This ladies' event features a theme of Bridesmaids and it's already sold out.

And for those who missed the unforgettable event at the Hitch 'N Post, George Canyon will be coming back



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Bruce Clark from St. Andrews was the lucky winner of the custom made guitar with a photo of George Canyon and personally signed by Canyon.



DUC volunteer Tracey Machan, left, congratulated Roberta Baker, left photo, and Roberta Baker, right photo, for five years of volunteering with DU.



Canyon and the Hitch 'N Post staff (from left to right): Amy Clark, Taylor Comberbach, Louise Anderson, George Canyon, Carolyn Rozansoff, Jeannette Ryden, Abby Ryden and Kayla Mason.

to Manitoba in February to perform two more concerts for Ducks Unlimited — one in Melita and one in Brandon — with the exact same type of format. Information will be posted on the Ducks Unlimited website.

Volunteers are always in demand at Ducks Unlimited Canada. For more information or to get involved, contact Brad Porath at 204-467-3258 or b_porath@ducks.ca

Stop, drop and roll



Firefighter Mike Heller, left, gives Cameron McDonald a rundown on the breathing apparatus that firefighters use.

Taking a break from a busy fall brush fire season, the Warren-Woodlands Fire Department held a pancake breakfast and open house on Saturday. Firefighters were kept busy throughout the morning cooking pancakes, providing fire safety education and giving tours of the fire hall and equipment. This year's theme of the day was teaching children what to do if an item of their clothing ever caught fire. Practice drills included stopping what they are doing, dropping to the floor and rolling on the ground to extinguish the flames.

Sisters Yuli, left, and Lina Simonson check out the fire department's all-terrain vehicle that is used to help fight grass and bush fires in isolated locations.



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Firefighters Dorian Conley, right, and Mike Heller showed some of the children how to operate the fire hose.



Gaia Thiele, left, with help from the Kathy Campbell, played a game teaching the importance of Stop, Drop and Roll.

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Damian Riewe tries on firefighter turnout gear during the open house. The protective equipment keeps firefighters safe when they enter burning buildings.

Bus service to run from Koostatak to Winnipeg

By Jennifer McFee

Commuters are about to get another transportation option since bus service is coming soon to Stonewall and surrounding areas.

Maisie Hicks, general manager of Kasper Transportation Service, spoke to Stonewall council last week about the company's plans to expand its offerings.

The company originates in Ontario, where it successfully operates minibuses from northern communities into Thunder Bay. They hope to replicate the same success in Manitoban communities.

"We've taken over the Selkirk run, which has its ups and downs," said Hicks, a former Greyhound driver. "We've taken it on with some challenges."

Now the company is planning to offer service from northern communities into Winnipeg.

They are aiming to begin operations in mid-November, but Hicks said that it will more likely be December. The projected route will include stops in Koostatak, Dallas, Peguis Centre, Hodgson, Fisher Branch, Poplarfield, Inwood, Teulon, Balmoral, Stonewall and Stony Mountain before reaching the final destination of downtown Winnipeg.

To start, the bus will leave Koostatak at 7 a.m. and arrive in Winnipeg at 10:30 a.m. After in the day, the bus will leave Winnipeg at 6 p.m. and will arrive back in Koostatak at 9:15 p.m. Along the way, the bus will leave Stonewall 9:30 a.m. and return at 6:45 p.m.

The schedule was created to allow



TRIBUNE PHOTO BY JEN MCFEE

Maisie Hicks of Kasper Transportation Service. enough time for people from northern communities to come to the city for dialysis and then return home the same day.

"The key thing for us is getting northern people into Winnipeg so that they can get health care," Hicks said.

The 15-passenger Mercedes Benz and Ford Transit buses feature comfortable leather seats and are equipped with Wi-Fi. They can tow a trailer on the back for luggage or freight. The company is also acquiring a 30-passenger bus that will be equipped with satellite TV.

To help subsidize the cost of operating the bus, Kasper Transportation Service is hoping to be able to transport freight, and they're partnering with Greyhound to arrange Canada-wide freight delivery. To facilitate the



TRIBUNE PHOTO SUBMITTED

Kasper Transportation Service will soon launch a new bus line from Koostatak to Winnipeg, including stops in local communities.

process, they need to find a pick-up and drop-off location for freight.

"We're looking for somebody who will be able to help us with the freight. In Selkirk, we put a proposal out to the community living program out there. We proposed that we would help them out with paying for their staffing if they could help us house freight, so it's helping get their people working and getting job experience," Hicks said.

"We want to invest in the community and get people job experience and get us working. It's a partnership."

In addition, she's hoping to spread the word in Stonewall and other communities that the bus service will be coming soon. The estimated return-trip cost will be \$100 from Koostatak

(\$60 one way), \$27 from Balmoral (\$16 one way), \$18 from Stonewall and Stony Mountain (\$11 one way). Hicks said that passengers will be able to reserve their seats by making a booking online, by phone or on Facebook. She will be making presentations in other communities to share the information.

"It's a new adventure and we're very, very excited," Hicks said.

"There's a lot of things that we still have to work out. The biggest piece right now is getting the people moving and getting the word out there that we're coming."

For more information about Kasper Transportation, visit www.gokasper.com or call the office at 204-632-4710.

Twin Lakes Beach Road closed for repairs during October

By Jeff Ward

St. Laurent council closed Twin Lakes Beach Road for a two-kilometre stretch until the end of the month for construction.

The portion of road affected is in between Highway 6 and the four-way stop at Veterans Memorial Road. That stretch of road is undergoing construction and rehabilitation and will continue until the end of October.

Other news in brief

- Council approved a \$1,814.73 expense to install outdoor lighting at the Welcome Centre/Post Office. Gary's Electric, which also installed interior lighting in the Welcome Centre earlier this month, will do the work.

- Council approved \$1,546.22 to pay Interlake Decorating to dry-wall and paint an office in the Welcome Centre as well as remove a large mural.

