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VOLUME 6 EDITION 45

THURSDAY,
NOVEMBER 5, 2015

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Lifeline saves life of Stonewall senior

Gailya Brown urges others to get a Lifeline — and to use it if they need help

By Jennifer McFee

When 80-year-old Gailya Brown signed up for the Victoria Lifeline service, she had no idea it would save her life — the very next day.

Living alone with her cat Smokey in Stonewall's Wheel City Trailer Court, Brown suddenly felt an urgent need to sign up for Lifeline service. She called up Seniors Resource, which completed the installation on Thursday, Oct. 8.

Brown donned the help button on a breakaway cord around her neck, feeling an added sense of security since emergency response services were now only a click away.

The next day, Brown went about her usual activities. She returned home tired after having her hair done, ready to relax in her armchair and enjoy her



TRIBUNE PHOTO BY JENNIFER MCFEE

Gailya Brown proudly wears the Victoria Lifeline that saved her life earlier this month while Darcy Brown of Seniors Resource showcases pamphlets on the life-saving device.

Continued on page 5

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

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Board approves French immersion program up to Grade 12

By Jennifer McFee

French immersion education has been approved up to Grade 12 in the Interlake School Division — an increase from the previous approval that went up to Grade 8.

Currently, the school division's most advanced French immersion students are in Grade 7. They will be ready to start high school in 2017 and they will be the first to graduate with a French diploma in 2021.

Sascha Epp, French immersion lead teacher for the In-

terlake School Division, is pleased that the high school program received approval at the Oct. 26 board meeting.

"It's very exciting. It brings some stability to the program as a whole," Epp said. "So now when parents are registering next month for kindergarten, they can now register with the assurance that their child will be receiving Grade 12 French immersion."

Now Epp will begin to determine the staffing requirements to accommodate the expansion of the program.

"It is my job as the new French lead teacher for the school division to look at how we would be offering those high school courses and hiring staff accordingly that are able to do that," she said. "We'll have to start by hiring and making sure we have a Grade 8 French im-

mersion teacher in place for next year, and then after that, high school French teachers."

They will be thinking outside the box in their approach to high school French immersion, she added.

"It might not be your traditional high school programming," she said. "You might be taking a Grade 11 course in Grade 10. You could alternate programs to accommodate the needs of the students and the staff that you have."

In other school division news, Supt. Christine Penner announced the resignation of assistant superintendent Wayne Davies at a special Nov. 2 board meeting.

Davies told the board that his resignation, effective Dec. 31, is based on the fact that he would like to spend as much time as possible with his young family. He knew what he was getting into when he took the job. But at that time, his daughters, now aged sev-

en and nine, were younger and were not involved in as many activities as they are now. The bottom line is that he would like to be the best dad that he can possibly be.

That said, Davies also expressed appreciation for his 15 months with the Interlake School Division.

"I am surrounded by a great group of people," he said, "and having Christine as my leader has been terrific, and was the reason I came here in the first place."

The school division needs an assistant superintendent who is able to do the job and can commit to be at all the meetings and other activities, he added.

"Education is a tough job. This division needs a leadership team that is 100 per cent in," Davies said. "And for me to be the dad that I want to be — and the superintendent that I need to be — I need about 12 more hours in a day."



Wayne Davies

For the next step in his career, Davies plans to work a day job.

From the perspective of the school division, Penner said that the board will be looking at succession planning.

Board chair Alan Campbell echoed similar sentiments.

"We are in the very early stages of considerations," he said.



Meet Sukie & Shilo

Sukie & Shilo are 9 year old mini dachshunds, they are brother and sister, are noisy and like to stir up lots of trouble. They will receive a \$10 Gift Certificate from Quarry Pets.

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Bath, Brush & Tidy
By Ashley Peltz

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Inwood group embarks on community projects

By Jennifer McFee

Inwood residents can mark their calendars for the next meeting of the local community group, which discusses ideas and initiatives to create the best possible place to live.

The group will meet on Nov. 23 at 7 p.m. in the dining room at Inwood

Manor. Anyone and everyone is welcome to attend.

Organizer Malinda Skogan said several exciting initiatives are underway.

To start, the group has received an approval letter from the RM of Armstrong to start a daycare in the community. As well, the Lakeshore School

Division indicated interest in housing the daycare at the new Inwood School.

