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VOLUME 7 EDITION 44

# Stonewall Teulon Tribune

THURSDAY,  
NOVEMBER 3, 2016

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TRIBUNE PHOTO BY NATASHA TERSIGNI

Students and staff of Teulon Elementary pulled out all the stops for their Halloween party last Monday. Children of all ages celebrated the holiday by dressing up in costumes and going trick-or-treating in their neighbourhoods on Oct. 31.

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



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# Interlake students celebrate the Halloween holiday



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Teulon Elementary students took time out of their usual classes to get into the Halloween spirit last Monday when they deseeded and carved pumpkins.

## REACT's Pumpkins in the Park set for Nov. 6

### Jack-o-lanterns will be lit one last time before being composted

By Jennifer McFee

Are you wondering what to do with your jack-o-lantern now that Halloween has come and gone?

Consider bringing it down to Quarry Park on Sunday, Nov. 6 for the second annual Pumpkins in the Park event.

REACT (Rockwood Environmental Action Community Taskforce) is spearheading the initiative along with the Town of Stonewall. The jack-o-lanterns will be lit up along the pond and path for one last night before they are picked up and brought to town property for composting.

As REACT chair, Karl Daher said the event provides an alternative option for people who would have otherwise thrown their pumpkins in the trash.

"Last year was our first year and that worked very well. We had about 100 or so jack-o-lanterns out there. It was very popular, and lots of families came out to see it. It was a lot of fun," he said.

"Last year, we had fantastic weather for it. This year, we've been fortunate enough to get some hot chocolate, so just in case it's cool, people can keep that in their hands as they're walking around and enjoying the view of the pumpkins."

People are welcome to start dropping off their pumpkins at 4 p.m. on Nov. 6. Once they're all lined up, the jack-o-lanterns will be lit up for everyone to enjoy until the event wraps up around 8 p.m.



TRIBUNE FILE PHOTO

Jack-o-lanterns can be dropped off at Quarry Park on Nov. 6 to be lit one last time before they are sent to be composted.



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# Stonewall earns five blooms at national CIB level

Results were revealed on Oct. 29 at a conference in Regina

By Jennifer McFee

Congratulations are in order for the local Communities in Bloom committee, since all their hard work came to fruition when Stonewall earned a five-bloom ranking at the national level last weekend.

During the 22<sup>nd</sup> edition of the Communities in Bloom national and international awards ceremonies, held on Oct. 29 in Regina, Stonewall earned five blooms with special recognition going to Wayside-Kurelek Park.

In the same population category of 4,501 to 9,000, Humboldt, Sask., came out on top as the overall winner. Five blooms were also awarded to Bay Roberts, N.L., and Drayton Valley, Alta.

Coun. Sandra Smith, who was at the event, said it was a close competition with a narrow margin separating the competitors.

"We were very thrilled. Everyone's really excited," she said. "It's always nice to be recognized for the hard work that goes into everything."

In August, judges Gail Pearcey of St. John's, N.L., and Bonita Lundberg of Saskatoon, Sask., toured the town.

Smith said they received a 20-page evaluation booklet from the judges, which includes observations, comments and recommendations.

"In general comments, they said that regular coverage of CIB projects and events in the local newspaper is impressive," Smith said.

"It's good to see the participation from the community and the businesses. There are some areas that we still need to work on slowly but surely. Overall, they were really impressed with our environmental stewardship, the tidiness and council's support. Everything that they saw really demonstrates the commitment to make Stonewall a great place to call home."

A national edition certificate is on its way and it will likely be displayed in the town hall for all to see.

For now, the local Communities in Bloom group can relish in a job well done while they already begin to think ahead to the next competition. More volunteers are always welcome to join the group.

"The more people that are involved, the better, and the more community



TRIBUNE FILE PHOTO

CIB national judges were in Stonewall earlier this summer to evaluate the town. Pictured from left to right, national judges Gail Pearcey and Bonnie Lundberg, Stonewall CIB committee members Jacquie Derewi-anchuk, Coun. Sandra Smith and Quarry Park manager Catherine Pre-court.

involvement we can get, the stronger we are. When you have new people involved, we get new ideas that maybe we haven't thought of," Smith said.

"Communities in Bloom is about more than just flowers. It's the envi-

ronment, heritage, landscape, urban forestry. Certainly, tidiness and floral displays play a big part in it because that's the wow factor when you come into a community, but it's so much more than that."

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Stonewall Cenotaph

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11 am – 5 pm

Quarry Park Heritage Arts Centre

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# Green Team learns about composting

## School receives grant for three-tiered composting bin and other equipment

By Jennifer McFee

Students at Ecole R.W. Bobby Bend are getting a hands-on lesson in sustainability, thanks to their brand new compost bin.

The school received a \$1,200 provincial government grant for education for sustainable development. Of 64 applicants from 24 school divisions, Bobby Bend was one of 21 schools that received grants for their project.

The Stonewall school used the grant money to purchase a three-tiered compost bin from the Winnipeg-based company Urban Eatin' Landscapes, as well as an aerating tool and stainless steel pails for compost collection in each classroom.

Last week, local composting expert Lloyd Jensen visited the school's Green Team to teach them how to use

their new equipment.

"It is wonderful that they're teaching the kids about composting at a young age," said Jensen, a master composter who trained with the Green Action Centre.

Guidance counsellor Heather Sanche said that they plan to start small by introducing composting to the school's canteen program and then branching out grade by grade.

"We composted a little bit in the past with a small black bin but not to the extent that it was producing any soil," Sanche said. "We'd like to really get it going and be able to use that soil in our flower

garden."

As for the students, they responded enthusiastically to their crash course on composting.

"They were very interested," Sanche

**"THE KIDS ARE VERY EXCITED AND VERY INTERESTED."**



TRIBUNE PHOTO SUBMITTED

The Green Team at Ecole R.W. Bobby Bend School learned about composting from master composter Lloyd Jensen.

said. "They had great questions and were very knowledgeable."

Leah P., a Grade 4 student, had already been exposed to composting at her previous school, Strathmillan School in Winnipeg.

"I think it's a good thing that less fruits and veggie stuff goes into the trash and just rots there," she said. "All that stuff that you put into the compost gets made into new soil that you can plant new crops in and make new food out of."

It's going to be quite a process to implement the new system, Sanche added.

"It's a fairly big undertaking and it's a learning process, but the kids are very excited and very interested. This is the place to start because they're young," she said.

"If we do it properly, by next year, we should have some good soil to use. We have flower gardens here and some classes have grown things like pumpkins in the past, so we'll definitely use it right here at the school."

“

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Sunday, November 6th,  
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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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# Playground ready for students before winter



TRIBUNE PHOTOS BY MONICA BALDWIN

Students of Grosse Isle School and children from the community are excited to test out the new playground equipment in the school yard before snow flies. The structure was installed last Thursday and Friday by members of the parent advisory council and a team from Playgrounds R Us. An official grand opening is planned for spring 2017 to thank everyone who contributed to the project along the way. Left photo: Playgrounds R Us and volunteers worked together to get the new playground set up. Right photo: Grade 8 students test out the new structure in the playground.

## Rosser council news in brief Time and date clarification

By Jennifer McFee

The RM of Rosser applied for cost-shared funding under the Clean Water and Wastewater Fund for a project related to water distribution and wastewater collection. As soon as the RM receives approval and a signed agreement is in place, then work will begin on the project.

In other council news:

- Canada Post requested that the RM of Rosser approve municipal identifiers for addresses being converted to civic addressing within the municipality. Council approved a municipal identifier as Rosser RM for outside the Perimeter and a municipal identifier as CentePort-Rosser RM for inside the Perimeter.

- Council granted Coun. Angela Emms a leave of absence for the Oct. 25 regular meeting.

- Council authorized the CAO to approve a request from Manitoba Hydro

for proposed natural gas work.

- Rosser CentrePort project manager Bob Brown attended the meeting to provide information about activities in the CentrePort area. In addition, Colleen Sklar from the Partnership of the Manitoba Capital Region attended the meeting to provide information about the Regional Growth Strategy. As well, Jim Penner of the Interlake Community Foundation attended the meeting to discuss his letter of resignation.

- Surinder Singh Chatha applied for conditional use to establish an auction mart operation for the buying and selling of agricultural equipment and automobiles on his property, which is zoned as agricultural. There were no objections at a public hearing, but council defeated the resolution.

- The Nov. 22 council meeting will be changed to Nov. 29 at 6 p.m. The Dec. 27 meeting will be cancelled.

Manitoba writer Karen Emilson will be at the South Interlake Regional Library Stonewall Branch on Nov. 9 from 2 to 3:30 p.m. to discuss her past works and her newest novel, *Be Still the Water*. Emilson first garnered national attention with her Canadian

bestsellers *Where Children Run* and its sequel *When Memories Remain*. *Be Still the Water* is a story of an Icelandic family settling into life in Canada on the banks of Lake Manitoba in the early 1900s.

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# getfishing

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## Boy catches tomato, Dad plays practical joke

Welcome, folks.

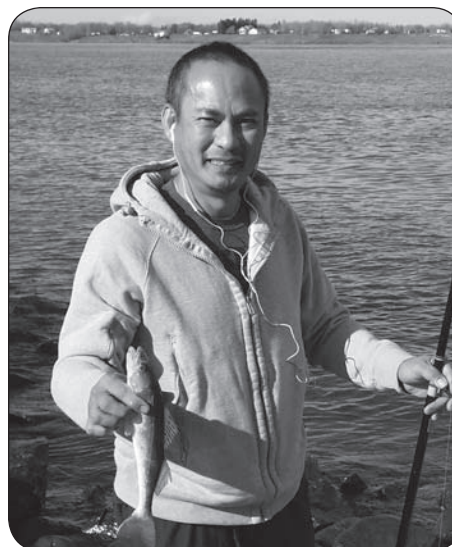
In all the weeks and years that I have been bringing you the fishing stories our sports and commercial fishers have shared, I have never been given one where someone caught a fish with his bare hands.

Orvil Strand, whom I met on the Lockport pier some time ago, says he did. Orvil was a shorter thin fellow with a face creased from a lifetime of experience. His squinting surveying gaze and wide smile suggested a hardened man who was still willing to look on the bright side of things.

I listened silently on an overcast cool afternoon as he talked of the many places he had fished. In time, he came to a story when at The Pas, he noticed a large pileup of logs held by a Saskatchewan River bridge support closest to the riverbank. Looking closer, he saw something move amongst the logs.

Not one to shy away from intrigue, he got to the log jam by boat and carefully picked his way onto the logs. There before him, the silvery side of a half-submerged gigantic jackfish imprisoned by branches and logs could just be seen. Standing on the moving tangle of wood, he lifted and threw log after log until, on one knee for stability, he grasped and cradled the big fish that was still alive. Only then did he realize it wasn't fishing season so, as a true sportsman, he manoeuvred himself holding the fish toward open water then heaved it into the drink.

Stopping at various fishing spots along the Winnipeg River a few weeks ago, I came across a very friendly outgoing chap by the name of Randy Baldreras from Winnipeg. Just as I came



**TRIBUNE PHOTO SUBMITTED**  
Randy Baldreras of Winnipeg with a pickerel he caught on the Winnipeg River.

upon him, he was reeling in a nice eating-sized pickerel.

Well, while that meant I didn't have to ask him how the fishing was going but I did have to ask him if he had a story for us. Randy was not only friendly but showed his sense of humour as he related a situation where he was riverbank fishing on the Red with his young son Mark a little while ago and the boy became bored.

Randy watched as Mark wandered off into the tall grass, daydreaming and talking to himself as kids do. Dad, seeing a chance to play a trick, quickly reeled Mark's line in and pulled the minnow off the hook, replacing it with a small tomato from their lunch cooler. He cast it out and then called his boy, "Mark, come back. I think you've got a bite." The boy raced back, grabbing up his rod and began reeling in as fast as he could. Then as the

wet shiny red tomato popped up from the water, Mark's face changed from excited anticipation to questioning disappointment. Dad snickered and chuckled, thinking he had played such a great joke on his son. Mark, on the other hand simply dropped his rod and made for the tall grass again, silently glaring at his dad. Oh well, Randy, at least you tried.

Last week I met Don Rourie from Komarno, who had an unusual story. He and some friends were boat fishing fairly close to shore on Shoal Lake when some heavy wind driven waves began swamping the small boat they were in. Not wanting to take a chance, he made for shore and got everyone out of the boat then tried to get to the boat landing.

Just as he got there, another huge wave washed right over the boat, drowning the poor little craft. By then, he was in just a few feet of water. As a result, the boat, though grounded, was being violently tossed about. Don had enough. He stood up, swung his legs over the gunwale and waded to shore, joining his friends for lunch.

When the weather calmed down later in the afternoon, he went back with his quad and a rope and pulled the stricken craft up on land. It wasn't a total loss, though. Don saw the string of fish they had caught was still tied to the boat.

