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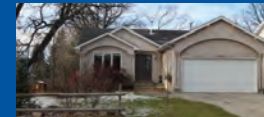
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Stonewall Teulon Tribune

VOLUME 8 EDITION 44

THURSDAY, NOVEMBER 2, 2017

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Halloween rock stars

TRIBUNE PHOTO DARLENE PROCHNER

Balmoral Elementary students, left to right, Kaitlyn Prochner, Bronsen Slater, Dallas Slater and Connor Prochner dressed up as KISS band members Starchild, the Demon, Space Ace and The Catman.

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

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Old fashion charmer 3 bdrm on 100 x 120 ft lot with mature trees, Improvement includes: roof; kitchen; windows; furnace with central air.

Advocating for equitable access to disability tax credit

By Jennifer McFee

A former Woodlands resident is speaking out about her experiences with Type 1 diabetes to draw attention to issues surrounding the disability tax credit and coverage for insulin pumps.

Jessica Williams was 10 years old when she was diagnosed with Type 1 diabetes. Now 23, she has spent more than half of her life keeping a close watch on her health.

She was happy to get a new insulin pump in the mail last week since her previous one stopped working. She had been stressing about how she would pay for the \$7,200 piece of medical equipment until she got the good news that her boyfriend's workplace health plan would cover the costs.

Many other people are not so lucky — and they are also feeling the impact of changing practices surrounding the disability tax credit.

Andrea Kwasnicki, Diabetes Canada's regional director for Manitoba and Nunavut, said that someone living with Type 1 diabetes spends anywhere from \$10,000 to \$15,000 on out-of-pocket expenses each year. For those that qualify, the federal disability tax credit gives a \$1,500 tax break to help offset those costs.

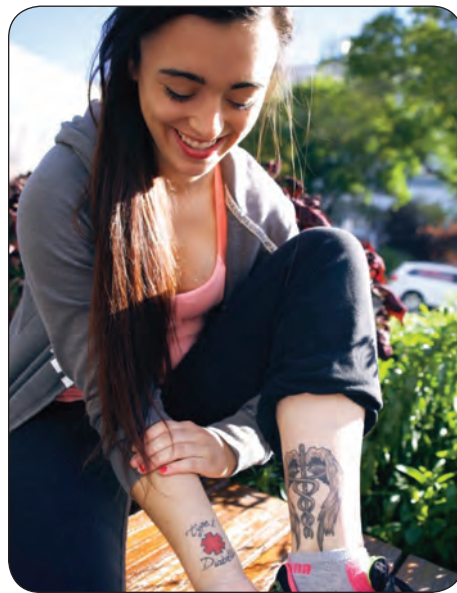
The problem is that it's becoming more and more difficult to qualify for that credit.

"What our constituents have noticed since May of this year is that it is becoming more difficult with people living with Type 1 diabetes to be approved for the disability tax credit. It's not that they are eliminating it. It's just that it seems to have become a little more challenging in order for individuals to meet the criteria to qualify for that disability tax credit," Kwasnicki said.

"To qualify, you need to be investing a minimum of 14 hours per week on your therapy, and the therapy needs to be life-sustaining. So even though you can say that you are on insulin and you need to test your blood sugars and count your carbs, those aren't necessarily the steps that they are taking into consideration for the calibration of the time."

Recent changes in Canada Revenue Agency practices has resulted in a drastic reduction of disability tax credit approval for people living with Type 1 diabetes.

"What we're understanding is that government has now said that because of all the advanced therapies that are available, there is less time required. For example, they say insulin pumps are making the management



TRIBUNE PHOTO SUBMITTED

Jessica Williams showcases her medic alert tattoos.

of your diabetes so much easier and it allows a lot more freedom," Kwasnicki said.

"That being said, it increases your time for management. It maintains your blood glucose levels in better form; however, it takes longer to calculate to ensure that those levels are maintained."

For Williams, it's hard to imagine life without an insulin pump, a medical device that is only covered in Manitoba for people under 18.

"With an insulin pump, I don't have to give needles all the time. Instead of



TRIBUNE PHOTO SUBMITTED

She was diagnosed with Type 1 diabetes when she was 10.

getting five needles every day, I get one needle every three days. It increases control because you have the controls right at your fingertips," she said.

"I was in tears when I found out my boyfriend's work would cover the costs. I was so happy. I thought I would have to back on needles because I wouldn't be able to afford a pump. Besides the one-time cost of buying the machine, the supplies cost \$500 every month. It definitely helps to have that tax benefit because we all have to put out so much money just to have a somewhat normal life."

Williams plans to participate in an advocacy initiative at the Manitoba legislature on Nov. 8 and 9 to speak to MLAs about the importance of extending insulin pump coverage to people of all ages.

In addition, Diabetes Canada encourages people to reach out to their members of Parliament to bring up the issue with the federal government.

"We're encouraging people to write to their MPs and explain to them that with Type 1 diabetes, the management is more than just 14 hours a week," Kwasnicki said. "Certainly with Type 1, it's 24-7. It doesn't go away."

For more information, visit the Diabetes Canada website at www.diabetes.ca or the JDRF website at www.jdrf.ca.

PUMPKINS IN THE PARK:

Sunday, November 5th,
4:00 pm - 8:00 pm



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

All pumpkins will be responsibly composted.

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Thanksgiving gratitude

By Jennifer McFee

This Thanksgiving, Russ and Megan Schwartz brimmed with gratitude thanks to some unexpected good news they received right before their family festivities.

For more than a year, the hospital has been like a second home for the couple. Shortly after their son Caius celebrated his second birthday last August, doctors discovered a large tumour growing in his brain.

After his initial diagnosis, the youngster underwent a risky surgery and has spent the last year undergoing chemotherapy treatments, both in the hospital and at home.

Then a few weeks ago, the family received a phone call from the oncologist saying that the boy's latest brain scan showed no evidence of the tumour.

"We were so happy that our oncologist called us back. He said they had reviewed his scan that week with all the other oncologists and he had talked personally to the radiologist. They said that basically his scan was all clear with no cyst on his spine and no sign of tumour in his brain," said Russ Schwartz, who grew up north of Stonewall.

"It was fantastic news that we weren't really expecting. Megan and I were sobbing after the phone call. It doesn't necessarily mean he's cancer-free, but as far as they can tell from the scans, there's no evidence of tumour."

Since the tyke's previous scans had remained unchanged, even the experts didn't expect the positive results in early October.

"The other oncologists were asking if they were looking at the right scan and the right patient because they were so surprised by the result," Schwartz said.

"After we got the news, we felt so much freer. We felt like we could breathe a little bit easier and we could think a little bit further ahead into the future."

For now, Caius is still undergoing at-home chemo treatments, and he likely will continue with them for the next two years.

"He is such a rock star. There is so much that could have affected him developmentally, but for the most part, he's just like any other three-year-old kid. He still has the gastro tube in stomach, which is basically like a button that sticks out of his skin that we plug a tube into to give him



TRIBUNE PHOTO SUBMITTED

Megan and Russ Schwartz received the best news any family could hope for when the oncologist called Thanksgiving weekend to say that their three-year-old son Caius's brain scan showed no evidence of the tumour.

some extra calories and his meds," Schwartz said.

"Otherwise, he started going to preschool two days a week for a couple hours. He had a tough time leaving his mom, but he's starting to talk about the new friends he's meeting there."

Like many other preschoolers, Caius loves Peppa Pig, Backyardigans and Dora the Explorer — but his favourite focus is his eight-month-old baby sis-

ter, Emlyn.

"She was born on Feb. 26 on my birthday, which was an awesome gift. She basically spent her first couple months at the hospital with us and with Caius. She's been a little angel," Schwartz said.

"Caius loves being a big brother. He always tells us 'I love her so much.' It's so sweet. We have so much to be thankful for."

Happy retirement



TRIBUNE PHOTO BY NATASHA TERSIGNI

A celebration tea was held in honour of two long-serving RBC Stonewall Branch employees last Monday. Cathie Slatcher, left, spent 33 years at the branch in Stonewall. She began her career as a typist and worked her way up to her current position as a client advisor. Gary Dyck, financial planner, worked the last 20 of his 32 years at the Stonewall branch.

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Stonewall Remembers with Women in War exhibit

By Natasha Tersigni

During the First and Second World Wars, more than 1.7 million Canadian soldiers served their country. When the enlisted men travelled overseas to fight, they left behind mothers, wives and sisters. For the women who remained, while they did not carry weapons or face the enemy directly, their daily lives were consumed with war, just like the men who served.

To recognize the women who served on the home front during the wars, the Stonewall Municipal Heritage Committee dedicated this year's Stonewall Remembers exhibit to Women in War. The exhibit details women's efforts from volunteer work that was done back home to fundraising for the wars through selling bonds to what it was like having to live with food rations.

"In the past, we have focused on World War I, World War II and then everybody that served. We got to thinking about a different angle. The world

wars were truly all-encompassing, so we wanted to look at it from a slightly different perspective. The Canadian War Museum in Ottawa had done an exhibit about Women in War a few years ago and that was really well done. That got us thinking we could do that with a Stonewall twist," explained Quarry Park Heritage Arts manager Catherine Precourt, who added that the exhibit will be on display for the public until Nov. 20 at Heritage Arts Centre.

As you work your way through the gallery, there is a large installment of local ads and propaganda articles from local papers that encourage women to support the war efforts at home.

"While they weren't on the frontlines, the war encompassed everything and was everywhere. We went through past issues of the *Stonewall Argus* and we found local ads that targeted women and children. One ad said 'We don't want Hitler teaching your children,'" added Precourt.

The exhibit also looks at local women who served in the military and the progression that the Canadian Armed Forces went through to have women serve. During the First World War, more than 2,800 nursing sisters served in the Canadian Army Medical Corps providing care to the sick and wounded. This was the only role that Canadian women were allowed to serve in.

During the Second World War, women again were permitted to serve as nurses and they were now commissioned officers. As well, over 50,000 women enlisted to serve in the military in non-combat related roles and trades.

Following the Second World War, the military began shutting down women's organizations. However, with the onset of the Cold War and Korean War, matched with a personnel shortage, servicewomen were soon welcomed back into the ranks. The last barri-



TRIBUNE PHOTO SUBMITTED

This year's Stonewall Remembers exhibit at the Quarry Parks Heritage Arts Centre focuses on Women in War and the roles they took on both at home and with the military during wartime. During the Second World War, two Stonewall women, Joan Saundry (Henderson), left, and Lily Bishop (McEwan), were Miss Canadas and joined the national effort to raise money for the military by selling saving stamps.

er for women serving in the Canadian military was lifted in 2000 when women were allowed to serve on submarines.

Along with the exhibit, the Stonewall Municipal Heritage Committee will be holding a candlelight vigil on Nov. 10 at Stonewall Cenotaph to recognize the sacrifices that all local soldiers made.



**Warren Elementary School
Auction Fundraiser
Thursday, November 9th
6pm-7pm at WES Gym**

Also come out for a GM Test Drive 11am-6pm

WES will get \$20.00 for each person who completes a test Drive.

There will be 7 vehicles available!

*All participants will fill out a registration form when they arrive.

