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# Stonewall Teulon Tribune

THURSDAY, OCTOBER 27, 2016 VOLUME 7 EDITION 43

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## Halloween Howl

TRIBUNE PHOTO BY JO-ANNE PROCTER

Local children and passengers that rode the Prairie Dog Central's Howlin' Halloween Express train toured Igor's haunted train station at Grosse Isle last Sunday night. There will be one more Halloween tour on Oct. 30. For information and tickets, check out [www.pdcrailway.com](http://www.pdcrailway.com). Pictured from left, Quinn McKnight, Keira McKnight of Grosse Isle, Marshal Kaplar, Kinzey Kaplar and Abigail Kaplar of Warren, and Rilee Clarete of Grosse Isle check out Igor's eyeball soup, pickled fingers and witch's brew.

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# Teulon hospital staff organize Siloam Mission donation

By Jo-Anne Procter

A win-win situation is how Gwen Kostiuk, ward clerk at Teulon's Hunter Memorial Hospital, described their annual collection for Siloam Mission.

"I clean my closet and they get something out of it," she said.

It only took about three weeks to collect a van load of items that Kostiuk, Michelle Hazelton and Vic Medwid delivered to Siloam Mission last Friday.

"At least we know it is going to a good cause. The people that really need it will get use from the donations," Hazelton said.

Staff from the hospital, Goodwin Lodge, Interlake-Eastern Regional Health Authority, the community health office and other members of the community collected enough clothing for Siloam Mission to fill the Teulon & District Handivan.



TRIBUNE PHOTOS BY JO-ANNE PROCTER AND VIC MEDWID

Pictured left: the Teulon & District Handivan that holds 11 passengers and two wheelchairs was filled with items collected for Siloam Mission. Left to right Kostiuk: Hazelton, Daryl Ollson, Dale Hume and Vic Medwid. Pictured right: Hazelton and Kostiuk unload items at Siloam Mission in Winnipeg.



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# getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL

## A mess of fish from the Red River

Greetings, gang. How was your week?

A few weeks ago I met a wonderful couple, Henry and Tina Froese of East St. Paul, who have a cottage in Gimli and offered us a story.

Henry seemed a kindly soul with short white hair, a permanent grin and slow way of talking. Tina had a habit of tossing her head as she spoke that accentuated her blond slightly greying hair. It seems they were fishing on the Winnipeg River, and when they left their boat unattended, someone stole Tina's new tackle box and her sons-in-law Bill's best rod, which she had borrowed for the day.

Disheartened, they packed all their stuff up and stopped at the Lac du Bonnet RCMP police station to file a report before heading home.

Later, Tina got a call from someone who claimed to be an RCMP constable from Lac du Bonnet stating that her rod had been found and she should come to claim it. Immediately, Tina became suspicious because, you see, from the time she had met Bill, he was always playing practical jokes on everybody in the family but mostly on her. To his credit, the police officer graciously and patiently attempted to convince Tina who he really was, but all he got for his trouble was "Yeah, sure, Bill. Quit fooling around. I know it's you!"

Finally, our heroic officer persuaded Tina of his identity and that she should come to the detachment for the rod. She and Henry piled into their car and made the trip only to discover the rod, though similar, was



**PHOTO SUBMITTED**  
Ken Usunier of Winnipeg with a mess of fish he caught in the Red River across from the Selkirk steel plant.

not her son-in-laws's.

When Bill heard the story and was able to stop laughing, he went out and bought two rods, one for himself and one for his mother-in-law.

Maybe a week after meeting Henry and Tina, I was driving along the east bank of the Red across from the Selkirk steel plant and noticed a guy putting a nice mess of fish into the trunk of his car. I pulled off the road and walked over to him, complimenting him on his catch. We shook hands, and our newest angling friend, Ken Usunier from Winnipeg, remembered a past fishing story when I asked.

Years ago when his son, Tim, was only five, they were boat fishing on Oak Lake west of Brandon. Tim really wanted to cast his line like a grownup so Ken told him to wait until he got his line out and then he would get out of the way and let Tim try. Ken moved to one end of the boat with Tim on the other, and then Ken told Tim to have at it. Almost immediately, Ken felt a stabbing pain in his back. Being a man of few words, he simply reached for his pliers and cut Tim's line from the hook buried in his back.

He got the boat to the dock, and then bending over as best he could while driving his car, he made it to the Brandon hospital and had the offending hook cut out. Little Tim, sitting beside him in the car, never said a word. Grown now, every time Tim has a difference of opinion with his dad, Ken points to his back with his thumb and a small smile, whereupon Tim simply replies, "Oh, Pop, get over it."

I was talking to a chap, Terry Lillies from Winnipeg, a while back and he gave a funny fishing story.

Continued on page 5

Stonewall Teulon  
**Tribune**



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Bewitched Meier



**SALES**  
Bizarre Brett



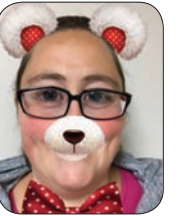
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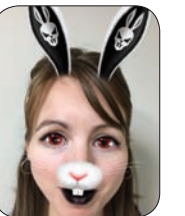
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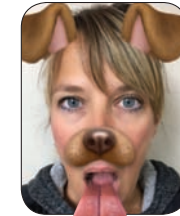
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Stonewall Teulon Tribune - Interlake Graphics  
74 Patterson Drive, Stonewall Industrial Park Phone 467-5836 Fax 467-2679  
Letters to the Editor: [letters@stonewallteulontribune.ca](mailto:letters@stonewallteulontribune.ca)  
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### OUR EDITORIAL STAFF

**Jennifer McFee** 204-461-5352  
[jen@stonewallteulontribune.ca](mailto:jen@stonewallteulontribune.ca)

**Natasha Tersigni** 204-558-2772  
[natasha@stonewallteulontribune.ca](mailto:natasha@stonewallteulontribune.ca)

**Brian Bowman** Sports Reporter  
[sports@stonewallteulontribune.ca](mailto:sports@stonewallteulontribune.ca)

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# SCI students rewarded for academic success

By Jo-Anne Procter

Students from SCI were acknowledged for their academic achievements and contributions they made to the school and their community for the 2015-2016 school year last Wednesday at Stonewall Collegiate's annual Evening of Excellence.

Sunova Credit Union and the Interlake School Division collaborate on the Excellence Award Program. Students that achieve 90 per cent or better receive a gold medal with their name, grade and school year inscribed on them. Some students received their first gold medal that evening while others added to their collection to make a complete set of four medals for each year in high school.

"Regardless of whether it is their first gold medal or one of several, it truly is an exceptional accomplishment," principal Jason Cassils said.

Welcomed to the stage to collect their awards from Sunova's Tracy Dunstan were Grade 9 students Annika Brown, Amy Clark, Alexis Forbes, Rikki Frost-Hunt, Fallon Furkalo, Abigail Georgison, Jayden Lockhart, Hunter Lupyrypa, Kalista Nugent, Marcus Skakum and Kailin Van Haute. Grade 10 students to receive medals were Ryan Brow, Ian Cherniak, Andrew Everitt, Sarah Fines, Melaina Harrison, Hanna Marshall, Seth McMahon, Shae Mulvihill, Ralph Paguio, Jonas Perrella, Loren Proven, Maryline Roulin, Kyra Shewchuk, Kylie Wright and Scott Yeo. Grade 11 students were Morgan Bjornsson, Morgan Budge, Veronica Carroll, Sarah Farebrother, Rebecca Fox, Randi Frost-Hunt, Brett Lawrence Sydney Lockhart, Magdalena Melnychuk, Emily Neumann, Carson Oullette Lily Reder, Katie Shier, Damon Skakum, Taylor Smith and Naomi Wills.

Cassils challenged the new Grade 12 students that received medals, as well as those that came close, to strive to be on the stage in June at the graduation ceremony and receive a gold medal for their efforts in their final year. Currently there is 3.6 per cent separating the top seven Grade 12 gold medalists and 7.7 per cent separating all 16.

"In the past, the competition for the Governor General's medal has been fierce to say the least. I am certain that this year we will have another close competition to win the Governor General's medal," he said.

The Governor General's bronze medal award is presented at the June graduation ceremony to the student that has the highest overall average using all courses taken in grades 11



Jamie Yeo received the 2015-2016 Dave and Annette Unrau Award.

and 12.

Merit awards, for students achieving an average over 80 per cent, were presented to 40 Grade 9 students, 36 Grade 10 students and 51 Grade 11 students.

Jamie Yeo was the recipient of the The Dave and Annette Unrau Award that was established by the Unrau family through the Interlake Community Foundation. The \$500 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. The student has a good attitude and demonstrates a willingness to help others. The SCI student support team chose Yeo to receive this award for her eagerness, enthusiasm and hard work. She connects very well with staff and students and is a very responsible student that loves coming to school. Staff said she is interested in everyone's well-being and is a persistent student, friendly, has a great sense of humour, is very determined and resilient.

"Jamie, we are very proud of you," Cassils said. "Most importantly, you should be proud of yourself for what you have done and what a great person you are."

The Student of the Year awards give staff an opportunity to honour a male and female student from each grade that have contributed to life at SCI in a positive manner both in and outside of the classroom. Staff vote for a student they feel makes school both educational and enjoyable for the rest of the student body.

"Many different names came up when selecting these awards, which is



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Students of the Year 2015-2016, from left to right: Rikki Frost-Hunt, Gio Ciulla, Sarah Fines, Seth McMahon, Cassidy Formaniuk and Brendan Labossiere.

a great testament of the great young people we have at SCI."

The recipients of SCI Student of the Year Award are the young people that make SCI a great place to go to school and go to work. These students exemplify the qualities staff want in students at SCI.

The 2015-2016 Students of the Year awards were presented to Grade 9 students Rikki Frost-Hunt and Gio Ciulla, Grade 10 students Sarah Fines and Seth McMahon and Grade 11 students Cassidy Formaniuk and Brendan Labossiere. As each of these students stood in the spotlight, Cassils read out why each was a worthy candidate.

Frost-Hunt is a strong leader, involved in many sports, strives for academic success, has a willingness to participate in all aspects of education. Her positive attitude is delightfully infectious. She is a well-rounded student, always has a smile on her face, is respectful towards staff and peers, enjoys helping others and is a friend to all.

Ciulla is always smiling, hard working very respectful to all, is an active member in the school community, treats everyone equal, has a great sense of humour, excellent work ethic, is coachable and teachable and is involved in many school activities.

Fines is an outstanding student and athlete, asks great questions that benefit other students, is kind and responsible, always willing to help out, brings positive energy to school, and is very open-minded and a pleasure to be around. She puts in a best effort all the time and emerges as a leader on every team she plays on. Fines is very conscientious and involved in a

number of areas of school community.

McMahon is an excellent role model, a dedicated student, super friendly, always willing to lend a helping hand, takes initiative to get the job done, is a pleasure to teach and coach. He is genuinely a nice kid and cares about others, is a great team player, works hard, and is a quiet leader and a treat to have at SCI.

Formaniuk is always asking to help out, comes in early or stays late to make life better for students at SCI, she is kind natured, laughs at teachers jokes even if they are lame, is a very valuable member of the leadership team, dependable, dedicated, and person you can always count on for a smile or uplifting conversation. Formaniuk is a great volunteer and overall a great student to have at SCI.

Labossiere is motivated, determined, mature, a pleasure to have in class. He has a great sense of humour, work ethic that is matched by none, works hard in class, is very personable, super positive and excellent at helping others. He is actively involved in school community and sports, respectful, shows great enthusiasm and pride and is overall a great role model for students.

"By acknowledging them (Students of the Year), we hope that in some small way we have thanked them for the positive influence they have had at SCI and we hope that their influence will rub off on many other students. These six students do not need a special award to make them stand out. It is plain for all students and staff to see without the award, but it is still nice to give them their well deserved time in the spotlight."

# Second World War quilt from Steep Rock finds its way home to Manitoba

By Jeff Ward

A quilt made in Steep Rock to aid in wartime relief during the Second World War has made its way home to Manitoba and may be displayed in the Manitoba Museum as well as the local museum in Steep Rock.

During the Second World War, the Canadian Red Cross (CRC) sent thousands of handmade quilts overseas to areas of Europe that had been under siege. Some of the quilts were given by the CRC to the nurses at Dudley Road Hospital in Birmingham.

One of those quilts was made in Steep Rock, and after surviving the war, it made its way to a family in Warwickshire, England. The quilt ended up in the home Tony Craddock, who was often wrapped in the one-of-a-kind item after he was born in 1945. The quilt that Craddock would call his own was given to his mother by one of the matrons from that hospital a few years before he was born.

Craddock said that the quilt spent many years covering his bed and that it kept him warm during tough times in his early childhood after the war ended.

"I recall I was always amazed at the patterns and colours and remember reading 'Steep Rock,'" said Craddock about the small patch on the quilt that denoted where it came from.