Skogan is hopeful that the daycare could be ready to open for the next school year. "It would be fabulous," she said. For now, she needs to determine how many children would possibly attend the facility. Anyone interested in enrolling a child in the Inwood daycare can email Skogan at inwoodmbdaycare@gmail.com.

Starting in January, the community group also plans to launch a newsletter to highlight points of interest in the town, such as anniversaries of businesses and birthdays of residents. A ballot box will be available in the lobby of the post office for ideas and suggestions. Comments can also be mailed to Skogan at inwoodcommunityservices@gmail.com.

Other projects include collecting donations for Christmas hampers and getting quotes for two Inwood signs along Provincial Trunk Highway 17.

In the summer, the group might look at organizing a Narcisse snake festival and a community garage sale.

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St. Laurent resident wins big in 2015 Dream Lottery 4 Kids

By Jeff Ward

No one ever thinks they'll win the lottery, but many play to experience that moment of elation if their numbers are called. And for one St. Laurent resident, that moment is one she'll never forget.

Karen Coutu of St. Laurent had her ticket #00179 picked on Thursday, Oct. 29, which won her the grand prize in the 2015 Dream Lottery 4 Kids. Coutu has her choice of one of four luxury homes in Winnipeg or the cash prize of \$1,025,000. The news of her win, which she received via phone call from the St. Boniface Hospital Foundation and Children's Hospital Foundation last week, ironically came while she was paying some bills and still to this moment is hard to believe.

"I honestly still don't believe it myself. It hasn't all sunk in yet," said Coutu, who celebrated the win with her husband, Victor, and mentioned that she's leaning towards taking the cash over the home.

"My husband and I have worked hard our entire lives. We've struggled sometimes, and even now that we're retired, we struggle a bit. We've never really won anything in our lives."

The thought of one day waking up and becoming a millionaire is what drives most people to buy lottery tick-

ets, and that thought is certainly a big factor in the purchase of this particular golden ticket. But for Coutu, the purchase is predicated on her desire to give towards a cause she believes in as well.

In 2005, her granddaughter, Ryan Christine, passed away at 15 days old and that experience has left an indel-

ible mark on her and her family. Coutu has given what she could to any cause for the Children's Hospital, donating money during Christmas time in her granddaughter's name and buying these lottery tickets when they are available.

"You certainly buy the ticket hoping you're going to win, but we never thought we would.

The only thing I know for sure is that we're going to help out our daughters with some of the money and also put some away for our six grandkids. All I ever want to do is help my family," said Coutu.

Both Coutu and her husband have been living in St. Laurent since 2005 and love their home. Moving to Winnipeg and into a luxury house isn't their idea of fun, and they've built a life in the small Interlake community that's more important to them. Victor Coutu drove the Headstart bus after a construction accident left him unable to return to work. Karen made a

"I HONESTLY STILL DON'T BELIEVE IT MYSELF. IT HASN'T ALL SUNK IN YET."



TRIBUNE PHOTO SUBMITTED

Karen Coutu (left) and her husband, Victor, plan to help their three daughters while putting away a small nest egg for their grandchildren after winning the grand prize of \$1,025,000 in the 2015 Dream Lottery 4 Kids.

career working for the Manitoba Metis Federation and only retired a few years ago. These roots are important to them, and with the money, they can spread around their good fortune to their family.

Coutu mentioned that her husband would like a new truck, although he doesn't want a brand new one, just one better than the old one he currently drives. She also mentioned that they plan to take a vacation and get away for a bit maybe to Grand Forks.

Some of her neighbours have been playfully teasing her over her choice of lottery winning vacation destinations.

Even with her newfound wealth, Coutu plans to still purchase a ticket to next year's lottery because, as she puts it, "anything to do with the Children's Hospital, I'll support."

So what does a newly minted millionaire do to celebrate? Babysit her grandkids, of course. This time, the pizza dinner will likely be on her.

Pumpkins in the park, a new family tradition



TRIBUNE PHOTOS BY JO-ANNE PROCTER AND TAYLOR SHEPPARD

The McDermid family took part in the Pumpkins in the Park event hosted by REACT this past weekend at Quarry Park Heritage Art Centre in Stonewall. After carving pumpkins on Halloween day, the family returned their creations on Sunday evening to be lit up one last time for the Lighting the Jack-o-Lanterns. All the pumpkins were composted by REACT on Monday. Pictured from left, Liam, Dan and Lily McDermid, Mary Tinker, Heather and Lucas McDermid, and Murray and Joan Ellison.