Before ending this week's get-together, I should mention the folks who fish off Selkirk's pier have asked me to pass along their request to the town for a bathroom close by. Well, those pickerel are biting like crazy right now, so what do you say we go get some. Bye for now.

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## Canadian Cancer Statistics 2016

# Cancer cases continue to climb across Canada

### Submitted

More Canadians are surviving cancer than ever before, but the Canadian Cancer Society warns that the number of cases will continue to climb as the country continues to grow and age.

Canadian Cancer Statistics 2016 — a report produced by the Society in partnership with the Public Health Agency of Canada and Statistics Canada — shows that more Canadians than ever before are living with or beyond a cancer diagnosis. In fact, 810,045 Canadians — or 2.4 per cent of the population — have lived more than 10 years with cancer.

The report also found that cancer prevention efforts, earlier detection and better treatments have prevented another 180,000 deaths in Canada since 1988. This includes 31,624 lung cancer deaths and 32,170 breast cancer deaths.

However, the annual snapshot of cancer in Canada also predicts that the number of cancer cases will continue to increase as the country's population grows and gets older. This year, 89 per cent of new cancer cases will be in people over 50 years of age.

"We are making progress as the number of people surviving cancer continues to improve," said Erin Crawford, senior director, public issues and community engagement for the Canadian Cancer Society, Manitoba. "However, cancer continues to be the leading cause of death in Canada and this year 202,400 families will face a cancer diagnosis and we expect that number to increase over the next 15 years when one in four Canadians will be 65 or older."

"This report demonstrates that we all need to do more — whether it is funding additional research, providing support to cancer patients or participating in screening programs and protecting ourselves from the risk of cancer."

A special topic within the report demonstrates the need for Canadians to take action to protect themselves and their children from the risk of cancer. It found that cancers of the mouth and throat caused by the human papillomavirus (HPV) are rising dramatically among Canadian men and are poised to surpass the rate of cervical cancer in women.

This year, nearly 4,400 Canadians will be diagnosed with an HPV cancer and about 1,200 Canadians will die from an HPV cancer. The incidence of HPV mouth and throat cancers increased a dramatic 56 per cent in males and 17 per cent in females between 1992 and 2012. Mouth and throat cancers now represent about one-third of all HPV cancers in Canada.

The Society is urging Canadians to get the HPV vaccine — a safe and effective way to prevent the cancer-causing infection. "This report shows us for the first time how many Canadians are being affected by HPV cancers," said Dr. Robert Nuttall, the society's assistant director, health policy. "These cancers are largely preventable through vaccination. In the moment it takes to vaccinate your children, you are helping to protect them from cancer in the future."

In Manitoba, the HPV vaccine is available to all Grade 6 students through a publicly funded program. However, only 46 per cent of the eligible students receive the required 3 treatments. That compares to a 76 per cent vaccination rate in Alberta. "The more boys and girls that get vaccinated, the more cases of cancer will be prevented. It's that simple," Dr. Nuttall said.

The report shows that in Manitoba this year, 6,800 families will face a cancer diagnosis — 100 more than last year and 900 more than just four years ago. Cancer will also take 2,800 Manitobans from their families this year. That is

eight Manitobans every day.

The snapshot of cancer shows the incidence of cancer among women in Manitoba is higher than the national average while Manitoba men have a similar incidence rate as their counterparts in other provinces.

The death rate for all cancers combined is higher in Manitoba than the national average. Among men, higher death rates associated with prostate and colorectal cancer is offset by higher survival rates for lung cancer. Among women, higher death rates are associated with breast and lung cancers.

Four kinds of cancer will account for half the cancer cases in Manitoba this year. They are:

- Colorectal 970 (new cases expected this year)
- Lung 920
- Breast 880
- Prostate 710

Crawford said the latest statistics highlight the need for continued strengthening of cancer prevention efforts and early detection of cancer.

"We know that about half of cancer cases can be prevented through healthy behaviours and policies that protect the public," she said. "This report shows the importance of parents taking action, like having your children vaccinated, can prevent cancer in the future."

Crawford pointed out that there is also a large role for individual Manitobans to play including:

- If you smoke, quit. If you don't smoke, don't start. It's estimated that smoking is responsible for 30 per cent of all cancer deaths in Canada and is related to more than 85 per cent of lung cancer cases.

- Get screened. If you're in a certain age or population group, there are screening tests to help find breast, cervical and colorectal cancer before you've even noticed symptoms. Learn more at [cancer.ca/screening](http://cancer.ca/screening).

- Get vaccinated against HPV. This virus is linked with cervical cancer as well as cancers of the penis, anus, vulva, vagina, oral cavity and

Continued on page 14

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# Plenty of howls at Warren's Haunted House



By Natasha Tersigni

There were plenty of horrors and howls while visitors toured Granny's Haunted Mansion in Warren on Monday evening. While guests went through the eerily spooky rooms of the house looking for granny, they were met with many less-than-desirable characters. From the zombie sleeping in the bath tub to the demon hanging out in the refrigerator to the crazed patient in the bedroom, guests soon learned this was definitely not your typical grandmother's house.

Members of the Woodlands Community Development Corporation and high school students from Warren Collegiate transformed the West Interlake Trading Company's farmers market building into the spooktacular haunted house. It took volunteers over two weeks to get the mansion ready.

"After our Family Fun Day held in September, we had a brainstorming session to try and come up with ideas to get the community together and to showcase the CDC's work. As youth, we wanted our neighbours to know that we care and this was a way to give back. Tonight alone, there are 23 high school students as characters in the house, not to mention the volunteers that help to clean and get the mansion ready," said Grade 10 student Torin Hoffman, who is the youth director at Woodlands CDC and the main organizer of the event.

"We are very impressed with the turnout tonight and excited to see so many people come out here and we hope to host it again next year."

Money collected from donations from the haunted house will be used for repairing the Warren Grain Elevator.



TRIBUNE PHOTOS BY NATASHA TERSIGNI

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# Local snowmobile mobile shacks will be alcohol-free this season

By Natasha Tersigni

To help keep snowmobile trails safe this season and encourage drivers to remain sober, the Snowmobilers of Manitoba Inc (Snoman) have unveiled their new Alcohol-Free Family Zone Campaign.

The new campaign launched last week by Snoman, a not-for-profit organization that promotes recreational snowmobiling in the Manitoba, advocates for snowmobilers to keep all warm-up shelters in the province free from alcohol. The safety campaign is focused on promoting safety

and is funded by both Snoman and Manitoba Public Insurance.

"With approximately 12,000 kilometres of designated trails, 53 clubs and over 150 shelters, it is essential that we embrace safety throughout all aspects of our recreational activity," said Snoman president Alan Butler in a press release.

"We encourage our club members and other snowmobilers to respect the Alcohol-Free Family Zone."

Local snowmobiling club Interlake Snow Trackers has always promoted snowmobiling as a family activity.

"Alcohol-free shacks have always been a goal of ours, and this campaign is just stepping up that message to a provincial level. The campaign is more about promoting snowmobiling as a family recreation, and we really want to promote that aspect of snowmobiling," said Interlake Snow Trackers director Joe Thievin.

"We have always taken the stance of keeping the shacks alcohol-free and we actively promote our club as family orientated. All the activities our club puts on are family driven and there is no drinking on those trips."



# Local fire station toppling national average of women firefighters

## Warren-Woodlands Fire Department boasts high percentage of female members

By Natasha Tersigni

Every year, the number of female firefighters joining crews across the country continues to steadily grow. And of the 22,000 firefighters currently working in Canada today, three per cent or 600 are women.

Trouncing the national average more than seven times is the local Warren-Woodlands Fire Department with seven of their 32 volunteer firefighters, or 22 per cent, being women.

While the department never set out to actively recruit women, the welcoming environment and team atmosphere is what has kept Deputy Fire Chief Debbie Buchanan on the department for the last 25 years.

Buchanan started volunteering with the department as a dispatcher. She jokes that it was the only way to see her husband, who was on the force at the time.

After a few years of office work, she decided she wanted to be on the front lines with the rest of the crew so she took her Level 1 course in 1994.

"There were three other women on at the time working dispatch and one woman who was working her way into active fire fighting, so I was one of four when I joined. Over the years, we have had two or three at a time," said Buchanan, who added that currently Warren has the most women active members in the region.

"It is nice to have women because often times they are the ones around during the day because they are stay-at-home moms or have small children. For most departments during the day, 8 a.m. to 4 p.m., that is the lean time for personnel because that is when a lot of volunteers are working."

While the public may see a high number of women firefighters as a liability with them having smaller and more slender builds, Fire Chief Dean Campbell said that sometimes it can be a huge asset.

"Everybody fits in and has a niche. There was a very tiny woman a few years ago on the crew and everybody would say she is too small to be a firefighter. One night, there was a very bad car accident and she was tiny enough to get into the car and stabilize the patient. No one else could

have done that. As well, she had the ability to calm people down and talk with them, no matter the situation," said Campbell, who added that all firefighters, no matter their gender, must pass the same training and fitness standards.

"We put on fire equipment and everybody is the same."

When Kristy Hill was 18 years old, she joined the department as a way to give back to her community.

"The department is super welcoming and Debbie is at the head of the department, which makes it super easy to join. As a woman, you feel comfortable," said Hill, who added that there are things she can do that men can't.

At the end of the day, no matter your gender,

everybody has a job to do when called to an emergency, added Buchanan.

"The young women that come on are sometimes very slender and think they can't do it and I say, 'If you got a will, you will find a way,'" said Buchanan.

"It comes down to the mental ability as much as the physical ability. We do get into situations, especially with motor vehicle accidents, that mentally they are not the easiest calls. Even in



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Warren-Woodlands Fire Department is above the national average with seven female firefighters on their crew. Pictured from left to right: Deputy Fire Chief Debbie Buchanan, Sarah Griffin, Kathy Campbell and Marilyn Campbell. Missing from the photo are Becky Hyde, Kristy Hill and Stephanie Cheadle.

the fire service, you have members that can run the pumps and fight the fires but they tend to shy away from maybe more of the traumatic scenes.

I encourage young

women to start in high school, come on the force as a junior firefighter to see what it is all about and it gives them a chance to volunteer for their community."

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## DON'T FORGET.....

SOUTH INTERLAKE SENIORS RESOURCE is temporarily located at 622 Centre Avenue, in front of the Lions Manor main entrance.

## VOLUNTEER OF THE MONTH ♥

We would like to acknowledge Nicky Zayac as our volunteer of the month. Nicky has been a dedicated volunteer driver with SISRC for 10 years and helps transport the seniors in the Woodlands area to wherever they need to go. Your volunteerism is greatly appreciated Nicky! Thank you!

Nicky will enjoy lunch at

Join us for homemade lunches & desserts  
Tues-Fri 10-5, Sat 10-4 • 292 Main St., Stonewall 204-467-2303



## RISE Sunday – November 6, 2016

### Reach Out.....Brighten a Senior's Day

Throughout the fall months, the amount of daylight lessens each day and days grow even shorter once we turn the clocks back. Shorter days and decreased sunlight can increase a senior's risk of social isolation and loneliness. On Sunday November 6, we invite you to reach out to a senior – your simple act of kindness can brighten a senior's day.

The goal of the RISE Campaign is to help Canadians become aware of the possible impact of social isolation and loneliness on their older family members, friends and neighbors – and to take action. In Canada, over a million seniors report that they are lonely and aren't participating in social activities. This is an increasing problem in Canada and awareness is important!  
Find out more at [www.rise-cisa.ca](http://www.rise-cisa.ca)

One of SISRC's programs is our **Equipment Lending Program**.

This program provides equipment such as crutches, walkers, wheelchairs as well as other items for a short term loan to the residents of Stonewall and surrounding area. We currently have low inventory on **wheelchairs** and are looking for donations of such items. Thank you!