- Council discussed the future

installation of bombardier crossing signs in areas yet to be determined in both St. Laurent and Oak Point. Reeve Cheryl Smith said that the signs should be going in soon once locations are chosen. The signs, Smith said, will mark areas where fishers cross the road with their bombardiers in the winter. She said that the discussion was preliminary and there is no firm timeline on when the sign locations will be approved or installed.

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Executive Mall

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For information please contact:
BIG Real Estate
204-485-0010
email bigandcolourful@mts.net

South Interlake Seniors Resource - Stonewall

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Church of the Ascension Parish Hall - 435 - 1st Ave. N.

For transportation, please call 204-467-2234 or 204-467-2207

Congratulations to Dianne Clarke for being named Volunteer of the Month! Dianne has been a volunteer driver for over 23 years! She is such a dedicated volunteer and can often be seen around town with our seniors. Thanks so much for your many years of contributions Dianne!

Dianne will enjoy lunch at

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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.

10 Quick Facts on... Remembrance Day

1. Remembrance Day was first observed in 1919 throughout the British Commonwealth. It was originally called "Armistice Day" to commemorate armistice agreement that ended the First World War on Monday, November 11, 1918, at 11 a.m.—on the eleventh hour of the eleventh day of the eleventh month.
2. From 1921 to 1930, Armistice Day was held on the Monday of the week in which November 11 fell. In 1931, Alan Neill, Member of Parliament for Comox-Alberni, introduced a bill to observe Armistice Day only on November 11. Passed by the House of Commons, the bill also changed the name to "Remembrance Day". The first Remembrance Day was observed on November 11, 1931.
3. Every year on November 11, Canadians pause in a moment of silence to honour and remember the men and women who have served, and continue to serve Canada during times of war, conflict and peace. We remember the more than 2,300,000 Canadians who have served throughout our nation's history and the more than 118,000 who made the ultimate sacrifice.
4. The poppy is the symbol of Remembrance Day. Replica poppies are sold by the Royal Canadian Legion to provide assistance to Veterans.
5. Remembrance Day is a federal statutory holiday in Canada. It is also a statutory holiday in three territories (Yukon, Northwest Territories and Nunavut) and in six provinces (British Columbia, Alberta, Saskatchewan, New Brunswick, Prince Edward Island and Newfoundland and Labrador).
6. The national ceremony is held at the National War Memorial in Ottawa. The Governor General of Canada presides over the ceremony. It is also attended by the Prime Minister, other government officials, representatives of Veterans' organizations, diplomatic representatives, other dignitaries, Veterans as well as the general public.
7. In advance of the ceremony, long columns of Veterans, Canadian Armed Forces members, RCMP officers, and cadets march to the memorial lead by a pipe band and a colour guard. At the end of the ceremony, they march away to officially close the ceremony.
8. Some of the 54 Commonwealth member states, such as Canada, the United Kingdom and Australia, observe the tradition of Remembrance Day on the eleventh hour of the eleventh day of the eleventh month. Other nations observe a solemn day but at different dates. For example, ANZAC Day is observed in New Zealand on April 25. In South Africa, Poppy Day is marked on the Sunday that falls closest to November 11.
9. Many nations that are not members of the Commonwealth also observe Remembrance Day on November 11, including France, Belgium and Poland.
10. The United States used to commemorate Armistice Day on November 11. However, in 1954 they changed the name to Veterans Day.

For more information call 204-467-2719

September Calendar of Events!

SOUTH INTERLAKE 55 PLUS, 374 FIRST STREET WEST

Clip & Save



- Nov 2 Travel Club Meeting @ 10:00 am
- Nov 7 Book Club @ 9:30 am
- Nov 8 Luncheon @ 12:00 pm
- Nov 8 Accumulative Cribbage Tournament @ 7 pm – Team Registration Required
- Nov 9 Shopping Trip to the Outlet Mall
- Nov 13 Afternoon Cribbage Tournament @ 1:00 pm
- Nov 14 Prairie Wildlife Presentation – Meet the Ambassadors @ 1:00 pm
- Nov 15 Accumulative Cribbage Tournament Week #2

- Nov 15 One Stroke Painting @ 12:00 pm
- Nov 16 Casino McPhillips Street Station Trip - NO BINGO
- Nov 17 Amateur Wine Tasting Evening @ 7-9 pm – Advance Tickets ONLY
- Nov 21 Bus Trip to Aviation Museum
- Nov 22 Accumulative Cribbage Tournament Week #3
- Nov 29 One Stroke Painting @ 12:00 pm
- Nov 29 Accumulative Cribbage Tournament Week #4 - FINAL

Upcoming Events

- Dec 7 Quarry Chorister Caroling Evening @ 7:30 pm
- Dec 13 Christmas Dinner @ 11:30 am – Entertainment Included – Advance Tickets Required



LUNCHEON

Hot Roast Pork Luncheon
 With Salads, Vegetables,
 Dessert, Tea & Coffee
 November 8th @ Noon



ACTIVE WELLNESS CLUB FALL PROGRAMMING

The fall session continues to December 1st

STAY ACTIVE! STAY HEALTHY!



Craft Workshop

Nov. 10 – Beginner Felting
 Workshop @ 12:30 pm

Call 55 Plus for more information & to Register!

Meet the Ambassadors

Presentation by
 Prairie Wildlife Rehabilitation Centre
 Tuesday, November 14 @ 1 pm
 Everyone Welcome!

Amateur Wine Tasting

Novices Welcome

Just Bring Your Enthusiasm!
 Friday, November 17

7-9 pm
 Odd Fellows Hall
 374 First Street West
 Stonewall

Call 204-467-2582 for Tickets
 Fundraiser in Support of 55 Plus
 Activities & Programs

AFTERNOON CRIBBAGE TOURNAMENT

Monday, Nov. 13th
 @ 1:00 pm



Door Prizes!!
 Cash Prizes!!!!
 50/50 Draw

BUS TRIPS



Hop, Drop & Shop - Tuesday, November 7th
 Shopping @ Outlet Mall - Thursday, November 9th
 McPhillips Street Station Casino
 Thursday, November 16th
 Aviation Museum Tour - Tuesday, November 21st
Registration Required!