**Come out & support the construction
of a new playground at our school!**

~Free Hot Dogs & Drinks~ ~Silent Auction~

**Goods & Services Auction Item List
auctioned by McSherry Auction Services:**

1. Mr. Perogy - 30 Dozen Perogies & Deep Fat Fryer
2. Walsh Electric - \$400 in Electrical Services & supplies
3. Lj's - Pizza, Salad, and Wings Special
4. Warren Esso - Two hours of labour
5. Bait BoyZ - All inclusive catfishing trip at Lockport in the spring, for four people 2018
6. Wes Hird Trucking - One Load (20 Yards) of Gravel or 1/4 down
7. WCI - Custom Jets Crib board
8. Silvertip Sport and Promotion - Assorted Clothing
9. Northern Terrain - 8hr heavy machinery callout.
10. Lisa Nield - Sweet Legs gift certificate.
11. Rubber Ducky Resort - Camping Package
(Camping, bumper boats, propane, mini-golf)
12. Rosser Woodlands Recreation - Swimming lessons for two Children.
13. Todd Alexander - MAC Tool Stuff
14. Riddell Seed - 50kg of grass seed.
15. EECOL Electric - Assorted Clothing
16. Korner Kuts - 2 children's haircuts
17. Backcountry Fitness & Conditioning -
30 days of Bootcamp classes(3 classes per week)
18. Canital Granite LTD - 4' Granite or quartz vanity
19. Crissy Debin - Custom Birthday Cake
20. Joey and Chantelle - Ducks Unlimited print.
21. Josh Schellenberg - 1 Hour Massage
22. Melissa Cyr - 3 hr house cleaning
23. Face Production - Marketing , Planning, Management.
24. Brandt Tractors - 9 Manitoba Moose Box seat passes.
25. AF Rentals - 3 hour small bouncer rental & 4 hour Warren Hall rental

**Please come out and enjoy the day and
help us with our playground fundraiser!**

Rosser council news in brief

By Jennifer McFee

At the Oct. 24 meeting, Rosser council prepared for the Board of Revision, which will be held on Nov. 2 starting at 9 a.m. Scott Corbett, Angela Emms, Kelvin Stewart and Bob Brown were appointed to the Board of Revision, with Corbett as the residing officer.

In other Rosser council news:

- Rosser council approved a culvert crossing onto Davis Way.
- Council authorized the RM to make a final payment of \$2,152.50 to Brian Howelko as a financial contribution towards landscaping

work on 31 Parkland Rd.

- Council will purchase a silver-level table for the South West District Palliative Care 12th annual dinner gala dinner and dance, which is coming up in Stonewall on Nov. 25.

- Council agreed to grant Reeve Frances Smea a leave of absence until at least Oct. 24.

- The Nov. 14 regular council meeting has been rescheduled to Nov. 7 starting at 9 a.m. As well, the Nov. 28 regular meeting has been rescheduled to Nov. 21 starting at 6 p.m. The Dec. 26 regular meeting has been cancelled.

Stonewall Teulon
Tribune

What's Your story?

Do you have a suggestion for our news team? Is there someone you would like to see recognized in the newspaper for their accomplishments - athletic, academic or community service.

**Call 467-5836 or email
news@stonewallteulontribune.ca**

Pampered Chef fundraiser supports Breast Cancer awareness

Natasha Tersigni

Community members came out to the Woodlands Hall last week for Lori Anne Lobb's Pampered Chef fundraiser. Funds raised are used for breast cancer research.

Eight years ago, after learning that her sister-in-law was diagnosed with breast cancer, the Woodlands resident decided to host a fundraiser to raise funds for research into the disease.

"I really want to raise money for research into breast cancer. I have held Pampered Chef parties in the past and I think the products are great. Pampered Chef does hold fundraisers and encourage fundraisers during the month of October, which is also Breast Cancer Awareness month. So, I thought it was a perfect fit to fundraise and sell the products," explained Lobb.

Normally hosts would earn 25 per cent of sales made from their party, but with her profits, Lobb donates the money to the Canadian Cancer Society for breast cancer research and education.

Over the years, her parties have grown and the Woodlands party is now ranked in the Top 10 across Canada for the most money raised from Pampered Chef parties throughout October.



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Woodlands resident Lori Anne Lobb cooks up a sweet treat during her Pampered Chef party held last week. As host of the party, Lobb donates all money from her sales, 25 per cent, to the Canadian Cancer Society for breast cancer education and research.

This year, Lobb invited clinical dietitian Beth Szuck, who works at the Winnipeg Regional Health Authority Breast Health Centre, to speak about the important role that diet plays in preventing and combating cancers.

"Researchers say that we can prevent breast cancer through lifestyle

and diet by 30 per cent. The important points that we like to emphasize are to be a weight that is healthy for you (not necessarily what you weighed when you were 18 years old); eat a healthy diet that is rich in plant food; limit alcohol intake; breastfeed if you can and quit smoking," said Szuck.

Lobb, who is a physiotherapist and the owner of Woodlands Physiotherapy Services, spoke on the importance of continued exercise.

"Exercise is super important. If you

are a lifetime exerciser, it increases your ability to fight cancer and decreases the incidents in which you will develop cancer. If you are diagnosed with cancer, exercise will help you cope with it better especially during chemotherapy treatments," said Lobb.

From this year's fundraiser Lobb donated \$6,625 to the Canadian Cancer Society. Over the past eight years she has donated \$26,483 from the sales at the Pampered Chef fundraiser.



Winnipeg Regional Health Authority Breast Health Centre clinical dietitian Beth Szuck spoke to guests on the important role that diet plays in preventing and combating breast cancer.



Lori Anne Lobb's annual Pampered Chef Party, held every October during breast cancer awareness month, raises funds for the Canadian Cancer Society for breast cancer research and education programs.

Join us for
Prime Rib Dinner
 Saturday, November 18th
 We will be closed Nov. 11 for Remembrance Day
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Tom Cruise
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Adult Accompaniment Under 14; Coarse Language; Mature Theme **14A**

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 SUN-MON, WED-THURS AT 8:30 pm

Gerard Butler
 Abbie Cornish

Language May Offend; Frightening Scenes **PG**

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getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL Enjoying a day off on the pier

Welcome, friends.

I gazed at the crests of silvery grey waves licking the top edge of the Hnaua pier then sinking away, making Unis Hanischuks's fish line snap as it cut through each peak. Standing beside her, I complimented her. She had driven from Winnipeg to sit for hours fishing with no one else on the pier. To her, this was a great way to spend her day off.

I had met her here a few weeks ago, and now as we talked, we watched commercial fishers heading for harbour, their skiffs' bows rising and falling through the choppy waves. Once behind the rock water break, they glided through placid water to the pier. I told Unis that lately I had been passing the time with our fishers at the harbours and most of them said the catch was fair this fall but the constant heavy south wind had made it a little hard on the arms. Anyway, in time, Unis and I said our goodbyes and I headed south to Breezy Point for a visit with the anglers there.

As I drove up to the parking lot where Netley Creek empties into the Red River, I saw a guy sitting on an upside-down pail. He looked like a well-conditioned football player in sweats, and though he said he was from Winnipeg, he seemed to have a slight South African accent. His constant ready smile complimented his easy way of talking. He introduced himself as Peter George saying, "You should have been here a little while ago. There was this guy fishing beside me and he had cast well out into the creek. Here came a boat and caught his line in the prop. His line popped out of the water and his rod sprang from his hand. That's a 50-pound

line," the neighbouring angler said as he stood up. "He's not going anywhere!" Apparently, then, the boat-er's head turned to his ailing motor and promptly shut it down, raising it. Waddling back around his family's legs, he leaned over the transom and began unwinding the angler's line from his prop. Finally, with the tangled line and rod in hand, the boat-er manoeuvred his craft to shore in front of the angler and tossed it back to him. Then, with a smile and mock salute, he pointed his boat toward open water and took off.

A short distance from Peter, I met a red-headed gal, Parra Small, who was fishing. Hearing Pete's story, she had one ready for us. Last winter, she was ice fishing by Buffalo Point in the Lake of the Woods with her family. They were cozy in their ice shack with a wood fire crackling in the stove and her dad decided to enjoy a big Boston Cream cupcake. Now there is no dignified way to eat these things, so soon his hands, face and rod handle were covered in dark brown chocolate and white whipped cream. The family teased him mercilessly until suddenly he got a bite. With what was left of the cupcake bulging from his mouth, he brought a big jackfish out of the ice hole just as he lost grip of the cake. It fell right on top of the flopping jack, splattering it with chocolate and cream. Reacting without thinking, dad tried to pick up his cake. Parra yelled at him, "Poppa, don't you put that back in your mouth. It's going in the garbage."

Not too long ago, I was at Hillside on the east side of Lake Winnipeg and ran into a terrific couple, Pat and Rick Dewar, who like to fish the



TRIBUNE PHOTO BY ARNIE WEIDL
Unis Hanischuk with her catch at the Hnaua pier.

bay here. Pat was a fine, thin lady with long white hair while Rick had a commanding, confident air about him. We traded fishing stories getting to know each other and I joked about their last name being synonymous with a famous Scottish drink. Rick's face lit up with pride! Soon they told how they were fishing here and had a string of fish floating in the water when along came a pelican. It cast a sideways glance at the delicacies and decided they were his. Rick could see what was about to happen and began yelling at the bird to go away. The pelican stopped, considered the situation and then half-swam, half-flew for the fish. Pat stood up and, with flailing arms, tried to shoo it away. Rick picked up the string of fish and rattled it about. That was a mistake; it drew the bird like a magnet. Thinking quickly, Pat pulled a small perch off the string and tossed out into the water. The pelican raced after it, pouncing on it as the Dewars beat a hasty retreat home! See you next week. Bye now.

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TROUBLE WITH PAPER DELIVERY?

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Gimli artist lands \$6,000 commission for National Dog Show painting

By Patricia Barrett

America's National Dog Show, an event sanctioned by the American Kennel Club, has commissioned a painting from a Gimli artist that will grace the cover of the show's program guide and other promotional materials, as well as introduce the artist's work to million-plus audiences tuning into televised coverage of the event.

Alec Baldwin, 24, submitted a painting of dogs to the Icelandic Festival's art contest in 2016 and won in the Best Acrylic category. He then made a poster of the painting and sent it to National Dog Show president Wayne Ferguson in February.

"My favourite dog is the beagle," said Alec, who showed the *Express* his extensive portfolio of work during a visit last week.

Alec's creative flair caught Ferguson's eye. He phoned Alec, thanking him for the poster, and asked whether he could get another copy (which he paid for) for his friend Kathy Carson, president of Carson International, a television production company based in Idaho. Carson will be covering the upcoming National Dog Show in Philadelphia, Pa.

Ferguson and Carson then asked Alec for a commissioned painting — similar to the poster he had sent them — they could use for the dog show's promotional materials. The dog show paid him \$6,000 for the work and will assume copyright.

"They wanted lanterns and a night scene," said his mom, Tanis. "And Alec put Philadelphia [city lights] in the background. He also put the last 15 dogs from Philadelphia that had won Best in Show. They wanted a fall scene because the dog show takes place around Thanksgiving, so that's why there are leaves in the painting. The original is framed and it goes in the Purina offices."

Despite living with a form of autism that causes speech difficulties, Alec has become an accomplished painter, specializing in dogs. He's currently broadening his repertoire with landscapes and portraits of other animals.

"I'm doing different things that people were suggesting to me instead of the seven groups [of major dog breeds]," he said.

He was upset by the killing of Cecil the Lion by a big-game hunter, a senseless slaughter that made international headlines in 2015, and he created a poignant watercolour of the mighty cat.

His depiction of dogs are not your run-of-the-mill dog portraits: they get to the heart of our canine friends' character, attitude, expression, emotion and sense of play.

In addition to capturing the attention of international dog lovers, Alec is earning a reputation for himself in the Interlake and beyond, creating portraits of dogs for their owners.

Although he gives most of his paintings away for free, he will earn \$200 for a painting of a Rottweiler that he's working on for an American dog owner.

"Whenever Alec gives all these paintings away, it's practice for him and it's motivated from his heart," said Tanis. "He wants to paint dogs to give away, and it's a learning process. He's also building a network and he's relationship building."