**For more information call 204-467-2719**

# November Calendar of Events!

SOUTH INTERLAKE 55 PLUS, 374 FIRST STREET WEST

Clip & Save



- Nov 1 Computer Class 1:00 – 3:00 pm
- Nov 3 Bingo @ 1:30
- Nov 9 Monthly LUNCHEON @ Noon
- Nov 9 One Stroke Painting @ 1:00 pm
- Nov 9 Accumulative Crib Tournament Starts @ 7:00 pm
- Nov 10 Shopping Trip St Vital Centre @ 9:15 am
- Nov 10 Bingo @ 1:30 pm
- Nov 16 Wellness Presentation: Surviving the Holidays – Part 1

- Nov 17 Casino Trip – McPhillips Street Station @ 9:45
- Nov 17 NO BINGO
- Nov 23 One Stroke Painting @ 1:00 pm
- Nov 23 Wellness Presentation: New Ways to Celebrate – Part 2
- Nov 24 Bus Trip to Gimli
- Nov 24 Bingo @ 1:30 pm
- Nov 24 Travel Presentation: Cruises @ 7:00 pm
- Dec 1 Travel Presentation: Iceland @ 7:00 pm
- Dec 5 Whist Tournament @ 1:00 pm
- Dec 7 Christmas Dinner @ Noon - Advance Tickets Only
- Dec 7 Travel Presentation: Travel & Medications @ 7:00 pm
- Dec 8 Quarry Choristers Caroling Evening @ 7:30 pm

## CRIBBAGE TOURNAMENT

4 Week Tournament – Weekly Prizes!

Wednesdays, November 9th – November 30th

7:00 pm each Evening

Registration Required by: November 8th –

Call 55 Plus to Register @ 204-467-2582



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## BUS TRIPS

- Nov 10 – Shopping @ St Vital Centre
- Nov 17 – McPhillips Street Casino
- Nov 24 – Gimli Manitoba



## NOVEMBER LUNCHEON

Wednesday, November 9th @ Noon



Hot Roast Pork & All the Fixin's  
Includes Dessert

Note: January 1st, 2017, there will be a price increase.

## Computer Classes

Windows 10

November 15 & 22 1:00-3:00 pm

BRING YOUR OWN DEVICE

Classes held at 374

First Street West, Stonewall



## Health & Wellness Presentations With Kelly Hunter

Surviving the Holidays & New Ways To Celebrate

Wednesdays: Nov 16 – Part 1 & Nov 23 – Part 2

4:30 pm

## ACTIVE WELLNESS CLUB

October 24th - December 2nd



- Monday – 5:30 Funfit
- Tuesday – 4:15 Yoga & Pilates
- Tuesday – 5:30 Zumba & Pound
- Wednesday – 8:15 Gentle Yoga
- Wednesday – 5:30 Interval Training
- Thursday – 4:15 Zumba & Pound
- Thursday – 5:30 Ultimate Mix
- Friday – 8:30 Gentle Yoga



Call to enquire  
about registering  
for any of the  
classes  
204-467-2582

## South Interlake Regional Library & South Interlake 55 Plus

### Present... Around the World Travel Presentations

Cruises – Tips & Tricks – Thurs., Nov 24 @ 7:00 pm

Iceland – a Tour with Wendy Rutherford – Thurs., Dec 1 @ 7:00 pm

Travel & Medications – with Teryl Moore – Wed., Dec 7 @ 7:00 pm

## CHRISTMAS DINNER

Tuesday, December 7th 12:00 Noon

Entertainment to Follow by n'Style

Advance Tickets ONLY

Deadline for Ticket Sales: Nov 30 – Call 204-467-2582!



**For more information call 204-467-2582**



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Teulon Senior Resource Drop in Center is available Mondays 1:00pm - 3:00pm, Tuesday Wednesday, Thursday and Friday 9:00 - 12:00, and 1:00- 3:00 closed every 2nd and 4th Thursday mornings of each month.

## PLEASE JOIN US FOR

Love and Duty - a 45 min video compliments of the Red Cross, is an inspiring tale of 641 women who traveled overseas to serve the Red Cross in WWII. Location is at Anglican Church Hall November 9.

Call Barb or Carmen at 204.886.2570 to register. Lunch will be provided



# Rockwood council denies rezoning application

## Rezoning application denied, presentation by PMCR

By Jennifer McFee

Colleen Sklar of the Partnership of the Manitoba Capital Region spoke to Rockwood council at their Oct. 26 committee of the whole meeting about the Regional Growth Strategy.

This extensive document, which is the culmination of several years' work, will be released to MLAs in November and to the public in February.

Sklar stressed the need for developing a regional vision as well as steps to achieve the plan. Although everyone might not agree with every component, she said it's important to start the conversations and for municipalities to start championing the cause.

Manitoba is one of the only provinces in Canada that doesn't do regional planning, she noted. By connecting the communities, there is greater chance of leveraging provincial and federal funding.

In other council news, Rockwood

council denied an application from Maple Leaf Construction to rezone two properties from MEH (industrial extractive holding area) to ME (industrial extractive zone).

Council didn't feel that there was enough information provided during their presentation to grant a positive decision. They encourage the applicant to reapply and to cite more information about reclamation and other issues brought up by objectors at the public hearing on Oct. 19.

At the Oct. 26 meeting, council granted a variation to Doug and Nicole Steinke that will allow for a minimum front yard setback of 85 feet, down from the usual minimum requirement of 125 feet. Their home was badly damaged by fire in August and instead of rebuilding it, they would like to replace it with a ready-to-move home.



TRIBUNE PHOTO BY JENNIFER MCFEE

Colleen Sklar of the Partnership of the Capital Region spoke to Rockwood council about the Regional Growth Strategy.

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**WITC Christmas Craft Sale**

10-3, Saturday, November 5<sup>th</sup>  
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**Woodlands**

**RM of Woodlands Residents - WE NEED YOUR INPUT**

7:00 PM on Wednesday November 9th  
at the Warren Fire Hall Multipurpose Room

**NEW ACCESSIBILITY PLAN LEGISLATION INFORMATION & FEEDBACK SESSION**

The RM of Woodlands is currently in the process of developing an accessibility plan, and to complete it, we need input from our citizens. In particular, we want to hear from persons with disabilities and/or those affected by disability. In the coming years all public and private sectors will be required to create and implement their own accessibility plans and this session will provide a timeline and key information to aid you in this process.

*Any questions, please contact Renée Simcoe, Economic Development Officer at 383-5679.*



# Woodlands pasture wraps up the first year as community Co-op

By Natasha Tersigni

The pastures are now empty and the cattle are back at the farm, following the first successful season at the Woodlands Community Pasture being run as a co-op.

After the federal government dissolved the Prairie Farm Rehabilitation Administration (PFRA) program, the RM of Woodlands council, with input from patrons, decided to keep the pasture in the RM and run it as a co-op.

While Woodlands had the option of joining the provincial Association of Manitoba Community Pastures (ACMP) program, council decided, with the majority of the land being owned by the RM and being an important asset, that it should remain in the hands of the local municipal government.

"In its first year, it ran well. There were quite a few expenses to get it going, so not profitable yet, but down the road, it will be. It is a major asset to our community and we had the opportunity to keep it local, so we took it," said RM of Woodlands Reeve Trevor King, who added that while the pasture does have producers as far away as Winkler using it, many of the local producers are taking advantage of the local pasture. With a local pasture, local producers save substantial

money on hauling expenses and also know that any profits that are being made go back into the pasture and the community.

When producers brought their cattle to the pasture this past spring, it was the first time since the 1930s that the pasture was not being federally operated. Other than the purchase of essential equipment, including a truck, the first year ran very status quo, said pasture manager Curtis Hayes.

"It has been operating pretty much the same as it did under PFRA and it worked out well this season. We had 41 patrons, and our highest throughout the years has been 70. Over the years, the herd have been getting larger and we have had fewer patrons bringing more cattle," said Hayes, who added that quite a few patrons are from Woodlands and surrounding communities.

"This year, we could have handled a little bit more because it was a really good grass year. We had 2,500 adults and 4,500 cattle in total."

With the first season officially over, the patrons' committee will hold its annual general meeting in January to discuss the budget and plans moving forward. While the pasture is owned by the RM, it is run by a pasture committee with two council members sitting on the board. The daily man-



TRIBUNE PHOTO BY NATASHA TERSIGNI

Last week, cattle were taken off pasture lands and sent back with cattle producers to their farms marking the end of the first season of the Woodlands Community Pasture co-operative. While the pasture is owned by the municipality, the RM of Woodlands council oversees and approves all decisions. The board is made up of patrons while two council members are responsible for the pasture's daily operations.

agement including pasture fees and with the final approval coming from employees are set by the committee the council.

## New equipment granted to community commercial kitchen

By Jennifer McFee

If the kitchen is the heart of the home, perhaps a community kitchen can also be considered the heart of a town.

In Teulon, the community is benefiting from nearly \$10,000 in provincial government grants to be used to-

wards commercial-grade kitchen equipment.

A brand new cooler and freezer were recently installed at the Teulon-Rockwood Centennial Centre, and a commercial-grade mixer is being delivered from Edmonton. The kitchen also features a double-convection oven and stove that are still quite new.

The goal of the grant program, which provided funding to five communities across the province, is to support local food entrepreneurs. Commercial community kitchens

undergo inspections and have food-service establishment permits.

Beth Hutchinson, recreation director for the Teulon-Rockwood Recreation Commission, said anyone is welcome to rent out the kitchen at the facility any time.

"We're hoping that it's going to encourage people to rent out the facility more," she said. "There are lots of new laws about using commercial kitchens, so we will be renting out the facility just for the kitchen as well."

The kitchen would be an ideal space for people who prepare fall suppers as well as for those who sell their baked goodies at craft sales or farmers' markets.

With upcoming events in Teulon, such as Mall in the Hall and Winterfest, Hutchinson hopes vendors will consider using the commercial kitchen.

Currently, the cost to rent the kitchen is \$100 for four hours, but Hutchinson said those costs will go up in 2017.

"We've even had inquiries from people in Winnipeg because of how cheap it is," she said.

The provincial government recently announced another new grant for specialized equipment, so Hutchinson is seeking feedback about what other equipment would be useful in the community kitchen.

For more information or to book the kitchen, contact Hutchinson at 204-861-0341 or Alex Baptista at 204-861-0366.



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# Sunova's spooktacular Halloween spectacle



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Sunova Credit Union held their annual Halloween decorating contest between branches last Monday. The Oakbank and Lac du Bonnet branches tied for first place earning them bragging rights. Above left photo: the Stonewall branch transformed their financial institution into a Witches' Hut while Teulon (right) went with an outdoorsy theme and created the Sunova Hunting Lodge.

## Remembering those who served



TRIBUNE PHOTO SUBMITTED

The first Sunday in May is commemorated nationally as Battle of the Atlantic Sunday and recognizes the sacrifices of the Canadian Sailors, Merchant Seamen, Air Force and Army personnel who gave their lives. On May 6, 2016, Marilyn Carson, far right, widow of the late Rodney Carson, RCNVR, laid a wreath in his memory at St. Mary's Church in Bun-crana, Ireland. Also presenting Lt. Cdr. (Ret'd) Jim Reddy, Captain HMCS Sackville (Canada's Naval Memorial). Observing at the presentation was the honourable Kevin Vickers, Ambassador of Canada to Ireland.



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# Spooktacular costumes at firefighters social



TRIBUNE PHOTOS BY MOLLIE MEIER

The Stonewall-Rockwood firefighters held their annual Halloween social last Friday at the Stonewall Legion. And as always, the costumes were creative, spooky and hilarious. Some of this year's costumes included a mail order bride, cereal killer (complete with Rice Krispies and Froot Loops), the rock band KISS, a couple dressed as the Winnipeg Jets and the Stanley Cup, and a circus trainer complete with a Coke.

## > CANCER CLIMBS, FROM PG. 7

throat.

- Eat well and be active. About one-third of all cancers can be prevented by eating well, being active and maintaining a healthy body weight.
- Practise sun safety and don't use

indoor tanning. Melanoma is the deadliest skin cancer and is mostly preventable.

The Cancer Society continues to play a key role in the cancer fight by:

- funding the very best research across Canada to find more answers about cancer
- providing community-based services and support programs that help cancer patients and their families
- Working to affect change within governments on behalf of Canadians related to access to care, prevention and treatment measures

About Canadian Cancer Statistics:

Canadian Cancer Statistics 2016 was prepared through a partnership of the Canadian Cancer Society, the Public Health Agency of Canada, Statistics Canada and provincial and territorial cancer registries. For more information about Canadian Cancer Statistics 2016, visit [cancer.ca/statistics](http://cancer.ca/statistics).

About the Canadian Cancer Society:

The Canadian Cancer Society is a national, community-based organization of volunteers whose mission is to eradicate cancer and enhance the quality of life of people living with cancer. Thanks to our donors and volunteers, the Society has the most impact, against the most cancers, in the most communities in Canada. For more information, visit [cancer.ca](http://cancer.ca) or call our toll-free bilingual Cancer Information Service at 1-888-939-3333 (TTY 1-866-786-3934).

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# Remembrance DAY

NOVEMBER 11

## Gulf War veteran proud to have served

By Jennifer McFee

"No duff! No duff!"

When Heather Lepine heard these words blaring across the loudspeakers of the Canadian Forces ship in middle of the Persian Gulf, she knew it wasn't a drill. Instead, she knew that an unidentified inbound aircraft had been spotted.

Along with everyone else aboard the HMCS Protecteur, she rushed to her action station. For Lepine, whose last name was still Ammeter back in 1991 during the Gulf War, she set up in the back of the ship with her shoulder-launch javelin missile and waited, ready to jump to action in her role as an artillery air defence person.