Accumulative Cribbage

50/50
 Draw Each
 Evening

Tournament

Wednesday Evenings

@ 7:00 PM

November 8th – November 29th

prizes!

Registration Required by:
 November 7 by 12 Noon

Call to Register @ 204-467-2582



For more information call 204-467-2582

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Teulon Senior Resource Drop in Center

is open Monday 1:00pm - 3:00pm

Tuesday Wednesday, Thursday and Friday 9:00am - 12:00pm, and 1:00pm - 3:00pm

closed every 2nd and 4th Thursday morning of each month.

worship > FAITH

Changing seasons

A few weeks ago, on the first day of fall, I was writing this article and admiring the changing colours of the leaves as I looked out my window. For many of you fall is your favourite time of year—although in our part of the world you only have three days to enjoy it! Fall is a great time of year—the colours are vibrant, the crops are ready, the bugs are gone, kids are back to school, and Fall Suppers are in abundance! The great thing about Canada is that we have four distinct seasons to experience new realities, take up new opportunities, and talk about the weather all over again!

Ecclesiastes 3:1 says “there is a time for everything, and a season for every activity under the heavens.” God has created a diverse world through the changing seasons. Psalm 104:19 proclaims: “He made the moon to mark the seasons, and the sun knows when to go down.” God is a God of wonders and when I look at the changing seasons I see how he has created both a rhythm and freshness to our lives.

The hymn “For the Beauty of the Earth” proclaims this great truth: “For the beauty of the earth, For the glory of the skies, for the love which from our birth, Over and around us lies / For the wonder of each hour, Of the day and of the night, Hill and vale and tree and flower, Sun and moon and stars of light / Lord of all, to Thee we raise, This our hymn of grateful praise.”

Acts 14:17 says “He has shown kindness by giving you rain from heaven and crops in their seasons; he provides you with plenty of food and fills your hearts with joy.” God has not meant for your life to become stale and boring, but to be filled with enjoyment in every season of your life. Seasons are synonymous with change, and with every change come new experiences and opportunities. God does not call you to resist these changes, but to find new things to enjoy and new things to raise your heart in grateful praise.

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

Scriptures of promise

There are a few scriptures from the Old Testament that are given special relevance to the age of the church. The way we know of this relevance is the simple fact that these verses are quoted in the New Testament with the qualification that those verses were intended for the Church age.

One of the most obvious examples of this is on the very first day of the Church. Peter states on the day that the Holy Spirit was poured out. “But this is what was spoken by the prophet Joel:

“AND IT SHALL COME TO PASS IN THE LAST DAYS, SAYS GOD, THAT I WILL POUR OUT OF MY SPIRIT ON ALL FLESH; YOUR SONS AND YOUR DAUGHTERS SHALL PROPHECY, YOUR YOUNG MEN SHALL SEE VISIONS, YOUR OLD MEN SHALL DREAM DREAMS.

AND ON MY MENSERVANTS AND ON MY MAIDSERVANTS I WILL POUR OUT MY SPIRIT IN THOSE DAYS; AND THEY SHALL PROPHECY.

I WILL SHOW WONDERS IN HEAVEN ABOVE AND SIGNS IN THE EARTH BE-NEATH: BLOOD AND FIRE AND VAPOR OF SMOKE.

THE SUN SHALL BE TURNED INTO DARKNESS, AND THE MOON INTO BLOOD, BEFORE THE COMING OF THE GREAT AND AWESOME DAY OF THE LORD.

AND IT SHALL COME TO PASS THAT WHOEVER CALLS ON THE NAME OF THE LORD SHALL BE SAVED.” Acts 2:16-21

A few basic questions about the use of these words should be asked. When? On the day of Pentecost which is known as the first day of the church. Where? Just outside the upper room where the 120 disciples had been praying, for about 10 days, after Jesus had given them the great commission. How? The Holy Spirit had given Peter great authority to preach this message. Who? Peter was preaching to 3000 Jews who had assembled there. Why? The Jews had gathered to learn why the disciples were celebrating and speaking in many languages about the glory of God. These verses were given to show that this experience was God’s promised gift to all people that would accept His call [Acts 2:39].

Love for God and His word compelled me to accept these words. To embrace the love of God that is poured into my heart and to seek my own experience by receiving His promise.

Pastor Jonathon Dewey
Cornerstone Church of Stonewall
joncdew@gmail.com 204.467.9797

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

Church of the Annunciation
Woodlands
Service
12:00 noon

Stony Mountain & Lilyfield United Churches Worship and Sunday School ~
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Sept. 10, 17 & 24 we worship at
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9 Main Street, Stony Mountain
Rev. Mona Denton ~ Ph: 204-334-5426
at Stony Mountain-Lilyfield
Pastoral Charge

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

Teulon United Church
11:15 a.m. Teulon
Phone 886-2382
teulonpastoralcharge@mymts.net

Balmoral United Church
Sundays 9:30 am
Phone 886-2382
teulonpastoralcharge@mymts.net

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

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

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

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

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

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

Woodlands Gospel Chapel
Service 7 p.m.
Sundays
Hwy 6 + Rd 82,
Woodlands
Phone 383-5372

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

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

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

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

Anglican Church of the Ascension
Sunday Service 10:15 am
435 1st Ave. N., Stonewall
Phone 467-8466 (office)

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

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

To participate in this monthly section please call 467-5836

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Jets land in second in MMJHL standings



TRIBUNE PHOTO BY MATTHIEU MEIER

The Jets' Devin Muir finished the 8-1 victory against the River East Royal Knights with four points.

By Brian Bowman

The Manitoba Major Junior Hockey League standings are constantly changing.