Alec showed the *Tribune* a stack of scrapbooks full of intricate drawings of virtually every dog breed, along with a cursive description of each dog.

"Since 2007 I did these," he said. "What I've got to do is make it art, and make it perfect and make the characters. I made some of the dogs cartoonish with different colours. I started making the character with pencil crayons."

Alec's artistic talent was nurtured by his parents after they experienced pushback from secondary and post-secondary educational institutions.

Tanis home-schooled Alec for grades 9, 10 and 11, but his artistic talent was evident long before that. When a teacher accepted something he drew in art class, Tanis made him re-do it.

"I know when kids are capable of doing something, and you're not doing them a favour by accepting something less than what they can do," she said. "And because he's special needs, people let him do whatever."



TRIBUNE PHOTO BY PATRICIA BARRETT

Alec Baldwin, with his beagle Copper, painted an amazing portrait of dogs for a Philadelphia Dog Show in November.

His expertise in dog portraits sprang from his love for dogs. Tanis bought him a how-to-draw dogs book, and

Alec drew every breed recognized by

Continued on page 10



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Canadian Patient Safety Week

Oct. 30 to Nov. 3

Submitted

Canadian Patient Safety Week is Oct. 30 to Nov. 3 this year.

Visit the Canadian Institute for Patient Safety at <https://is.gd/patient-safetyweek> for a listing of resources to help you work with your health care providers to better understand medication safety, how to advocate for yourself as a patient and how to get the most out of conversations with care providers.

One of the information pieces you can download is a handy card with five questions to ask about your medications when you see your doctor, nurse or pharmacist:

1. Changes? Have any medications been added, stopped or changed, and why?
2. Continue? What medications do I need to keep taking and why?
3. Proper Use? How do I take my medications and for how long?

4. Monitor? How will I know if my medication is working, and what side effects do I watch for?

5. Follow-up? Do I need any tests and when do I book my next visit?

This card, which the Institute for Safe Medication Practices created in partnership with the Canadian Patient Safety Institute, is available in a number of different languages. You can also visit the Manitoba Institute for Patient Safety website at www.mips.ca to download and print the "It's Safe to Ask Medication Card." Keeping an up-to-date medication list, including vitamins and over-the-counter products, is vital to your safety in emergencies and every day.

Interlake-Eastern RHA is a proud member of the Manitoba Institute for Patient Safety and is committed to adopting leading practices to improve patient safety. Visit ierha.ca and click on "About Us" and "Your Safety."

It's Safe To Ask*

5 QUESTIONS TO ASK ABOUT YOUR MEDICATIONS

when you see your doctor, nurse, or pharmacist.



1. CHANGES?

Have any medications been added, stopped or changed, and why?

2. CONTINUE?

What medications do I need to keep taking, and why?

3. PROPER USE?

How do I take my medications, and for how long?

4. MONITOR?

How will I know if my medication is working, and what side effects do I watch for?

5. FOLLOW-UP?

Do I need any tests and when do I book my next visit?

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*Medication reviewed by the Manitoba Institute for Patient Safety

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Rockwood council news in brief

Staff

At the Oct. 25 committee of the whole meeting, Rockwood council signed a memorandum of understanding with Corrections Canada for their continued work on the water pipeline that they are installing to Stony Mountain Institute.

These improvements will allow for a hookup for cross-over services in case there is ever an interruption to water supply to Stony Mountain or to the penitentiary.

In addition, council briefly discussed developing a secondary plan for Stony Mountain. However, further discussion is needed before any actions are taken.

"We believe Stony Mountain is poised to grow due to its location within the Capital Region so council wants to ensure a well-planned growth," said CAO Chris Luellman in an email.

The next council meeting is scheduled for Wednesday, Nov. 8 at 9 a.m.

OPEN HOUSE

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**Warren Hall on
November 15 at 7:00 pm**

Discussion:
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Manitoba Premier Brian Pallister unveils green plan

Manitoba proposed carbon tax set at \$25 per tonne for five years

By Natasha Tersigni

The long awaited Made in Manitoba carbon-pricing plan was finally unveiled by the provincial government last week that shows a flat carbon tax of \$25 per tonne of carbon over the next five years.

Using Oak Hammock Marsh as a backdrop and with Minister of Manitoba Sustainable Development Rochelle Squires by his side, Pallister billed his government's plan as a policy that "puts Manitobans first."

In early October, the federal government demanded that provinces impose a carbon tax by 2018 or one will be imposed. The proposed federal carbon tax scheme would be rolled out over five years with \$10 per tonne tax in 2018 and \$50 per tonne tax in 2022. Each year, the tax would rise \$10 per tonne.

Pallister countered the federal government's plan with a stable carbon tax at \$25 per tonne for the next five years. In Manitoba, the proposed carbon tax would be implemented on gasoline at approximately five cents per litre, as well as natural gas and coal. Electricity would not face the carbon tax since 98 per cent of electric power in Manitoba is derived from hydroelectricity.

Along with the carbon tax, other ways the province's policy plans to reduce carbon emissions include the requirement that diesel fuel contain at least a five per cent biodiesel content; setting an organic diversion target of 100,000 tonnes from landfills; phasing out the province's last coal-fired generating station; and implementing a rebate program that would retrofit heavy-duty diesel trucks.

"Our measurements show that our plan will be more effective over a five-year period both for the environment and for the economy. We know that for a fact. This is in large fact why we believe this 'Made in Manitoba' is best

for Manitoba," explained Pallister.

When asked for specific examples of data used to come up with the price tag of \$25 per tonne tax, Pallister said more data and evidence will be announced in the coming months and closer to next year's provincial budget announcement.

"I am appealing to people around the province to have a look at our plan and to comment on it. If they are favourable to our plan, then it will be difficult for Ottawa to evoke theirs on our province."

One industry that would be exempt from the tax would be the agriculture industry. The province will not directly target a reduction in emissions produced by the agriculture sector and the carbon tax will not apply for fuel used in farming operations.

"Farm fuel has been exempted for our farm producers and that is a good start. Part of the consolation process is what this plan will look for our hog barns and dairy producers as well," said Lakeside MLA and Agriculture Minister Ralph Eichler, who was in attendance at the announcement.

The province will now be in a five-week consulting phase, when they want to hear from the public on the proposed Climate and Green Plan, including where the tax revenue will be spent.

"We are a listening government and we want to encourage Manitobans to share their point of views, especially on the recycling side. There is a mix of investment possibilities and we want Manitobans to be involved," added Pallister.

Eichler has committed to a local consultation process that may include an upcoming town hall held within the constituency. For now, Manitobans can go to <http://www.gov.mb.ca/climateandgreenplan> to share their opinions on the proposed plan.



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Manitoba Premier Brian Pallister and Minister of Manitoba Sustainable Development Rochelle Squires announced the province's new Climate and Green Plan at Oak Hammock Marsh last Friday. The plan looks at ways to reduce provincial carbon emissions and includes a \$25 per tonne carbon tax to be implemented in 2018 for five years.



Lakeside MLA and provincial Agriculture Minister Ralph Eichler attended the province's Climate and Green Plan announcement. He commended the policy for excluding farm fuel from the carbon tax.

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> DOG SHOW, FROM PG. 7

the Canadian and American kennel clubs.

"He started to draw two of them and then he took off, drawing every dog in the kennel clubs," said Tanis.

Alec made about 200 drawings that he gave away. He included witty captions in the drawings, making them pertinent to the scene he was depicting.

"The people who got his dogs, they knew it was their dog," said Tanis. "He was able to capture that it was their dog, not someone else's dog. He did these all from pictures."

Society has a tendency to marginalize people with autism and other disabilities, and Alec experienced discrimination when he was accepted into the University of Manitoba's art school.

"People with a disability are kind of put off to the side like they can't do

things," said Tanis. "I pulled him out based on that first day and the negativity from the teacher. I wrote the university explaining why, thinking they'd at least respond but they didn't. I said he got here on his own merit and he's got help, but [the instructor] clearly didn't want to be the teacher for Alec. I was so upset and it brought back all the struggles with the school system."

But as luck would have it, she and Alec met Winnipeg-based artist Guy St. Godard at a drawing camp at the International Peace Gardens, and St. Godard willingly took on Alec as a student. He teaches Alec acrylics and watercolours two days a week.

"Alec is still going to Guy's classes," said Tanis. "Alec works hard at everything. Ever since we found out he had autism, he has to work harder than anybody else because he has to over-

come the challenges of language."

Alec is in the process of training his new beagle puppy, Copper, who is four and half months old. With Alec as handler, Copper performed at the Northwinds Dog Show at the Convention Centre a few weeks ago, earning two group placements for Best Baby Puppy in the Hound group.

"Every week of the dog class, I'm training Copper," said Alec. "He's well-behaved. He had fun at the competition. Copper entered the baby puppy show for two days. Copper held still and I told him, 'No,' while the judge was trying to see how perfect the beagle is. But different judges picked different dogs than the beagle."

In addition to his paintings, Alec re-touched the image on the Gimli Sea Wall depicting mushing dogs. And he's in the process of completing his Grade 10 piano. He also sings, earning

Best Performance in Individual Voice at the 2017 Evergreen Festival of the Arts.

"We work on his weaknesses and build on his strengths," said Tanis. "His music and his art are his strengths right now. He's doing so well with them. He loves dogs and he needs to have things that he loves. So we take him to dog shows and dog classes and support his passions. That's why the art with the dogs has worked out so well because he loves dogs so much."

"This is my favourite and love of my heart," said Alec, referring to the beagle breed.

Ferguson has invited Alec and his parents to the National Dog Show in Philadelphia on Nov. 18-19, and will be setting up national media interviews with Alec.

ParticipACTION 150: DJ Curls debuts some sweet tunes

By Natasha Tersigni

I recently read a statistic that reaffirmed what I have already learned about the harsh realities of the journalism industry in Canada, specifically newspaper journalism.

I read that in 2010, the same year I entered journalism school, the *Winnipeg Free Press* had 100 jobs. Today, the newsroom is sitting at 67 journalists, with fewer reporters doing more work. This is not anything stunning but just reaffirms what most people in this industry already knew to be true.

With these numbers in mind, I decided that for this week's activity, I would branch out into a whole new occupational field and give the music industry a run. The trailer for the movie *We Are Friends*, starring the very beautiful Zac Efron, quipped that all you need to be a DJ is a laptop, some talent and a few songs. I had hoped the talent part was more a suggestion than a real requirement.

With this skill set, laptop and downloaded music, I somehow volunteered myself to be the amazing DJ Curlz for the Teulon-Rockwood Recreation Commission Halloween Dance that was held Friday night.

Since it was a Halloween Dance, I ensured that I dressed appropriately for my role as DJ Curlz: gold chain (minus the gold), tattoos that not only gave me some street cred but also washed off in the shower; sunglasses because those lights can get bright; and, of course, the curls that my

mama gave me.

Not one to take on a task that was not fully researched first, I spent a few weeks agonizing over my gig. I found the hippest Halloween songs — of course, Michael Jackson's *Thriller* and the required *Monster Mash* made the list, but I also had to find out what the kids were into these days. By sheer requirement on my behalf, Taylor Swift also made the cut. If I am going to listen to music for three hours, there is going to be some TSwizzle on the playlist.

As most of you wise people (probably all parents) know, this well thought-out playlist went in the garbage about 30 minutes into the dance when there were, like, 150 kids all hopped up on sugar wanting the Chicken Dance, which, of course, I had. But, seriously, the CHICKEN DANCE!

Nonetheless, it turned out to be a very enjoyable event and the Rec Commission sure knows how to throw a party, even if the target audience is five- to 12-year-old children. With me DJing, organizing a few dance games and, of course, showing off some of my sweet moves, I have decided that fully has me covered for activity #78 Dancing.