"We could see the aircraft coming in. It wasn't within range yet and we were just waiting for our orders as to whether or not to actively shoot it down," she recalled. "We were really fortunate that the aircraft turned outbound."

Lepine knew from the time she was in high school that she wanted to join the military. She joined the naval reserves before she was 18, so her parents had to sign for permission. She stayed in that part-time role for two years before joining the regular army in September 1989 and becoming one of the first two females in Canada recruited for artillery air defence.

On Dec. 31, 1990, she spent New Year's Eve in an aircraft somewhere over France on her way to the Persian Gulf. She was stationed onboard one of three Canadian ships, and her priority was to help maintain air superiority from the ground with land-to-air missiles.

"It was called Operation Friction, and we went to help the people of Kuwait. Dubai and Abu Dhabi were home ports for us and we would just patrol the Persian Gulf. I was on The Protecteur, which was the supply ship, and it was

Continued on page 16



Heather Lepine shares a photo of the HMCS Protecteur, which she served on during the Gulf War.



### FOR THE FALLEN

They shall not grow old,  
as we that are left grow old:  
Age shall not weary them,  
nor the years condemn.  
At the going down of the  
sun and in the morning  
We will remember them.

- Laurence Binyon



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#### Remembrance Day Message:

On Remembrance Day, let us offer prayers of gratitude for the nobility and sacrifice of our veterans in times past. Young and old, let us wear a poppy and attend Remembrance Day services so that we will never forget. We can all be peacemakers.



**Town Of Stonewall**  
Mayor and Councillors



Town of **Teulon**  
Mayor and Councillors  
*a great place to come home to*



**RM OF ROCKWOOD**  
Reeve and Councillors







# Remembrance DAY

NOVEMBER 11



Continued from  
page 15

## Remembrance Day holds a special place in the heart of Heather Lepine

the only Canadian ship that had females on it," said Lepine, who was 21 at the time.

"We supplied all of our own ships that were over there plus all of our allies, so we were the replenishment-at-sea ship. We held all the fuel and a lot of supplies for the ships so we came into port a little more than other ships did. We would fuel up, gather supplies and then head out. But even if we went into to town for the day, the ship was where we laid our head to rest at night."

At the time, she didn't feel fear as a member of the 119 Air Defence Battery sent to the Gulf in response to

Iraqi aggression.

"The eight of us from my unit were all soldiers posted on The Protecteur. We volunteered to go over, so we all wanted to be there and we wanted to make a difference," she said.

"We were trying to bring peace back to Kuwait because their country was being overthrown. We were going over there to help them and restore what little we could for them."

The war ended in February 1991, and Lepine returned home two months later. But even now, 25 years later, the experience remains fresh in her mind.

"You can't experience something



TRIBUNE PHOTOS BY JENNIFER MCFEE

Heather Lepine is proud to wear her medals on Remembrance Day.

like this without it changing you somewhat — but for the better, for the positive," she said. "It made all of us appreciate this great country we have and where we come from."

While she increased her appreciation for Canada, Lepine also became a recipient of gratitude.

"When it was over and we were back to our home port there, we had people in the streets coming up to us, shaking our hands, hugging us, which is not something that they normally do but they were so relieved," she said.

"We had one fellow in particular who was a police officer in Kuwait and managed to be living in the United Arab Emirates at the time and he couldn't stop hugging my partner and I when we were out in the streets. They were very grateful."

She retired from the military in 1996 and began to work with the RCMP in 2006. Today, she continues to serve in Stonewall as a detachment services assistant.

For Lepine, Remembrance Day holds a special place in her heart that runs generations deep.

"My grandfather was in both world wars, so that in itself is meaningful to me. He left home at 16 and he lied to get in. When they caught up to him, he was in the trenches with his dad. They asked him why he lied and he said he went find his dad — and they both came back home. Then he joined up again for World War II," she said.

"And my dad was a Mountie, so we have lots of proud moments of him serving our country at that level. Remembrance Day has an extremely special meaning for all of my family with those connections."

Just as she does every year for Remembrance Day, Lepine will proudly wear her service medal from the Canadian government and her ceremonial medal from the people of Kuwait.

"At the time, we never thought anything of it. It was just part of the job. But I look back on it now as I'm older and I realize that what we did over there is pretty awesome," she said.

"I have no regrets about joining and volunteering to go over. I'm proud to have done it and I know I would do it again."

*Lest we Forget*

On Remembrance Day, we pay tribute to those past and present who served our country with courage and compassion.

**JAMES BEZAN, MP**  
SELKIRK—INTERLAKE—EASTMAN

228 Manitoba Avenue, Selkirk, Manitoba R1A 0Y5  
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204-785-6151

LEST WE FORGET

**Derek JOHNSON**  
MLA for Interlake

t. 204.376.3401  
interlakemla@gmail.com





# Remembrance DAY

NOVEMBER 11

## Stony Mountain veteran served on Canadian soil during Second World War

By Natasha Tersigni

During the Second World War, thousands of Canadian soldiers fought overseas in Europe alongside Allied forces, while a select few hundred soldiers remained home to protect Canada's borders.

Throughout the war, there were attacks from enemy forces on both Canadian coastlines. Japanese submarines would travel up and down the British Columbia coastline preparing to torpedo Canada. A submarine attack became real on June 20, 1942, when the I-26 Japanese submarine shelled Estevan Point lighthouse on Vancouver Island.

To protect Canada and prevent further attacks, soldiers were stationed along the western coastline during the war, and if submarines were spotted, they used artillery guns to destroy them. One of the soldiers that served was Stony Mountain resident Richard Lippens.

Lippens was born in Belgium and immigrated to Canada in 1922 when he was just three years old. His family settled in Holland, Man., and when he was still just a boy, he left school to work on the farm with his father.

"My dad pulled me out of school when I was nine and half years old in Grade 3 and I never went back. He had a half section of the farm. He needed help and couldn't afford it, so I was his labourer," recalled Lippens, who farmed alongside his father until he was 20 years old and decided to volunteer for the Canadian Armed Forces.

"Farming at the time was poor. Our

crops in Holland were dry and did not produce for about three years. It was dust bowl and I decided I was not going to farm, that I would join the Army instead."

Lippens had already escaped being drafted into the Belgian army when he was 18 years old because unlike many of the men his age in Holland, Man., he was a Canadian citizen. A few of his friends were sent back to Belgium to join the military.

Along with many of his friends who were not sent back to Belgium, Lippens decided to join the Canadian military voluntarily.

"My mom and dad lived through World War I and I knew they wouldn't like that I joined. The only person in my family that knew I joined the Army was my brother Jerry," said Lippens, who added that he knew the risks that were involved when you signed the dotted line.

"If you signed as a volunteer, you knew that they could send you wherever they needed you. The word 'no' did not exist. Everything was 'yes.'"

After enlisting on Aug. 20, 1940, Lippens was trained as an artilleryman and was sent to the West Coast to serve in armed forts and gun positions that were established along the Pacific Ocean. His time on the West Coast included being stationed at Bella Bella, a Central coast position designed to protect the seaplane base, and two other fortifications on the British Columbia coast.

"I was stationed on the ocean side of Vancouver Island and we were tasked with watching out for Japanese sub-



TRIBUNE PHOTO BY NATASHA TERSIGNI

While he remained in Canada, Stony Mountain veteran proudly served during the Second World War when he was enlisted in the Canada Armed Forces from Aug. 20, 1940, to Oct. 5, 1946. During his service, Lippens served on the West Coast, manning artillery posts that protected Canada against attacks from Japanese submarines.

marines. The submarines were dropping bombs, so we were armed with the artillery guns and ready to fire. There was a unit of 70 people up and down the coastline, and I stayed at each spot for three months," said Lippens, who added that while he did not see any action during his time on the coast, his unit knew the important role they played on the frontlines and ensuring Canada's protection.

After two years in the Army, Lippens attended a weeklong selection course to become a paratrooper.

"I wanted to go overseas. You don't



think about what could actually happen when you are young. I just wanted to serve my country," said Lippens, who was unable to become a paratrooper because the doctor found that he had a heart murmur.

Lippens was sent home to Manitoba, where he spent another four years in the military, working in Winnipeg as a clerk writing daily orders and sending them to depots across Canada.

When the war ended, Lippens was released from the Army but did not return to the farm. He stayed in the

Continued on page 19

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# Remembrance DAY

NOVEMBER 11

## Local soldier remembered for his service in Afghanistan war

By Natasha Tersigni

There is not a day goes by that the family of Cpl. Mike Seggie does not think of the young man and the supreme sacrifice that he made for his country. Remembrance Day is a day that family and friends reflect on the young soldier and his service to Canada.

Growing up, Mike always knew what he wanted to do. He wanted to follow

in his father's and uncle's footsteps and join the Canadian Armed Forces.

When Mike was a teenager, he joined Winnipeg's 191 Royal Canadian Air Cadet Squadron and had his first taste of military life. Following cadets, Mike decided to join the Primary Reserves as an infantryman with the Winnipeg Queen's Own Cameron Highlanders. He left the Camerons, and a year later, he re-joined the re-



**TRIBUNE PHOTOS SUBMITTED**  
Cpl. Mike Seggie, far left, looked forward to following in his father's footsteps, Jim Seggie, in front. Insert photo, Mike joined the regular Forces in 2006 and was deployed to Afghanistan in 2008.

serves with the Royal Winnipeg Rifles. "Mike grew up with the military. I was in the regular Forces for a number of years, all with the Princess Patricia's Canadian Light Infantry (PPCLI). It was just a natural progression for him," said Mike's father, Jim Seggie.

"He joined the regular Force in

March 2006 and he was sent to the PPCLI battle school in Wainwright and became a Patricia. After completing training, he was posted to PPCLI Shilo. I served with 2 PPCLI for a number of years, and he was quite happy about the posting."

Continued on page 19

# Remembrance DAY

november 11th


## SERVICES

(All events open to the public)

SCHOOLS	DATE	TIME
Inwood School	Wed, Nov 9th	10:30am
Balmoral School	Thurs, Nov 10th	9:30am
Brant-Argyle School	Thurs, Nov 10th	11:30am
École RW Bobby Bend	Thurs, Nov 10th	2:10pm
Grosse Isle School	Thurs, Nov 10th	10:00am
Rosser Elementary	Thurs, Nov 10th	10:00am
École Stonewall Centennial	Thurs, Nov 10th	2:15pm
Stonewall Collegiate	Thurs, Nov 10th	10:45am
Stony Mountain School	Thurs, Nov 10th	12:15am
Teulon Collegiate and Teulon Elementary School at the Collegiate	Thurs, Nov 10th	10:45am
Warren Elementary	Thurs, Nov 10th	12:15am
Warren Collegiate	Thurs, Nov 10th	10:30am
Woodlands School	Thurs, Nov 10th	10:00am
St. Laurent School	Thurs, Nov 10th	11:00am
École communautaire Aurele-Lemoine	Thurs, Nov 10th	10:30am


### LEGIONS/HALL


Stonewall Legion	Fri, Nov 11th	10:30am
(Lunch to follow, doors open at 10:00am)		
St. Laurent at RC Church	Fri, Nov 11th	10:30am
(Lunch to follow at the Legion)		
Woodlands Legion	Fri, Nov 11th	10:30am
Lunch to follow		
Teulon Rockwood Centennial Centre	Fri, Nov 11th	8:30am-10am Pancake Breakfast at Hall
		Service at 10:30am
No Charge for Veterans, Cadets and Serving Members (Refreshments to follow service)		
Brandt Argyle Memorial Community Centre	Fri, Nov 11th	10:45am
Stony Mountain Community Centre	Fri, Nov. 11th	10:15 am
Inwood Hall	Fri, Nov. 11th	10:00am



## RM of Woodlands


Reeve and Councillors






## RM of Rosser

Reeve and Councillors







## Royal Canadian Legion

St. Laurent Metis


Branch #250





## RM of St. Laurent

Reeve and Councillors







# Remembrance DAY

NOVEMBER 11

Continued from page 18

While Mike grew up in Winnipeg, his extended family lives in the Marquette area, including his grandparents Jim and Betty Sorenson. His Shilo posting allowed him to stay close to his family, something Jim Seggie said Mike cherished.

Mike was deployed to Afghanistan in February 2008, and while on the operation, he was promoted to Corporal and received the Canadian Expeditionary Force Commander's Commendation for his actions on March 27, 2008.

On patrol on the 27th day of March, Mike's unit came across several wounded Afghan men. While a fellow soldier was administering first aid to the wounded, a group of distraught men began to approach. Mike remained level-headed throughout the situation and managed to pacify the group by speaking to them in Pashtu so first aid could be performed.

Jim Seggie respected the courage and bravery of his son, but as father and a military member himself, he knew the dangerous situations Mike

could find himself in.