Every week, teams leapfrog each other in a league full of parity this season. And the Stonewall Jets did a lot of leaping last weekend.

The Jets kept pace with the MMJHL's elite with a pair of important wins last weekend.

On Friday, the Jets scored six second-period goals in a lopsided 8-1 win over the last-place – and still winless – River East Royal Knights.

"We knew River East would be hun-

gry for a win and the last time that we played them we kind of scrapped by," said Jets' co-coach Brock Couch. "We wanted to make sure that we dominated the way that we can so we can get some confidence going into the next part of our schedule, which is going to be a bit tougher for us."

Chase Faulkner and Andrew Bayduza scored first-period goals for Stonewall and then the Jets had a nice party in the second.

Devin Muir, Carson Ouellette, Ryan McMahon and Bryce Stovin scored by the 9:42 mark of the middle frame to put the Jets up 6-1. Muir finished the game with four points.

Brayden Sul put River East on the board about three minutes later but Braden Groot and Faulkner closed out the scoring with goals late in the period.

Two of those Jets' goals came with the man advantage.

Stonewall outshot River East 47-24 as Curtis Beck posted the win in goal. Beck is now 3-1 with an impressive 1.51 goals-against average and .949 save percentage this season.

"He's definitely taken advantage of the games that he is in," Couch said of Beck. "He's doing very well and the numbers show."

Sunday saw the Jets fly past the Transcona Railer Express 5-2 in Winnipeg.

"It was in the afternoon at their barn

and it's not always easy to get up for those types of games," Couch said. "It was our best start of the year so far and we kept it up for 60 minutes."

"We played really good defence and got a lot of production out of our top line."

Muir led Stonewall with three goals and an assist while Faulkner and Ryan McMahon chipped in with first-period goals.

McMahon's goal came with the man advantage while Faulkner leads all MMJHL players with 19 points (seven goals, 12 assists) heading into this week's games.

"(Devin) takes control of the game, for sure, when he's out on the ice," said Couch of the former MJHLer. "He's pretty good in all areas of the game, so it's real nice to have that one player added to your lineup that makes you so much deeper."

Nicolas Gravel and Kelby Picard, on the power play, scored for Transcona. Hunter Ploszay made 32 saves for his fifth win of the season.

The Jets, now a solid 8-3 and in second place with 16 points, return to game action Friday when they visit the first-place Raiders Jr. Hockey Club (8-1-2).

Stonewall will then be on the road again Monday when they battle St. Boniface (6-4-0).

Both games start at 7:30 p.m.

Habing, Studler leaders on Bison women's volleyball team

By Brian Bowman

The University of Manitoba Bison women's volleyball team announced their co-captains for the 2017-18 season.

Setter Brittany Habing of East St. Paul and middle Emily Erickson are captains for the Bison women's volleyball team while left side Tori Studler of Grosse Isle and libero Cassie Bujan are assistant captains for the upcoming season.

Habing was a captain in 2014-15 season while Studler was a junior captain in 2015-16.

"It is nice to have veteran leadership back with the pedigree of winning a national championship," said Bison

head coach Ken Bentley in a media release.

"Brittany and Emily bring a high standard every day to training and will be great leaders on and off the court."

Habing, 25, returns for her fifth year of eligibility with the Bisons after last playing for the Herd in 2014-15. In her four-year career, she has earned numerous accolades, including being part of the 2013-14 U SPORTS national championship-winning team at Manitoba. She was also selected for 2014 U SPORTS Championship all-star team.

In addition, the 5-foot-7 standout was a 2013-14 Canada West second

team all star and 2013-14 Bison Sports female athlete of the year.

Habing was also a U SPORTS Top Eight Academic All-Canadian for the 2013-14 season.

Meanwhile, Studler, 20, is in her fourth year of eligibility at Manitoba. The 5-foot-11 left-side hitter was 15th in conference kills (203) and 33rd in CW hitting percentage (.148).

She was also tied for 28th with 173 digs while starting in all 24 conference matches in 2016-17.

The 2017-18 conference season opened for the Bison last weekend at home against Brandon.



Tori Studler

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Thunder ready to tackle Falcons in Midget playoff game

By Brian Bowman

The real season is about to begin for the Interlake Thunder Midget football team.

Interlake will play a Midget Football League of Manitoba semifinal game this Saturday against the Falcons Football Club in Winnipeg.

Kickoff is 2 p.m. at 910 Maginot St.

"Both teams know it's a game that could go either way," said Thunder head coach Mitch Obach Monday afternoon. "It's going to be who makes those handful of big plays and gets those big breaks when needed."

"I expect it will be a real exciting football game on Saturday."

The Thunder wrapped up their regular season last weekend with a 29-14 loss to the Falcons.

"We lost a back-and-forth game, but it was a real good football game," Obach said. "It could have gone either way but they had us in the end."

Interlake stayed right with the Falcons the entire game but mistakes, at crucial times in the game, cost the Thunder. They simply can't turn over the ball like that again on Saturday if they have any visions of advancing to

the league championship game.

Interlake also can't give up a touch-down on the opening kickoff like they did last weekend. The Thunder also fumbled on their first possession of the game but were very fortunate that their defence was stout in not giving up a quick score.

"They didn't even put up a point and that was huge for us," Obach said of that early defensive stop. "They have been solid for us all year ... they keep us in games."

Offensively, the Thunder put together its best drive of the season, culminating in a first-half touchdown pass from Carlin Doak to his brother, Rory.

Interlake did a real nice job mixing up the pass with the run on that drive.

Interlake trailed 14-7 at the half but the Thunder tied the score as Colton Nedotiafko plunged in from a yard away with about seven minutes remaining in the third quarter.

The Falcons then added TDS in the third and fourth quarter.

In the other MFLM semifinal, the Sunrise Coyotes will be looking to upset the first-place St. Vital Mustangs.



TRIBUNE PHOTO BY LANA MEIER

St. Laurent's Eric Zotter breaks a tackle against the Falcons.