Despite all the fun, I think I am going to stick to the journalism game. As Mark Twain's famous quote goes "There are three kinds of lies: lies, damned lies and statistics."

With two months to go, please keep your activities coming to me. If you want your group or organization profiled, send me an email to natasha@stonewallteulontribune.ca.

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Gypsy Traders collecting sock donations for local shelter

By Justin Luschinski

The Gypsy Traders wants you to bring in sock donations for a chance to win a pair of moccasins.

The Socks for St. Francis fundraiser hopes to give new socks to the St. Francis Place Shelter. If anyone from Selkirk or the surrounding area brings in a package of fresh men's socks, they will be entered in to win a pair of handmade suede moccasins.

"The homeless shelter in Selkirk is something I was a huge advocate for," said Anna Massey, owner of The Gypsy Traders. "A few years ago, my husband and I encountered some young guys who were sleeping in the bank, and that stuck with us ... Socks are one of the most needed things for shelters.

"That's why we decided to do Socks for St. Francis."

The Selkirk shop, located at 238 Manitoba Ave., will be collecting new socks until their holiday open house on Nov. 18.

They are specifically asking for male socks because they can be worn by

both men and women, whereas women's socks might be too small for the men.

René Gauthier, chairman for St. Francis Place, said that sock donations give some relief to the cold Selkirk weather. According to him, they don't get very many donations of socks and underwear.

"It's very important because if your feet are wet, you get blisters, you have cold feet," he said. "The key for them being homeless is to stay dry. A lot of the shoes that homeless people have don't offer protection from water.

"You have people coming in and their feet are so sore because of wet socks."

Gauthier said that they have plenty of jackets and other clothes, but they need more underwear donations. Gauthier also stresses that St. Francis is looking for volunteers, and that they desperately need two people to help out.

If someone is interested in volunteering, they can stop by St. Francis Place located at 202 Christie Ave.



TRIBUNE PHOTO BY JUSTIN LUSCHINSKI

Anna Massey, owner of The Gypsy Traders, holds up a bag of fresh socks. The Selkirk shop is collecting sock donations for St. Francis Place until Nov. 18.

Stonewall Blues lend a neighbour a helping hand



TRIBUNE PHOTOS SUBMITTED

The Stonewall Blue Novice #1 team spontaneously rallied together to help a local resident to rake and bag the leaves in his yard.



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TRIBUNE PHOTOS BY PAUL EMMER

Members of the Stonewall Youth For Christ Drop In Centre decided to turn their activities into life lessons this summer. They started by renting a garden plot at the New Life Church in the spring. When they planted seeds, they spent time discussing investing in the future and the importance of getting started early. When they weeded, they talked about the things that can choke out hopes and dreams and limit growth. Director Paul Emmer explained that the group learned the importance of serving in the community and helping others by providing food for two organizations in Stonewall. "We're seeing people grow in confidence and capability. I'm impressed by the young people (and their parents) in our area. They fill me with hope for the future," he told the *Tribune*. "Stonewall is an awesome place to live." The Youth Centre has also taken part in town cleanup, serving food at events, feeding families and much more. Left photo, from left to right: Abby Emmer, Declan MacDougall, Paco Chambers and Ethan Emmer. Right photo: Allison, Abby, and Ethan and Andrew Emmer.

Diabetes Awareness Month highlights the need for action

Submitted

November is Diabetes Awareness Month and November 14 is World Diabetes Day. The Canadian Diabetes Association (CDA) is taking this opportunity to drive diabetes awareness,

as the disease has reached epidemic proportions in Canada.

"With a staggering one in three Canadians already living with diabetes or prediabetes, including an estimated 1.5 million with undiagnosed

diabetes, we must take action now to stop the growth and impact of this disease," says Rick Blickstead, President and CEO of the CDA. "Diabetes Awareness Month and World Diabetes Day are times to shine a spotlight

on diabetes, educate Canadians about the disease, and help all of us find out our level of risk for type 2 diabetes so we can take action."

As part of this effort, the CDA's current awareness campaign (in partnership with Sun Life Financial and supported by Novo Nordisk) encourages everyone to visit DiabetesTest.ca to take the online CANRISK test and learn their risk level for developing type 2 diabetes. The awareness campaign takes a playful look at the misconceptions people often have about type 2 diabetes, and is a reminder that you may be at risk even if you don't fit the stereotypical model of someone with type 2 diabetes.

The CDA has also launched the 21 Day Challenge to End Diabetes, encouraging Canadians to form a new, healthy habit for 21 days and challenge others to do the same. By taking part in this fundraiser, Canadians will improve their health and help end diabetes by raising vital funds to support diabetes research, education and support programs.

"There are many risk factors for type 2 diabetes, some of which we can't control. Regular exercise and a healthy diet can make a difference

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Local artists garner provincial praise at premier art show

By Natasha Tersigni

Former Stonewall resident Bev Galbraith and Grosse Isle artist Julie Harris showcased their paintings at Manitoba's largest art show, joining the ranks of 40 provincially acclaimed artists.

For 21 years artists have attended Manitoba's Art Expo, an annual premier art show and sale, which was held at the Assiniboine Downs over the weekend.

While this was the 12th year for Harris, who creates oil paintings of prairie landscapes, this year's event was Galbraith's inaugural expo.

To be included in the show, an artist must go through a selection process, including having their work juried.

"This is the top show in Manitoba and the highest-level show that I have personally been in. Having this opportunity is a feeling of acceptance," said Galbraith, who works with acrylic paints to create portraits and wildlife paintings.

"As an artist, you are always striving to better yourself and being here has



Bev Galbraith took part in Manitoba's largest art show over the weekend at Assiniboine Downs, showcasing her acrylic wildlife and portrait paintings.

helped to acknowledge that I have gotten to that point in my career with my work."



Grosse Isle painter Julie Harris displayed a few of her prairie landscape pieces, including her Changing Seasons piece, at the Art Expo. The annual art show features Manitoba's Top 40 artists.

Following the show, Galbraith will now be focusing her attention on Selkirk's Holiday alley, which will fea-

ture her work at the Gwen Fox Art Gallery. The event will take place in Old Downtown Selkirk Dec. 1 and 2.

Clocks fall back this Sunday for end of daylight savings

Staff

Most Canadians will turn their clocks back by an hour Sunday, Nov. 5 for the switch from daylight savings time to local standard time.

Local standard time officially starts at 2 a.m.

Clocks are turned back one hour in the fall for what's commonly called "the end of daylight savings time," an

idea first used in Germany during the First World War with the goal of saving energy. It aims to take advantage of daylight hours in the spring so that people don't sleep through the first few hours of sunshine.

When the daylight period gets shorter in the fall, the clocks are readjusted to the proper "local standard time."



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The mere mention of winter driving brings to mind blizzard conditions, cars in ditches and unexpected engine problems. Preparing an emergency kit is a great way to ensure your peace of mind when heading out to tackle those icy roads.

Make sure you keep a complete winter-driving emergency kit in your car trunk. It should contain the following items:

- A shovel, scraper and snow brush
- Bottled water and non-perishable foods (energy bars)
- Matches stored in a watertight package
- Booster cables
- Blankets
- Flares
- A warm change of clothes for all family members
- Windshield washer fluid
- Salt, sand or non-clumping cat litter
- A tow cable
- A knife (to cut a jammed seat belt)
- A fire extinguisher designed for gasoline and oil fires
- An up-to-date and illustrated first-aid manual

- A whistle (to signal your location in low-visibility conditions)
- A candle in a deep metal can
- A hand-crank flashlight or battery-powered flashlight with extra batteries
- A first-aid kit containing antiseptic swabs, compresses, gloves, bandages, scissors, safety pins and tweezers.

This long list may seem rather extreme right now, but if a breakdown or accident happens, you'll be glad you were so well organized. And don't forget that you can also use this emergency kit to help other people who are in trouble.



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October is car care month

Your car is damaged? You need a professional

Even if you have the best driving technique in the world, a car accident can sometimes happen very quickly. It might be caused by a moment of inattention, a slippery road surface or another car that brakes suddenly.

Have you been involved in a fender bender or a car accident that damaged your car? Fortunately, unless it's a total write-off, a bodywork expert can restore your vehicle to its original condition.

First of all, you'll need to decide whether or not you intend to make an insurance claim. If you do, you'll have to follow the insurance company's established procedure for getting the necessary documents — including a damage assessment and approved repairs — in order to receive compensation.

Your insurance company has told you what to do, but now you're wondering who will take care of the repairs? For dented doors, smashed windows, bumpers half torn off, scratched paint and damaged carpets, you can count on an auto-body technician at a collision repair shop. Their expertise will soon have your vehicle looking as good as new.

Of course, if your windshield is the only thing that was damaged, you could rely on the services of a windshield repair technician. He or she will be able to assess whether it needs to be replaced or if it can be repaired.

Whatever the case, be sure to use qualified professionals. Your insurance company or someone you know and trust should be able to give you the name of a reliable repair shop. With top-quality bodywork, your vehicle will be restored to all its former glory and the accident will just be a bad memory.



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The Winnipeg Foundation 24-Hour Giving Challenge will take place on Nov. 18

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TRIBUNE PHOTO SUBMITTED

The Winnipeg Foundation will give \$1 for every \$5, up to a maximum of \$2,000 per foundation, on Nov. 18 between 9 a.m. and 3 p.m.

Staff

The countdown is on to this year's 24-Hour Giving Challenge.

On Saturday, Nov. 18, gifts to your community foundation's unrestricted fund will be stretched with support from The Winnipeg Foundation. For every \$5 given to your foundation, The Winnipeg Foundation will stretch the gift by adding an additional \$1 up to a maximum of \$2,000 per foundation.

You can specify that you would like to support the Interlake Community Foundation by phoning The Winnipeg Foundation office toll-free at 1-877-974-3631 on Nov. 18 between 9 a.m. and 3 p.m.

Gifts can be also be made by credit card online through www.endowmanitoba.ca and then searching for Interlake Community Foundation.

If you'd like to pay by cheque, all cheques must be made payable to The Winnipeg Foundation and they can be post-dated up to Nov. 18.

Gifts to The Interlake Community Foundation are invested in perpetuity as a way to build a permanent legacy for the communities of Rockwood, Rosser, Woodlands, Stonewall and Teulon. Through its grant program, The Interlake Community Foundation supports charitable projects in the areas of community services, culture, education, heritage and the environment, health, recreation, and youth and seniors' programs.

Grant recipients must be registered as charities with Canada Revenue Agency, except for exceptional cases for organizations that are not yet officially registered as charities. In those cases, they must be officially sponsored by another organization with charitable status.

Preference will be given to programs that promote volunteer participation and that don't duplicate services pro-

vided by other groups. The organizations must also have a volunteer board of directors and be able to demonstrate fiscal responsibility and effective resource management.

Successful applications will need to provide a written report, copies of receipts and photos before they can receive the grant funds. These grant funds can be used towards capital projects, materials for specific projects or one-time projects and materials for specific programs.

The Interlake Community Foundation doesn't fund labour costs. In addition, grants aren't available for individuals, governments or direct political or religious activities. Activities that aren't eligible include annual fund drives, establishing or adding to endowment funds, paying down mortgages, for general conference support or towards projects that are already completed.

The grants, which are usually less than \$5,000, are awarded each spring. Applications are currently being accepted until the deadline of Feb. 28, 2018.

For more information or to download an application form, visit www.interlakefoundation.ca. Information is also available by calling 204-467-5634 or by emailing info@interlakefoundation.ca.



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Ghouls and goblins party the night away



TRIBUNE PHOTOS BY
JO-ANNE PROCTER

A spooktacular time was had by all the ghouls, goblins, witches and zombies that embarked on the Association of Community Living's Halloween party last Tuesday. It was an evening filled with dancing, scary snacks, eyeball punch and prizes for the best costumes.