"I haven't been deployed to Afghanistan. I have been to Cyprus twice, Croatia in 1993 and Bosnia in 1997. As a soldier, Mike was proud. As a parent, I was apprehensive. That's the best way I could describe it," said Jim Seggie.

On Sept. 3, 2008, a month before Mike was to return home from deployment, he, along with Cpl. Andrew Grenon and Pte. Chad Horn, were killed in South Afghanistan when the armoured vehicle they were travelling in came under direct attack from insurgents. The five other soldiers they were travelling with were able to escape; two were left in critical condition but survived.

"I would like people to remember that the 158 soldiers that were killed in Afghanistan died for the cause of freedom. That's what I want people to remember. They were somebody's husband, wife, brother, sister, son or daughter, and they are people too," said Jim Seggie.

As a cadet and soldier, Mike always loved Remembrance Day. This year,



For Mike Seggie's family and friends, many of whom live in the Marquette area, Remembrance Day is a time of year when they can reflect on the legacy the soldier left behind. In September 2008, while on operation in Afghanistan, Mike and two other soldiers were killed by Afghan insurgents; Mike was just 21 years-old.

the day falls just 11 days before Mike would have celebrated his 30th birthday. On Nov. 11, Jim Seggie wants people to pay tribute to Mike along with soldiers that were killed while serving in Afghanistan.

"I would like people to remember the sacrifices that those 118,000 men

and women made. I would encourage everyone to attend a ceremony in their neighbourhood," said Jim Seggie.

"Mike always liked Remembrance Day and he always paid respects to the fallen. If he is watching, he would be very proud."

Continued from page 17

city and got a job at a bag factory where he stayed until retirement. He remained loyal to the military

community and was a member of the Royal Canadian Legion Branch 4 in Winnipeg for 30 years and then a member of the Army Navy League for 41 years.

For his service to Canada, which spanned six years, one month and five days, Lippens was awarded a War Medal and a Canadian Volunteer Service Medal. He wears both med-

als proudly during Remembrance Day services annually.

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# Jaws of Life demonstrated at fire hall open house

By Natasha Tersigni

To show the public how firefighters use the Jaws of Life to free people from vehicle wreckages, a demonstration was held at the Warren-Woodlands fire Department's open house last Saturday.

Along with touring the hall, enjoying a pancake breakfast and visiting with members, guests were able to see the work that is involved in extricating someone from an accident.

When called to the scene of an automotive accident, local firefighters rely on the Jaws of Life to aid in helping remove victims who are trapped inside their vehicles. The hydraulic apparatus is used to cut and pry apart the wreckage so that emergency personnel can provide first aid if necessary.

"When we respond to a car accident, our job is to get the person out of the car, and we do that by taking the car away from the victim by using the Jaws of Life. We go to the extremes of taking off doors and cutting out the windshield and dashboard because we want to remove as much of the vehicle as possible to ensure the easiest and safest extrication," explained Warren-Woodlands Fire Chief Dean Campbell.

Part of the demonstration was to show people the procedures involved in case they were ever involved in an accident themselves.

"If you ever had the misfortune of being in an accident, there will be an awful lot of noise and action going on around you," said Campbell, who added that firefighters are trained to properly reassure and protect the person during vehicle extrication.

"We usually put a firefighter in the vehicle with the victim to hold them still and talk with them. We want to keep them calm. It is an awful expe-



During the open house, guests were able to tour the fire hall, including the trucks.



RM of Woodlands Councillor and Deputy Reeve Ila Buchanan enjoyed the open house and demonstrations.

rience for them. They just have gone through the horrible experience of being in a crash and now they are getting the car cut away from them."

While vehicle extrication is a separate course for firefighters above their Level 1 training, the majority of members have taken the course and are trained on the Jaws of Life.



Firefighter Corey Werbicki shows how the ATVs are used to fight grass fires.



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Members of the Warren-Woodlands Fire Department demonstrate how they would use the Jaws of Life to extricate a person from an automotive accident. Demonstrations took place at the department's open house held last Saturday.



Firefighters, pictured left to right, Kristy Hill, Sarah Griffin and Kathy Campbell work the grills for the pancake breakfast.



Grant Palmer demonstrated how the Jaws of Life is used to cut through the front end of the car.



# Grosse Isle students set weekly goals

By Jo-Anne Procter

Goal setting has become a priority at Grosse Isle School this year. Principal Christie Crow and a student from each grade presented their ongoing project to Interlake School Division trustees at the regular board meeting Oct. 24.

Crow introduced the book *The North Star* by Peter Reynolds to students on the first day of school. It is an educational philosophy about individual learning and creative thinking and encourages readers to observe, to wonder and to consider what guides them on their path to pursue their dreams. Crow and her teaching staff are encouraging Grosse Isle students to set goals regularly for themselves, their classmates and their school.

At the end of every Friday, the last discussion of the week covers all the awesome things students did that week. They discuss goals for next week, what they have been celebrating through the week, what they have done well and what it is they are going

to challenge themselves on next week.

Crow wants to make sure that goal-setting happens throughout the year since it is important in moving forward and learning.

"Everyone has their own path and we have to work to find it," she said.

"The big picture, where do you want to end up in June, in five years, what is it that guides you and helps you make your decisions."

The hidden meaning in the book is that it is OK that everyone doesn't have the same path.

"Just because you reach a goal, or get to a point in a fork in your path, you are always looking at the next piece, what will happen next," she said.

## ISD notes

Public Relations committee representative Sharon Baker reported that the ISD webpage will not be ready anytime soon. It is a much larger task than first imagined. The committee will consider contracting the website out.



TRIBUNE PHOTO BY JO-ANNE PROCTER

Grosse Isle principal Christie Crow and students (left to right) Randy Emms, Rianna Cassils, Carlen MacFarlane and Ty Baldwin presented their North Star project to trustees Oct. 24.

## Clocks fall back this Sunday for end of daylight savings

### Staff

Most Canadians will turn their clocks back by an hour Sunday, Nov. 6 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."

## worship *with us*

> FAITH

## Sainthood, an Invitation to Blessedness

Few of us are satisfied with the way things are. We want a better job with more income, a bigger or nicer house, more toys to play with, better clothes, a better car. This isn't a bad thing. It's part of our human nature to seek improvement. Ambition, future-looking, desiring a better life spurs us on, keeps us from setting into the status quo and helps us achieve more than just what is necessary or the bare minimum. Unfortunately, our society has all too often associated improvement with material or consumer goods. Furthermore, in an individualistic society, one can tend to focus on a better life for oneself without thinking of others.

The Beatitudes of Jesus (Matthew 5:1-12) can be a kind of wish list, a challenge to move us out of our spiritual status quo of just the bare minimum and can help us make not only a better life for ourselves but for others in our family, our neighborhood and the world. When we live the Beatitudes, we hasten a reversal of plight; for example, blessed are those who mourn for they shall be comforted. And therefore are personally active in changing things, in helping others have what we have, in reaching for the kind of life Jesus taught. But moving forward is not always easy. Not everyone will like our choices, our challenges. Whenever we challenge the status quo we face the possibility of insult and persecution for having a vision other than the norm.

Jesus 'began to teach' his disciples the Beatitudes; 'began' implies not over and finished, but an ongoing way of living for his disciples. Our learning is not only in the hearing but in our daily living.

The saints stand out as models who give us courage and strength that we, too, can be faithful to the demands of the way of living the Beatitudes laid out for us. We know some saints by name (those who have been formally canonized). There are countless others (our deceased relatives and friends) whom we know by name in a different way. This multitude of faithful Christians beckons us to hear what Jesus teaches in the Gospel: 'Blessed are you.'

Fr. James deBeer  
Christ the King Church.

# Holiday Craft Sales

**Selkirk Legion Ladies Auxiliary**

**CRAFT, TRADE & BAKE SALE**

**Sunday, Nov. 6**  
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**Mall in the Hall**

**Annual Christmas Craft Sale**

**Sat. Nov 5<sup>th</sup>**  
10 am - 3pm  
Teulon Rockwood Centennial Centre  
Admission \$2  
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**Pie & Holiday Market**

**Sat. Nov 5<sup>th</sup>**  
10 am - 3pm  
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Over 40 Crafters and Vendors  
Lunch Available

**Lundar Christmas Craft Sale**

Independent Sales Reps  
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# get inspired

> MEAL IDEAS

**THE Marketplace**  
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## Mediterranean Chicken and Brown Rice Dinner



2 cups (500 mL) 1% milk, divided  
1-1/4 cups (310 mL) reduced-sodium chicken broth  
2 tbsp (25 mL) whole wheat flour, divided  
1 cup (250 mL) long-grain brown rice, preferably parboiled (Converted)  
Grated zest of 1 lemon, divided  
1/2 tsp (2 mL) dried rosemary  
1 tbsp (15 mL) vegetable oil  
1 onion, chopped  
1 small bulb fennel, trimmed and thinly sliced  
2 cloves garlic, minced  
1 sweet red, yellow or orange pepper, thinly sliced  
1 tsp (5 mL) dried oregano  
Pepper  
4 small boneless skinless chicken breasts, filets removed (about 1 lb/450 g)  
2 tbsp (25 mL) freshly squeezed lemon juice  
Chopped fennel fronds (optional)  
Directions  
In a saucepan, combine 1 cup (250

mL) of the milk and chicken broth; whisk in 1 tbsp (15 mL) of the flour. Stir in rice, half of the lemon zest and dried rosemary and bring to a boil over medium heat, stirring occasionally. Reduce heat to low, cover and simmer for about 20 minutes (or according to package directions), until rice is tender and most of liquid is absorbed. Let stand, covered, for 5 to 10 minutes.

Meanwhile, in a large nonstick skillet, heat oil over medium-high heat. Brown chicken breasts, turning once, for about 2 minutes per side; transfer to a plate. Add onion and fennel to skillet; sauté for 5 minutes or until starting to soften. Add garlic, red pepper, oregano and pepper to taste; sauté for 3 minutes or until vegetables are tender.

Return chicken to pan with any juices, nestling chicken into vegetables. Reduce heat to medium-low, cover and simmer for 5 to 10 minutes or just until chicken is no longer pink inside.

Uncover skillet and increase heat to medium. Whisk remaining flour into remaining milk and stir into skillet; bring to a simmer, stirring. Simmer, stirring often, for about 5 minutes or until sauce is thickened. Stir in remaining lemon zest and lemon juice; season to taste with pepper.

Fluff rice with a fork. Spoon onto plates and top with chicken, vegetables and sauce. Sprinkle with fennel fronds

## Banana Maple Blueberry Muffins

1 cup (250 mL) chopped pitted medjool dates  
1/2 cup (125 mL) water  
1 cup (250 mL) cooked brown or green lentils  
3 tbsp (45 mL) pure maple syrup  
1 very ripe banana, peeled and mashed  
1 egg  
1 tsp (5 mL) vanilla  
1 3/4 cups (425 mL) all purpose flour with added bran (nutri flour)  
3 tbsp (45 mL) ground flax  
1 tsp (5 mL) each ground cinnamon and baking powder

1/2 tsp (2 mL) baking soda  
1/2 cup (125 mL) milk  
1 cup (250 mL) fresh or frozen blueberries  
Directions

In a saucepan, bring dates and water to a simmer. Cover and cook for 3 minutes or until very soft.

Pour date mixture into food processor with lentils and maple syrup. Blend until smooth. Scrape into a bowl and stir in mashed banana, egg and vanilla.

In a large bowl, whisk together flour, flax, cinnamon, baking powder and soda. Pour date mixture over top; add milk and stir to combine. Stir in blueberries.

Divide batter among 12 greased or paper lined muffin tins. Bake in 400° F (200 °C) oven for about 15 minutes or until cake tester inserted in centre comes out clean.

# Change Your Mood by Changing Your Mind



"TEMPERAMENT LIES BEHIND MOOD; BEHIND WILL, LIES THE FATE OF CHARACTER. THEN BEHIND BOTH, THE INFLUENCE OF FAMILY, THE TYRANNY OF CULTURE; AND FINALLY THE POWER OF CLIMATE AND ENVIRONMENT; AND WE ARE FREE, ONLY TO THE EXTENT WE RISE ABOVE THESE."

~IRISH PROVERB

Do you ever find yourself or someone close to you is in a bad mood? There can be many causes for this, ranging from life events to hormonal changes. Some people get into a bad mood when things do not go their way. A bad mood has ruined many an evening out, a family fun day, or an entire weekend.

Must we be held hostage to a bad mood until it has run its course? Only if we do nothing to try to change it. Regardless of what has triggered it, it is our thoughts that keep it going. Negative thoughts tend to beget more negative thoughts, so it is easy to fall into a downward spiral.

Once a bad mood hits, we may not feel like doing the very things that would bring us out of it.