Rockwood news in brief

Council discusses asphalt plants and more at Oct. 28 committee of the whole meeting

By Jennifer McFee

Asphalt plant discussion

Jeff Yablonski of Armstrong Construction Ltd. spoke to council about the possibility of getting permission to have an asphalt plant on his property for future tender.

Yablonski has three quarters of land on Road 100, where one active quarry is located. He was approached by the Ministry of Industry and Transportation to find out if one of their subcontractors could put an asphalt plant on his property on a temporary basis.

Rockwood Reeve Jim Campbell advised Yablonski that he would need to have a conditional use permit. The conditional use process would also require a public hearing.

Yablonski said he would apply for a conditional use permit.

"I'll give you the heads up," Yablonski told council at the Oct. 28 committee of the whole meeting. "Balmoral to Teulon, there is a plan, which could be

kiboshed or it could go through, that will be tendered in November."

Business park fencing

CAO Chris Luellman will be speaking with business owners due to a calculation error in the cost-share agreement for business park fencing.

A new agreement will be required with each of the business owners.

Grosse Isle United Church

The Rosser Grosse Isle Pastoral Charge is wondering about the possibility of moving the former Grosse Isle United Church from its present location to the historical location at the Prairie Dog Central site.

"They believe it will be in safekeeping there, but the trouble is that they don't really have the funds to do it and they were looking towards the RM of Rockwood to perhaps take on this project," Luellman said.

They're hoping to move the church



TRIBUNE PHOTO BY JENNIFER MCFEE

Jeff Yablonski of Armstrong Construction Ltd. will apply for a conditional use permit to have an asphalt plant on his property on a temporary basis based on a request from the Ministry of Industry and Transportation.

in the summer of 2016. It wouldn't be operational but would be preserved as a historical piece.

Council advised Luellman to find out more information about the costs associated with the project.

New office staff

Jasmine Paluk the joined the RM of

Rockwood's front office team as an office clerk with her first day on Monday, Nov. 2.

"We're very excited to have her join our team and I think she'll be awesome," Luellman said.

"We will have, for the first time in months, a full complement of staff in the front."

Missing woman found deceased in Arborg

Staff

A young woman reported missing last week was found deceased in Arborg Saturday.

On Oct. 29 at approximately 4:30 p.m., Stonewall RCMP received a report of a missing 21-year-old female from the RM of Armstrong.

Averie Rene Hollands was last seen on Oct. 28, late in the evening.

The RCMP had asked for the public's assistance in helping locate her.

According to Hollands Facebook account she attended Arborg Collegiate from 2009 to 2014 and was currently employed at the Subway Restaurant in Arborg.

"When I heard about her, I couldn't believe it," said Bhavesh Patel, owner of the Subway Restaurant.

Patel said the young woman had been working for him for about two months and was a hard worker. She worked a shift last Tuesday.

"She was a really nice girl," said Patel.

It is unclear who notified police about Hollands' disappearance or who found her.

"Foul play is not suspected," said Sgt. Bert Pacquet, RCMP media relations officer.

Pacquet was unable to provide further details about the case.

Hollands had a medical condition that required her to take medication daily, according to other media outlets that spoke with the RCMP.



Averie Rene Hollands

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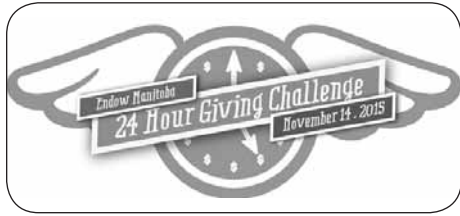
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Interlake Community Foundation plans fundraising BBQ

Money raised at Nov. 14 fundraiser is eligible for additional contributions



By Jennifer McFee

Mark your calendar for a chance to enjoy a barbecue lunch while supporting a good cause at the same time.

The Interlake Community Foundation is hosting a fundraising hotdog barbecue at the Stonewall library on

Saturday, Nov. 14 from 11 a.m. to 3 p.m.

As an extra incentive to raise money, the Winnipeg Foundation will contribute an additional 20 cents for each dollar raised that day towards unrestricted permanent funds.

The event falls under the umbrella of the Endow Manitoba 24-Hour Giving Challenge, which occurs on National Philanthropy Day.

This initiative increases the fundraising potential by 20 per cent up to a maximum of a \$2,000 grant.

As well, the Thomas Sill Foundation is matching all funds raised over the next year by 50 per cent to a maximum of \$50,000.