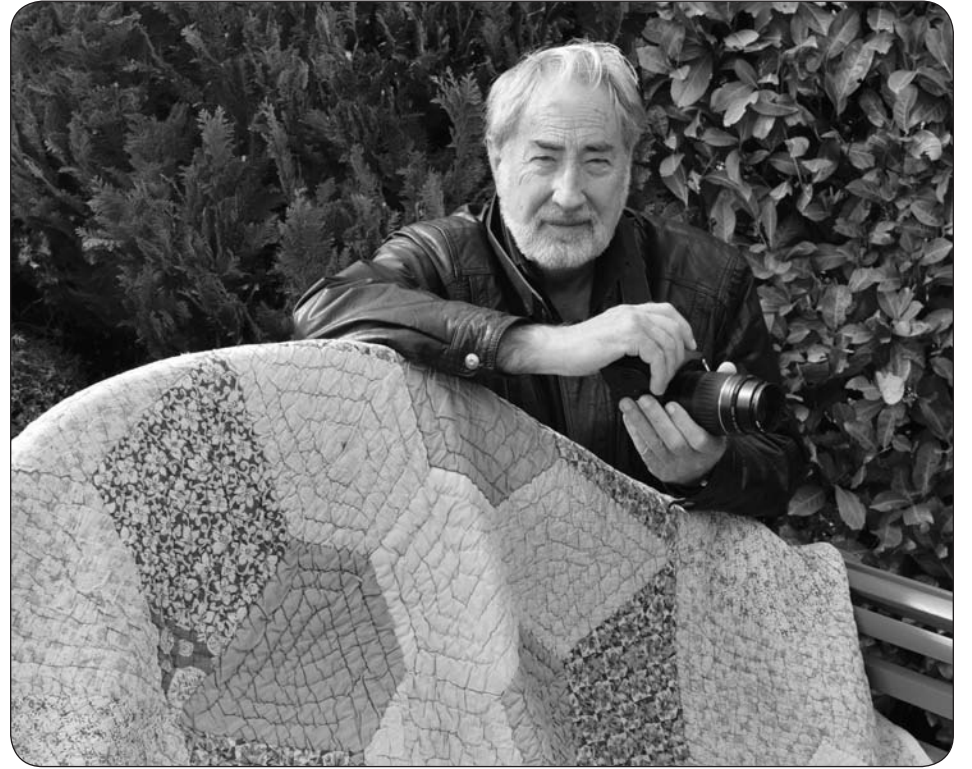


Seventy years later a Canadian Red Cross quilt made in Steep Rock will make its way home.

**"TO GET AN ITEM LIKE THIS THAT HAS SUCH A COMPELLING BACKSTORY IS REALLY QUITE RARE."**

"Naturally, I did not see it as a work of art at the time, only something that kept me warm. Those were days when, with no central heating, frost would often appear on the inside of the window. My mother was impressed with the workmanship and I think had she not needed to use it as a quilt, it would have been kept safely locked in a cupboard."

When Craddock reached his teen years, the quilt was carefully stored away by his mother, Cynthia. And there it would remain for decades until Craddock's mother, now 92, recently pulled it from stor-



TRIBUNE PHOTOS SUBMITTED

Tony Craddock poses with his quilt before he sent the piece off to the Manitoba Museum so that it might be considered as part of their collection.

age to offer it to her son.

Craddock said that seeing it again after so many years made him very emotional and brought a lump to his throat. Memories of his childhood and the passive but large role the quilt played flooded back to him.

Craddock said that while he was very happy to see it again, he thought it would be a good idea to bring it back to Steep Rock and possibly have

it included in the museum there. He explained that the human story of the quilt is an important slice of history and helps connect Steep Rock to a war-torn Europe.

His memories of the quilt, spurred by seeing it once again after decades tucked away, are more than enough for him to part with it. Craddock said

Continued on page 8

## > GET FISHING, FROM PG. 3

A number of years ago, his son, Ryan, came home from Edmonton for a visit, so Terry got hold of his buddy "Yogi," who had a place on Manipigow Lake. He asked if he could borrow his boat and take Ryan to Yogi's cottage for some fishing. Terry had been there before and the fishing was great. So, with Yogi's boat, Terry and Ryan headed for the lake. They fished for three days and didn't catch a thing. Discouraged, they came home, and

as they were parking Yogi's boat, Terry exclaimed to his buddy how bad the fishing was.

"Yeah, I know," Yogi quipped with a devilish grin. "I only go there in June. Any other time, it's not worth the gas."

"Don't get mad at me," he continued with a mocking smile. "You wanted a chance to spend some time with your son, so I made sure you got it!"

Friends and relatives, wow. Bye for now.



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*Adult Accompaniment Under 14; Violence; Sexual Content; Coarse Language*

**14A**

# Rockwood hearing draws crowd

By Jennifer McFee

A public hearing in Rockwood last week drew rock solid attendance from community members interested in a potential rezoning in the area.

Approximately 30 people filled the council chambers on Wednesday, Oct. 19 to gather information and to state their opinions about a potential rezoning of two properties. Maple Leaf Construction is seeking to rezone these properties from MEH (industrial extractive holding area) to ME (industrial extractive zone). One parcel is located south of PR 323 between roads 7E and 8E, while the other is east of PR 236 and north of Road 79N.

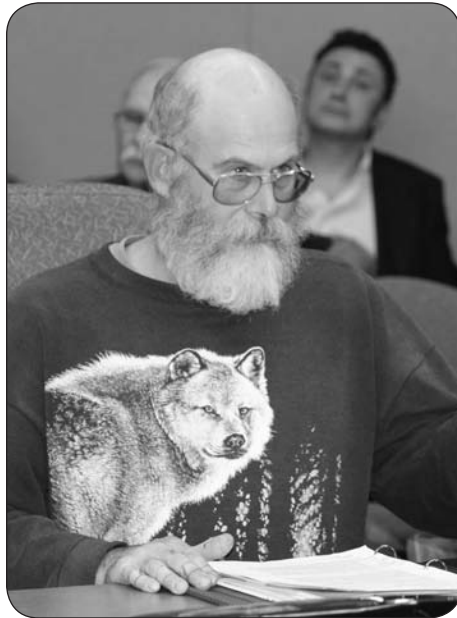
Tom Janzen is an associate with Scatliff + Miller + Murray, which has been retained as land-use planning consultants by Maple Leaf Construction and is working on their behalf to facilitate the development approvals.

"It's basically just taking off the hold. It's really the first step in the development process for these lands," Janzen said by phone on Friday.

"All the more detailed planning, including the conditions of the development and design, would be subject to a future development permit and a subsequent development agreement with the RM. It's the first step in moving towards a future quarry development on these lands."

Both land parcels are within what is noted as an area with high aggregate potential, he added.

"Per both provincial and planning district policy, aggregate operations are basically protected and prioritized. With that high aggregate potential, the policies basically say that the use of those lands must be protected from any kind of incompatible land uses that would restrict exploration, development or extraction on those lands. Essentially, there's not much else you can do with the lands until the extraction is done," he said.



Alan Webb presented the results of his extensive research at the public hearing.

"So we're basically taking a position that the rezoning is consistent with provincial policy and municipal policy and consistent with the general land use in that area. It's surrounded by either active quarries or lands that are designated for future quarry operations."

In terms of more detailed plan, Janzen said they will work closely with the RM as the development permit process progresses.

Community planner Fernando Velarde Trejo presented a report prepared by the Community and Regional Planning Branch and noted that their office has no concern with this bylaw amendment.

However, several residents did express concern with the proposed rezoning.

Doug Pickell highlighted his concerns about rehabilitation of the lands for agricultural purposes. For him, other significant issues include monitoring, enforcement and dust control.



TRIBUNE PHOTOS BY JENNIFER MCFEE

Tom Janzen is working on behalf of Maple Leaf Construction to facilitate development approvals.

Alan Webb, who lives about one mile north of Maple Leaf's active quarry, said he has been monitoring quarry activities for the past three years.

He presented the extensive results of his observations, saying that he has seen various different violations of Manitoba's Quarry Minerals Regulation as well as the development act that governs Maple Leaf's activities.

According to Webb, these violations are related to issues that include stockpiling or overburden of topsoil within eight metres of an adjacent property and quarrying of consolidated material within a minimum of 15 metres of an adjacent property. He also expressed concerns about the company operating earlier than the 6 a.m. start time, a lack of quarry rehabilitation, the height and location of berms, dust control, and unauthorized exploratory drilling on the former railway right of way.

"I don't want them coming closer to me than they already are. I think you can judge future performance based on what people have done in the past. These guys take advantage of every loophole and they're taking advantage of the fact that there is very, very little monitoring and regulation going on," Webb said.

"I'm kind of offended that I have to go out at four o'clock in the morning to do the job that should be done by the municipal bylaw officer and the provincial mines officers."

Echoing a suggestion from Pickell, Webb said council should start taking some money from the quarry operators to set up a monitoring and enforcement program, complete with equipment and training for those in-

volved.

Likewise, Merle Tomyk expressed similar sentiments.

"Because the signing of papers has proven not to be adequate, I strongly recommend that our governing bodies hire a full-time, 24-hour-a-day enforcement officer," she said.

She also compelled council to consider their constituents when making their decision.

"The people that elected you are the ones that have the most at stake when you make your decisions. They elected you because they had faith in you and trusted you to make wise, informed decisions," she said.

"I ask that you please learn from the past. Please take care of our home as it is the only one we have."

Hilary Versavel, who acted as a citizen representative on the Quarry Advisory Committee, expressed concern about the lack of information provided by the company for the rezoning request. She asked council to not rezone the area until they have all of the necessary information, including details about water management and impact on drainage.

The issue will return to Rockwood council for second reading. After that, the South Interlake Planning Board will send out a notification to anyone who objected at the public hearing. Written responses to the notice will then trigger the scheduling of a new public hearing to be conducted by the SIPD board, which is made up of municipal representatives from Rockwood, Stonewall, Teulon and Rosser. The SIPD board will make a final decision, and the order will come back to council to implement.

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# SCI sells mittens for a good cause

By Jennifer McFee

As the temperature begins to dip, there's no better time to invest in a new pair of warm mittens.

And the timing is perfect, since Stonewall Collegiate Institute is selling keepsake mittens that also support a good cause.

The school's Human Rights Group, made up of about 20 students, is organizing an initiative called Hands of Friendship. Working with the company Impressions Marketing Group, the students have ordered 12 dozen knit mittens with a fleece lining that will be created in school colours with "SCI" on one hand and "RAMS" on the other.

The mitts are for sale for \$25 per pair, and there are only 144 pairs available since that was the minimum order with the company. For each pair of SCI keepsake mitts, Impressions Marketing will also donate one pair of brand new plain fleece mittens for the school group to distribute to a recipient of their choice.

Resource teacher Chelsea Meier, who works with the Human Rights Group, said they will likely send the donated mitts up north.

"With our 144 pairs of brand new fleece mittens, we can decide as a Human Rights Group where we want to send them. We've identified that we haven't really connected with any

northern communities yet, and that's really a place where we feel like we could help out," said Meier, who heard about the initiative after Selkirk's high school undertook it last year.

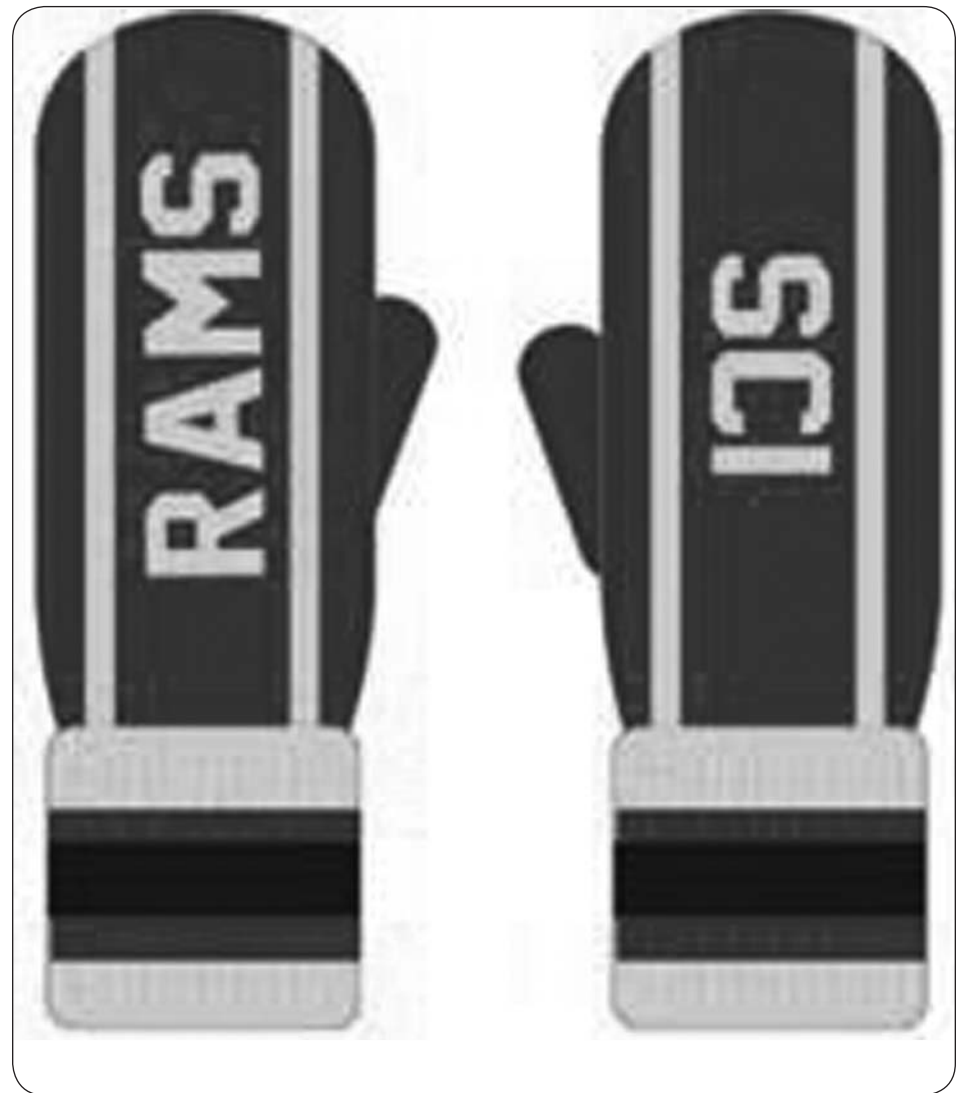
"One of our guidance counsellors here has lots of connections with people who go up north and help out, so he's trying to connect with someone who could take our box of mittens to a school or a community centre to be distributed."