Lightning lose pair of close games at Midget Showcase

By Brian Bowman

The Manitoba AAA Midget Hockey League Showcase is a chance for teams — and players — to show off their skills.

And the Interlake Lightning had an opportunity to showcase their talent in a pair of games last weekend

Interlake had a good effort in a 2-1 loss to the Southwest Cougars on Fri-

day and then was blanked 2-0 by the host Central Plains Capitals Sunday.

In Sunday's loss, Central Plains' Max Neill scored a first-period goal and then he notched his second goal of the game in the third.

Both teams had 25 shots as Riley Buhay lost the goaltending battle with the Caps' Riley Sveistrup.

Against Southwest, Interlake's Jor-

dan Wood opened the game's scoring at 1:24 of the second period, assisted by Gabe Odowichuk.

Southwest tied the score at 1-1 as Leighton Holstein tallied at 12:29 of the middle frame.

The Cougars' Rylan Gudnason then scored the game winner with just 40 seconds remaining in the third period.

Southwest outshot Interlake 42-20 as

Riley Buhay made 40 saves.

Interlake, now 2-6, will continue on the road this weekend with a pair of games against last-place Norman (0-9) in Thompson. The two teams will battle Friday and Saturday with 7:30 p.m. start times.

The Lightning will then play Parkland in Peguis on Nov. 4.

City Midget, Bantam Lightning lose games

Staff

The Interlake Lightning City Midget hockey team lost 8-1 to the Eastman Selects last Saturday.

Cadrick Dueck scored Interlake's lone goal in the second period while his team trailed 5-0.

Drayden Kurbatoff (two), Benjamin Hoefler, Maddox Mateychuk, Ryan Forster, Ethan McColm, and Zach Tet-

rault scored for Eastman.

Cody Williams and Chris Fines split the goaltending duties for the Lightning.

Interlake was also scheduled to play the Monarchs last Thursday but no score was posted on the league website at press time.

Interlake will have just one game this week as they prepare to clash

with the Hawks on Sunday (2:15 p.m.) at the Seven Oaks Arena.

In Bantam action, the Lightning was stunned 13-2 by the Winnipeg Sharks on Oct. 17.

Colby Bear scored for Interlake in the first period and then Logan Resch tallied in the third.

The Sharks, which held period leads of 8-1 and 12-1, received two goals

each from Cameron Hibbert, Matthew Catellier, and Branden Huminek and singles from Mathieu Moreira, Ethan Johnson, Luke Brenton, Alec Harney, Aiden Dufault, Cameron Jones and Evan Veinot. Gavin White made 35 saves for the Lightning. Interlake will host the Monarchs tonight (7:30 p.m.) and then the Selects will visit Stonewall on Saturday (7 p.m.).

Wildcats win Garden Valley JV tournament

By Brian Bowman

The Warren Collegiate Wildcats are coming off a fantastic weekend of volleyball, winning the Garden Valley junior varsity girls' tournament on Saturday.

Warren swept Steinbach Christian in the final, winning sets by 25-18 and 25-14. The Wildcats took a commanding lead in the first set and never looked back.

"They played outstanding," said Wildcats' head coach Tyler Oliver. "We started a little bit slow out of the gates, losing their first two (sets) but after that we had a chat and refocused."

"We turned everything around and they played lights out for the rest of the tournament."

The victory over Steinbach helped Warren avenge a tournament loss to the Flames earlier in the season.

"Our girls were pretty motivated to get them back because they didn't think that they should have lost that tournament game to Steinbach Christian," Oliver said.

In the semifinals, Warren swept Northlands Parkway 2-0 (25-21, 25-19). The quarter-finals saw the Wildcats trounce Garden Valley 25-7, 25-14.

"Everyone played awesome and we were able to play everyone," Oliver said. "They were just rolling and clicking and doing everything right."

In their five team pool play of the 10-team tournament, Warren finished 6-2 in sets.

After losing their first game of the day to Gabrielle Roy 2-0 (25-18, 25-18), Warren quickly turned things around and found its groove.

The Wildcats defeated Garden Valley (25-17, 25-7), Landmark (25-22, 25-17), and Steinbach (25-14, 25-22).



TRIBUNE PHOTO SUBMITTED

The Warren Wildcats won the Garden Valley junior varsity girls' tournament this past weekend. Pictured back row left to right: Andrea Schutz (coach) Jordan Crooks, Hailey Friesen, Jenn Fossay, Hannah Friesen, Bobbie Fairlie, Tyler Oliver (coach). Front Joy McCutcheon, Paige Wright, Mackenzie Turner and Emma Goodman.

Warren had four players named as game all stars - Mackenzie Turner, Jenn Fossay, Paige Wright, and Joy McCutcheon - last weekend.

At press time, Warren was ranked fifth in the province among "AA" schools. But Oliver was hopeful that last weekend's tournament win could propel them as high as No. 1 or No. 2 in the weekly rankings.

"It's our goal to get as high as one or two in the rankings and, hopefully, qualify for provincials," Oliver said.

The Wildcats are in Killarney this weekend and then Roblin the following weekend for tournaments. Warren does not play in a league so these tournaments are invaluable to the team's improvement over the course of the season.

"Tournament play for us is huge," Oliver stressed. "We practice two or three times a week and then we go to tournaments on the weekend. That's where we are able to polish our craft."

The Zone 5 championship will be held in Gimli on Nov. 9.

Warren Wildcats winless to start WHSHL season

Staff

The Warren Collegiate Wildcats started their Winnipeg High School Hockey League regular season last week with a pair of road losses.

Warren lost 6-1 to Murdoch MacKay on Oct. 18 and then was downed 4-3 the next day by Lorette.

In the Lorette loss, the Scorpions erased a 3-2 third-period deficit with goals from Austin Oliver and Nick Pfeil. Pfeil's game winner came with 7:20 remaining in regulation time.

Oliver opened the game's scoring in the first period and then Lorette went up two goals as Craig Patton tallied in the second.