As board chair for the Interlake Community Foundation, Bob Beck is pleased with the fundraising possibilities.

"All the money stays in the Interlake. With our grants over the last few years, we've helped projects in Stonewall, Rockwood, Rosser, Teulon, Stony Mountain and in areas like Woodlands. We've helped the library, pal-

liative care, and other local charities and projects," Beck said.

"We're doing an awareness day on Nov. 14. We welcome people to make contributions that day to qualify for the additional funds."

As part of the Endow Manitoba 24-Hour Giving Challenge, the Westshore Community Foundation also encourages area residents to make a donation on Nov. 14 to be eligible for the 20 per cent contribution from the Winnipeg Foundation.

> LIFELINE, FROM PG. 1

dinner delivered by Meals on Wheels.

Before she took her first bite, she walked down her long hallway to use the bathroom at the opposite end of the trailer.

"That's the story of my supper because I didn't eat it," Brown recalled. "When I got up off the toilet, I realized I was going to faint. I thought 'You'd better sit down before you fall down,' so I did."

Sure enough, Brown passed out, wedged in the narrow space between the toilet and the bathtub. To make matters worse, her arm got caught in the assistance bar on the outside of her bathtub when she fainted.

"My arm was stuck and I didn't know it until I woke up. Here I was, bleeding fairly well but not bleeding to death," she said.

"And I thought 'I can't get up.' I tried I don't know how many times and I couldn't do it."

Continuing with her internal dialogue, Brown asked herself what's the point of having the Lifeline if she wasn't going to use it.

"So I pressed my Lifeline and I heard a male voice saying 'Mrs. Brown, where are you?' I said, 'I'm in the bathroom and I can't get up.' They said, 'We're right with you.' And within minutes, the paramedics were here — two good-looking fellows. I'm glad I had my hair done," she joked.

"They had quite a time getting me out of the bathroom. They brought me out and set me down and kept checking me. My heart was very out of whack. It wasn't working properly at all. They took me to the hospital very quickly."

At the Stonewall hospital, they determined that Brown needed to be transported to St. Boniface Hospital in Winnipeg. She was driven by ambulance with sirens blaring, accompanied by a nurse and a doctor.

Two days later, Brown underwent surgery to have a pacemaker installed. She stayed in St.

Boniface Hospital for a couple days to recuperate and was then transferred back to Stonewall hospital, where she remained until Oct. 19.

Although Brown had experienced a minor heart attack eight years earlier, she wasn't aware of it until her doctor told her about it at the time. "Now I realize that my lack of energy

was because of my heart. At the end, I had to press as hard as I could with my arms to get myself upright and get out of my chair," she said.

"It was getting worse instead of better, so I knew that something was definitely wrong but I couldn't figure out what. It didn't click that it was my heart."

For Darcy Freudenberg of Seniors Resource, Brown's story is a one-in-a million miracle.

"We're in a partnership with Victoria Lifeline, so we take the client calls and fill out the care plans. We have the equipment in our office, and we do the installations and maintenance," she said, adding that the basic unit is available for a \$43 monthly fee.

"In our area, we have about 86 clients who have a Lifeline. We have one of the largest areas in Manitoba. It's a fabulous service and it's a big part of what we do."

Now it's back to life as usual for Brown, a mother of two and grandmother of two. She proudly wears her Victoria Lifeline as though it were a diamond pendant and enthusiastically endorses the service to anyone who might need it.

"I urge people to get a Lifeline and to use it if they need it. I'd be dead if I didn't have it," she said.

"It was God who prompted me to get this. The Lifeline is important, but God is more important to me. I give Him all the glory for it."

"THE LIFELINE IS IMPORTANT, BUT GOD IS MORE IMPORTANT TO ME."

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EDITORIAL > VIEWPOINTS > LETTERS

Tories push for RCMP probe into Tiger Dam purchases

By Austin Grabish

Mounties are formally investigating a \$5 million untendered purchase of flood-fighting equipment made by the province last year, the provincial Tories said last Wednesday.

Opposition Leader Brian Pallister said he's met with members of the RCMP's Federal and Serious Organized Crime Unit to discuss "irregularities" in the province's 2014 purchase of flood tubes branded as Tiger Dams.

"We offered them the opportunity if they wanted documents to contact us, and they did," Pallister said.

The province has been under fire for months from the PCs, who allege a conflict of interest existed when Infrastructure and Transportation Minister Steve Ashton promised funding for the flood tubes.