The mitts are an ideal option for students, graduates, parents and community members. They're also a great idea for Christmas presents, since they should be ready to be picked up in mid-December.

"They're super nice and very warm," Meier said. "We want to make sure that we can sell all the ones that we've ordered as well as donate as many pairs as possible."

The orders will be taken on a first-come-first-served basis and will be capped at 144 pairs. The cost of \$25 covers the pair of SCI mittens for the customer to keep as well as the pair of plain fleece mitts to be donated to the school.

For more information or to arrange an order, drop by the school office at 297 5th St. West or call 204-467-5539.



## Stonewall man convicted for B&Es

Staff

Stonewall resident Michael Roderick Monkman has been convicted of theft-related charges and faces time in custody.

On Oct. 3, 58-year-old Monkman appeared in Stonewall Provincial Court facing charges related to many instances of theft from Stonewall residences.

Under the Petty Trespasses Act and the Criminal Code, he was convicted of charges that include break and enter with intent, failure to comply with a probation order and failure to comply with conditions on a recognizance (curfew).

Monkman was sentenced to six months in custody followed by an 18-month probation period.

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## > QUILT, FROM PG. 5

that the right thing to do is have that story shared with as many people as possible.

Through communication with Steep Rock Beach Park manager Lana Iwanchuk, Craddock made a deal with the Manitoba Museum to donate the piece and have it be lent out to the museum in Steep Rock as a loan so that everyone can see it.

Craddock has never been to Steep Rock himself and currently lives in Wootton Courtenay, a small village in England. He said one day he would like to make his way to the small community where his quilt was made.

"The quilt is a practical work of art created by the people of Manitoba, and Steep Rock in particular, to help out another nation in times of need. It belongs in a museum as it is part of their history and they will be around long after I am gone," said Craddock.

The Manitoba Museum received the quilt via FedEx last week, and staff are putting in through the conservation process right now. Roland Sawatzky, curator of history at the Manitoba Museum, said he's very excited about this particular quilt. He said that not only is this the first quilt of its kind the museum has received but that Craddock's story and knowledge of the history of the piece adds a lot to it.

"To get an item like this that has such a compelling backstory is really quite

rare," said Sawatzky.

"There will be many discussions about how this piece can fit into our displays and what we do to promote the story, but I believe it has a good shot at becoming part of our museum exhibit."

Sawatzky explained that it could take up to two years for it to finally find a space inside the museum and that is due to a number of factors. Limited space, the conditions the quilt needs to be in to not deteriorate and finding the right contextual exhibit are all part of the decision. Sawatzky said that it could also be in a rotating exhibit or limited time exhibit where it would be written about in blog posts.

For now, the quilt needs to be brought up to the standards of the Winnipeg-based museum. That means a deep freeze to eliminate any infestation it might carry. Then there will be a thorough inspection of its condition so that conservation staff can make recommendations about the temperature and light it can be exposed to.

"It's a fascinating process and one that we're always excited about. I have an area in mind that this quilt would fit great into. It's about the region where the quilt came from and it is associated with the war," said Sawatzky.

The quilt will be another one of the many ways that museums help transport visitors back in time. Connecting small artifacts and their stories to people unfamiliar with them today.



TRIBUNE PHOTO BY JEFF WARD

The Manitoba Museum's Roland Sawatzky, the curator of history, shows off the one-of-a-kind Red Cross quilt and is looking forward to its addition to an exhibit.

If included, the quilt will be another vessel that allows anyone to reach into the past and experience what was important then and why. Of course, anyone with a cell phone and an Internet connection can read about hundreds of these quilts at any time. But to be standing just a few feet away from one that spent a decade on Craddock's bed, and even longer in a box in his mother's home, is a powerful experi-

ence that he hopes will connect with the tens of thousands of visitors over the years.

And for Craddock, even though he is giving up a big piece of his childhood, he is happy to see it be included in any museum that would take it.

"The quilt is part of the rich fabric of Manitoba's cultural history. I like to think that I am sending it home," said Craddock.

# Community feedback needed for RM of Woodlands accessibility plan

By Natasha Tersigni

Officials and council members with the RM of Woodlands are reaching out to community residents to help provide feedback with the new accessibility plan currently in development.

On Nov. 9 at 7 p.m. in the multipurpose room at the Warren Fire Hall, the RM is hosting an information and feedback session related to developing an accessibility plan in the RM.

"Over the next two years, the government of Manitoba will be setting out five standards dealing with accessibility. Right now, they only have a set standard for customer service. The accessibility plan at this point in time needs to address how the RM of Woodlands can reduce barriers for the public. This includes everything from training our staff on making sure everybody is trained and educated on providing reasonable accommoda-

tions to people with disabilities to ensuring communication for residents is available to accommodate certain disabilities," explained Renée Simcoe, the economic development officer for the RM of Woodlands and will be leading the session on the Nov. 9.

During the session, the public will be asked to identify specific ways the RM can accommodate people with disabilities.

"Part of the session is asking people

what kind of barriers do residents face or see in the RM. At this point, we are just gathering a list, and later down the road, we will be more focused on implementing changes and finding ways to change our infrastructure to accommodate people," added Simcoe.

For more information on the session contact Renée Simcoe at 204-383-5679.

## Clarification

In last week's *Stonewall Teulon Tribune* "Rockwood council news in brief" we printed that council authorized the new owners of the Argyle General Store, Esther and Anko Havedings, to apply to the Liquor and Gaming Authority for a retail licence to sell alcohol at the store, which is a retail liquor vendor. In actual fact, the Havedings purchased the Meridian Trails General Store.

The *Tribune* apologizes for the error.

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# Patients encouraged to know their rights

## Canadian Patient Safety Week Oct. 24-28

By Natasha Tersigni

To ensure patients know their rights and can effectively navigate the health-care system, the Interlake-Eastern Regional Health Authority is using Canadian Patient Safety Week as a platform to educate the public on patient advocacy.

"Research shows that patients who ask questions and take an active role in their health care are more satisfied with their care and see greater improvement in their health than patients who do not," said Interlake-Eastern RHA quality and patient safety co-ordinator Heather Campbell.

With medications being the most common treatment used in health care, it is important that patients are comfortable asking questions about their prescription. While doctors and nurses are often on the front lines of dealing with health concerns, pharmacists can also answer questions pertaining to a specific concern with a medication.

"Patients should feel comfortable asking their pharmacist about prescription and over-the-counter medications, immunizations and injections, as well as herbal or homeopathic products. The pharmacist can

provide information such as how the medication works to treat their condition, when and how to take it, how long it will take the medication to start working, how to manage any side effects they may experience, possible drug, disease and food interactions, whether the medication is safe during pregnancy and/or breastfeeding, and where to safely store their medication," said Quarry Ridge pharmacist Teryl Moore, who added that medical professionals are there to help keep patients safe.

"Pharmacists can further enhance patient safety by following up with patients after starting new medications to ensure they are working properly and providing advice on how to manage side effects, by providing medications in child proof containers, by continually reviewing patient medication profiles to ensure medication is being taken properly and by providing blister/compliance packaging when necessary, to assist patients with taking their medication appropriately. Pharmacists can also provide a safe disposal service for sharps as well as expired and unused medication."

The Manitoba Institute for Patient Safety has developed many online



TRIBUNE PHOTO BY NATASHA TERSIGNI

During Canadian Patient Safety Week Oct. 24-28, health-care professionals in all fields, including Quarry Ridge Pharmacist Teryl Moore, advocate and educate patients on ways to increase personal safety and the safety of family members when navigating the health-care system.

resources and tips for people when dealing with the health-care system. From information on medication safety to resources to help patients and

their family members become active participants in care, all the resource can be found at [www.mips.ca](http://www.mips.ca).

# Interlake ranked third in the province for vehicle-deer collisions

Submitted

The Eastman Region, which includes communities Steinbach, Lac du Bonnet, Anola, Birds Hill Park area and Falcon Lake, is the province's No. 1 area for vehicle-deer collisions. There are about 1,600 collisions yearly within this region, based on statistics collected by Manitoba Public Insurance from 2011 to 2015.

"Motorists are encouraged to exercise extra care and caution during October and November, the two worst months for vehicle-deer collisions," said Ward Keith, vice-president of business development and communications and chief product officer with Manitoba Public Insurance.

"Last year, 300 Manitobans were injured in wildlife-related collisions. Over the last 10 years, eight people in Manitoba have been killed in crashes caused by an animal on a road."

Rounding out the province's Top 5 vehicle-deer collision regions:

- 1) Eastman Region - 1,540 yearly collisions
- 2) Westman - 1,400 yearly collisions
- 3) Interlake - 1,060 yearly collisions

4) City of Winnipeg - 610 yearly collisions

5) Pembina Valley - 600 yearly collisions

Tips to help keep you safe:

- Slow down when you see wildlife crossing signs.
- Animals are normally more active at dawn, dusk and at night.
- Be especially alert where brush and tall grass grow near the road.
- Scan the road and roadside for animals get your passengers to help.
- Watch for the reflection of headlights in the eyes of a deer or a dark silhouette.
- Do not swerve if an animal does



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

Overall, Manitobans are involved in about 11,000 vehicle-wildlife collisions yearly. Motorists are also reminded that it is illegal to place food and other wildlife attractants along provincial roads and highways in Manitoba. Doing so can attract wild-

life to the roadside unnecessarily and create dangerous hazards for passing motorists.

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# IERHA looks to expand needle-exchange program

## 30,000 kits have been handed out in Selkirk since its launch in July 2015

By Lindsey Enns

The Interlake-Eastern Regional Health Authority (IERHA) is looking at expanding Selkirk's first needle-exchange program after they handed out nearly 30,000 kits since it launched in July 2015.

"We're working to increase the number of sites that do distribution in Selkirk so that people who aren't able to get to the community health office during our hours, or don't feel comfortable coming there, will have other places in Selkirk that they can go to pick up their supplies," said Anlina Sheng, the IERHA's harm reduction project co-ordinator.

Clean needles and other supplies can currently only be picked up and exchanged on the second floor of the Selkirk Community Health Office located at 237 Manitoba Ave. from 8:30 a.m. to 4:30 p.m. Monday through Friday. However, Sheng said they are looking into opening other locations in the future that can stay open on evenings and weekends.

"We definitely want people to get their supplies when they need them," she said. "Ideally we would have sites that are available in the evening and on weekends, which are hours we aren't able to serve."

Sheng added they have recently added new distribution sites in Pine Falls and Pinawa and they are hoping to add more sites throughout the re-

gion.

Maxine Zasitko, the IERHA's clinical team manager for public health, said Selkirk's site provides kits to those living in Selkirk and surrounding areas. Before the program launched, drug users were forced to go to Winnipeg for access to clean needles. There is also no limit on the number of kits one person can pick up, she added.

Although Selkirk's site has handed out nearly 30,000 kits so far, health officials say that high number doesn't necessarily paint an accurate picture of Selkirk and area's drug injection problem.

"Drug use is both highly stigmatized and criminalized so it's a hidden population," Sheng said. "It's very difficult to get an accurate number of how many people are using drugs in the community."

"Whether we're reaching a very high proportion of people or not, it's hard to get a really accurate take on that."

Along with providing local drug users access to clean supplies, Zasitko said the program also aims to prevent the spread of HIV and hepatitis C across the region.

Although Zasitko admits since the program's launch rates of hepatitis C have increased throughout the region, she believes that's because more people are getting tested that needed to get tested.

"We know that addiction does not



SUBMITTED PHOTO

Interlake-Eastern Regional Health Authority officials say they are looking at expanding their first needle-exchange program after nearly 30,000 kits were handed out at their Selkirk site since its launch in July 2015.

have boundaries and so many communities have experiences of caring for people who use drugs," Zasitko said. "We want to be able to serve the people who need clean supplies so that we help to reduce infections."

Sheng said although the program is still relatively new, they are increasing the number of people who are getting tested.

"It's pretty normal to see a rise in diagnosed hep C when people start feeling safer and are accessing ser-

vices."

Sheng said another important aspect of her job is working with local drug users, building relationships with them and connecting them with other health services. She added they also help connect users with drug treatment programs if they are ready and willing.

"We don't pressure people to stop using drugs or quit or anything like that," Sheng said. "We're really focused on meeting people where they're at and addressing their needs and helping them reduce the risks of harms that are associated with using drugs."

Sheng said she also organizes a monthly peer group meeting with drug users.

"They are the experts of what's happening in the community and what their needs are," she said. "We talk about how things are going with supplies distribution, what's happening in the community."

Sheng said she deals with people from a variety of age ranges.

"Lots of young people, which I think is a shift in the demographics of people who are injecting," she said. "Primarily people who are living in Selkirk but also from surrounding communities."

Sheng said prescription opioid use is rising in Selkirk and area.

"People who are using drugs and accessing services are really diverse," she said. "Drug use happens in all

Continued on page 12

# Stonewall council news in brief this week

By Jennifer McFee

A proposed MTS cell tower got the go-ahead from Stonewall council last week.

The 30-metre (98-foot) tower is set to go up on land owned by the company at 1<sup>st</sup> Street East at Centre Avenue.