But the Wildcats came back with a flourish before the second period ended, scoring three goals in a 4:58 span.

Trey King, Kyle Melo and Nick Prystupa scored for Warren. Bryce Allary had two assists in the game while Landen Mann and Wyatt Hagen also had helpers.

Against Murdoch MacKay, the Clansmen built period leads of 2-0 and 3-0 before Jayden Allary put Warren on the board. Hagen and Trey King assisted on Allary's goal.

Mathew Howlett, Tyler Van Zwol, Jody Lovenjak, Kelton Schultz, Justin Wiersema and Jordan Daniels

scored for Murdoch MacKay.

Graeme Bytheway was in goal for Warren in both games.

The Wildcats resumed Price Division action this past Tuesday with a home game against Linden Christian but no score was available at press time.

Warren will then play Leo Remillard on Friday (4:15 p.m.) at Southdale Arena.

The Wildcats will wrap up play this month with a road game next Monday (4 p.m.) against Pierre Elliott Trudeau at East End Arena.

Lamb wins Canola Junior Women's Fall Berth Bonspiel

Staff

Stonewall Curling Club's Rebecca Lamb defeated Elmwood Curling Club's Meghan Walter 5-4 in the final of the Canola Junior Women's Fall Berth Bonspiel in Morris on Sunday.

Lamb scored one with the hammer in the 10th.

Walter led 1-0 after scoring a single in the third end but Lamb rebounded to score a deuce in the fourth and then added a steal of one in the fifth.

Walter replied with one in the sixth and seventh

ends and then the two teams traded singles to be tied at 4-4 after nine ends.

Lamb, whose rink includes third Randine Baker, second Brooklyn Meiklejohn, lead Jenessa Rutter, and coach Rob Lamb, finished the bonspiel with a 3-1 record.

Lamb blasted Katy Lukowich 7-0 and thumped Shae Bevan 15-4 before losing 12-6 to Mackenzie Zacharias. Walter's rink, which features Marquette's Sara Oliver, was 3-2 in five games.

In the men's final, Brandon's Braden Payette defeated Fort Rouge's Hayden Forrester 9-2.

East St. Paul Curling Club's Thomas Dunlop finished with a 2-2 record. Dunlop opened action with wins over Fort Garry's Jack Hykaway (8-2) and Winnipeg Beach's Josh Maisey (6-3) before losing to J.T. Ryan (8-1) and Forrester (8-6).

Dunlop's rink includes third Emerson Klimpke, second David Wilkinson, lead Matthew Dunlop, and coach Jim Watling.

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

1	8	6	7	9	4	8	9	2
4	2	9	9	8	8	7	1	6
8	9	7	6	2	1	4	8	9
2	7	9	8	6	9	8	4	1
9	8	1	4	8	7	6	2	9
6	4	8	2	1	9	9	7	8
8	6	8	1	4	2	9	9	7
9	1	4	9	7	8	2	6	8
7	9	2	8	9	6	1	8	4

Sudoku Answer

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

Crossword Answer

CROSSWORD

CLUES ACROSS

1. River herrings
6. Body art (slang)
9. Taxis
13. Covered with asphalt
14. Mineral found in granite
15. Assist
16. Handled
17. Not drunk
18. Home to a famous tower
19. Songs
21. A way to designate
22. More infrequent
23. Medical man
24. Tellurium
25. Cycles/second
28. Neither
29. Home to a famous tower
31. Former Ravens tight end Todd
33. One who helps
36. Tries to persuade
38. Israeli city __ Aviv
39. Political distance (abbr.)
41. Emergency first aid worker
44. Canadian law enforcers
45. Fathers
46. Drain of resources
48. An awkward stupid person
49. Home of the Wolverines
51. Chinese
52. Gives a hoot
54. Emaciation
56. "Sam Malone"
60. Horses do this
61. Hillsides
62. River in Florence
63. Republic of Ireland
64. Lapse
65. Blemished
66. Backside
67. Woman (French)
68. An edict of the Russian tsar

3. Above
4. Passover feast and ceremony
5. Commercial
6. Rome is on its banks
7. Kershaw and King Felix are two
8. Seaman
9. Stores an electronic charge
10. Teething babies need __
11. Threaten persistently
12. Not fresh
14. Presides over
17. Astronomical period
20. Harding's self-proclaimed mistress Britton
21. Nocturnal primate
23. Patriotic American women
25. Vietnamese river
26. Suspect
27. Heroic tales
29. Fences of wooden stakes
30. Venzetti's partner

1	2	3	4	5	6	7	8	9	10	11	12
13					14				15		
16					17				18		
19				20				21			
			22				23			24	
25	26	27		28			29			30	
31			32		33		34				35
36				37		38			39		40
	41				42			43		44	
				45				46		47	48
49	50		51			52			53		
54		55			56					57	58
60					61				62		
63					64			65			
66					67			68			

32. Outermost parts of an area
34. Type of student
35. Noncoding RNA gene
37. Frocks
40. Sunscreen rating
42. Opposite of women
43. Needed to play games
47. A partner to carrots
49. Absolute
50. Disgraced French aristocrat Antoinette
52. End
53. Food eaten between meals
55. Cold wind
56. Streetcar
57. Soluble ribonucleic acid
58. Singles
59. Intersecting point
61. Beats per minute
65. Gold

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Anger is a Defense Against Feelings of Worthiness

levelled at us as children.

Behind anger, we know, there is usually hurt. We are not so consciously aware that behind anger is often the desire to be in a place of love. Anger comes with the sting of being misunderstood, or not being seen for who we truly are.

It takes a great deal of maturity and inner security to see the beauty in all other human beings. If no one has ever reflected that back to us as we grew, then we may forever seek someone in whom we can see our wholeness and beauty reflected back. If we cannot see it there, we may, metaphorically, move to smash the mirror. There is an incredible irony in the fact that we may spend years blindly trying to get a loved one to see the worth that we keep hidden from ourselves. It is almost as though we think that if they see it, then it must be there.