The party says Ashton was in a conflict because Peter Ginakes, Manitoba's sole Tiger Dam distributor, has donated money to Ashton's political campaigns in the past.

Tiger Dams have been used to fight floods in Selkirk, its surrounding areas and the Peguis First Nation.

"We have been in contact with people who have told us that there are very real irregularities that have gone on in the government's purchase of this flood-fighting equipment going right back to 2009," Pallister said.

Pallister wouldn't disclose details of his party's meeting with RCMP but said police are still in the early stages of a probe into the matter.

He claimed Mounties were already looking into the province's 2014 Tiger Dams purchase and the five years leading up to it when the PCs approached police.



TRIBUNE FILE PHOTO BY AUSTIN GRABISH

Manitoba Infrastructure and Transportation Minister Steve Ashton says he welcomes a probe by RCMP into the province's purchasing of Tiger Dams.

RCMP spokesman Sgt. Bert Paquet confirmed the PCs met with Mounties but wouldn't say if police have launched an investigation.

"We can tell you that we were contacted by officials from the Progressive Conservative Party and during the meeting that followed, we were provided with information that we are currently reviewing," Paquet said in a statement.

Ashton said he has yet to be contacted by RCMP but would welcome a probe into the matter.

"I welcome any and all scrutiny in this."

He called Pallister's actions "reckless" and said the province had good intentions when it promised funding for flood tubes without going to ten-

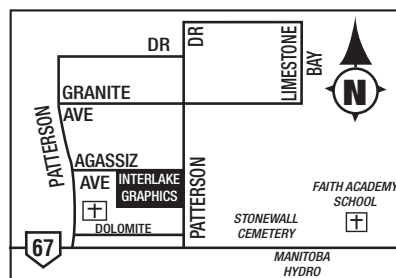
der.

"This was about protecting Manitobans in flood period," he said. "It takes 40 days (to go to tender). We basically acted to protect people, and that part I don't apologize for."

The 2014 Tiger Dam purchase is said to be the reason behind an internal caucus revolt last fall that saw five cabinet ministers resign in protest of Greg Selinger as premier.

The revolt came after a whistleblower complained to Manitoba's ombudsman, claiming attempts were made to dodge the funding approval process at the provincial Treasury Board, which is responsible for government spending.

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Quarry operation ordered to cease mining in Woodlands

By Natasha Tersigni

The RM of Woodlands council held a public hearing last week for a quarry that has been illegally operating in the RM.

Geoff Roy, owner of the Northern Stone Ltd. quarry in the RM of Woodlands, has been operating since September 2014 without entering into a conditional use agreement with the RM. Roy, who has permission from the province to mine rock on provincial Crown land located near Road 86 and Highway 6, is required to also obtain a conditional use permit from the RM, which he never did. Now the RM is backtracking and looking to enter into a conditional use agreement with Roy before any further operations in the quarry continue.

The quarry operation has received complaints from nearby neighbours for the amount of traffic, noise and dust being created from gravel trucks travelling to and from the quarry. When town employees went to confirm the terms that were set out between the RM and the quarry — such as berm height requirements, days/hours of operations, permitted use of roads, and royalties the RM would receive — it was revealed that no such agreement existed.

“What had happened was Adam (RM of Woodlands CAO) went back in our bylaws and found that the quarry had to be permitted with a conditional use. We were under the impression

that with the permits from the province, this was something (quarries) could just go ahead and do. It is in our bylaws that they need to operate under a conditional use,” said RM of Woodlands Reeve Trevor King.

“There were complaints from the neighbours with the dust control, so we felt we had to address it. We went back in bylaws to see that there is something that we should be collecting as far as royalties. We are missing out on that and we are losing gravel out of an area where maybe at some point we could be entitled to and not somebody else. It is a resource that could bring in some revenue that could help maintain the roads and everything else.”

Now with the help of lawyers from the D’Arcy Deacon, the RM is looking to rectify their mistake and enter into a conditional use agreement with Roy.

On Oct. 27, the RM held a public hearing where residents had a chance to discuss their concerns regarding the quarry operation with council.

“Northern Stone is currently destroying my pasture as we speak. I have an agreement with Geoff to be compensated for the loss of the pasture from the mines act rules,” said Doug Oliver, who lives near the quarry operation.