When we are in a bad mood, it is like some aspect of ourselves is running a brainwashing program designed to keep us in that spot. We can escape the cycle and shift our mood by changing our thoughts.

We can decide to let go of hurt or anger we are carrying towards another-decide to just let it go and have a good day.

We can decide that for the next few hours we will stop thinking about whatever is bringing us down. Imagine putting the issue away in a file folder to bring out later so it is not in the way of what we want to do now.

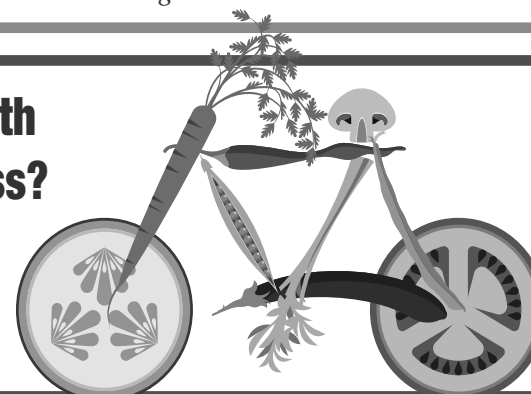
We can shift perspective, asking ourselves is this issue will matter at all to us one year from now. If not, then it is simply not worth letting it ruin our day.

Finally, we can decide that we are going to stay in the present moment-not thinking about the past or worrying about the future. This day will never come again, so it is best to be really sure how we want to spend it. (For information on obtaining my MP3, Mood Therapy: Hypnosis for Feeling Better please see below.)

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books, cds or MP3's, visit [www.gwen.ca](http://www.gwen.ca)

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Thunder players nominated for major league awards



### Staff

The Interlake Thunder's Midget football season may be over, but the time to recognize the outstanding individual efforts has just begun.

Interlake has two players — quarterback/defensive back Thomas Dunlop and running back Colton Nedotiafko — that have been named finalists for MFLM major awards.

Dunlop is up for the Presidents Trophy (league MVP) award while Nedotiafko is a finalist for the Rookie of the Year award.

The Thunder also had four players — Nedotiafko, offensive lineman Gabe Simard, and defensive backs Tanner McCallen and Colton Meisner — named to the Midget league rookie all-star team.

Meanwhile, the following Thunder players have been named as MFLM all stars: Dunlop, Alex France, Austin deLaroque, Tristan Kisilowsky, Kevin Lister and Nedotiafko.

All rookie and league all stars will receive a trophy at the league award banquet. The league dinner will take place Nov. 22 at the Norwood Hotel in Winnipeg.



Colton Nedotiafko



Thomas Dunlop



Thunder running back Colton Nedotiafko has been named a finalist for Rookie of the Year for the MFLM major awards.



Dunlop is up for the Presidents Trophy (league MVP).

## Rams getting ready for varsity boys' league playoffs

### By Brian Bowman

The Stonewall Collegiate Rams are heading into their WWAC varsity boys' playoffs feeling confident.

And they should be confident.

Fresh off winning a St. James tournament title late last month (after sweeping the Tec Voc Hornets 2-0 in the final), Stonewall then went 2-1 in league play last week.

The Rams swept Oak Park and Shaftesbury 3-0 before getting swept 3-0 by a very good St. Paul's Crusaders' team.

"We're doing well," said Rams' head coach Owen Nishi. "When all of our guys are present, we're fairly strong. We should finish right around the middle of the pack in our conference and we'll make it through to the play-off round."

Stonewall wrapped up league play yesterday against St. James but no score was available at press time.

The top eight clubs in the 11-team WWAC advance to the playoffs. The Rams have a very good chance of winning their quarter-final game and ad-

vancing to the league semifinals.

The Rams, though, will have to get through either St. Paul's, Vincent Massey or Fort Richmond to win a league title this season. All three teams have very talented squads.

"This is easily one of our better years," Nishi said. "We have a pretty good shot at winning our first playoff game but our second one might be tougher. It will be a good test for us, for sure."

The Rams hope to be playing a lot of volleyball this month.

Stonewall, ranked No. 7 in the province among "AAA" schools last week, will also be competing with other "AAA" schools — John Taylor and St. James — to see who advances to an inter-zone matchup.

Nishi expected that the Rams would receive a bye into the "AAA" final with John Taylor and St. James playing off later this month.

The MHSAA "AAA" provincials will then be played Dec. 1-3 in Winnipeg.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Procter named to 2016 MCAC all-conference women's soccer team



Red River College Rebels soccer coach Doug Lawrie, left, and Paige Procter.

### Staff

The Red River College Rebels' Paige Procter has been named to the 2016 MCAC all-conference women's soccer team.

The players were chosen by all participating head coaches within the conference.

Procter, a Grosse Isle product and former Stonewall Collegiate Ram, was joined on the all-conference team by Aziza Kinnarath (Brandon University), Alex Berena (Universite de Saint-Boniface), Julika Kehler (Providence University College), Jade Barrault (Brandon), Kate Broadhead (Assiniboine Community College), Anna Lysack (Canadian Mennonite University), Jaycee Castle (Brandon), Amy Kingdon (Brandon) and Amelia Reimer (Providence University College).

The 2016 regular-season MVP was Megan Burns (Universite de Saint-Boniface).

## Saints playing well leading up to zones

By Brian Bowman

The Teulon Collegiate Saints varsity boys' volleyball team has been playing real well lately.

And they hope to continue that strong play here in November.

Teulon reached the finals of a Killarney Raiders' tournament recently and the Saints hope to continue their winning ways heading into the Zone 5 play-downs next Wednesday.

"We're getting close to our zone finals," said Saints' head coach John Kooning last Friday morning. "We lost a starter to an ankle (injury) so we have had to pull up some kids, which is great for them to get some playing time on the floor."

Kooning said those young players have filled in nicely and given the Saints some much-needed depth. Teulon definitely needs as much depth as they can get with a roster of just nine players.

One of those players is expected to be out with an injury for about another week, Kooning noted. The Saints, as a team,

have improved quite a bit over the course of the season.

"Our defence is getting a lot better," Kooning said. "We're not a bangin' team. We're not going to hit it on the attack line too much. But our defence is good and we can be a strong blocking team — the kids are coming around blocking at the net."

Teulon is currently No. 7 in the MHSAA "AA" varsity boys' weekly rankings while the Warren Collegiate Wildcats are No. 3.

"(Warren) is strong," Kooning noted. "They have a good middle (player)."

The Saints competed at a 20-team Brandon tournament last weekend, which was a real nice test for them as they prepare for their upcoming Zone 5 championship. The top two teams from the zone then advance to the regionals later this month.

The top-16 ranked teams at regionals will then compete at four different sights. From there, teams will advance to the MHSAA "AA" provincials.



TRIBUNE PHOTO SUBMITTED  
The Saints' Jesse H. bumping the ball while Austin S. looks on.

## SEMHL begins regular season Saturday

### Staff

The South Eastern Manitoba Hockey League will open yet another season when all eight teams see action this Saturday.

The Stonewall Flyers, returning to

the SEMHL after playing last season in the Manitoba Senior Hockey League, will host the Carman Beavers. Warren will also begin its regular season on home ice as the Merces host the Morden Redskins.

In the other two SEMHL games, Winkler will visit Altona while Notre Dame will host Portage.

All four games have 8 p.m. start times.

## Saints, Cobras collide in consolation final

### Staff

The Teulon Collegiate Saints lost 2-0 to the Ashern Cobras in the consolation final of a Steinbach Christian varsity girls' volleyball tournament last Saturday.

Ashern won the match by scores of 25-22 and 25-20.

The Saints started the playoffs with a

2-0 (12-25, 14-25) loss to Calvin Christian but then rebounded to defeat Springs Christian 2-1 (25-7, 22-25, 15-11).

In pool play, Teulon was 0-6 in sets after 2-0 losses to Roseau Valley, Rose-nort and Steinbach Christian.

Ashern, meanwhile, was 4-2 in sets during pool play after defeating Im-

manuel Christian (25-13, 25-20) and Springs Christian (25-17, 25-10) while losing to Calvin Christian (11-25, 13-25).

In the playoffs, the Cobras were defeated 2-1 (25-22, 19-25, 12-15) by Steinbach Christian before beating Immanuel Christian 2-0 by scores of 27-25 and 25-16.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Jets, Hawks' game postponed due to ice problems

By Brian Bowman

The Stonewall Jets' clash with the Charleswood Hawks on Sunday evening was supposed to be a game between two quality teams vying for top spot in the Manitoba Major Junior Hockey League standings.

Instead, the game did not even have a final outcome.

The contest was postponed after two periods due to ice problems and will be completed at a later date. The Hawks were leading the Jets 2-1.

Last Friday, the Jets overcame a two-goal third-period deficit to win 7-6 in a shootout over the St. Boniface Riels in Stonewall.

Fourteen players took part in the lengthy shootout as the Jets' Stephen MacKenzie scored the decisive goal.

Stonewall trailed 6-3 late in the sec-

ond period before Kyle Doak netted his second goal of the game. Devin Muir and Robert Smith then each scored their sixth goals of the season in the third to tie the score at 6-6.

Doak scored for the Jets in the first period and then Eric Swanson and Muir tallied in the second.

Skyler Eastman (two), Jacob Treesor, Justin Durupt, Codey Beaulieu, and Mitch Savard scored for the Riels. Curtis Beck and Hunter Ploszay split the goaltending duties for Stonewall.

The Jets, now 8-2, have fallen to fourth place in the MMJHL standings with 16 points. Stonewall is one point behind Charleswood (8-1-1), Pembina Valley (8-3-1) and St. James (8-3-1).

The Jets will host St. Vital (4-6-1) this Friday (7:30 p.m.) and then will visit Transcona (4-8) on Sunday (2 p.m.).



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Jets' Stephen MacKenzie (Johnny) scored for Stonewall in the shootout Friday night against the Riels. The Jets won the game 7-6.

## A new team in town

### Interlake Bantam 'AA' team enjoying first ever season

By Brian Bowman

The name may be familiar, but the team is brand new.

The Interlake Lightning Bantam "AA" hockey team has played three games so far in their new league, which plays out of the Eastman Minor Hockey Association.

The Bantam "AA" league serves as a great place for players to play after they have been cut from a "AAA" program. In past years, players would

have gone straight to their community clubs or "A" hockey.

"This is a great program introduced by Interlake Minor Hockey," said Lightning head coach Kent Klimpke last Friday afternoon. "It provides this group of boys (an opportunity) to play at a high level and continue with their development."

"Obviously, the objective is to get them to move up to the next level next year."

Interlake is joined in the league by the Southeast Blizzard, Northern Lights, Kenora Thistles, Pembina Valley Rockets, Southwest Jets, Winkler Flyers, Pembina Valley East Twisters, Central Plains Capitals and Seine River Snipers. Interlake's Bantam "AA" team had a talented group of 35 players try out for their squad, including six goaltenders. The Lightning players that eventually made the Bantam "AA" team come from Warren, Stonewall, Stony Mountain, Gimli, Arborg, Fisher Branch and Lake Manitoba First Nation.

The Lightning is currently practicing twice a week and had a 1-1 record heading into last Sunday's home game against Southeast in Warren. Interlake started its season with a tough 4-3 loss to Southwest (letting a 3-1 third-period lead slip away) and

then crushed Central Plains 13-0 the next night in Portage la Prairie.

Interlake will play an 18-game regular-season schedule and will also be competing in a pair of tournaments (Beausejour later this month and Kenora). As well, the league will host a playoff and there will be a Bantam "AA" provincial championship at the end of the year.

"There's an opportunity to play close to 40 games this year," Klimpke predicted.

Klimpke is confident that this league will be a real good one for player development. "I'm super stoked to be a part of it," he said. "It's going to be a great opportunity for these boys to play at that level against teams and boys that they have never played against before. "This is a really good program to be a part of."

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#### #7 Eric Swanson

Forward  
Born: 1995  
Height: 6'2" Weight: 195lbs  
Shoots: left  
Hometown:  
Stonewall

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# Lightning struck down twice in Midget Provincial play

By Brian Bowman

The Interlake Lightning lost both of its Manitoba AAA Midget Hockey League games last weekend. Interlake was defeated 3-1 by the Central Plains Capitals at home on Saturday and then was beaten 7-2 by the Pembina Valley Hawks in Morden on Sunday. In Sunday's loss, Interlake's Erik Asselin and Pembina Valley's Elijah Carels traded first-period goals and then the Hawks' Caleb Unrau and Carels tallied in the second to give the home side a 3-1 lead after 40 minutes. Carels completed his hat trick early in the third before the Lightning's Corbin Mariash struck on the power play just under two minutes later. But Pembina Valley would seal the win with goals from Sven Schefer (shorthanded), Travis Penner and Jayden McCarthy, on the power play. The Lightning's Jack Einarson fin-

ished the game with two assists. Adam Swan stopped 39 shots in the losing cause. Against Central Plains, the Capitals took a 2-0 first-period lead on goals by Jayson Brooks and Joey Moffatt. Mitchell Wilson put the visitors up 3-0 early in the third before the Einarson scored with the man advantage midway in the third. Riley Buhay and Swan split the goaltending duties for the Interlake. With the two losses last weekend, Interlake is now 2-7-0-0-1 and 11th overall in the 12-team league. The Lightning will be looking to add a pair of wins to that total this weekend when they travel north to battle the last-place Norman Northstars in Thompson. The two teams will play Saturday (7:30 p.m.) and Sunday (1:30 p.m.).