Because we live in a society that programs us more for criticism and judgement than for unconditional love, it seems easier to see what we think is wrong with someone, than it does to see their inner beauty. So we may pick away at another's perceived 'faults' rather than celebrating their gifts. This triggers their anger, because they want us to see who they really are. Their anger blinds them to our gifts, and so the downward spiral begins. It is intensified when the criticisms of a partner or friend echo the criticisms that were

To be negated by a parent is devastating, for it is in relation to them that our sense of self develops. It is hard for children to believe that anyone could ever love them if their own parents cannot. In childhood, we are powerless in the face of parental rejection. When we are older, we may still feel powerless when we feel betrayed or abandoned by a loved one, but may cover this with anger. The anger is a defense against feelings of worthlessness.

So, individually, we can strengthen ourselves by acknowledging to ourselves our own worth. We must learn to value ourselves. In our relationships, it is profoundly helpful to remember the healing power of love. A miserable person is one who does not feel loved and/or does not love him or her self. Criticism and put downs only make this worse.

How often it is, that even in very troubled relationships, death stops the struggle, and allows the one remaining to acknowledge the love that was ever there. So regardless of how angry you might be, if there is someone in your life who would be healed by knowing of your love, tell them now.

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

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When ready, remove baking sheet from oven. Place shrimp on top of vegetable and sausage mixture in single layer. Top with half the lemon wedges. Return to oven and cook about 5-8 minutes, or until shrimp is no longer pink.

Serve over linguine garnished with green onions and parsley with remaining fresh lemon wedges on side.

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1/2 large green bell pepper, diced
1/2 large yellow bell pepper, diced
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3 stalks celery, sliced or diced
2 garlic cloves, minced
1-2 jalapenos, seeded and diced
1 pint cherry tomatoes
3 tablespoons olive oil, divided
1/2 teaspoon salt
1/2 teaspoon black pepper
1 link (13.5 ounces) Andouille sausage, sliced
1 pound large shrimp, peeled and deveined
1 tablespoon Cajun seasoning blend
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The Town of Stonewall is interested in obtaining proposals for the development of a:

Strategic Plan

Details of the Town's requirements can be viewed at www.stonewall.ca

Proposals may be submitted in the two manners listed below.

In a sealed envelope, marked Town of Stonewall Strategic Plan, Attention: Wally Melnyk, CAO
to: Town of Stonewall
293 Main Street
Box 250, Stonewall, MB
R0C 2Z0

Note: If hard copies of the proposal are being submitted, please include 3 copies.

OR

Electronically to wmelnik@stonewall.ca

Bids must be received as specified above on or before 4:00 p.m. local Stonewall time, October 31, 2017 to be accepted.



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



NOTICE OF APPLICATION RURAL MUNICIPALITY OF ROCKWOOD REVISED WATER AND WASTEWATER RATES STONY MOUNTAIN WATER AND WASTEWATER UTILITY

October 17, 2017

The Rural Municipality of Rockwood (RM) has applied to the Public Utilities Board (Board) for revised water and wastewater rates for Stony Mountain Utility (Utility) as set out in By-law No. 7/17, read the first time on April 5, 2017. Rates were last approved in 2012 in Board Order No. 113/12.

The RM has requested interim rates that the Board has approved on an ex parte basis.

NB - Interim rates are typically approved as applied for and are then subject to review. This process is used when there is an urgent need for revised rates.

The current rates and proposed rates are provided:

	Current By-law 2-08	Oct. 2017 (By-law 7/17)	Jan. 2018 (By-law 7/17)	Jan. 2019 (By-law 7/17)
Quarterly service charge	\$15.95	\$15.95	\$17.20	\$18.40
Water \$/cubic meter	\$0.75	\$2.05	\$2.10	\$2.15
Wastewater \$/cubic meter	\$0.50	\$2.15	\$2.25	\$2.40
Minimum quarterly*	\$34.70	\$78.95	\$82.45	\$86.65
Flat rate water only customers (annual)**	\$430.00	\$430.00	\$430.00	\$430.00
Bulk water rates***	\$1.17	\$2.40	\$2.45	\$2.55
Reconnection fee	\$50.00	\$75.00	\$75.00	\$75.00
Hydrant rental	\$150.00	\$200.00	\$200.00	\$200.00
Deficit recovery - per cubic meter		\$0.99	\$0.99	\$0.99

The following clause was revised in By-law No. 7/17. Please review the proposed By-law at the RM for detailed information:

7. Disconnection

Details of the RM's application are available for review at the RM's office or the Public Utilities Board's office. Any questions concerning the application for revised rates, or the operation of the Utility, should be sent directly to the RM.

If you have concerns/comments regarding the RM of Rockwood's application for water and wastewater rates please go to www.pubmanitoba.ca and provide your comment. Please note all the comments will be forwarded to the RM.

Questions or comments should be sent on or before November 20, 2017.

The Public Utilities Board is the provincial regulatory agency that reviews and approves rates for water and wastewater utilities in Manitoba, with the exception of the City of Winnipeg. The Board's review process involves:

- the Utility filing a rate application to the Board,
- the public notification of proposed rate changes,
- the Board's review of the application through a public hearing or paper review process, and
- the issuance of a Board Order which outlines the Board's decision on the rate application and the rates to be charged.

The Manitoba Ombudsman has recently issued privacy guidelines for administrative tribunals. The PUB is mindful of its obligations under those guidelines. Its decisions in respect of the application being considered will be sensitive to the guidelines. Personal information will not be disclosed unless it is appropriate and necessary to do so. However, the PUB advises participants that these proceedings are public and that as a result, personal information protections are reduced.

The Board will then decide whether any further notice is required and whether to proceed with a public hearing or paper review process. All concerns received by the Board will be considered in the Board's decision on rates to be charged.