Stonewall-Rockwood firefighters costume party

TRIBUNE PHOTOS SUBMITTED

The Stonewall-Rockwood firefighters held their annual Halloween social last Friday at the Stonewall Legion and as always everyone's creative juices went wild. Top prize went to the Trophy Wives with honourable mentions to the Miss Interlake pageant, the trophy heads and Waynes World.



get inspired

> MEAL IDEAS



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Roasted Garlic Marinara Braised Chicken with Linguine

Recipe courtesy of Sean and Catherine Lowe

Prep time: 10 minutes
Cook time: 60 minutes
Servings: 4-6

23 ounces Bertolli Rustic Cut Roasted Garlic Marinara Sauce
6-8 bone-in, skin-on chicken thighs
2 teaspoons kosher salt
1/2 teaspoon freshly ground black pepper
1 tablespoon extra-virgin olive oil
1 pound whole-wheat linguine
8 ounces sliced cremini mushrooms
1/2 cup small diced onion
1/4 cup white wine (optional)
3 ounces baby kale
Parmesan cheese
Heat oven to 350 F.

In 3-quart Dutch oven over medium heat, heat sauce. Season chicken on both sides with salt and pepper.

In large skillet over medium-high heat, heat olive oil. Add chicken, skin-side down, and cook 3-5 minutes, or until skin is crisp and deep golden-brown. Turn chicken over and cook 3-5 minutes until golden-brown on second side.

Remove chicken from skillet, leaving fat in pan. Set aside skillet to be used

later.

Add chicken to sauce in Dutch oven in single layer, skin-side up, with skin just above surface of sauce. Cover and bake 40 minutes. Begin to boil water for pasta.

Remove cover from Dutch oven and cook in oven 10 minutes.

Cook pasta al dente according to package instructions. Drain.

Heat reserved skillet and fat over medium-high heat; add cremini mushrooms and onions; saute until lightly browned. Deglaze with white wine, if desired, and cook until dry. Add kale to mushrooms and toss gently to wilt.

Remove Dutch oven from oven and gently transfer chicken to large plate. Add pasta to sauce in Dutch oven and stir gently to coat.

Place portion of pasta in pasta bowl and make well in middle. Spoon mushroom-kale mixture into center of well and top with one piece of chicken.

Shave Parmesan cheese over dish to finish.

Substitution: Portobello, shiitake or button mushrooms may be used in place of cremini mushrooms.

Tip: Serve with creamy polenta instead of pasta. In saucepan, combine 2 cups chicken stock, 2 cups milk, 2 tablespoons butter and 1 teaspoon kosher salt. Bring to boil and whisk in 1 cup instant polenta and cook, while stirring, 5 minutes. Add 1/4 cup grated Parmesan cheese and whisk to combine.

Spoon polenta into serving dish and make a well in middle. Place mushroom-kale mixture in well. Top with marinara sauce and one piece of chicken.



Teaching Children About Respect

All parents want to be respected by their children. If children are disrespectful, parents sometimes try to teach them respect by punishing, or yelling and screaming. This may change their behavior and may elicit compliance, but it will not win respect. This is not to say that disrespect should be ignored. If we allow others to treat us disrespectfully, then we are not respecting ourselves. Respect is generated, essentially, by treating others the way we would like to be treated.

From very early on, children need to be made aware of how their behavior affects others. Rather than simply saying that hitting is bad, which leaves the inference that the child is bad for hitting, we must go further. It is important to explain that when you hit your brother, it makes him very sad. It might even make him afraid. 'Hitting is not something we do in our family. If you are very upset, I will help you with your feelings, and help you to solve the problem you are having. You are important to me, and your feelings are important. We will find a way to sort things out without hitting, and in a way that lets everyone feel okay.' This kind of communication is highly effective, because there is congruency between the message, and the way in which it is given. In other words, we are teaching the child about respect in a way that also respects that child.

Spanking a child while telling him that hitting is wrong makes no sense at all. Nor does speaking rudely to a child about showing more respect. It is when we fail to practice what we preach that the seeds of disrespect are born.

Consider the politician who ad-

vocates fiscal restraint while giving himself a pay raise. Even a young child can spot discrepancies between our words and our actions. If they are later punished for behavior that they have modeled from us, then there will be not only disrespect, but also resentment.

If children are little, you can implement strategies which foster mutual respect. What if your children are older, and the negative patterns are well established? There is still hope. Sit down with your children and tell them that you are aware that you have all been treating each other with disrespect. Indicate that you are no longer comfortable with this, and will henceforth be endeavoring to say what you have to say to them in a more respectful manner. Change must begin somewhere, so you will be the first volunteer. You may certainly request that they do the same.

There may still be consequences for inappropriate behavior, because you are the parent and must set boundaries. You may even ask them to gently remind you if you drop back to the old ways. If you show them that you are sincere and committed to raising the level of integrity in your communication with them, they will respect you for that. If you blow it, and can apologize for being disrespectful, they will respect you even more. You will also be demonstrating for them the way in which they can begin the process of positive change within themselves. It takes patience, persistence and time to change old patterns. And its totally worth it.

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



Three-Cheese Farmstand Cups

Prep time: 20 minutes
Cook time: 15 minutes
Servings: 6

2 cups cooked mini penne pasta
1 cup small broccoli florets, cut into 1/2-inch pieces
nonstick cooking spray
1/4 cup mascarpone cheese
3 eggs, beaten
1/2 cup grated Parmesan cheese
1 jar (23 ounces) Bertolli Rustic

Cut Sweet Peppers and Portobello Mushroom Sauce, divided

1 1/2 cups shredded mozzarella cheese, divided

1/4 cup chopped fresh basil

Heat oven to 375 F. Divide penne pasta and broccoli evenly between 12 standard muffin cups sprayed with cooking spray. Whisk in mascarpone until smooth; gradually whisk in eggs.

Stir in Parmesan, 2 cups sauce and 1/2 cup mozzarella cheese. Spoon 1/4 cup egg mixture over pasta and broccoli in each cup; with spoon press filling down gently. Bake 18-20 minutes, or until set.

Sprinkle tops with remaining mozzarella cheese halfway through bake time. Let stand 3 minutes before unmolding. Warm remaining sauce and serve over top of cups with basil.

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Appointments announced to Veterinary Services Commission

Submitted

Manitoba Agriculture has appointed two new members and reappointed two members to the Veterinary Services Commission.

Cyndee Holdnick and Ramona Blyth have been newly appointed, and Dr. Allan Preston and Gerond Davidson have been reappointed as members of the board.

Holdnick (Carlowrie) owns and operates a cattle and grain farm with her family, managing 280 acres and 100 head of cattle. She also works for the Prairie Oat Growers Association.

She is an active community volunteer including current positions as the treasurer of the Arnaud Mennonite Church, and treasurer and registrar for the Rat River Minor Hockey Association.

Blyth (MacGregor) owns and operates Rosehill Cattle Co. Ltd., serves as vice-president of the Manitoba Beef Producers, and is president and chair of Manitoba Beef and Forage Initiatives. She is an active community volunteer, having been involved for more than 25 years with the MacGregor and District Kinette Club.

Preston (Hamiota) has been reappointed as the chair of the Veterinary Services Commission. He is the president of Preston Stock Farms and previously served on many animal-related boards and committees.

Davidson (Neepawa) has also been reappointed to the board. He is a fifth-generation beef farmer and municipal councillor with the RM of Langford, whose interests focus on ecological preservation and community service.

The Veterinary Services Commission oversees a provincial funding program for maintenance and operat-

ing costs at veterinary clinics in Manitoba's 27 districts. It also manages a veterinary recruitment fund intended to increase awareness of employment opportunities available in the province. The commission also negotiates fee schedules and other matters with the Manitoba Veterinary Medical Association.

Manitoba Agriculture thanks outgoing members of the commission for their service.

> DIABETES, FROM PG. 12

in preventing or delaying the onset of type 2 diabetes," says Dr. Jan Hux, Chief Science Officer for the CDA. "The 21 Day Challenge is designed to help people make a positive and lasting change in their life while supporting the work of the CDA."

In addition to the two main campaigns, local CDA offices across Canada will be holding events through-

out Diabetes Awareness Month.

About the Canadian Diabetes Association

The Canadian Diabetes Association (CDA) is the registered national charity that helps the 11 million Canadians with diabetes or prediabetes live healthy lives, and educates those at risk. In communities across Canada, the CDA:

offers educational programs and support services;

develops resources to health-care professionals on best practices to care for people with diabetes;

advocates with those affected by

diabetes to governments, schools and workplaces; and,

funds research to improve treatments and find a cure.

For more information, visit diabetes.ca or call 1-800-BANTING (226-8464).

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> FAITH

the back 9



Golf. Its one of the most beautiful yet complicated sports in the world. It both brings relaxation yet stress to your day. You often feel like you have gone through a rollercoaster of emotions from joy to anger and happiness to sadness. One shot your on the fairway, the next in the drink. Sometimes you finish nine holes and just want to quit. Maybe your life has been a season of bushes, rough, water and bunkers. You are ready to give up. May you find some encouragement today that although your back 9 has been rough, God has a back 9 waiting for you. You see, Joseph had a pretty rough front 9. He was thrown into a pit, plotted to be killed, sold, lived as a slave, was deceived and then thrown in jail. The worst part is he did nothing wrong. All he did was be obedient. He was obedient to his father, to his master and to God. Now imagine if Joseph quit while in prison. Life has given him every reason to quit. Instead, he continued to be obedient to God and overnight went from the prison to the palace to set up a pretty incredible back 9 of being a greater ruler. Your front 9 may look like Joseph's but may you trust that God has a similar back 9 for you. It may not be ruler of a nation but it's a back 9 of promise, purpose and God's provision. It says in Jeremiah 29:11 that God has a plan for us: a plan to prosper and a plan of hope. God has a plan for your life, and if you put your trust in him, he will guide you trough. My prayer for you this day is perseverance through the front 9 but a trust that God has a back 9 waiting for you. Allow him to be your hope and to be your guide. To be your strength, and to fill your life with his joy, his peace and his holy spirit.

Nathan Young
Alive Family Church

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Falcons fly past Thunder in Midget semifinal

By Brian Bowman

The Interlake Thunder learned a hard lesson on Saturday.

The Midget Football League of Manitoba playoffs are a whole different game compared to the regular season.

Interlake was smashed 36-0 by the Falcons Football Club in a league seminal game in Winnipeg. The Falcons scored early and often in this one, doing most of their damage in the first half.

"I thought our preparation during the week was pretty good," said Thunder head coach Mitch Obach. "Guys seemed ready to go but we got behind the eight-ball and sometimes you try to dig out of that and it gets worse and worse."

Interlake struggled on offence, turning the ball over early, and they never did get their running game going. During the season, the Thunder was pretty good at moving the ball on the ground, including their regular-season finale against the Falcons.

"We made some adjustments that we thought would work and they made better adjustments on us to slow that right down," Obach said.

Interlake had the youngest – and most inexperienced – team in the four-team league and it showed in the playoff game. But the good news is that the Thunder will lose just nine players from this year's 38-player roster due to graduation.

The future looks very bright for the Interlake Midget football program.

"The year was a positive one," Obach stressed. "We developed a lot of players – more than we have been able to in past years. The numbers have been less in past years and we were scrambling more from week



TRIBUNE PHOTO BY LANA MEIER

The Thunder's Colton Nedotiafko gains a few yards during Interlake's 36-0 loss against the Falcons last Saturday.

to week to really compete."