During the consultation process, some residents voiced concerns that

the appearance of the structure might be out of place with the rest of the neighbourhood. As a result, the company streamlined the design to make it thinner. They plan to start work immediately on the cell tower, which is expected to increase cell service in the area.

In other council news:

The Town of Stonewall will take out an ad in the Veterans Military Service Book at a cost of \$395.

The Town of Stonewall applied for funding for the lagoon project from the Clean Water Wastewater Fund, which would include three-way funding from the federal government, the provincial government and the town.

The lagoon project must be complete by March 1, 2018, in order to access the funding.

On Thursday, Oct. 20, the Board of Revision heard from two parties who were looking to have their property assessment revised. The first person lives at 1 Rossmere Cres. in the Genstar Development. The second presenter was from Ventura Developments, which is challenging 39 land assessments in Phase 1 and Phase 2 of their development.

The Board of Revision — made up of Deputy Mayor Clive Hinds, Coun. Wally Badger and citizen representative David Cassidy — has made decisions in both cases. They will present their decision to the parties to see if they accept.

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# Healthy lifestyle key to managing diabetes

By Jennifer McFee

During the fall, attention ramps up about diabetes as volunteers hit the pavement for the Canadian Diabetes Association's door-to-door campaign.

Edward Mailey knows first-hand the importance of awareness about the disease that he has lived with for nearly 70 years.

Mailey, who is turning 88 next week, was first diagnosed with diabetes in 1947 when he was 18 years old.

"When I was 18, I got the flu very severely, and it may have brought to light the diabetes. I had symptoms that I wasn't even aware of that would indicate that I had diabetes. One was hunger and the other was thirst, and my eyes began to seem to have difficulty focusing," said Mailey, who has lived in Stonewall for the past four years.

"Finally, my mother said, 'We'd better get you to the doctor.' I lived in downtown Winnipeg at the time, so we walked over to a storefront clinic on Ellice Avenue. They took a number of tests, and within half an hour, they knew what my problem was. They didn't tell us immediately, but they had us go back the following day and advised me and my mother that I had diabetes."

The news came as a shock to the teen, who knew nothing about diabetes.

"In those days, they used to put a diabetic patient on a high fat diet that would lower or remove the presence of sugar in the various testing. My doctor didn't do that. He put me on a high protein, normal carbohydrate and low fat diet, which was unheard of at the time," he said. "If he hadn't have done that, I wouldn't be here today. He was so far advanced."

We soon learned that three elements are involved in the treatment of diabetes: insulin, diet and exercise, he added.

With a focus on maintaining a healthy lifestyle, Mailey walked every noon hour from his workplace on Princess Street to the Eaton's store on Portage Avenue. One day, he was browsing in the book department when he came across the *Diabetic Manual for the Doctor and Patient* by Elliott P. Joslin. He paid \$2.85 for the book, which served as an invaluable resource for food analysis.

"It was a real eye-opener. It had everything in there in relation to treatment of diabetes," said Mailey, who still owns the book nearly seven decades later. "Any food that was current in the day, we could look it up and get the analysis immediately. Anything

I wanted to know, I could find here. What I relied on for a long time was the analysis of food: protein, fat, carbs, calories. This book was the best thing I ever got, and for a few years, I religiously tried to follow it."

In addition to keeping tabs on his food and exercise, Mailey also administered insulin, but there was more guesswork involved in the past.

"In those days, all they had was a needle and a syringe," he said. "There were no pens or testers like we have today."

Thanks to medical advances, he is now able to test his blood in a simple and accurate way.

"After all these years, it's simpler now than it ever was. There have been a lot of changes. When things are going well, you can get by with testing blood four times per day. From the reading, you just take how much insulin you need," he said.

"They're not the great big monstrous needles they used to be. You have these pens now and you can hardly see the needle because it's very thin and very short. It just penetrates the right depth for the insulin to get distributed in the body."

His dedication has paid off, since his nurse says not many people have had fewer problems than Mailey. However, he once had a bad situation when his blood sugar went too low.

"We were building a garage and we were pouring the concrete. I got too engaged in it without thinking about having something to eat. I went down fast," he recalled.

"You'll have some highs. They can be lived with because you can soon correct it under this regime they've now got. But lows are a no-no. You cannot allow for lows (in blood sugar)."

Although he takes much responsibility for maintaining his health, Mailey also gives credit to his wife, Bernice,



TRIBUNE PHOTO BY JENNIFER MCFEE

Edward Mailey is dedicated to living a healthy life as a diabetic.

whom he lost to a stroke in March.

"What I've come to realize is it's not the person with diabetes who bears the brunt. It's their spouse," he said. "They're always on the alert, watching for something."

And of their three sons, 16 grandchildren and 13 great-grandchildren, one grandson has been diagnosed with diabetes, which can be hereditary.

For anyone who is concerned about the possibility of having diabetes, Mailey offers words of wisdom based on a lifetime of experi-

ence.

"Go to the doctor, and if there's any concern at all, they'll send you to a specialist right away," he said. "It's really the individual who needs to practise what is preached."

For more information about diabetes, contact the Canadian Diabetes Association at 1-800-BANTING (226-8464) or visit [www.diabetes.ca](http://www.diabetes.ca).

ATTENTION

CRAFT SALE ORGANIZERS

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# Stonewall mayor receives first poppy of annual Legion campaign

By Lana Meier

Stonewall's Mayor Lockie McLean was presented the first poppy of this year's annual Royal Canadian Legion Stonewall Branch #52 fundraiser by Rev. Leonard Oracheski chairman of the poppy campaign.

The presentation to the mayor gets the poppy campaign underway on Friday, Oct. 28. The legion's poppy campaign always begins on the last Friday of October and the poppy blossoms on the lapels and collars of more than 19 million Canadians.

The poppy is distributed by the legion's branches and the money collected goes into branch poppy trust funds. These funds can only be used under strict guidelines set up by the Poppy and Remembrance Committee of Dominion Command and are primarily used to improve the living conditions of our veterans in the communities where the money is raised.

Last year, the Stonewall Legion's Poppy Campaign collected \$10,821.25 between Stonewall, Teulon and Stony Mountain with an additional \$316.71 donated bringing the total up to \$11,137.96.

These funds were then distributed by the legion to purchase poppy

supplies for \$2,340, \$1,400 to veteran causes, \$4,000 to 301 Alan McLeod, VC Air Cadet Squadron and \$7,467.61 for wheelchair accessible doors at the legion.

The poppies are intended to honour the more than 117,000 Canadians who have died in the service of their country throughout the world.

Since 1921, the poppy has stood as the symbol of remembrance, a visual pledge to remember always those Canadians who have fallen in war and military support operations. The poppy also stands internationally as a "symbol of collective reminiscence," as other countries have also adopted its image to honour those who have paid the ultimate sacrifice.

Mayor McLean is honoured to accept and wear the campaign's first poppy as a reminder of those who served and made sacrifices while serving their country.

"I think every year I get older, I realize more and more how important of a symbol the poppy is," said McLean.

"Last year in November, the Heritage Arts Centre had a display on that showed local residents from back in the time of the Second World War. When I looked at the pictures, I found



TRIBUNE PHOTO BY JO-ANNE PROCTER  
Mayor of Stonewall Lockie McLean, left, receives the first poppy of the annual Royal Canadian Legion Stonewall Branch #52 fundraiser by Rev. Leonard Oracheski, chairman of the poppy campaign.

many of former veterans that were so young but in uniform. Just local people, fathers and mothers of friends, that gave a big portion of their life to serve our country. What got me as well were pictures of my own father, and his brothers in uniform. To think

that they had to leave Canada for years to fight in Europe. To not come home until the war had ended and knowing what we know of soldiers returning today and how hard it is to adjust. To think that is also what they had to deal with upon return."

## > NEEDLE-EXCHANGE PROGRAM, FROM PG. 10

walks of life and for a very diverse range of reasons."

The Addictions Foundation of Manitoba believes needle-exchange programs are an important public health service.

A spokeswoman for the foundation previously told the *Tribune* that clean needle programs don't encourage drug use and are instead meant to give people already using narcotics access to safe supplies so dirty needles aren't

reused or improperly disposed of.

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

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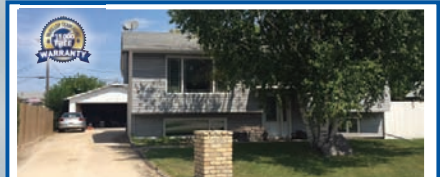
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# Home-based business showcase success



TRIBUNE PHOTOS BY JO-ANNE PROCTER AND LISA SLATCHER

There was something for everyone at the 8th annual Home Based Business Showcase held last Saturday at the Stonewall Legion. A record number of over 300 people came through the doors to support the 40 vendors that set up to promote their products. The Showcase proudly supported Ecole RW Bobby Bend PAC, Stonewall Lions Club and the Stonewall Christmas Cheer Board.

Pictured clockwise from top left: Rhea Myers enjoying an odourless, vegan-friendly and gluten-free manicure from Melissa Oertel, an independent distributor for GelMoment Hand & Nail; organizers Tanya Swanson and Kerrie Holm pose with the Simba the Lion mascot; Sara Tolsma and Marissa Hibbitt, Pure Romance consultants, displayed lotions and potions for love.

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# get inspired

> MEAL IDEAS

## Artichoke and Spinach Rotini Salad with Tuna



- 4 oz (125 g) dry whole grain rotini
- 1 1/2 cups (375 mL) frozen artichoke hearts
- 2 cups (500 mL) baby spinach
- 1 cup (250 mL) grape tomatoes, halved
- 1/2 cup (125 mL) diced green bell pepper
- 1/2 cup (125 mL) diced red or yellow onion



- 1 1/2 tbsp (20 mL) chopped fresh oregano or 1 1/2 tsp (7 mL) dried oregano, crumbled
- 2 medium garlic cloves, minced
- 1 tbsp (15 mL) granulated sugar
- 2 tbsp (25 mL) canola oil
- 2 tbsp (25 mL) cider vinegar
- 1 can (5 oz/140 g) lowsodium tuna, rinsed and drained, preferably albacore

**Directions**

Cook pasta according to package directions, omitting any salt or fat. Cook artichoke hearts according to package instructions. Once cool, cut each artichoke heart into quarters. In large bowl, gently stir together spinach, artichokes, grape tomatoes, green pepper, onion, oregano, garlic, sugar, canola oil and vinegar. Drain pasta in colander and run under cold water to cool quickly. Shake off excess liquid. Stir into spinach mixture and sprinkle tuna evenly over all.

## Getting a Good Night's Sleep



**"A GOOD LAUGH AND A LONG SLEEP ARE THE BEST CURES IN THE DOCTOR'S BOOK."**

~IRISH PROVERB

We know that a good night's sleep does wonders for both our mood and our energy level.

However, for some, that deep, restful sleep is elusive. Some have trouble falling asleep, watching the clock and anxiously calculating how much sleep they will get if they fall asleep now. Anxiety builds with each passing hour, making sleep even less likely.

Others fall asleep all right, but then find themselves waking a few hours later, finding it impossible to get back to sleep. They too worry about how little sleep they are getting, and how tired they will be the next day.

There are some things that can be done to increase the chances of a good sleep. These include eliminating caffeine (all day, not just in the evening), not doing mentally stimulating activities before bed, not watching television right up until bedtime, doing something relaxing such as a warm bath, yoga or meditation in the hour before going to

bed.

It is also wise to park your worries at the door, before entering the bedroom at night. Lying in bed worrying or thinking about all you must do the next day is not conducive to drifting off.

The key element to a good night's sleep is being relaxed. If you have ever fallen asleep on a beach you will recall that as a very deep sleep. The warm sun, fresh air and the sound of the waves induces a deep state of relaxation, so the body surrenders completely and sleep takes over.

Our busy lives make it less likely that we will be in a relaxed state when our head hits the pillow. We can train ourselves to associate sleep with relaxation. We can also learn to turn off our minds, take deep cleansing breaths, and to relax the individual muscles throughout the body. These are ways to ease ourselves into sleep.

If the stresses of life have caused us to forget how to sleep, it makes sense that we might have to teach ourselves how to do it. This is a much healthier approach than taking sleep medication, for medications may cause one to sleep, but without learning to do the relaxing things that are good not just for sleep, but for our overall wellbeing in general. (For information on how to get my Restful Sleep MP3, see below.)

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](http://www.gwen.ca)

## Wild Rice, Mango and Arugula Salad



- 1 cup Roland(R) Wild Rice
- 21/3 cups chicken broth
- 1 cup cucumber, chopped into cubes
- 1 cup panela cheese, chopped into cubes
- 6 basil leaves, chopped into strips
- 20 cherry tomatoes, cut in half
- 1/4 cup pine nuts
- 1/2 cup dried cranberries
- 1/2 cup diced pear
- 1 cup arugula
- 1 large avocado, diced

- 1/2 cup red onion, chopped
- 1 cup mango, diced

**For the dressing:**

- 1/2 cup fresh lime juice (about 4 limes)
- 1/4 cup Roland(R) Olive Oil
- 1 teaspoon salt
- Pepper to taste

In a pot over a medium-high flame, add chicken broth and bring to a boil. Add in rice and return to a boil. Once boiling, place a lid on the pot and lower the flame to a simmer. Simmer for 45 minutes. Remove pot from heat and let rice rest in pot for 10 minutes. Place rice in a strainer and rinse under cold water. Let drain completely.

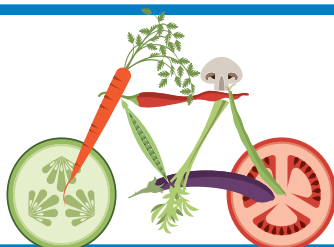
In a large bowl, add cucumber, panela cheese, basil, cherry tomatoes, pine nuts, dried cranberries, pear, arugula, avocado, and red onion. Mix well to combine.