TRIBUNE PHOTO BY LANA MEIER  
The Lightning's James Maxwell of Stonewall wins the faceoff during Interlake's 3-1 loss to the Central Plains Capitals last Saturday in Teulon.

# Online contest results in donation to local charity

By Jennifer McFee

The community will benefit from a local man's involvement in an online competition to crown the community coach of the year. Bob Beck, an investment advisor at Credential Securities in Stonewall, was one of five finalists from across

the country in an online contest put on by the mutual fund company AGF Investments in partnership with the CFL. The contest aimed to recognize financial planners and advisors who volunteer to coach amateur sports teams while also promoting the ide-

als of dedication, sportsmanship and teamwork. The public had the chance to cast online ballots for their contender of choice until the online voting period closed on Oct. 15. The winner was supposed to receive a trip for two to Toronto to watch the 2016 Grey Cup plus a \$5,000 donation to a charity of his choice.

However, AGF notified Beck to indicate that they had some issues with the online voting, so they weren't confident in being able to declare a winner. As a result, they plan to recognize all nominees with a \$2,500 donation to a charity of their choice. Beck has asked that his donation go towards the Interlake Community Foundation.

Manitoba Hockey Standings									
MANITOBA JUNIOR HOCKEY LEAGUE									
	GP	W	L	OTL	PTS	GF	GA		
Steinbach Pistons	15	13	1	1	27	65	25		
OCN Blizzard	16	12	3	1	25	56	35		
Selkirk Steelers	18	11	6	1	23	63	56		
Portage Terriers	14	11	3	0	22	71	52		
Winkler Flyers	16	11	5	0	22	62	40		
Virten Oil Capitals	16	9	5	2	20	43	41		
Winnipeg Blues	15	6	7	2	14	54	52		
Neepawa Natives	16	5	11	0	10	39	67		
Swan Valley Stampede	14	4	9	1	9	37	53		
Dauphin Kings	15	2	11	2	6	32	61		
Waywayseecappo Wolverines	15	1	13	1	3	40	80		
MANITOBA MAJOR JUNIOR HOCKEY LEAGUE									
	GP	W	L	OTL	PTS	GF	GA		
Charleswood Hawks	10	8	1	1	17	39	24		
Pembina Valley Twisters	12	8	3	1	17	52	37		
St. James Canucks	12	8	3	1	17	50	43		
Stonewall Jets	10	8	2	0	16	58	35		
St. Boniface Riels	12	5	4	3	13	38	47		
Raiders Jr. Hockey Club	12	5	6	1	11	46	40		
St. Vital Victorias	12	5	6	1	11	46	55		
Fl.Garry/Ft.Rouge Twins	12	4	6	2	10	42	56		
Transcona Railer Express	12	4	8	0	8	44	51		
River East Royal Knights	12	3	9	0	6	31	58		
KEYSTONE JUNIOR HOCKEY LEAGUE									
Central Division									
	GP	W	L	OTL	PTS	GF	GA		
Peguis Juniors	7	5	2	0	10	50	41		
Fisher River Hawks	4	2	2	0	4	30	31		
Arborg Ice Dawgs	5	2	3	0	4	14	22		
South Division									
	GP	W	L	OTL	PTS	GF	GA		
Selkirk Fishermen	7	7	0	0	14	50	5		
St. Malo Warriors	5	4	0	1	9	32	22		
North Winnipeg Satellites	6	2	4	0	4	21	33		
Lundar Falcons	6	1	5	0	2	21	32		
North Division									
	GP	W	L	OTL	PTS	GF	GA		
OCN Storm	5	3	2	1	6	48	35		
Cross Lake Islanders	7	2	4	0	5	35	33		
Norway House North Stars	4	0	4	0	0	7	54		
AAA MIDGET HOCKEY LEAGUE									
	GP	W	L	OTL	PTS	GF	GA		
Wild	12	10	0	0	22	57	19		
Yellowhead	12	9	2	0	19	56	36		
Thrashers	12	7	3	1	16	49	31		
Central Plains	12	7	4	1	15	54	37		

Pembina Valley	11	7	4	0	14	46	27
Brandon	11	7	4	0	14	41	32
Eastman	11	6	5	0	12	41	27
Southwest	11	6	5	0	12	38	39
Parkland	12	5	7	0	10	38	54
Kenora	12	3	6	0	9	35	53
Interlake	10	2	6	1	6	20	51
Norman	14	0	13	0	1	25	94
AAA CITY MIDGET HOCKEY LEAGUE							
	GP	W	L	OTL	PTS	GF	GA
Winnipeg Monarchs	9	9	0	0	18	45	18
Winnipeg Warriors	7	3	2	1	8	34	23
Winnipeg Hawks	7	3	2	0	8	26	19
Winnipeg Sharks	6	3	3	0	6	24	26
Eastman Selects	7	1	4	1	4	20	33
Interlake Lightning	8	1	7	0	2	21	51
AAA BANTAM HOCKEY LEAGUE							
	GP	W	L	OTL	PTS	GF	GA
Winnipeg Monarchs	9	9	0	0	18	69	6
Eastman Selects	7	5	2	0	10	35	21
Winnipeg Warriors	7	3	3	0	7	29	28
Winnipeg Hawks	7	2	3	1	6	37	26
Winnipeg Sharks	6	1	4	0	3	8	21
Interlake Lightning	6	0	6	0	0	15	56
MANITOBA FEMALE MIDGET							
AAA HOCKEY LEAGUE							
	GP	Reg	W	Reg	L	T	Pts
Winnipeg Avros	9	5	2	-	-	2	14
PV Hawks	7	5	1	-	-	1	12
Westman Wildcats	7	5	1	-	-	1	11
Yellowhead Chiefs	8	4	4	-	-	-	8
Eastman Selects	7	3	2	-	-	2	8
Norman Wild	9	1	7	-	-	1	4
Central Plains	5	1	2	-	-	2	4
Interlake Lightning	6	-	5	-	-	1	2
MANITOBA HIGH SCHOOL HOCKEY							
Winnipeg Free Press #2 Division							
	GP	W	L	OTL	PTS	GF	GA
West Kildonan	5	3	0	0	13	22	12
Springfield	4	4	0	0	12	25	10
Fort Richmond	4	3	0	1	10	20	11
J.H. Bruns	6	1	3	0	7	22	27
Garden City	3	2	1	0	6	16	11
Westwood	3	2	1	0	6	11	13
Transcona	6	1	2	3	6	20	24
College Jeanne Sauve	3	1	2	0	3	7	11
Lorette	5	0	4	0	2	12	24
Stonewall	5	0	4	1	1	14	26
STATS AS OF TUESDAY, NOVEMBER 1							

# Avros down Lightning in Midget female action

By Brian Bowman

The Winnipeg Avros scored four third-period goals in a 7-2 victory over the Interlake Lightning in Manitoba AAA Midget Female Hockey League play on Oct. 25. The score was tied at 1-1 after the first period and then the Avros led 3-1 after two periods. Jillian Henry led the Interlake with a goal and an assist while Kyra Shewchuk netted the Lightning's other goal, assisted by Kalyn Barrett. Jenny Kim (two), Jessi-Lynn Sumaling (two), Taylor Coward, Brielle Dacquay-Neveux and Emilie Masse

scored for the Avros. Interlake will host the Avros this Sunday at the Selkirk Rec Complex. Puck drop is 4:45 p.m. In City Midget action, the Interlake Lightning lost 6-1 to the Winnipeg Monarchs last Friday. No scoring summary was available on the league website at press time. Interlake played the Sharks this past Monday evening and then will visit the Hawks Friday (7:15 p.m.). On Sunday, the Lightning will host the Warriors in Warren. Game time is 3:30 p.m.



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## HELP WANTED

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

Automotive/Diesel Technician required - Busy automotive repair shop is currently seeking a journeyman Automotive Technician with diesel capabilities. We are a busy and growing mechanical shop servicing a large rural area. We are looking for an individual capable of working on their own. Has knowledge in all aspects of automotive repair, honest, and above all committed to customer satisfaction. Apply in confidence to [stonewalltire@mts.net](mailto:stonewalltire@mts.net)

## HELP WANTED

Hairdresser wanted 1 day a week. Call 204-383-5532, Jean.

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

## MISCELLANEOUS

Batteries for everything. Automotive, farm, construction, ATV, marine, motorcycle, golf carts, phones, tools, radios, computers etc. Reconditioned, obsolete and hard-to-find batteries. SOLAR equipment. The Battery Man. Winnipeg. 1-877-775-8271 [www.batteryman.ca](http://www.batteryman.ca)

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## MISCELLANEOUS

Trailers for sale. Car & Equipment Haulers, Dumpbox, Utility, Gooseneck Flatdeck, Cargo, Aluminum Livestock, CM Truckbeds. Parts & full service. Kaldeck Truck & Trailer, MacGregor, MB. 1-888-685-3127 or [www.hhtrailer.com](http://www.hhtrailer.com).

## UPCOMING EVENTS

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

## UPCOMING EVENTS

PowerUp Computer Basics Classes for Women. November 15, 22, 29 & December 6, & 13. 9 a.m. to 12:00 at the Selkirk Friendship Centre. Phone Marcey at the Selkirk Adult Learning Program at 204-482-2725 to register. Free!

## CRAFT SALES

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

## FOUND

Propane tank found on Hwy. 17. Must identify to claim. Ph 204-278-3572.

## WATER TREATMENT PRODUCTS

Wholesale Water Filters!! New Water-ite water softeners, 30,000 grain/\$540. All sizes avail. Reverse osmosis systems, \$220. Paterson iron removers/\$500. Greensand iron odour removal systems, \$700. All Seasons Furnishings 204-661-8581.

## SHOP LOCAL

NEWS TIPS? CALL 204-467-5836



## NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES TOWN OF TEULON

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the 2nd day of December, 2016, at the hour of 10:00 AM, at: Town of Teulon, 44 - 4th Avenue SE, Teulon, Manitoba, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
41795	LOT 2 PLAN 21925 WLTO IN SE 1/4 28-16-2 EPM - 52 FIRST ST NE	L - \$32,700 B - \$264,100	\$12,222.67

The tax sale is subject to the following terms and conditions with respect to each property:

- The purchaser of the property will be responsible for any property taxes not yet due.
- The Municipality may exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in cash, certified cheque or bank draft to the Town of Teulon as follows:
  - The full purchase price if it is \$5,000 or less; OR
  - If the purchase price is greater than \$5,000, the purchaser must provide a non-refundable deposit in the amount of \$5,000 and the balance of the purchase price must be paid within 20 days of the sale.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.
- The purchaser will be responsible for registering the transfer of title in the land titles office, including the registration fees.

Dated this 17th day of October, 2016.

Managed by:



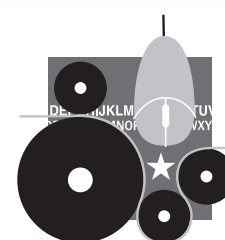
Jeff Precourt  
Chief Administrative Officer  
Town of Teulon  
Phone: (204) 886-2314  
Fax: (204) 886-3918

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# Classifieds

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Stonewall Teulon  
**Tribune**

## HEALTH

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

## HEALTH

Pride & Mobility brand lift chair for sale. Light brown upholstery. New condition. Asking \$350. Contact 204-467-9135.

## HAY & FEED

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

5x5 round bales 1st cut alfalfa grass, average 1050 - 1100 lbs., 320 avail.; plus 2nd cut, 1st cut from 2015 also avail. \$25/bale. Delivery avail. Call 2041-886-7267.

## HAY & FEED

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

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

Round hard core bales, 5x5, alfalfa/brome. Ph 204-344-5509.