But the Thunder competed really well on a weekly basis this season, finishing with a 3-4 regular-season record. Many of the Thunder players came from all over the Interlake, often making lengthy drives to games and practices.

"The dedication was there this year and it was pretty impressive," Obach said. "We had guys from

Fisher River, Fisher Branch, Moosehorn and St. Martin. We had guys coming from a long ways and they were at practices and they were contributing.

"It's great to have that commitment as a team."

In the other MFLM semifinal game, St. Vital crushed Sunrise 36-0. The league championship game between St. Vital and the Falcons Football Club is set for this Sunday at noon.

Stonewall slips past St. Boniface in a shootout

By Brian Bowman

The Stonewall Jets needed a shootout to defeat the St. Boniface Riels 3-2 on Monday evening in Winnipeg.

Devin Muir was the lone player to score in the shootout.

"It was nice to rebound and get that (shootout) win," said Jets' co-coach Matt Figur Tuesday afternoon.

After a scoreless first period, the Riels grabbed a 2-0 lead on goals by Nicolas Burmey and Kyle Byczkowski.

But the Jets battled back with goals from Max Smith and Devun Groot to tie the score at 2-2. Smith's goal came in the waning seconds of the second period while Groot's goal was in the third.

Muir assisted on both of those goals.

The Jets outshot the Riels 45-30 as Curtis Beck earned the win in goal.

Last Friday, the Jets were given a rude wake-up call as they were beaten 6-1 on the road by the first-place Raiders Jr. Hockey Club. The lopsided loss was a surprising one for Stonewall.

"We had some really good practices as a team and a coaching staff, so we had no idea that we were up for that kind of a beating," Figur admitted. "But, hey, just like the (Winnipeg) Jets beat the Penguins (7-1) on Sunday night, those games happen.

"We'll take it with a grain of salt and we understand that that happens in a season and it shows us that we're going to face some adversity through the season."

The Raiders' Nicholas Mathews scored the lone goal of the first period and then Eli Batt made it 2-0 early in the second.

Stonewall's Taylor Radley, assisted by Brendon Burnett, and the Raiders' Brandon Paradoski, on the power play, traded goals before the second period ended.

Mathews added two more goals in the third (one with the man advantage), sandwiched around a Kale Ilchena marker. Mathews now has 11 goals on the season.

The Raiders were 2-for-6 on the power play while Stonewall was blanked in five opportunities.

The Jets were outshot 28-18 in the game as the Raiders were clearly the

better team on this night.

The Jets, now 9-4 and in sole possession of third place in the MMJHL standings, will host the fourth-place Charleswood Hawks on Friday (7:30 p.m.). Stonewall will then play at the eighth-place Pembina Valley Twisters on Saturday (7 p.m.) in Morris.

"Going back-to-back, it's going to be tough," Figur admitted. "But we accept the challenge.

"Charleswood plays a really good structured game but I feel that with the lineup that we're putting together, we should match up well against them."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Lightning defeat Warriors in Bantam 'AAA' play

By Brian Bowman

The Interlake Lightning proved that you can't score unless you shoot the puck.

And, boy, did they ever shoot the puck against the Winnipeg Warriors in Bantam "AAA" action on Sunday.

Interlake peppered Warriors' goaltender Scott Thompson with 54 shots in a 6-5 road victory at Notre Dame Arena in Winnipeg.

It was a great win by the Lightning but the first period was all Warriors as the home side took a three-goal lead on goals by Ryland Hueging (two) and Paison Butler. Hueging's first goal came on the power play.

"It was a tough first period, we were down 3-0 going into the second period," said Lightning head coach Chad Balmer. "We've had trouble scoring lately but the kids played well and came back."

Interlake trailed 3-0 despite outshooting the Warriors 22-16 in the opening period. The Lightning fired 19 more shots in the middle frame, scoring three times.

"We made our shots count," Balmer stressed. "We outshot them in the first period but we just couldn't get a goal."

Lane Bond, on the power play, and Jacob Plett scored for the Interlake early in the second period but Winnipeg responded with goals from Butler and Michael Tanchak (shorthanded).

But it was all Lightning after that.

Interlake captain Colby Bear of Peguis scored his seventh goal of the season at 12:51 of the middle frame

and then Kaydyn McMahon and Brett Tataryn, with a pair, tallied in the third.

Tataryn's game winner came at 18:56 of the third.

Jackson Kummén and Gavin White split the goaltending duties for the Lightning.

On Saturday, the Eastman Selects blanked the Lightning 4-0 in Stonewall.

Eastman's Evan Leeson scored the only goal of the first period and then Ashton Romaniuk and Kyle Melo (two) tallied in the third.

Romaniuk's goal came with the Selects shorthanded and then Melo added a pair of power-play goals.

"We got into some penalty trouble and it cost us two goals," Balmer noted. "And we just couldn't come back from that."

With the split last weekend, Interlake is now 4-5 in league play in what is considered a well-balanced Bantam AAA league this season.

Teams will have to play a full 60 minutes to win this season, warned Balmer.

"We had five wins total last year and we're already at four wins," Balmer said. "We have a really good group of kids and there's a lot of potential in the group. Our end goal is February 21 at the provincials and we feel strongly that we will be able to compete."

Interlake competed well at a Regina tournament last month, reaching the B-side final where they lost 4-2 to Brandon.



TRIBUNE PHOTO BY LANA MEIER

The Lightning's Kaydyn McMahon scored in the third period to help his team defeat the Warriors 6-5.

"It allowed us to gel as a team," Balmer said of the western road trip.

Interlake is back in action Friday (7 p.m.) when it plays the Sharks in Gimli. On Saturday at 1:15 p.m., the Lightning will host the Warriors in Peguis.

Interlake, which excitedly expects to have forward Ashton Fisher back in the lineup this weekend, will wrap up the busy weekend with a Sunday noon game against the Chiefs in Shoal Lake.

Rams shut out Fort Richmond in WHSHL action

By Brian Bowman

The Stonewall Collegiate Rams had an outstanding effort on Monday against Fort Richmond.

And they were rewarded with a huge road victory.

Stonewall was very good in a solid 3-0 win in Winnipeg High School Hockey League action.

Brendan Poirier netted a first-period power-play goal for Stonewall and then Josh Bracken added a short-handed marker in the middle frame.

Special teams continued to play a huge role in the game in the third as Brandon Abraham potted a power-play goal.

Ryan Brown, Easton Donohue and Brett Munroe had assists in the game.

Gavin Love posted the shutout in goal.

Last Friday, Stonewall was defeated 8-3 at home by the Westwood Warriors.

Seth McMahon scored a second-period goal for Stonewall and then Seth

Mandryk and Josh Bracken tallied in the third.

McMahon finished the game with three points.

Cam Brakel (three), Brennan Salamacha (two), Graeme Shingleton, Paul McCaughan, and Josh Prociuk replied for Westwood.

On Oct. 25, the Rams shut out the West Kildonan Wolverines 3-0.

Abraham scored a first-period power-play goal for Stonewall (his team-leading fourth of the season) and then

Adrian Klimpke and Brown tallied in the third. Brown's goal also came with the man advantage.

Tanner Greenwood earned the shut-out.

The Rams, now 2-4, resume league action Friday when they host West Kildonan at 4 p.m. On Monday at 4:40 p.m., Stonewall will play J.H. Bruns at Southdale Arena in Winnipeg.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Midget Lightning sweep Northstars in Thompson

Interlake Lightning Day in Peguis this Saturday

By Brian Bowman

The Interlake Lightning had a great trip up north last weekend.

And they came home with four valuable points.

Interlake swept the Norman Northstars, winning 6-5 on Friday and then 3-2 Saturday in Manitoba Midget AAA Hockey League action.

In Saturday's victory, Norman's Henry Muchikekwanape opened the game's scoring with a power-play goal at 7:38 of the opening period.

Interlake tied the score just 1:30 later on an Eric Krywy goal and then Corey Soorsma struck on the power play at 18:01 of the first period. Soorsma finished the game with three points.

The second period was scoreless and then the Lightning's Gabe Odowichuk netted a power-play goal at 1:33 of the third period.

But Norman made things interesting when Mitchell Reid scored while the Northstars were shorthanded at 18:43.

Riley Buhay made 36 saves in the win.

Interlake was 2-for-7 on the power play while Norman was 1-for-11.

On Friday, the Lightning edged last-place Norman 6-5 as Interlake overcame a 3-1 deficit midway in the second period.

Ashton Charison, Jordan Wood, Krywy, Jaytey Towle, Hunter Halcrow and Keenan McPherson scored for the Lightning.

Dan Paseschnikoff and Bryce Krauter each had two assists in the game.

Reid, Albert Berard, Jon Tagoona, Sheldon Howard and Jonathan Saunders replied for Norman.

Josh Bond made 26 saves for the win.

With the road sweep, Interlake improved its record to 4-6. The Lightning have now won four of their past seven games.

Interlake Lightning Day

Meanwhile, all four Lightning boys' teams will be playing in Peguis this Saturday for an Interlake Lightning Day.

A Bantam "AA" game against the Southeast Blizzard at 11 a.m. will be followed by a Bantam "AAA" contest between the Lightning and Winnipeg



TRIBUNE PHOTO BY KYLE DARBYSON / THOMPSON CITIZEN

Interlake forward Eric Krywy battles Norman's Keistin Saunders during Manitoba AAA Midget Hockey League action last weekend in Thompson. The Lightning swept the road series, winning 6-5 and 3-2.

Warriors at 1:15 p.m.

At 4 p.m., the City Midget Lightning will clash with the Winnipeg Sharks

and then the Midget "AAA" Provincial Lightning will play the Parkland Rangers at 7:30 p.m.

Blues crowned tournament champs



TRIBUNE PHOTO BY LISA SLATCHER

For the second year in a row, the Stonewall Blues 12A1 PeeWee hockey team is the Rob/West Fall Classic Tournament champion.

Stonewall claimed the title after edging the MacDonald Lightning 2-1 in the final. In the semifinals, the Blues defeated the Mitchell Mohawks 2-1, scoring the game winner just 10 seconds into overtime.

The round robin saw Stonewall defeat the St. Boniface Seals Red (4-1), Winter Hawks Blue (8-3) and MacDonald (2-0).

Back row: Liam Wheddon (coach), Todd Faragher (assistant coach), Kael Brown, Aiden Singh, Hayden Wheddon, Evan Reimer, Cory Woods (assistant coach), Nic LeClair, Carter Boughton and Hayden Faragher.

Front row: Dylan LeClair, Brady Becker, Rylan Slatcher, Hayden Kaczorowski, Brody Kopys, Spencer Hunnam.

Missing from the photo is Ty Woods.

Wildcats edged in WHSHL action

By Brian Bowman

One bad stretch of eight minutes in the first period cost the Warren Collegiate Wildcats on Monday in Winnipeg.

Warren surrendered four goals in that span in a 6-5 loss to Pierre Elliott Trudeau in Winnipeg High School Hockey League action.

The Wildcats trailed 4-1 after the first period as Nick Prystupa scored Warren's lone goal.

Warren was much better in the second period, though, closing the gap to 5-4 as Landen Mann (shorthanded), Kyle Melo (power play) and Prystupa scored for the visitors.

Mann added his second goal of the game with 12:22 remaining in the third period.

Pierre Elliot Trudeau had goals from Derek Moorhouse, Kyle Baillie, Parker Perchuk, Chris Wootton, Damian Bates and Jayden Rioux.

Three of those goals came via the power play.

Last Friday, Warren was downed 6-2 by Leo Remillard as Reid Weatherburn and Melo scored third-period goals for Warren.

Zavier Maguet (three), Justin Riet, Eric McNeill, and Joel Perkins scored for Leo Remillard.

On Oct. 24, Warren lost 4-1 at home to the Linden Christian Wings.