Pour drained wild rice into veggies. Mix well. Then add in the mango and give it another mix.

In a small bowl or cup, mix all ingredients for dressing and pour over the salad.

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# October is Car Care month

## Harsh winter driving conditions

Canadian winters are notoriously harsh and throw all kinds of weather our way, sometimes making driving a harrowing adventure, so it's important to be prepared.

Here are some tips to ensure that you and your car to make it through the season unscathed.

**1. Switch to a winter weight oil.** Viscosity varies with temperature, so your car may benefit from a different weight of engine oil in the winter. A lighter weight engine oil will improve engine start-up and provide better lubrication during the colder months.

**2. Schedule a tune-up** to help the engine deliver the best balance of power and fuel economy and produce the lowest level of emissions.

**3. Check your tire pressure.** Be sure to check the pressure of your tires (including your spare tire) at least once per month this winter – every 5°C change in temperature results in about a 7\_kPa (1 psi) change in tire pressure. Properly inflated tires last longer, make your vehicle safer to drive and can improve your fuel efficiency by 3.3 per cent.

**4. Keep your gas tank at least half full.** Maintaining at least a half tank of gas will limit condensation in your gas tank and prevent your gas line from freezing during the colder months. Adding a little gas-line anti-freeze every second fill-up can also help to prevent freezing.

**5. Check and/or replace your battery.** Very cold temperatures will reduce your car's battery power, so it's important to keep the connections clean, tight and corrosion-free. If your battery is more than five years old, you should also consider replacing it with one that is rated as high as the one specified in your owner's manual.

**6. Use the right coolant.** As strange as it sounds, your cooling system is one of the most important things to watch during the winter. In most parts of Canada, a 50/50 mix of coolant and water keeps the coolant from freezing, lubricates the water pump and protects the cooling system from corrosion. In very cold areas you may need to change the concentration, but your coolant concentration should never exceed 70 per cent.

**7. Check your brakes.** When you need to stop on slick and icy roads, every second counts. Check your brakes for wear and tear and buy yourself some time to stop by replacing worn brake pads.

**8. Test your ex-**

Continued on page

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# October is Car care month

> DRIVING CONDITIONS, FROM PG. 16

**haust system for leaks.** Leaks can be especially dangerous during cold weather driving when windows are closed. Be sure to check your exhaust system at least once per year to stay safe.



**9. Check your lights.** Over time, your lights may dim or burn out completely and the plastic in your light covers will degrade and cloud, leading to distorted and dimmed illumination. Be sure to replace both your bulbs and light covers to maintain high quality lighting. Waxing your headlight covers can also help prevent the build-up of ice and snow on your lights during the cold and dark winter months.

**13. Avoid using cruise control.** You should never use your cruise control on wet, snowy or icy roads. If you hydroplane or skid, your tires will rapidly spin as your car accelerates to maintain its speed, and you are more likely to lose control.

**10. Check the battery and replace if necessary.** Make sure the connection is clean, tight and corrosion-free.

**14. Pack an emergency kit.** Never leave home without a safety kit in the winter. Make sure that you have a shovel, a snow/ice brush, jumper cables or a battery pack, extra windshield washer fluid, and warm clothes or a blanket in your trunk in case you get stranded.

**11. Check the heating, ventilating and air conditioning (HVAC) system** as proper heating and cooling performance is critical for interior comfort and for safety reasons such as defrosting.

Winter driving is no funny business, so be sure to slow down, be patient, and remember that there is no shame in being overly cautious. If you feel uncomfortable continuing to drive in poor weather conditions, pull over and wait it out or just stay home.

**12. Inspect the steering and suspension system** annually including shock absorbers, struts and chassis parts such as ball joints, tie rod ends and other related components.

Files from [www.becarcareaware.ca](http://www.becarcareaware.ca)

# Argyle Community Hall cashes in



TRIBUNE PHOTO BY LANA MEIER

On Saturday, award-winning tribute artist Corny Rempel entertained to a sold-out crowd at Argyle Community Hall for the Elvis and Johnny Cash Fundraiser. The Argyle Community Hall family-friendly evening raised close to the \$4,000 needed to cover the costs to insulate the foundation of the hall.

Diana Rothwell was the lucky winner of the handcrafted dollhouse donated by Carol Craig and the \$751 from the 50/50. Rempel donated \$100 from his CD sales to the Hall board.

# Toe-tapping fun time



TRIBUNE PHOTO BY LANA MEIER

REWIND, a five-part vocal harmony with full instrumental accompaniment, brought back the golden era of Rock Pop & Doo Wop of the '50s, '60s and '70s, providing a fun evening and lots of dancing, singing and toe tapping at the Quarry Park Heritage Arts Centre last Saturday.

The South Interlake Fifty-Five Plus hosted 120 for the evening while raising funds to support programs, activities and the purchase of an automated external defibrillator.

There are several upcoming events to mark on your calendar including the Christmas dinner on Wednesday, Dec. 7 at noon with entertainment to follow by nStyle, a female quartet. On Saturday, Feb. 11, Kari Kinley and Andy Goertzen and band will entertain, and on Saturday, May 27, there will be a Patsy Cline Concert by Laurie Sutherland.

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# Bezan advocates against Canadian participation in UN missions



TRIBUNE PHOTO COURTESY OF JAMES BEZAN

Last week Selkirk-Interlake-Eastman MP James Bezan presented the Defence Policy Review CPC Submission to the government. Included among the list of recommendations for the defence overhaul is cancelling plans for Canadian soldiers to participate in United Nations operations.

## Federal opposition releases Defence Policy Review

By Natasha Tersigni

Increased funding to the Department of National Defence, an open and transparent procurement policy, an overhaul of current recruitment and retention strategies and a better selection of Canada's participation in international operations are just a few recommendations that were put forward in the Defence Policy Review CPC Submission presented to the government last week by Quebec MP Pierre Paul-Hus and Selkirk-Interlake-Eastman MP James Bezan.

Spurred by the minister of National Defence's announcement in April that the government would undertake a review of the Canadian National Defence policy, the Progressive Conservative party decided to conduct a parallel consultation process led by Bezan, the official opposition critic to National Defence, and Paul-Hus.

Between April and August, the pair travelled across the country and held

54 roundtable discussions and had over 700 online and written submissions that were used as the crux of the policy review.

"The way we drafted the report is it is a consensus of what we hear; it does not necessarily reflect Conservative policy. This should be used as the balance for what comes from the minister and Department of National Defence when they submit their defence white paper sometime in the new year," said Bezan.

One of the review's strongest recommendations, which is a stark contrast to the government's announced plans, is for Canada to scale back its participation in United Nations peacekeeping operations.

"There was a grave concern, especially by our veterans, of going back to a peacekeeping role when there is no peace to be had" said Bezan, who added that in the past, during UN missions, Canadian troops' abilities and functions in theatre were negatively impacted by convoluted rules of engagement, chain of command and bureaucracy.

"Canadians have this nostalgic view that peacekeeping is great. Those that are informed — veterans, current serving members, academics and people that are foreign policy experts — know that this is not traditional peacekeeping."

With talks that government plans to send 600 Canadian troops to a peacekeeping mission, most likely in either Mali, Central African Republic, Congo, Somalia or Sudan, Bezan worries the Liberal government is headed in the wrong direction.

"Only if resources allow should Canada be involved in peacekeeping missions. Even though everybody loves the idea of peacekeeping, the question comes down to are we about to get involved in another Rwanda or our last UN mission in Bosnia. That mission was a complete mess as a UN mission and only got resolved when it became a NATO mission," said Bezan, who added that despite a promised open and public policy review, the government has already made drastic defence decisions in isolation.

"A lot of the policy we expect to see in the white paper is predetermined. We have already seen the Liberal government slash \$3.7 billion in one year from the defence budget. We have already seen the Liberals make a blind commitment to send 600 troops into a UN peacekeeping mission."

## SERVICE CLUBS - Serving our Communities



<p><b>Royal Canadian Legion Branch No. 52</b></p> <p>\$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.</p>	<p><b>South Interlake Ag Society</b></p> <p>Janice Rutherford 467-5612 Hwy #236 and Rockwood Road \$10/member/year</p> <p>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.</p>	<p><b>Teulon Women's Institute</b> Phone 886-2216</p> <p>Fee: Nominal membership may apply Motto: "Home and Country"</p> <p>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.</p>	<p><b>1 Snow Goose Bay on Hwy 220 Stonewall, Manitoba</b> 1-888-50MARSH (62774) ohmic@ducks.ca oakhammockmarsh.ca</p> <p>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.</p>	<p><b>Quarry Toastmasters</b></p> <p>Brenda 467-5088</p> <p>Quarry Toastmasters meet every Tuesday 7:15 – 8:45pm at the Stonewall Collegiate in the Library. We work to build up your confidence in public speaking — individually or in a group. We help you plan what to say and to have fun doing it.</p>	<p><b>Kin Clubs of Stonewall</b> Motto "Serving the Communities"</p> <p>Kin Canada is a dynamic volunteer organization enriching our communities through service while embracing national pride, positive values, personal development and lasting friendships.</p> <p>Kinsmen President Chad Sheppard 204-461-2023</p> <p>Kinette President Pam Norquay 204-467-9408</p>
<p><b>Teulon &amp; District Agricultural Society</b></p> <p>Lana Knor, President 467-0740</p> <p>The Teulon &amp; 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 &amp; District Ag Fair and the Annual Teulon Pumpkinfest.</p>	<p><b>Interlake Community Foundation, Inc.</b> 204-467-5634 www.interlakefoundation.ca</p> <p>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.</p>	<p><b>Stony Mountain Stonewall Masonic Lodge #12</b></p> <p>Call 204-467-2788 for Information</p> <p>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</p>	<p><b>Stonewall Ladies Auxiliary</b></p> <p>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.</p>	<p><b>South Interlake Seniors Resource Council Inc.</b> Darcy or Corinna @ 467-2719 sisrc@shaw.ca</p> <p>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.</p>	<p><b>The Lilliane Baron South Interlake Breast Cancer Support Group</b> Claudette 886-2393 Joyce 467-2473</p> <p>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.</p>
<p><b>Knights of Columbus Stonewall</b></p> <p>Dave Couprie 467-9548 \$40/member/year</p> <p>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.</p>	<p><b>South Interlake 55+ Inc</b></p> <p>467-2582 www.si55plus.org \$20/member/year si55plus@mts.net</p> <p>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.</p>	<p><b>Stonewall &amp; District Lions</b></p> <p>Ralph Sinclair 622 Centre Avenue, Stonewall 467-9600 Motto: "We Serve"</p> <p>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 every 2nd and 4th Wednesday of the month at 7:30pm September thru June.</p>	<p><b>Independent Order of Odd Fellows Stonewall Lodge #49</b> Larry O'Dell 467-8882 Ross Thompson 467-2438 www.ioofmb.ca</p> <p>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.</p>	<p><b>Stonewall &amp; District Health Centre Ladies Auxiliary</b></p> <p>Marg Bond 467-8732</p> <p>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.</p>	<p><b>Grosse Isle Women's Institute</b> Phone 204-467-9376</p> <p>Motto: "Home and Country"</p> <p>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.</p>
<p><b>Warren Horizons District Lions Club</b> President: Irene Tully 204-375-6522</p> <p>Meetings are held the first and third Wednesday of each month at the Warren Fire Hall Sept. thru June.</p>	<p><b>Warren &amp; District Lions</b> President Stu Bangle 204-322-5381 "We Serve"</p> <p>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.</p>				

# Manitoba writer draws inspiration from Lake Manitoba flood

Where Children Run author speaking in Stonewall on Nov. 9

By Natasha Tersigni

Set in 1906 on the shores of Lake Manitoba, Karen Emilson's newest novel, *Be Still the Water*, follows the Gudmundsson family as they settle into their new life in the Interlake region of Manitoba.

The Icelandic immigrants journey is put into jeopardy when one of the daughters, Freyja, goes missing. Told by the middle daughter Asta on her death bed, the story travels back in time 70 years on those fateful days that set the course for the family's future in Canada.

While the novel chronicles the family's entire life, the heart of the book rests on the disappearance of Freyja and Asta spending her whole life searching for her sister.

*Be Still the Water* was inspired by the 2011 flooding along Lake Manitoba. Emilson's first fiction novel, the historically based story intertwines true stories and events that happened in the region in the early 1900s.

"I lived right along Lake Manitoba

for 27 years so I have a lot of family members and neighbours that were flooded out in 2011. I had always wanted to write a story about early immigrants and that flooding prompted me to do it," said Emilson.

"All of my characters are fictionalized. I don't want people to think I am writing the life history of a family because I am not. That would be impossible to do at this stage because all the people are long gone so I created fictional characters, but I took some of the stories and the events that happened along the lake and built them into the story."

Emilson first captivated readers in 1996 when she released her first non-fiction book based on the heart-wrenching physical and emotional abuse Moosehorn twins David and Dennis Pischke had to endure at the hand of their stepfather. Emilson followed up *Where Children Run*, a Canadian bestseller, with a sequel on the Pischke brothers in her second non-fiction bestseller *When Memories Re-*

*main.*

With November being the 20th anniversary of the release of *Where Children Run*, Emilson is taking the opportunity to reconnect with readers to discuss her two non-fiction novels and introduce them to her latest story.