PLEASE BE ADVISED THAT IN CONSIDERING THIS APPLICATION, THE PUBLIC UTILITIES BOARD MAY OR MAY NOT FIND IT NECESSARY TO DETERMINE RATES DIFFERENT FROM THOSE APPLIED FOR BY THE APPLICANT.

Note: All proceedings will be conducted in accordance with the Board's *Rules of Practice and Procedure* which the Board may vary in order to constrain regulatory costs. The Rules are available at www.pubmanitoba.ca

"Original Signed By:"

Rachel McMillin, B.Sc.,
Assistant Associate Secretary
Manitoba Public Utilities Board

Room 400-330 Portage Avenue
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CRAFT SALES

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

Att: Vendors and Crafters - Black Friday Gift and Craft Sale, Selkirk, has tables still avail. Sat. Nov. 25, 2017 at Memorial Hall. Ph. 204-785-1618 or email recordoffice@selkirkrecord.ca for info.

MISCELLANEOUS

4 - 18" Hankook studded winter tires, used 2 winters \$500. Call Lori at 204-383-5478.

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CELEBRATE THE SPECIAL MOMENTS!

Don't forget to send your special wishes to your friends and family.

UPCOMING EVENTS

"Last Chance" Fall Supper Sunday, November 5, 2017 at the Red Barn (Hwy 236 & Rd. 75N), 4 - 6:30 p.m. Adults \$15; 6 - 10 \$7. Take outs available. No reservations necessary. Info 204-633-2238/204-633-2144.

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

FARM PRODUCE

Local honey for sale. Sold in various sizes, 1 kg. & up. Call 204-461-1267.

Need winter beef? Sale - Big Time! Natural grass fed. Also - hay for sale. Call 204-642-7684.

STRAW

Flax straw, \$3/bales. Monday - Saturday. Call Bill Matheson at 204-467-5608 or 204-461-0706, Stonewall.

Small square prime Alfalfa June Courtney grass, small square prime Alfalfa, and small square Oat and Flax straw. Leave message call 204-482-5101.

FLAX STRAW, \$3/BALE. CALL OR TEXT DEAN 204-461-0870.

ANNOUNCEMENT

CARDS OF THANKS

Thank you to the Warren/Woodlands, Lake Francis, Rosser and St. Laurent Fire Departments, RCMP, neighbors, passerby's and family who attended and contained our pasture fire on October 18th. Your assistance is greatly appreciated.

-Thank you from the Buors family

ANNOUNCEMENT

CARDS OF THANKS

What a party my five adult children arranged with surprises too! 90 guests came from Canmore, Alberta to Ottawa, Ontario and many points in between plus scores of local residents. Thank you to everyone for the beautiful cards, the special memories, the "forbidden" gifts and most of all your presence. You have given me a lifetime of memories. THANK YOU!

-Lois Rutherford

ANNOUNCEMENT

CARDS OF THANKS

Robert (Bob) Mann

June 27, 1936 - September 21, 2017

We, the family of the late Bob Mann would like to express our sincere thanks and appreciation to our family, friends and our community for the many expressions of sympathy, flowers, donations and support following the passing of our Husband, Father, Grandpa and Great-Grandpa Bob. Also, a special thank you to Ken Loehmer Funeral Service and Reverend James Bardsley for honouring Bob in his Celebration of Life.

Death alone may bring the peace our treasures cannot purchase and remove the pain that cannot be cured.

You will always live on in us!!

-Lynn Mann;

Brad, Donna Mann and family;
Bambi, Bruce Rutherford and family;
Heidi, Dale Fitchett and family

ANNOUNCEMENT

IN MEMORIAM



Leslie Morrow
In Loving Memory of
A very special Husband

When God was making husbands,
As far as I can see;
He made a special soulmate,
Especially for me.
He made a perfect gentleman,
Compassionate and kind;
With more love and affection,
Than you could ever wish to find.
He gave my darling husband,
A heart of solid gold;
He gave me wonderful memories,
Only my heart can hold.
He was someone I could talk to,
That no one can replace;
He was someone I could laugh with,
Till tears ran down my face.
Next time we meet will be at Heavens door,
When I see you standing there I won't cry any more.
I will put my arms around you,
And kiss your smiling face;
Then the pieces of my broken heart,
Will fall back into place.
Miss you so much.

-Your loving wife Darlene

We'll always love you, Dad!

Each day you strived to live,
Your body too weak to be;
Your love will live forever,
Since your heart has set you free.
Now you walk so bravely,
You feel the pain no more;
Angel's have come to guide you,
And bring you to Heaven's door.
Memories we'll hold so dearly,
Your smile, warmed our hearts;
And through our lives you'll live,
You've touched so many parts.
Hard days may be before us,
It's all a part of God's plan;
Why you left so soon,
We may never understand.
You'll be alone no longer,
And you'd tell us, "Don't be sad.",
Please believe, you were no burden,
We'll always love you, Dad!
Our lives have changed forever,
Since the day you passed away;
In Heaven you'll be waiting,
To meet us again someday.
Always in our thoughts.

-Love your children,
grandchildren and great-grandchildren

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ANNOUNCEMENT

IN MEMORIAM

Dorothy Slater
Passed away October 31, 2016
You have left us,
But you will never be forgotten.

-A friend,
Alice



Don't forget to send your special wishes or words of remembrance to your friends and family.

Stonewall Teulon
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ANNOUNCEMENT

IN MEMORIAM



Gilbert Good
November 1, 2011
Every day in some small way,
Memories of you come our way.
Though absent, you are always near,
Still missed, loved and always dear.
XO

-Your family

OBITUARY

Mary-Anne Thora Smigel (nee Rosin)
January 23, 1943 – October 20, 2017

It is with heavy hearts we announce the sudden passing of Mary-Anne Smigel on Friday, October 20th at the Selkirk Regional Health Centre, at the age of 74 years.
Funeral service will be held on Friday, October 27, 2017 at 11:00 a.m. at MacKenzie Funeral Chapel in Teulon, Manitoba. Father Peter Chorney officiating.

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