Linden Christian's Casdon Masse scored both first-period goals before the Wildcats' Trey King cut the lead in half with a second-period marker. Malika Bangle assisted on the goal.

The Wings' Dylan Reimer replied with a goal less than three minutes later and then Micah Bartel tallied early in the third.

The Wildcats, now 0-5, are back in action Thursday (4:15 p.m.) when they host Lorette in Warren.



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Wildcats' Trey King scored Warren's lone goal in their 4-1 home-opener loss to the Linden Christian Wings on Oct. 24.

Mercs to begin SEMHL season at home Friday

By Brian Bowman

The Warren Mercs know that they will begin their South Eastern Manitoba Hockey League season this Friday at home against Portage.

What they don't know, however, is who will be in their lineup.

As of Monday afternoon, the Mercs were still waiting for players to sign on the dotted line to represent the club during the 2017-18 season.

"We have most of the players returning but we will have a different look," said Mercs' head coach Gerry Minaker.

Some familiar faces returning to the

Mercs' lineup, said Minaker, include forwards Brock Genyk, Trent Genyk, and Bryn Lindsay and defencemen Matt Jacobucci and Dylan Hykawy.

Travis Bosch will return as the starter in goal for Warren.

With the Stonewall Flyers taking a leave of absence from the SEMHL this season, Minaker expects to pick up a few players from their team.

The Mercs' head coach was disappointed that Stonewall will not ice a team this season.

"It's very unfortunate because we had a nice rivalry with the (Flyers)," Minaker said. "And it's nice for our

guys to have a nice close road game."

Minaker likes the way the Mercs' season ended a year ago and he expects the club to be just as competitive this season.

"We feel we can play with just about anybody and we expect to be challenging this year," he said. "It's a very competitive league and there's lots of parity."

"Some of the teams have had guys come and go, whether it is through retirement or jobs have taken them elsewhere, but that happens in senior hockey."

The Mercs would love to see some

big crowds come out this season to watch a very good level of hockey.

"If people come out, I think that they would be very pleased with the level of hockey that they would see," Minaker said. "All of the teams have one or two players that have played some pretty high-end hockey, whether it is semi pro, college, the western league or the MJ."

"There's also a good mix of local talent, too."

Game time for Warren's home opener against Portage is 8 p.m. Tickets are just \$7 for adults and \$5 for students and seniors.

Figure skating sectionals to be held this weekend

Submitted by Skate Canada Manitoba

The Skate Canada Manitoba Sectional Figure Skating Championship will select the top skaters in the province to advance to 2018 Skate Canada Challenge, ultimately leading to the Canadian Figure Skating Championships.

This event allows Manitoba to feature its skaters' athletic abilities and showcase their grace and talent to the public. These athletes will be travelling from across the province to strive to compete for provincial titles and to

achieve their personal goals.

The Skate Canada Manitoba Sectional Championships will be hosted by Skate Virden & Skate Canada Manitoba this Saturday and Sunday. The competition will be located at the Tundra Oil and Gas Place (900 5th St. South, Virden).

Over 70 figure skaters will be competing from the Pre-Juvenile to the Senior levels for the opportunity to be the top skaters in the province. The three top skaters at the Pre-Novice and Novice levels and the top two at

the Junior and Senior levels will have the opportunity to continue to the 2018 Skate Canada Challenge in Pierrefonds, Que., from Nov. 29 to Dec. 3, 2017.

For Novice, Junior and Senior skaters, this will be the qualifying event for 2018 Canadian Tire National Skating Championships. The Canadian Pre-Novice Champions in men's, women's, pair and ice dance are determined at Skate Canada Challenge.

"Skate Canada Sectionals is the entry point for the athletes, enabling

them to qualify for the 2018 Skate Canada Challenge in Pierrefonds in December followed by the national championships in Vancouver in January," said Donna Yee, Skate Canada Manitoba board chair.

"This national competition is where the 2018 Canadian Olympic figure skating team will be announced. It is very exciting for all the skaters to experience this level of competition and to dream about someday competing on the international stage."

Locals to enter Manitoba Baseball Hall of Fame

1974 - 1979 Warren Senior Baseball Team

Interlake baseball players to be honoured in June

Staff

Woodlands' Trevor Procter and Lundar's Troy Fortin, along with the Warren Seniors (1974-79), are among the Manitoba Baseball Hall of Fame 2018 inductees.

The announcement was made on Monday in Winnipeg.

Procter and Fortin will be joined by Faron Asham, Doug Freeth, Andrew Collier, Jason Mateychuk and Terry Mayert in the individual category.

The Warren Seniors will be inducted in the Small Community category while the Brandon Marlins (1999-2008) and Morden Mohawks (1993-2000) will go in the Major Teams category.

Procter was an outstanding player at all levels from the 1986 Midget Western and Canadian championships to nine Senior Western and Canadian nationals (winning three silver and a gold medal).

He was a versatile player who mainly played third base and was voted defensive player of the year for three consecutive junior seasons with Legion 141.

As an 18-year-old pickup, Procter hit .571 at the 1988 Senior Western Canadians in Kamloops.

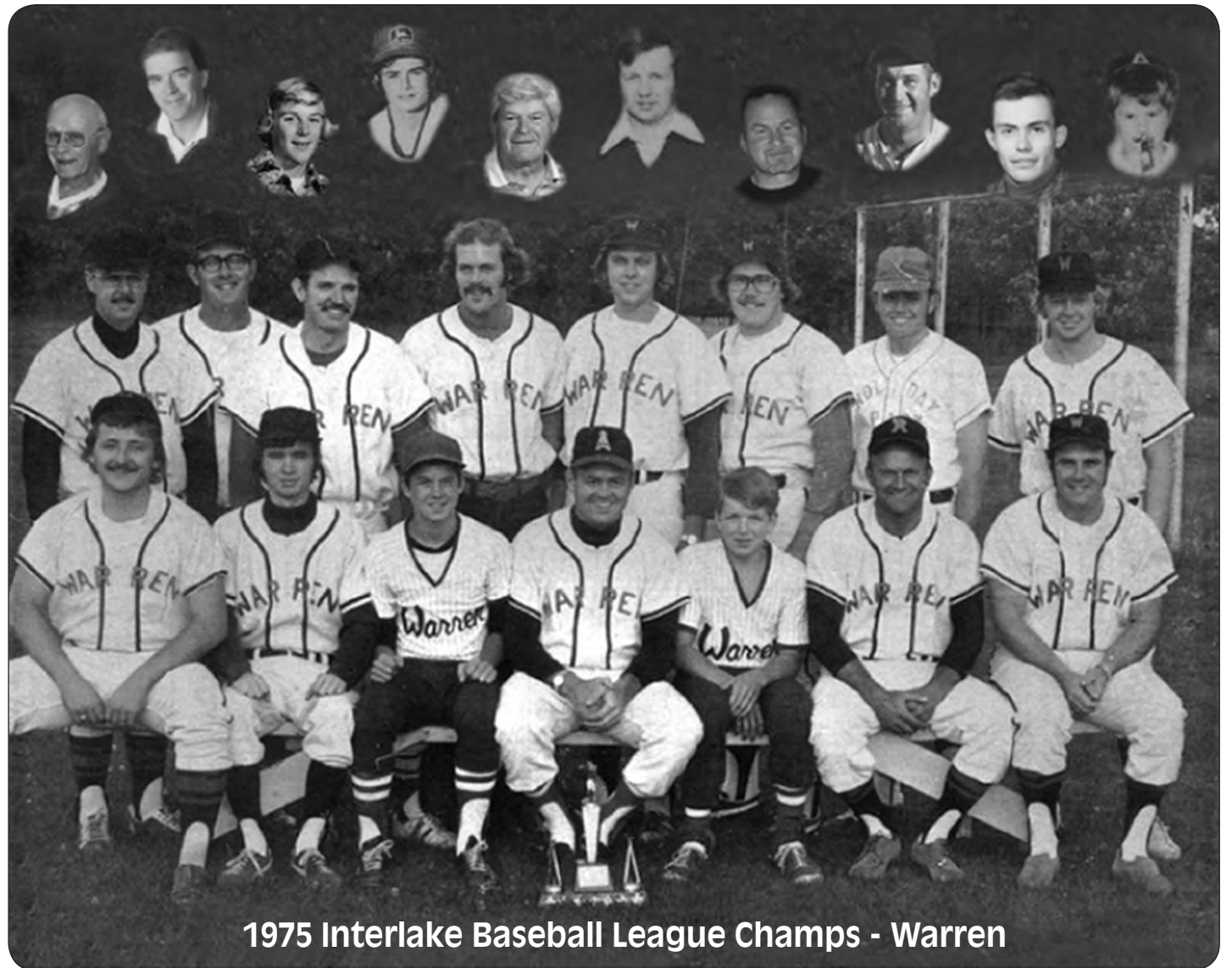
He went on to have a lengthy — and successful — career in the Red Boine Senior League and with the Stonewall Blue Jays of the Winnipeg Senior Baseball League. Procter was a member of multiple league and provincial-championship teams.

He took up coaching minor ball in his hometown of Woodlands and has been very instrumental in keeping baseball alive in the community.

Several of his coached teams have made provincial appearances over the last 15 years but, more importantly, he has inspired and motivated many children to continue playing baseball.

Fortin, meanwhile, had one of the most outstanding baseball careers for a Manitoba-born player. His dominating minor career (where he often played above his age category) earned him MBA player of the year awards in 1990 and 1992.

Fortin was drafted as a catcher by the Minnesota Twins in 1993 and rose through their minor system from rookie to AA ball from 1993 to '98.



1975 Team Photo, back row, left to right: Wayne Shorten, Laurie Langrell, Ernie Mol, Chuck Lefley, Earl Backman, Dennis Langrell, Dan Sutherland, John Stewart. Front row, left to right: Greg Jones, Bill MacGillvary, Chris Riddell Jr., Gordon Riddell, Tom Lefley, Chris Riddell, Gary Tait. Missing: Ken Riddell, Forbes Stewart. **1974-1979 inset photos**, left to right: Art Vandel, Bryan Lefley, Cam Baldwin, Dave Crockatt, Dick Friesen, Forbes Stewart, Jeff Riddell, Ken Riddell, Vern Nickel, Myles Riddell.

In 1996, he set an A ball record by going 25 games — and 75 at bats — without striking out.

In 1998, Fortin asked for his release from the Twins so he could sign with the Winnipeg Goldeyes.

His talent was on full display for local fans until he retired in 2000. Fortin batted .332 with a .940 OPS while committing only five errors in three full seasons as a Goldeye.

In 1999, he played for Team Canada and won a bronze medal at the Pan Am Games in Winnipeg. Since his Goldeyes' retirement, Fortin has played for several Manitoba senior teams and at Canadian senior tournaments.

The Manitoba Baseball Hall of Fame will hold its 22nd annual induction banquet on June 2 at 5 p.m. at the Morden Event Access Centre where the Hall of Fame is located.



Trevor Procter



Troy Fortin

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HOUSE FOR RENT

3 bedroom bungalow, renovated newer kitchen, flooring, open floor plan, main floor laundry/mud room 100 x 100 lot, double detached garage. Available Dec. 1, rent \$1300. NO PETS NO SMOKING. Susan McKillop REMAX Town & Country 204-467-8000.

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HOTLINE cook req'd. Seeking part time breakfast, lunch & dinner cook. Must have some kitchen experience. Call CRAVINGS RESTAURANT 204-467-9078 or cravingsrestaurant@hotmail.com

HELP WANTED

Kletke Seed Farm Ltd. is looking to hire energetic individuals to join their team. These candidates must be able to work with minimal supervision. The positions available are for plant and warehouse work. There are two shifts to be filled. The day shift is from 7 a.m. until 4 p.m. and the evening shift is from 3 p.m. to 11 p.m. These are full-time positions for Monday to Friday. A Benefit plan will be offered after three months of employment. Please send your resume to Glenn Kletke: glenn@kletkeseedfarm.com. Only applicants granted an interview will be contacted.