"I thought it was quite neat that my first fiction novel was coming out on the 20th anniversary of my first book. Back 20 years ago, I travelled around to communities and now I have the opportunity to go back to the libraries and book stores I first went to and visit with people who have read *Where Children Run* and *When Memories Remain*," added Emilson, who will be at Lundar's Pauline Johnson Library on Nov. 17 from 2 to 3:30 p.m. to discuss her past works and her newest novel.

"I will be giving a little talk about the first two books and how they came about and the back story to them. Then I will introduce *Be Still the Water* and speak on that novel."



**TRIBUNE PHOTO SUBMITTED**  
Manitoba writer Karen Emilson will be at Lundar's Pauline Johnson Library on Nov. 17 for the launch of her newest novel, *Be Still the Water*. Emilson first garnered national attention with her Canadian bestsellers *Where Children Run* and its sequel *When Memories Remain*. *Be Still the Water* is a story of an Icelandic family settling into life in Canada on the banks of Lake Manitoba in the early 1900s.

## Joining forces for Alzheimer Society



**TRIBUNE PHOTO SUBMITTED BY CHERYL CATHERS**  
Edie McIntyre, left, of the South Interlake 55 Plus and James Gray, right, of the Stonewall Royal Canadian Legion Branch #52 were pleased to present a check in the amount of \$795 to Jackie Dokken, Interlake/Eastern Coordinator for the Alzheimer Society of Manitoba. The money was raised at the Coffee Break, Bake Sale & Tea held on Sept. 22. Thank you to everyone who supported this joint event.

Stonewall Teulon  
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## worship *with us*

> FAITH

Matthew 11:28-30

*'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.'*

What a beautiful fall we are experiencing this year. The change of seasons is happening slowly and we revel in its beauty. The more gentle the change, the more comfortable we are with it. That, together with safety, are reasons it is suggested that we slow down when merging off one highway and onto another going in a different direction.

Jesus calls us to make a change in our lives if we find ourselves weary in the way we are currently embracing our world. If we find ourselves tired from carrying many burdens with us, Jesus suggests a change in direction and momentum. "Come, and I will give you rest."

Jesus' invitation as recorded in Matthew's gospel is an open-ended invitation. It is an invitation to you wherever you are in life, whatever direction you are going. So whether you require a large course correction or a small one, this invitation stands for you today and always.

The invitation will bring rest for your soul, and perhaps make clear a different way of embracing our world. Relieved from our burdens, we can lift our eyes from what is amiss around us and see the ways God is at work in our world. It is then that we will be free to embrace the world with Christ.

The Rev. James Bardsley  
Church of the Ascension

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Stonewall sits atop the MMJHL standings

By Brian Bowman

The Stonewall Jets played two games in a 24-hour period last week.

And they appeared to get better in the latter stages of each game.

After giving up six goals to the St. James Canucks in just two periods of a 6-5 loss last Thursday, the Jets bounced back nicely to double the Ft. Garry/Ft. Rouge Twins 4-2 at home on Friday.

"Our starts haven't been good all year, on average pretty much, which is a little frustrating," said Jets' co-coach Brock Couch. "But we seem to get better as the game goes on in every game. I don't know if it's we wait around until we need to play or what? I think we've trailed in every single game we played this year."

In Friday's win, Stonewall spotted the visitors a 2-0 first-period lead as Zach Heisinger and Tosh Plouffe tallied.

Stonewall's Eric Swanson, on the power play, and Robert Smith scored in the second period and then Andrew Bayduza and Kyle Doak sealed the win with goals in the third.

Doak's goal — his sixth of the season — went into an empty net with just five seconds remaining in regulation

time.

Stonewall outshot Ft. Garry/Ft. Rouge 39-20 as Curtis Beck posted the win.

In Thursday's game, Ryan McMahon, Devin Muir and Stephen Mackenzie scored for the Jets in the first period. Sam Mandryk and Adam Blight then tallied for Stonewall in the third.

Tyler Meixner and Adam Thurlbeck each scored twice for St. James. Dylan Reinheimer and Justin Mackinnon scored goals just 26 seconds apart early in the game.

Three of St. James' goals came via the power play.

"Our penalty kill is usually pretty strong but they picked it apart," Couch observed. "What are you going to do? Sometimes, that happens. You just have to stay out of the box and you can't control what the refs do to you."

Hunter Ploszay made 28 saves in the loss.

Stonewall, now 7-2 and in first place in the MMJHL standings, will host the St. Boniface Riels this Friday and the Charleswood Hawks Sunday. Both games start at 7:30 p.m.

The Jets are just a single point of three teams currently deadlocked in second place in the league standings.



TRIBUNE PHOTO BY LANA MEIER

The Jets' Devin Muir scored for Stonewall in the 6-5 loss to the St. James Canucks last Thursday.

A pair of wins would be a nice way to end October.

"You can't take any team for granted," Couch warned. "We tell the boys that we're coming to the rink for two points every game and that's it."

## Bantam, City Midget Lightning lose games

Staff

The Interlake Lightning played in a close game — and a not-so-close game — in Bantam "AAA" play last weekend.

Interlake gave the Warriors a real good battle in a tough 2-1 loss on Saturday and then was defeated 14-1 by the Hawks Sunday.

The Lightning was on the road for

both games.

In the Warriors' loss, Interlake took a 1-0 first-period lead on a goal by Nicholas Finnsen. Lyle Murdock and Hunter Warman drew the assists.

Against the Hawks, Cadrick Dueck scored for the Lightning in the second period, assisted by Brett Tatarzyn and Finnsen.

Interlake (0-6) won't play a league

game again until next Thursday when it hosts the Pembina Valley Hawks in Stonewall. Game time is 7:15 p.m.

In City Midget action, Interlake lost 7-0 to the Monarchs last Thursday in Stonewall and then was defeated 8-3 by the Selects in Ste. Anne on Saturday.

In Saturday's loss, Ethan Daniels and Sundance Paul scored first-period

goals for the Lightning and then Nick Prystupa tallied in the third.

Prystupa and Daniel Paseschnikoff each finished the game with two points.

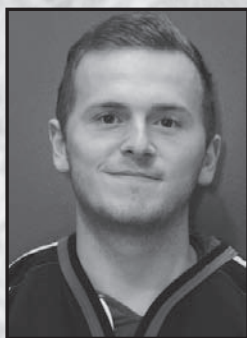
Interlake (1-6) will play the Monarchs this Friday (7:15 p.m.) at the MTS Iceplex and then will play the Sharks on Monday.

### Meet your Jets...

#### #19 Robert Smith

Forward  
Born: 1995  
Height: 5'9" Weight: 175lbs  
Shoots: left  
Hometown: Portage la Prairie

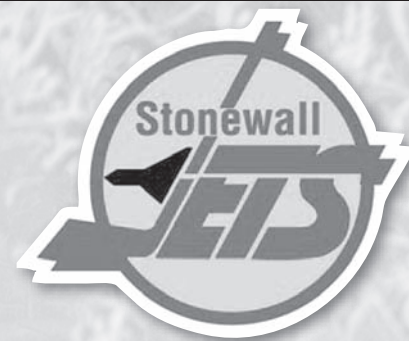
Sponsored by **Sig's Grill**



**Stonewall Jets vs St. Boniface Riels**  
Friday, October 28 -  
7:30 pm @ VMSC

**Stonewall Jets vs Charleswood Hawks**  
Sunday, October 30 -  
7:30 pm @ VMSC

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



# Stonewall winless at Husky Classic

By Brian Bowman

The Stonewall Collegiate Rams lost 5-4 in overtime to the Garden City Fighting Gophers in the C-side semifinal of the 2016 Boys Husky Classic hockey tournament in Winnipeg.

"It was a good game," said Rams' head coach Andrew Michaluk. "It was tight and competitive the whole way through. We are both very well matched."

Stonewall was relegated to the C-side after finishing with a tie and two losses in pool play. The Rams were defeated 5-3 by River East and 3-2 by St. John's Ravenscourt. Stonewall also played to a 2-2 draw with Shaftesbury.

The Rams were in all three hockey games right to the end.

"We're definitely getting better," Michaluk said. "We don't have one in the win column yet but we took a lot of positives from the weekend - we're getting closer."

Michaluk said the weekend tournament gave his club a chance to juggle the lines and try new combinations.

In league play on Oct. 18, Stonewall was defeated 6-1 by Springfield.

"Springfield is a really good team," Michaluk noted. "They have two of the top players in the league - they're all stars, for sure."

Springfield, which took a 3-0 first-period lead and then went up 5-0 until late in the second, received goals from Blake Stelmashuk (two), Regan Smith, Riley Darragh, Max Brook, and Braedy Farmer.

"We didn't come out with the best effort and they scored a few goals," Michaluk said. "They got us early and then we were trying to play catch up after that and we ended up taking more risks, which hurt us."

Ryler Tonner scored for the Rams in the second period, assisted by Ethan Boyer and Carson Ouellette.

Stonewall resumes league play this Friday when they battle Garden City at the Seven Oaks Sportsplex. Game time is 4:15 p.m.

The Rams' next home game is Wednesday when J.H. Bruns visits Stonewall. Game time is 4 p.m.



TRIBUNE PHOTO BY LANA MEIER

The Rams' Brett Munroe gets a shot on net against SJR.

# Locals run well at MHSAA cross-country provincials

By Brian Bowman

There were several outstanding performances by local athletes at the MHSAA cross-country provincials last week at Harbourview Park in Winnipeg.

Stonewall Collegiate's Amber Schneider placed sixth overall in the varsity girls' race after an impressive time of 16:54. She finished behind only Kelvin's Erin Valgardson (15:33), St. Mary's Casey Nelson (16:35) and Sierra Sutherland (16:42), PCI's Hailie Morisseau (16:46) and Selkirk's Tone Sledz (16:50).

Other top local results in the varsity girls' race included Teulon's Kailen Ledochowski (21st, 18:39), Stone-

wall's Hanna Marshall (28th, 19:07), Teulon's Katrina Carter (72nd, 21:48), Stonewall's Katie Shier (73rd, 21:52) and Teulon's Katrina Kilpatrick (97th, 25:31).

In the varsity boys' race, Stonewall's Scott Yeo was the top local runner, finishing 16th with a time of 19:14. Kelvin's Conor McGovern won the varsity boys' race, finishing in 17:18.

The other local runners were Stonewall's Dawson Arbez (77th, 22:58) and Ralph Paguio (78th, 22:59), Teulon's Skylar Botham (97th, 28:08) and Derek Jones (100th, 29:50), Stonewall's Jordan Hooper (101st, 31:27) and Teulon's Rye Ledochowski (102nd, 34:07).

On the junior varsity boys' side, the

Rams placed second overall with 37 points in the A/AAA category, behind only Carman (24).

Individually, Stonewall's Aiden Erickson was 18th overall after a time of 15:24, which was just a second ahead of the Rams' Cale Woods.

Other local runners included Stonewall's Noah Bracken (27th, 15:49), Cole Turner (47th, 16:36), Alex Renner (52nd, 16:45), Christopher Wiebe (54th, 16:50), Braden Richardson (62nd, 17:12), Brayden Renner (67th, 17:32), and Liam Proven (69th, 17:38), Warren's Hunter Sholdice (83rd, 18:20), Stonewall's Max Reid (90th, 18:48), Warren's Torin Hoffman (119th, 22:18) and Tyler Findlay (127th, 58:34).

In the junior girls' race, the Rams' Megan Van Hest was the top local runner, finishing 17th with a time of 12:41. She was followed by Stonewall's (Tess Derksen (26th, 13:27), Warren's Alexis Cowan (32nd, 13:45), Stonewall's Hope Blanchette (48th, 14:17), Warren's Kylie Bond (52nd, 14:27), Stonewall's Hayley Muir (63rd, 15:10), Warren's Kayleigh Malcolm (77th, 15:22), Meghan Sholdice (83rd, 15:34), Delaney Grindle (90th, 15:42) and Jessica Buhler (111st, 16:29).

As a team, Warren placed sixth overall with 124 points in the junior varsity girls' A/AAA division.



TRIBUNE PHOTO BY LANA MEIER

The Lightning's Loren Proven heads up ice to take a shot during Interlake's 5-1 loss against Eastman last Saturday.

# Selects stop Lightning in Midget female play

Staff

The Interlake Lightning Midget "AAA" female hockey team fell to 0-5 in league play after a 5-1 home loss to the Eastman Selects on Oct. 19.

Eastman, which held period leads of 1-0 and 2-0, broke the game open with three third-period goals.

Laura Kilbrei scored the Interlake's lone goal, assisted by Jamie Johnson and Loren Proven. Kilbrei leads the Lightning with two goals on the sea-

son.

Kerigan Dowhy made a whopping 70 saves in the loss.

Interlake's four previous losses came against Central Plains (4-1 and 3-2) and Yellowhead (7-1 and 4-0).

The Lightning played the Winnipeg Avros this past Tuesday in Winnipeg but no score was available at press time. Interlake will then resume league play Nov. 12 when they play Central Plains in Portage la Prairie.

# Lightning split pair of Showcase games

By Brian Bowman

The Interlake Lightning defeated the Pembina Valley Hawks the old fashioned way on Sunday.

They earned it.

Interlake scratched and clawed their way to a hard-fought 4-3 win over Pembina Valley at the Manitoba AAA Midget Hockey League Showcase in Portage la Prairie.

The Lightning led by just a goal late as Pembina Valley pulled their goalie and then was awarded a late power play. The 6-on-4 situation provided some tense moments in the game's waning seconds.

"It was kind of mayhem in our own zone for a little while," said Lightning head coach Dwayne Swanson Monday afternoon. "We had guys stepping up and blocking shots and doing whatever they could to keep the (puck) out of our net."