## STRAW

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

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

## FARM PRODUCE

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



## 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 204-467-5836**

## take a break > GAMES

### SUDOKU

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

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

Sudoku Answer

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

Crossword Answer



## CROSSWORD

### CLUES ACROSS

1. State confidently
  7. Replaced
  13. Day of remembrance
  14. Molecular process
  16. Indicates position
  17. Paper-and-pencil game
  19. Military policeman
  20. Nests of pheasants
  22. Corpuscle count (abbr.)
  23. Seat
  25. Functions
  26. Sheets of glass
  28. Minute arachnid
  29. Separately managed account
  30. A bachelor's place
  31. Dodge truck
  33. \_\_\_ Farrow, actress
  34. Discussion
  36. Delayed
  38. Liaison
  40. Sediment deposit
  41. Leased
  43. Without
  44. Woman (French)
  45. Folk-pop artist Williams
  47. Congressman (abbr.)
  48. Resembles a pouch
  51. Superior
  53. Stalin's police chief
  55. Razorbill is of this genus
  56. Criminal act of setting fire
  58. Department of Labor
  59. William Jennings \_\_\_, The Great Commoner
  60. Nickel
  61. Ordered by canon law
  64. Where Denver is (abbr.)
  65. Has 10 straight sides and angles
  67. Small group with shared interests
  69. A famous street for kids
  70. Underlying intentions
- ### CLUES DOWN
1. Mental condition

	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. Senate Bill
3. Where constructions take place
4. Ancient Olympic Site
5. Not just "play"
6. Set of four
7. "The beautiful game"
8. American time
9. Big man on campus
10. Syndrome of the eye
11. Spanish be
12. Cotton cloths
13. Roman guardian of gates
15. Displays of food
18. Anti-Bolshevik Bloc of Nations
21. Female deacon
24. Adrift
26. Hit lightly
27. Test for high schoolers
30. Whittled

32. River in western India
35. Small crude dwelling
37. One-time AC/DC singer Scott
38. Holds up a shirtsleeve
39. Mental faculties
42. Blot
43. A very large body of water
46. Redecorated
47. Mineral
49. Tree that bears spikes
50. Type of boat
52. Calypso music
54. Director Howard
55. Longtime U.S. Senator Specter
57. Buddhist serpent deities
59. Attempt to fly in falconry
62. \_\_\_ de plume
63. Wheel
66. Cerium
68. Rural delivery



# Announcements

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Stonewall Teulon  
**Tribune**

## ANNOUNCEMENT

### CARDS OF THANKS

The family of Russ Oliver would like to thank family and friends for the many cards, flowers, phone calls, food sent to our homes and to those who sent memoriam donations, and to everyone who visited Russ at home or in the hospital. A big thank you to Meadow Lea Church Ladies for the lunch, MacKenzie Funeral Home for their help, to the doctors and nurses at Cancer Care Winnipeg, Dr. Pannu and nurses at Stonewall Hospital and to all the palliative care team who helped with Russ at home.

-Myrna Oliver,  
Wayne and Bonny and family  
Cheryl and Ron and family

## ANNOUNCEMENT

### CARDS OF THANKS

A sincere thank you goes out to our family, friends and neighbours who brought food, flowers, care packages, hugs, cards and Facebook messages due to the loss of our husband, father and grandfather Doug Valen. Thank you to all who helped during Doug's memorial service. Thank you to Gloria Anderson for helping plan the memorial. A big thank you to all who donated money and toys to Children's Hospital Foundation - \$725 was raised.

-Lene Schou,  
children and grandchildren

## ANNOUNCEMENT

### CARDS OF THANKS

May I take this opportunity to extend a very big thank you to all my family and friends for helping me celebrate my 90th birthday recently. To my daughters, Debbie, Lenore, Sherri, Patti and Maureen who did such a wonderful job of decorating the hall, and helping to serve the lunch; to my grandchildren who added so much to my day by attending and to all of you for being there. It was a day I will remember and cherish for the rest of my life.

-Mom (Doreen Briggs)

## ANNOUNCEMENT

### BIRTHDAY



Ole Victor Nagy  
Happy 2nd Birthday  
on November 3rd

-Love,  
Dad, Grandpa, Baba,  
Aunty Aimee and Uncle Curtis

## ANNOUNCEMENT

### IN MEMORIAM



**Shirley Knapp**  
March 31, 1934 – November 5, 2015  
For no one knows the heartache,  
That lies behind our smiles;  
No one knows how many times,  
We have broken down and cried.  
We want to tell you something,  
So there won't be a doubt;  
You're so wonderful to think of,  
But so hard to be without.  
Love you more and forever Mom.  
-Alli, Henri and Carter

## ANNOUNCEMENT

### IN MEMORIAM



**Brent Borthistle**  
November 8, 2006  
Hard to believe 10 years have passed.  
We miss you and love you always.  
-Terry, Bonnie, Trevor  
and family

**Don't forget your loved  
ones who have passed**

Stonewall Teulon  
**Tribune**

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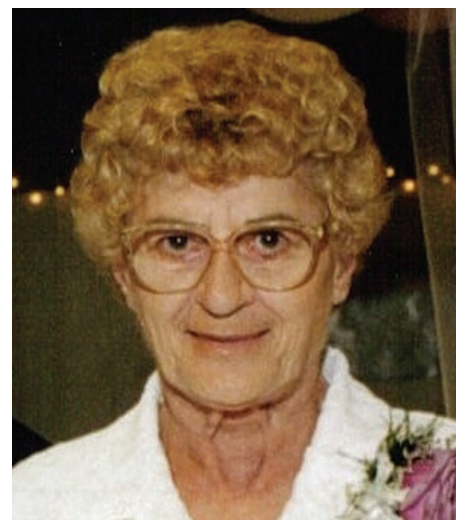
## ANNOUNCEMENT

### IN MEMORIAM

**Darrell Kletke**  
Cherished memories of our  
son and brother, Darrell  
who died tragically November 5, 1977  
Time passes by on silent wings,  
And smiles can cover tears;  
We think of you with love today,  
And will throughout the years.  
-Ever remembered,  
your family

## ANNOUNCEMENT

### IN MEMORIAM



**Jean Malcolm**  
December 26, 1937 – November 4, 2010  
The angels looked down from heaven one  
night,  
They searched for miles afar;  
And deep within the distance,  
They could see a shining star.  
They knew that very instant,  
That the star was theirs to gain;  
So they took you up to heaven,  
Forever to remain.  
-All our love,  
Linda, Vic, Curtis, Jen, Dylan, Desiree,  
Corey, Nicole, Jayce, Juliana, Colin  
and Chantel

## ANNOUNCEMENT

### IN MEMORIAM

**Jean Irene Campbell**  
(November 19, 1939 - November 8, 2013)  
In loving memory of a  
wife, mother, grandmother, and great-grand-  
mother,  
who left us three years ago  
As time unfolds another year,  
Memories keep you ever near.  
A silent thought of time together,  
Holds memories that will last forever.  
No one knows the silent heartaches,  
Only those who have lost can tell;  
Of the grief that's borne in the silence,  
For the one we loved so well.  
-Loved and missed always,  
your family

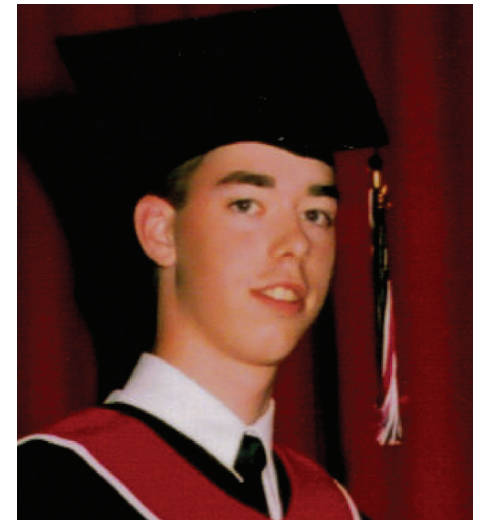
## ANNOUNCEMENT

### IN MEMORIAM

**Herbert Kletke**  
Cherished memories of our  
husband and father, Herb  
who passed away November 3, 2013  
We are so sad when those we love,  
Are called to live in that home above.  
But why should we grieve when they say  
good-bye,  
And go to dwell in a cloudless sky.  
For they have but gone to prepare the way,  
And we'll join them again some happy day.  
-Ever remembered,  
your family

## ANNOUNCEMENT

### IN MEMORIAM



**Chris Chartrand**  
July 23, 1985 – November 7, 2006  
It is hard to believe that 10 years have come  
and gone since we lost you.  
There is not a single day that goes by that we  
don't think of you, or the tears still flow.  
The twinkle in your eyes and the laughter in  
our house is gone.  
They now only live in our hearts and memo-  
ries.  
It still seems like yesterday you were laughing  
and making plans for your future.  
What went wrong that night we will never  
know,  
The shock, grief and numbness that came the  
next day, was more than we could bear.  
We know that when you cried out in pain, the  
instant that you died,  
That God reached down and took your hand  
and pulled you to His side.  
He pulled you up and saved you from the  
misery and the pain,  
Your body was hurt so badly inside you  
thought you would never be the same.  
We know your search is over now and you've  
found happiness within,  
And all the answers to empty dreams, and all  
that you might have been.  
Your body's gone forever, but your spirit still  
remains.  
Gone is our son, brother, uncle and friend.  
Till we meet again.  
-All our love,  
Mom, Dad, Curtis, Jen, Dylan, Desiree, Corey,  
Nicole, Jayce, Juliana, Colin and Chantel

Your memory will live forever engraved within our hearts



# Announcements

## OBITUARY



**Leslie Morrow**

**November 4th, 1939 - October 29th, 2016**

On October 29, 2016, at the age of 76, Leslie Morrow passed away peacefully surrounded by family and friends on his farm in Teulon, Manitoba. He leaves to mourn his loving wife Darlene (nee Bell) Morrow of 57 years, his four children, three grandsons and six great-grandchildren.

Leslie was a gentleman farmer while working in Winnipeg for Atlas Alloys. Upon retirement he enjoyed traveling to see the grand kids and particularly enjoyed seeing the great lake ships in Thunder Bay. He also spent many hours helping his family with renovations, automobile projects and family BBQ's. One of the things he really enjoyed was his time curling and going to Rosie's Café in Inwood for chicken fingers. He always said they made the best Honey Dill sauce.

In lieu of flowers donations can be made to the Manitoba Kidney Foundation, 1-452 Dovercourt Drive, Winnipeg, MB, R3Y 1GA.

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## OBITUARY

**Doreen Joyce Van Steelant**

On, October 30, 2016, Doreen Van Steelant passed away at home.

Doreen was born in Winnipeg, on February 3, 1939. She was predeceased by her mother Mary; father Julien; and nephew Todd.

She is survived by her son James (Jim); brother Ronald (Hughgette); nephews Grant and Greg; and nieces Rhonda and Janelle.

Doreen was a file clerk at Western Small Ware (Core Mark) until her retirement.

Doreen's two real passions in life were watching TV and reading.

No service is planned and cremation has taken place with a private interment to follow.

In lieu of flowers the family has asked the public to make a donation to the South Interlake Regional Library, 419 Main Street, Stonewall, R0C 2Z0.

The family would like to thank officers of the RCMP Detachment in Stonewall, the EMT's from Stonewall Hospital for all they have done.

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**Elizabeth (Betty) May Latta**  
(nee Arnason)  
1925 - 2016

It is with great sadness that we announce the passing of our wife, mom, grandma, and great-grandma, Betty Latta, peacefully in the early morning of October 25, 2016, at the Stonewall Hospital, after a long battle with Parkinson's disease.

She will be deeply missed by her husband of 62 years, Don, a resident of Rosewood Lodge, daughter Chris (Robin), daughter Robyn (Brian), son Verne (Donna), sister Kay, grandchildren Carrie (Alexis), Brent (Sarah and Shea), Greg, Jory (Jen, Ethan, Aiden and Ellie), Jeff and Casie, as well as many other family members and friends. Waiting to greet her are her parents Mundi and Ruth Arnason, sister Lillian and grandson Kiel.

Betty was born in Teulon, Manitoba on May 13, 1930, grew up and went to school in the Teulon area. She married Don in 1954 and spent the majority of her married life on the farm in Balmoral, retiring to Stonewall around 10 years ago. Mom loved to garden and there was no place she would rather be, but she still made time for so many other hobbies. Many of her family members and friends cherish items made by her, including Eskimo parkas, leather mitts and mukluks, knitted items, paintings, quilts, and much more. She loved her family and we loved her.

A community of family and friends gathered to celebrate Betty's life at the time of her passing.

The family wishes to extend our heartfelt and sincere thank you to Dr. Graham and the compassionate nursing staff at Stonewall Hospital, for providing tremendous medical and comfort care to Mom and for helping her to feel loved during her illness.

In lieu of flowers, donations in memory of Betty may be made to the Manitoba Parkinson's Society, 414 Westmount Drive, Winnipeg, MB, R2J 1P2.

"If tomorrow starts without me,  
please try to understand,  
That an angel came and called my name  
and took me by the hand.  
She said my place was ready  
in Heaven far above,  
and that I'd have to leave behind  
all those that I dearly love.  
So when tomorrow starts without me,  
don't think we're far apart,  
for every time you think of me,  
I'm right here in your heart."

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