HELP WANTED

Grysiuk Apiary Inc. requires 6 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 2018 - October 2018. Please call Cal Grysiuk ph/fax 1-204-831-7838, email acgrysiuk@shaw.ca or mail to 83 Acheson Dr., Winnipeg, MB. R2Y 2E8.

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SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer

CROSSWORD

CLUES ACROSS

- 1. Corpuscle count (abbr.)
- 4. Longtime sports columnist Cook
- 9. Tributary of the Rio Grande
- 14. Geological time
- 15. About ilium
- 16. Religion
- 17. Beverage holder
- 18. Its largest city is Fargo
- 20. Attaches muscle to a bone
- 22. Hindu queens
- 23. Sir __ Newton
- 24. Developments
- 28. British thermal unit
- 29. The Ocean State
- 30. Smell
- 31. Line
- 33. Seizure
- 37. Where vets are tended to
- 38. Goddess of the dawn
- 39. Pear-shaped fruit
- 41. Taxi
- 42. Where injured ballplayers end up
- 43. Preceding period
- 44. Uncovers
- 46. Smudge
- 49. Dad
- 50. Peyton's little bro
- 51. Flawless
- 55. Judges
- 58. Expressed one's displeasure
- 59. Immature
- 60. PBS interviewer
- 64. Hat
- 65. Cover with wood
- 66. Acts dejectedly
- 67. Perform
- 68. Where people store their tools
- 69. Sulfuric and citric are two
- 70. Long-term memory

CLUES DOWN

- 1. Muscles that control eyeball movement

1	2	3		4	5	6	7	8		9	10	11	12	13	
14				15						16					
17				18						19					
20			21					22							
23						24	25						26	27	
		28				29				30					
31	32					33		34	35	36			37		
38					39	40							41		
42					43					44	45				
46		47	48					49		50					
51					52	53	54				55			56	57
					58					59					
60	61							62	63					64	
65								66						67	
68								69						70	

- 2. Hillsides
- 3. The dried leaves of the hemp plant
- 4. Used to see far away things
- 5. Inventor Musk
- 6. We all need it
- 7. __ King Cole
- 8. Earthy pigment
- 9. Stringed instrument
- 10. A language of the Inuit
- 11. Shuttered
- 12. Cereal plant
- 13. Senior officer
- 19. Sportscaster Patrick
- 21. What day it is
- 24. Petrels with saw-toothed bills
- 25. Bumps in the road
- 26. Stars
- 27. Riding horses
- 31. Swamp plant
- 32. Type of bear
- 34. Style of cuisine
- 35. Home of the Flyers
- 36. Serious-mindedness
- 40. Velvet Underground album
- 41. Highly important
- 45. Winged
- 47. Cultured
- 48. Fastened
- 52. __ Royce
- 53. Wreath
- 54. Excessive fluid accumulation in tissues
- 56. Synchronizes solar and lunar time
- 57. Ninth month
- 59. Deployed
- 60. Cycles per second
- 61. Expresses surprise
- 62. Mythological bird
- 63. Open payment initiative

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Woodlands Child-care Inc. is looking to hire a fulltime ECE II. Please send cover letter and resume to woodlandschildcare@gmail.com or call 204-383-7503 for more information.

Seasonal Laborer for 2-3 months work starting mid-November. Must be reliable, have a valid driver's license and able to drive a standard. Experience operating a skid steer an asset. Call or text 204-785-3273.

The Royal Canadian Legion Branch #52 - Part-time bartender, must have the Serving It Safe or Smart Choices card. Required for evenings and weekends. Drop off resumes at 459 Main Street or email rcf52@shaw.ca

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Full-time Assistant Manager required at Pizza Den Restaurant & Lounge, Stonewall. General supervision, team leader, hands on-making pizza dough and pizzas, working the pizza oven. Days, evenings, weekends. Restaurant experience required. Apply with resume robert.magnifico@gmail.com

The Stonewall Teulon Tribune is looking for a couple of collators to help with inserting flyers into the newspapers. Must be willing to stand for long periods of time and to carry 20-40 lbs. Manual dexterity is an asset. Shifts are Tuesdays and Wednesdays in Winnipeg, close to Inkster Park. Please call Lana at 204-467-5836.

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UPCOMING EVENTS

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

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NOTICE TO CREDITORS

IN THE MATTER OF: The Estate of William Ivan James Buckle, late of the Town of Stonewall, in Manitoba, deceased.

All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 27th day of November, 2017.

DATED at Stonewall, Manitoba, this 24th day of October, 2017.
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ANNOUNCEMENT

BIRTHDAY



Happy 16th Birthday
Nick

-Luv Granny

ANNOUNCEMENT

IN MEMORIAM



In loving Memory
of our Wife, Mother, and Grandmother
Elizabeth Joan Lawrence
of Calgary, Alberta
who left us November 4, 2016.

God's Garden

God looked around his garden
And found an empty place.
He then looked down upon the earth,
And saw your tired face.
He put His arms around you
And lifted you to rest.
God's garden must be beautiful,
He always takes the best.
He knew that you were suffering,
He knew that you were in pain.
He knew that you would never
Get well on earth again.
He saw the road was getting rough
And the hills were hard to climb.
So He closed your weary eyelids
And whispered "Peace be thine."
It broke our hearts to lose you
But you did not go alone...
For part of us went with you
The day God called you home.

-Love, Don, Heather, Dawn Marie
and families

OBITUARY

Katie Helen Penner
December 13, 1931 – October 29, 2017

It is with great regret we announce the passing of Katie Penner. Katie was predeceased by her parents Henry and Katharina Penner and all of her siblings. George, Nick (Jane), Erwin (Anna), Henry (Mary), Ellie (Richard), John (Marlene), Irma (Ray), Herb; two nephews Matthew Penner and Kurt Penner. Katie is survived by two sisters-in-law Mary (George) Penner and Lois (Herb) Penner, and 17 nieces and nephews.

Katie and twin sister Ellie were born December 13, 1931 in Teulon and spent their childhoods' in the Hartley School District of Petersburg.

Katie was employed at King George Hospital and then moved to Calgary and worked in the health care field. Upon returning to Teulon, Katie was employed at the Teulon Hospital.

Katie enjoyed C&W music. Her favorites were The Carter Family, Chuckwagon Gang, Johnny Cash, and Patsy Cline.

Katie loved playing 4/10 Whist, Scrabble and cribbage. She was hard to beat and certainly did not appreciate being beaten.

Katie moved into Cedar Lodge in Teulon where she resided until her health deteriorated. She was admitted to Red River Place in Selkirk where she passed away peacefully in her sleep.

The family would like to personally thank her special friend Alice Weitzel, and all her caregivers through the years. The family thanks the wonderful staff who went above and beyond in providing for her well being at Red River Place.

A Memorial Service will be held at 11:00 a.m. on Friday, November 3, 2017 at MacKenzie Funeral Chapel, Teulon. Interment will take place at a later date at Brookside Cemetery, Winnipeg alongside her parents.

MACKENZIE FUNERAL HOME TEULON
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ANNOUNCEMENT

BIRTHDAY



Happy 3rd Birthday
November 3, 2014
Ole Nagy!

-Love: Daddy, Grandpa, Baba,
Aunty Aimee and Uncle Curtis

OBITUARY

Genowefa Catrysse
May 15, 1927 - October 28, 2017

Peacefully, Gene died at the age of 90 years.

She leaves her three daughters, Levisa Feys, June Catrysse, Christine Tronrud (Mark); 10 grandchildren and 14 great-grandchildren. She is predeceased by her husband of 71 years, Andy and son-in-law, Walter Feys in 2016, and daughter Andrea Klochko in 2008.

Gene was born and raised in Juzwin, Poland. She was the oldest of six children so therefore, she only went to grade three because she had to stay home to help with the younger children. During World War II, she was removed from her home at the age of 16 and was taken to Germany to work on a farm where she met Andy. After the war, she married Andy in Germany on May 1, 1945. They immigrated to Canada in 1951 to pursue their desire to farm.

In 1952, they entered into a farming partnership with Frank and Christine van Kemenade in Stonewall. In 1964, they split up the dairy, and Gene and Andy moved to Teulon where they dairy farmed until 1984, and selling the farm to her son-in-law Mark.

Gene was a very hard worker and milked a lot of cows. She enjoyed sewing and knitting and was a fantastic cook. She took pride in a clean home and a big garden. She loved to entertain guests and always had time to visit family and friends. In her mid 70's she was diagnosed with Parkinson's disease which didn't really slow her down until the last five years.

A Funeral Service will be held on Thursday, November 2, 2017 at 10:30 a.m. at St. John Vianney Church in Teulon. Lunch will follow at the Anglican Church Hall in Teulon, with interment to follow at the Windsor Cemetery. Father Barry Schoonbaert presiding.

In lieu of flowers, donations can be made to St. John Vianney Church or Lillian Baron Breast Cancer Support Group.

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OBITUARY

Mary Anne Thora Smigel
(nee Rosine)

January 23, 1943 – October 20, 2017

It is with deep sorrow and heavy hearts we announce that Mary Anne passed away suddenly, but peacefully on Friday, October 20th at the age of 74.

She was predeceased by her son, Brian; her parents, Roy and Jean Rosine; her sister, Patsy; her in-laws, John and Pauline Smigel; and her brother-in-law, Don Guyda. She is survived by her husband, Edward; and her two sons, Ken (Karolyn) and John (his two children, Brandon and Chelsea); sister-in-law, Jean Guyda; niece, Donna (Alan) and their two children, (Danielle and Brendan), and her dearest friend, Evelyn Walker.

Mary Anne had been employed at the Brooklands School Daycare and Quniton's Dry Cleaners, and volunteered at Krawchuk School.



After Edward retired, they moved back to the family homestead in Inwood, where she devotedly looked after and cared for Edward, her husband of 52 years. Mary Anne was a devoted and loving Mother, Wife, Sister and Friend. She will be deeply missed.

Funeral service was held on Friday, October 27, 2017 at 11:00 a.m. at MacKenzie Funeral Chapel in Teulon. Father Peter Chorney officiated.

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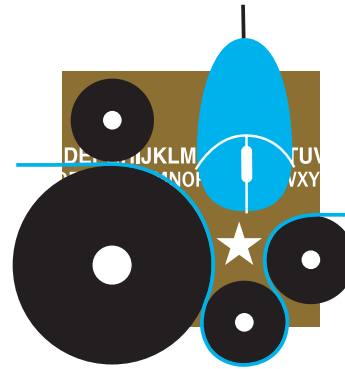
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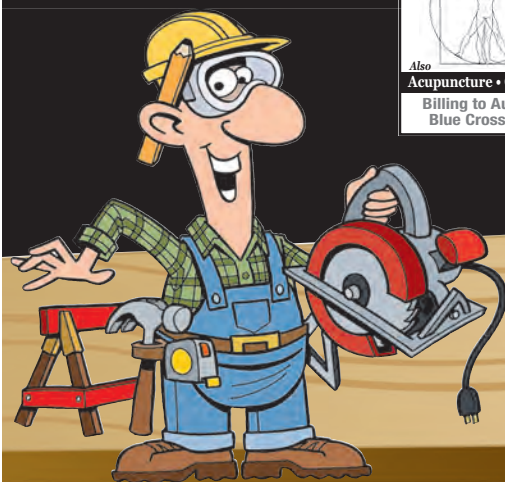
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