Travis Penner gave Pembina Valley a

1-0 first-period lead but the Interlake came back with a very strong second period, getting goals from Jack Einarson, Codey Behun and Corbin Mariash. Mariash's goal came via the power play.

"We had played the night before, so I guess our guys were finding their legs a little bit in the first period," Swanson conceded. "But in the second period, we came to life and got some offensive output from some of the guys."

Evan Klyne-Geisler scored early in the third period to stake the Lightning to a 4-1 lead. But the Hawks made things interesting when Sven Schefer and Elijah Carels scored later in the period.

Schefer's goal came at the 10:57 mark of the final frame and then Carels struck with just 1:36 left in regulation time.

Riley Buhay played really well in goal, making 29 saves for the victory.

On Saturday, Interlake lost 6-4 to a pretty good Central Plains Capitals' squad.

"We started off slow and paid the price for it," Swanson admitted. "It's an ongoing thing with our club, making sure that we're prepared at the drop of the puck. And that night we weren't."

"It was frustrating but we battled back and we took some encouragement from the fact that we didn't quit, didn't lie down, and we started putting the puck in their end for an extended period of time."

Central Plains' Joey Moffatt scored a first-period power-play goal and then the Capitals went ahead by four goals as Jayson Brooks, with a pair, and Dawson Braun tallied.

Behun gave the Lightning some life, though, with a power-play goal late in the second and then Einarson tallied early in the third. Einarson leads

the Lightning in goals (six) and points (10).

"Jack has been our leader offensively, for sure," Swanson noted. "He's also our leader in the dressing room as well. He's a quality young man and a quality hockey player."

Logan Calder gave Central Plains a 5-2 lead but the Interlake came right back with goals from Einarson and James Maxwell.

Moffatt then iced the Capitals' win with an empty-net goal with just a second left in the third.

Adam Swan made 28 saves in the loss.

Interlake will host Central Plains this Saturday (7:30 p.m.) in Teulon and then will play Pembina Valley on Sunday (2:30 p.m.) in Morden.

"Our guys are starting to show signs of believing in themselves," Swanson said. "We believe we can get wins in both of these games."

# Rams win varsity boys' vball tourney

By Brian Bowman

The Stonewall Collegiate Rams varsity boys' volleyball team won the St. James tournament last Saturday, defeating the Tec Voc Hornets 2-0 (25-19, 25-18) in the gold-medal game.

Stonewall reached the final after 2-0

playoff sweeps over St. Boniface Diocesan (25-22, 25-11) and St. James (25-12, 25-20).

The Rams finished with a stellar 5-1 record in sets during pool play. Stonewall swept St. James (25-16, 25-21) and Nelson McIntyre (25-19, 25-4) while

splitting with Kildonan East (13-25, 25-21).

Meanwhile, the Teulon Saints reached the final of the Raiders' varsity boys' volleyball tournament last Saturday, losing 2-0 to the Menno-nite College Blues in the gold-medal

game. Teulon lost the final by scores of 25-18 and 26-24. The Saints earned a berth into the finals after defeating the Melita Marauders 2-1 (25-21, 16-25, 15-10) in a semifinal matchup.

In pool play, Teulon was a perfect 4-0 in matches.

## Manitoba Hockey Standings

MANITOBA JUNIOR HOCKEY LEAGUE							
GP	W	L	OTL	PTS	GF	GA	
Steinbach Pistons	12	12	0	0	24	59	18
Winkler Flyers	13	10	3	0	20	55	31
Portage Terriers	12	9	3	0	18	58	47
OCN Blizzard	12	8	3	1	17	39	29
Selkirk Steelers	15	8	6	1	17	54	53
Virde Oil Capitals	14	7	5	2	16	34	35
Winnipeg Blues	13	5	6	2	12	47	44
Neepawa Natives	13	5	8	0	10	35	47
Swan Valley Stampede	11	3	8	0	6	22	43
Dauphin Kings	13	2	9	2	6	30	54
Waywayseecappo Wolverines	12	1	11	0	2	34	66

MANITOBA MAJOR JUNIOR HOCKEY LEAGUE							
GP	W	L	OTL	PTS	GF	GA	
Stonewall Jets	9	7	2	0	14	51	29
Charleswood Hawks	8	6	1	1	13	30	23
St. James Canucks	10	6	3	1	13	40	37
Pembina Valley Twisters	10	6	3	1	13	37	32
St. Boniface Riels	9	5	3	1	11	29	32
Ft. Garry/Ft. Rouge Twins	10	4	4	2	10	39	43
St. Vital Victorias	10	4	5	1	9	39	45
Raiders Jr. Hockey Club	10	4	5	1	9	36	33
Transcona Railer Express	10	3	7	0	6	35	45
River East Royal Knights	10	3	7	0	6	28	45

KEYSTONE JUNIOR HOCKEY LEAGUE							
Central Division							
GP	W	L	OTL	PTS	GF	GA	
Peguis Juniors	5	3	2	0	6	33	31
Fisher River Hawks	2	1	1	0	2	13	18
Arborg Ice Dawgs	3	1	2	0	2	9	11
South Division							
GP	W	L	OTL	PTS	GF	GA	
Selkirk Fishermen	5	5	0	0	10	32	4
St. Malo Warriors	5	4	0	1	9	32	22
North Winnipeg Satellites	4	2	2	0	4	13	20
Lundar Falcons	4	0	4	0	0	12	25
North Division							
GP	W	L	OTL	PTS	GF	GA	
OCN Storm	3	2	1	0	4	31	16
Cross Lake Islanders	5	1	3	1	3	25	30
Norway House North Stars	2	0	2	0	0	6	29

AAA MIDGET HOCKEY LEAGUE							
GP	W	L	OTL	PTS	GF	GA	
Wild	9	8	0	0	17	42	12
Yellowhead	9	7	1	0	15	40	25
Thrashers	9	7	2	0	14	40	19
Central Plains	10	5	4	1	11	41	34
Southwest	8	5	3	0	10	30	24

Pembina Valley	9	5	4	0	10	35	22
Eastman	9	5	4	0	10	32	21
Brandon	8	4	4	0	8	24	24
Parkland	10	4	6	0	8	31	43
Kenora	10	2	5	0	7	29	46
Interlake	8	2	5	0	5	17	41
Norman	11	0	10	0	1	19	69

AAA CITY MIDGET HOCKEY LEAGUE							
GP	W	L	OTL	PTS	GF	GA	
Winnipeg Monarchs	7	7	0	0	14	62	3
Eastman Selects	5	4	1	0	8	27	16
Winnipeg Warriors	5	3	2	0	6	21	19
Winnipeg Hawks	6	2	3	1	5	31	20
Winnipeg Sharks	5	1	3	0	3	7	14
Interlake Lightning	6	0	6	0	0	15	56

AAA BANTAM HOCKEY LEAGUE							
GP	W	L	OTL	PTS	GF	GA	
Winnipeg Monarchs	7	7	0	0	14	62	3
Eastman Selects	5	4	1	0	8	27	16
Winnipeg Warriors	5	3	2	0	6	21	19
Winnipeg Hawks	6	2	3	1	5	31	20
Winnipeg Sharks	5	1	3	0	3	7	14
Interlake Lightning	6	0	6	0	0	15	56

MANITOBA FEMALE MIDGET HOCKEY LEAGUE							
GP	W	L	T	OTW	OTL	Pts	
Winnipeg Avros	6	4	1	-	1	-	10
Westman Wildcats	6	4	1	-	-	1	9
Yellowhead Chiefs	7	4	3	-	-	-	8
PV Hawks	5	3	1	-	1	-	8
Norman Wild	7	1	5	-	1	-	4
Eastman Selects	5	1	2	-	-	2	4
Central Plains	3	1	1	-	-	1	3
Interlake Lightning	5	-	4	-	1	-	2

MANITOBA HIGH SCHOOL HOCKEY							
Winnipeg Free Press #2							
Division	GP	W	L	OTL	PTS	GF	GA
West Kildonan	4	2	0	0	10	18	10
Fort Richmond	4	3	0	1	10	20	11
J.H. Bruns	6	1	3	0	7	22	27
Springfield	2	2	0	0	6	14	6
Westwood	2	2	0	0	6	10	7
Transcona	5	1	1	3	6	17	19
Garden City	2	1	1	0	3	11	8
College Jeanne Sauve	3	1	2	0	3	7	11
Lorette	4	0	3	0	2	10	20
Stonewall	4	0	3	1	1	11	21

STATS AS OF TUESDAY, OCTOBER 25

# Stovin stellar to lead Bisons to pair of road wins

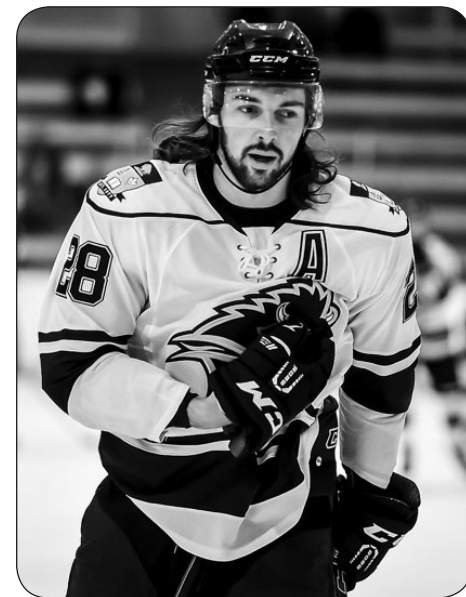
Staff

Brett Stovin scored once and had three assists to lead the Manitoba Bisons to a 6-3 win over the Cougars Saturday evening in Regina.

Stovin, a Stony Mountain product, assisted on the Bisons' first three goals of the game and then tallied a power-play goal in the second period to give Manitoba a commanding 6-3 win.

Stovin, a former Stonewall Collegiate student-athlete, also had a goal in the Bisons' 5-1 victory over Regina on Friday. He now has two goals and five points in four games.

Manitoba (2-2-0) is back in action this weekend with two home games against the UBC Thunderbirds.



Brett Stovin

# Wildcats win JV girls' volleyball tourney title

By Brian Bowman

The Warren Collegiate Wildcats played some outstanding volleyball on their way to winning the Garden Valley junior varsity girls' tournament on Saturday.

After losing the first set in their championship match 25-15 to the No. 1-ranked Green Valley Pirates from Grunthal, Warren roared back to win the next two sets 25-18 and 15-9.

"It was outstanding, the girls were on fire," said Wildcats' coach Tyler Oliver. "The girls are an amazing group of athletes and I'm pretty confident that if we get through our zones that we can be provincial champions."

Oliver said the Wildcats had some early-game nerves but played with more confidence after losing the opening set.

Warren reached the finals after easily defeating fifth-ranked Steinbach Christian 2-0 by scores of 25-10 and 25-10.

Warren earned a bye into the semifinals after finishing their pool play with a perfect 4-0 record in matches. The Wildcats swept Garden Valley (25-18, 25-11), Killarney (25-20, 25-11), Niverville (25-17, 25-15) and Rosenort

(25-22, 25-16).

Oliver said the Wildcats have plenty of athleticism on this year's team.

"We have some outstanding girls that absolutely crush the ball," he said, noting their team has previously reached the semifinals of two tournaments this season. "A lot of them play on the varsity team as well."

Playing on both Warren's JV and varsity teams in the same season has meant a lot of volleyball for the players. It should be a big boost to their development.

Warren has already proven that they can beat teams that are below them in terms of talent. The key for the Wildcats, said Oliver, is learning to beat the elite JV girls' teams in the province.

"The Grade 10 girls are a special group of athletes," Oliver stressed. "In all of the years that I have been coaching, I have never coached a group of athletes like this."

"In my opinion, they are going to be provincial stars all the way through Grade 10, 11 and 12."

Warren will be looking to continue its winning ways this week with several games. The Wildcats played at a Gimli tournament his past Tuesday



TRIBUNE PHOTO SUBMITTED

Back row, left to right: Alex Chester, Laura Brad, Hailey Friesen, Payton Janke, Jenn Fossay, Mackenzie Turner, Joy McCutcheon; front row: Hannah France, Grace Goodman, Jacee Turner, Madeline Boonstra, and Jordan Crooks.

and then was scheduled to play a match against Westwood yesterday.

This Friday and Saturday, Warren

will visit Portage la Prairie for a tournament.

# Stonewall Blues win gold



TRIBUNE PHOTO SUBMITTED

The Stonewall Blues 12A1 PeeWee boys hockey team won the Rob West Fall Classic Hockey tournament, defeating MacDonald 3-2 in the finals last Thursday. The Blues were undefeated in the round robin, beating the R.E. Royals Grey 5-1, Springfield Ice Hawks 3-1, St. Boniface Seals 9-0, and the SW Kings 5-2. In the semifinals, they beat the R.E. Royals Black 3-1. Pictured, back row, left to right: Austin Lourenco, Todd Faragher (coach), Tristan Shore, Aiden Singh, Niels Kaczorowski (coach), Liam Wheddon (coach); middle row: Hayden Wheddon, Carter Bassett; front row: Jace Woods, Dexter Reid, Alex Kaczorowski, Rylan Slatcher, Gaige O'Neill, Dylan LeClair, Peyton Bateman, Hayden Myskiw and Hayden Faragher. Missing from the photo are Ty Woods and Cory Woods (coach).

# Provincial bound



TRIBUNE PHOTO BY BONNY MCRAE

Marquette's Sara Oliver and her Assiniboine Memorial Curling Club team skipped by Laura Burtnyk, earned a berth into the provincials at the Canola Junior Women's Fall Berth Bonspiel in Stonewall last weekend.

After losing to Elmwood's Meghan Walter 7-5 in the first game of the bonspiel, Burtnyk came back to win the next five games. She defeated Winkler's Brooke Friesen 7-3 in the finals. The provincials will be held Jan. 1-6 at the Pembina and the St. Vital Curling Clubs.

Pictured from left to right: Coach Scott Grant, lead Rebecca Cormier, second Sara Oliver, third Hailey Ryan and skip Laura Burtnyk.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Nychyk inducted into Manitoba Baseball Hall of Fame and Museum

### Staff

The Manitoba Baseball Hall of Fame and Museum has inducted many great players and coaches over the years.

And they just added another great in St. Andrews' Dave Nychyk.

Nychyk was one of nine individuals named as a 2017 inductee this past Monday. He will be joined by Charlie Argue, Vince Eastman, Orville Renwick, Shaun Cory, Don Schmall, Lane Curry, Gord Paddock and Peter Thomson.

The teams inducted include the Neepawa Farmers (1993-1997) and Ebb and Flow Lakers (1990-1996).

Going into the hall in the Special Category are Bob Boyce-umpire, the Eastern Manitoba All Stars 1978, and Gilbert Plains Legion Bantams 1965-

68.

Nychyk's baseball resume is a lengthy — and impressive — one.

He has over 35 years of experience with baseball in Manitoba as both a player and coach.

Nychyk played on six provincial-champion teams from Midget to Senior "AAA" and is a two-time Western Canadian Senior champion with the 1990 Teulon Cardinals and 2002 Elmwood Giants.

He was also an all-star wherever he played — highlighted by being named tournament MVP — at both the 1985 Midget Provincial championships and the Senior "AAA" 1990 Westerns.

From 1989-95, Nychyk enjoyed an outstanding career playing and coaching U.S. college teams. He was also a member of the 1995 Manitoba

all-star team that defeated the Canadian national team.

In 1992, Nychyk founded the Legion 141 Senior Baseball Club and served as vice president of the North Winnipeg Baseball Association for eight years. He was the recipient of the annual Manitoba Junior Baseball League's Brian Domes Award in 1995 for dedication to baseball in Manitoba.

In 2013, Nychyk was named Baseball Manitoba's High Performance Coach of the Year. He now coaches the Winnipeg Junior Goldeyes Baseball Academy, supported by Home Run Sports.

The Manitoba Baseball Hall of Fame will hold its 21st-annual induction banquet on June 3 (5 p.m.) at the Morden Event Access Centre.



Dave Nychyk

## Baseball Manitoba announces 2016 award winners

### Submitted by Baseball Manitoba

The baseball season is now over and it is time to recognize the accomplishments of all that were involved throughout the season and to thank those that have contributed to a successful year.

Baseball Manitoba will be hosting its annual awards banquet Nov. 19 starting at 6:30 p.m. at the Holiday Inn Airport West in Winnipeg.

Here is a list of those receiving awards, with their 2016 teams and hometowns. Tickets for the banquet may be purchased through the Base-

ball Manitoba office for \$65 each.

For more information, please contact Baseball Manitoba at 204-925-5763.

Baseball Manitoba 2016 Award Winners

Grassroots Team of the Year - Winkler 13U AA - South Central

H/P Team of the Year - Minor - Team Manitoba 16U Girls - Provincial Team Manitoba

H/P Team of the Year - Major - Wawanesa Brewers - Southwest Senior

Grassroots Coach of the Year - Jeff & Kerry Trager (Winnipeg) - Winnipeg South

H/P Coach of the Year - Nik Grenier and Jamieson Krentz - Carillon - Ile des Chenes and Steinbach

Challenger Player of the Year - Evania Diaz-Rojas - Winnipeg

Female Player of the Year - Kailtyn Heppner - Winkler - South Central

Pee Wee Player of the Year - Juni Song - Winnipeg - Winnipeg South

Bantam Player of the Year - Isiah Letkemen - Altona - South Central

Midget Player of the Year - Cody Bartel - Blumenort - Carillon

Junior Player of the Year - Colton Boudreau - Lockport - Elmwood Gi-

ants.

Senior AA Player of the Year - Curtis Plett - Wawanesa - Wawanesa Brewers

Volunteer of the Year - Kristal Benton - Winnipeg - St. James

Youth Umpire of the Year - Riley Nordman - Winnipeg - Winnipeg South

Umpire Award of Merit - Kevin Kozielic - Winnipeg - Winnipeg South

Honour Society - Rodger Sheldon - Ste. Rose - Parkland, Mo Gervais - Winnipeg - St. James, and Mike Anderson - Winnipeg - Winnipeg South.

## Balmoral Judo Club wins medals in Brandon

### Staff

The Balmoral Judo Club is back on the mat.

The local club attended its first tournament of the season in Brandon last Saturday. Nine members of the Balmoral Judo Club competed and all fought extremely well.

"I was very pleased with the performance of all the judoka and their hard

work," said instructor Milton Good in an email.

Competitors from Manitoba, Ontario, and Saskatchewan were in attendance.

The Balmoral Judo Club results included:

- U10 boys and girls mixed gender. (This is participation division so no official placing but all get a medal).

Corbin Goddard -29 kg, Colton Katcher -35 kg, and Erin Sullivan -32 kg

- U12 boys and girls mixed gender Natalie Taylor -55 kg Silver

- U14 girls -48 kg Sarah Robertson silver

- U14 girls -44 kg Eve Lawrence silver

- U14 boys -46 kg Michael Sullivan silver

- U 16 boys -60 kg Colby Taylor silver

- U16 girls -52 kg Emily Rogowsky silver

The next tournament for the local club will be the St. Boniface Open on Nov. 19 in Winnipeg.



# Classifieds

Stonewall Teulon  
Tribune

Book Your Classified Ad Today - Call 467-5836 or Email igrphic@mts.net

### METAL RECYCLING

Autos, farm scrap, brass, copper & batteries wanted. 47 Patterson Dr. Stonewall Industrial Park. Interlake Salvage & Recycling Inc. 204-467-9344.

### HOUSES FOR SALE

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Be in your new house by fall! 1584 & 1638 sq. ft. RTMs ready for delivery. Pictures, floorplans available at wgiesbrechthomes.ca. Custom builds also available. For additional information call 204-346-3231 or email wilbert@wghomes.ca

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

### SHOP FOR RENT

Space in heated shop for rent near Stony Mountain. Price depending on space required & usage & length of time. 16'x14' O.H. door & heated floor. James 204-782-5590.

### CONDO FOR SALE

SomerEstates - condo available for immediate possession. Affordable, quiet country living in Somerset, MB. 2 bdrm. 55+ condo, attached garage, appliances. \$60,000-70,000 Life Lease with \$975 monthly fees. Contact: Denis-204-744-2805 d e n i s s a v a r d @ m y m t s . n e t , D o n n a - 2 0 4 - 7 4 4 - 2 1 1 4 donhow64@gmail.com

### APARTMENT FOR RENT

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

### FIREWOOD

Cord wood for sale. 2 yr. old dry seasoned wood, stove length cut & split or 4' length. Can deliver. Ph 204-861-2330 or 204-886-3416.

### HELP WANTED

P/T Evening Short Order Cook at Pizza Den in Stonewall. Some experience an asset. Send resume to robert.magnifico@gmail.com or call 204-799-2423.

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

Medical Transcription! In-demand career! Employers have work-at-home positions available. Get online training you need from an employer-trusted program. Visit: CareerStep.ca/MT or 1-855-768-3362 to start training for your work-at-home career today!

### HELP WANTED

South Interlake Regional Library, Teulon Branch is looking for a Part-time Library Technician. Are you passionate about making your community a better place? Would you like to introduce children to the wonders of the Library? Does information and technology interest you? If you think you're up to the challenge of library work this job may be for you! For full details see the job posting on the library web site at www.sirlibrary.com

### BUSINESS OPPORTUNITY

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### MISCELLANEOUS

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

### NOTICES

Winners of the 2016 Rosser Fire Department Cash Calendar October draws are as follows: \$500 Jennifer McFee, \$200 Nicole Kapusta, 4 - \$25 prizes were awarded to Karen Kolosky, Brenda Forsythe, Shane Elliott and Natalie Kenal.

### UPCOMING EVENTS

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

### HEALTH

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

### GIVE AWAY

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

### CRAFT SALES

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

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

### HAY & FEED

Round hard core bales of alfalfa, brome & timothy. Horse & cattle hay avail. Ph 204-467-5078 or 204-461-0722.

### HAY & FEED

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

Alfalfa hay, excellent quality. 5x5 round, hard core bales. Call 204-322-5590.

### STRAW

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

FLAX STRAW, \$2.50/BALE. CALL DEAN AT 204-461-0870

### FARM PRODUCE

Potatoes, vegetables, pumpkins, squash & bird seed available. Interlake Potato Farms 204-886-2676.



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Stonewall Teulon Tribune Call 467-5836

### McSherry Auction Estate & Moving Sale

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www.mcsherryauction.com

### McSherry Auction

Annual Fall Vintage Service Station & Coca Cola Collectibles Auction  
Saturday, Oct. 29 10:00 am  
Stuart McSherry Stonewall, Manitoba (204) 467-1858 or (204) 886-7027



### Interlake School Division invites applications for the following Educational Assistant positions:

- STONY MOUNTAIN SCHOOL - 3 hrs/day
- GROSSE ISLE SCHOOL - 3 hrs/day
- WOODLANDS SCHOOL - 3 hrs/day

Apply directly to the school. Applicants must have a minimum of a Grade 12 education. Rate of pay will be as per the current I.A.N.T.E. Collective Agreement. Employment to commence as soon as possible.

Applications are to include a complete resume and three references. Closing date for receipt of applications is November 2, 2016, 12:00 noon.

### NOTICE OF HEARING

#### UNDER THE HIGHWAYS PROTECTION ACT THE HIGHWAY TRAFFIC BOARD

Notice is hereby given that a hearing of the Highway Traffic Board will be held on Tuesday, November 8, 2016 at 10:00 a.m. in Room 204-301 Weston Street, Winnipeg, Manitoba.

#### PERMITS - PART I - SECTION 9 H.P.A. AND PART III - SECTION 17 H.P.A. 2/067/193/A/16 - JEFF SLATCHER

Application to Relocate Access Driveway for Joint Use (Agricultural) onto P.T.H. No. 67, N.E. 1/4 23-13-1E, R.M. of Rockwood.

The Highway Traffic Board will be prepared to consider all submissions, written or oral, on the above applications by contacting the A/Secretary prior to or at the hearing.

200 - 301 Weston Street Winnipeg, MB R3E 3H4 Phone: (204) 945-8912  
Michelle Slotin, A/Secretary THE HIGHWAY TRAFFIC BOARD  
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# Announcements

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**ANNOUNCEMENT**

**BIRTHDAY**



**Happy 90th Birthday  
George Griffin**  
You are invited to come and celebrate with him at a Come & Go Tea on Saturday, November 5, 2016 from 2 - 4 p.m. at the Woodlands Community Hall. No gifts please - just the pleasure of your company.

**ANNOUNCEMENT**

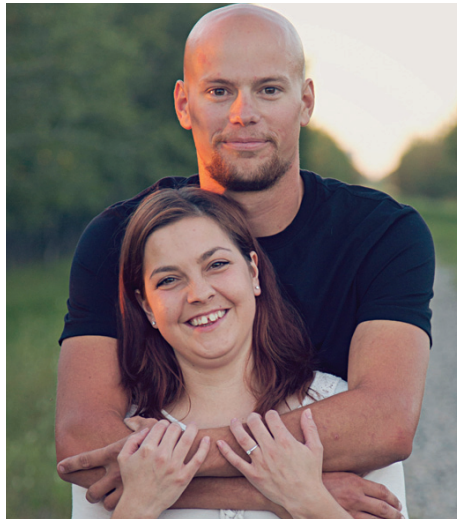
**ENGAGEMENT**



Sheila and Don Connelly are proud to announce the engagement of daughter Chelsey, to Micheal Green. We are honored to formally welcome him to our family. Social in Teulon on May 13, 2017, see them on Facebook.

**ANNOUNCEMENT**

**ENGAGEMENT**



Family and friends would like to announce the engagement of Allison Stefaniuk and James Tronrud of Teulon. A wedding social will take place at the Teulon Rockwood Centennial Hall on November 12, 2016 with a spring wedding to follow. Congratulation Allie and Jay!

**ANNOUNCEMENT**

**CARDS OF THANKS**

Dave and Marjorie Shepell and family would like to sincerely thank our relatives and friends for the many cards and letters of sympathy during the loss of our son, brother, father, and papa - Gerald Shepell. A grateful thanks to everyone who attended the service and to those who brought meals and food to our home. Special thanks to Dr. Pinniger from Stonewall for his assistance and also to the nurses and doctors at HSC Intensive Care Unit. Finally, to Mona Johnson, a heartfelt thanks for her assistance.

**ANNOUNCEMENT**

**CARDS OF THANKS**

Thank you to all my family, in-laws and friends who filled the Gunton Hall for my 80th. The gifts and cards were unexpected. To Kathy Campbell for taking over serving. Special thanks to our kids Dana, Walter, Duncan and Cameron Stewart and Darci, Kenny, Ella and Alexa Loehmer.

-Frank Dziedzic

**ANNOUNCEMENT**

**CARDS OF THANKS**

We'd like to thank our family and friends who helped us celebrate our 60th Wedding Anniversary. Thank you for all the cards and flowers and a special thank you to our sons and their families for organizing such a heart warming gathering.

-Ruth and Gordon Watson

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