“The dust control for the roads is one thing that certainly should be in the conditional use. Road 15 was destroyed this spring when the condi-



TRIBUNE PHOTO BY NATASHA TERSIGNI

Equipment remains idle at Northern Stone Quarry in the RM of Woodlands after council has ordered operations to cease until the owner, Geoff Roy, enters into a conditional use agreement with the RM.

tions were on because not everybody used PR 248 or Highway 6. The road is still damaged, so I think we should have a weight restriction on that road — no loaded trucks until the road heals.”

Before discussions continue between Roy and the RM, Roy needs to provide more specific information about the type of operation he is running, including a site plan of his operation; a drainage plan on how water will drain from the mining site into

municipal ditches; an estimate in the amount of tons to be mined and estimated truck traffic on a yearly basis; a plan for dust control for the municipal road that the trucks use to get to the quarry; and a plan for reclamation of the land once mining operations are over.

For now, the RM has ordered that operations at the quarry are ceased until council has approved a conditional use agreement.

Stonewall RCMP lay charges in break and enter

Staff

On Monday, Nov. 2, 2015, Stonewall RCMP were called to the 200 block of 1st St. W. in Stonewall, where a homeowner had discovered a male inside his garage. The male left the scene and attempted to flee in a truck. While driving the truck, he struck a female witness, who fortunately was not injured. Police arrived and arrested the male without further incident.

Michael Roderick Monkman (57) of Stonewall has been charged with

Break & Enter, Theft under \$5000, and Dangerous Operation of a Vehicle. Police conducted a hearing before a Judicial Justice of the Peace, and Monkman was released. One of the conditions of his release is that he is to abide by a curfew that requires him to remain at his home address between the hours of 8:00 pm and 6 a.m.

Stonewall RCMP have been dealing with many complaints of thefts from citizens’ garages and vehicles over the past several months. A second male,

Trevor Jason Smadella (43) was arrested this past September. On Oct. 1, 2015, Smadella was arrested again after breaking into a garage on Poplar Bay in Stonewall. He was charged with another count of Possess Property Obtained by Crime, Possess Break-In Instruments, Break, Enter & Theft, and Assault. Smadella was remanded into custody; he remains in custody at the present time.

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Aquaculture industry fishing for answers

Staff

Anyone who wants to dive into aquaculture in Manitoba might discover that a confusing system is muddying the waters and leaving folks fishing for answers.

Rudy Reimer of Watersong Farms recently spoke at a Keystone Agricultural Producers (KAP) livestock committee meeting about the lack of a clear contact person in the industry.

Reimer noticed that at KAP's annual general meeting, there was a resolution to have the organization lobby the federal government to determine where prairie aquaculture should fit in.

The resolution referenced provincial and federal support for Reimer's demonstration farm, further stating, "because aquaculture is regulated by the Fisheries Act, which provides no guidance to the aquaculture industry, KAP will lobby the federal govern-

ment to consult with the inland aquaculture industry and develop policy that better supports the growth of this new sector."

Reimer's Warren-based farm was the first and only model farm that was part of a provincial and federal government project to promote aquaculture across the country. Although the model farm project ended three years ago, Reimer said there has never been a final report from either level of government so interested producers are still wondering what's going on.

"When I saw the resolution, I was curious because as far as I know, we're pretty much off the radar now. We don't know if MAFRD has any kind of involvement with aquaculture development. They used to have an aquaculture specialist, but now that position is gone," Reimer said.

"Aquaculture falls into a grey area as far as whose responsibility it lies

under — it's federally under Fisheries and Oceans and yet provincially it's under Agriculture."

For Reimer, fish farming is the same as livestock production.

"We don't know what the government's role is anymore in aquaculture development in Manitoba. They've kind of gone AWOL as far as MAFRD is concerned. Nobody knows who to direct questions to if you want to start up an aquaculture facility," he said.

"Worldwide, this is one of the fastest-growing food production systems. If we can't get our government involved with having some kind of assistance there, at least for resource, then they're missing the boat."

In any case, Reimer believes there should be a go-to person for aquaculture issues, even on a part-time basis.

Dan Mazier, president of KAP, said the organization would likely bring the discussion forward to the provin-

cial government and the Canadian Federation of Agriculture partners, especially in regards to the Growing Forward programs.

"During Rudy's presentation, I was quite taken aback that when it came to different government programs, fish were excluded. Part of that has to do with the history of Canada and Department of Fisheries and Oceans. It used to be under a different jurisdiction. Fish were separate from agriculture, so that's the way it was always set up," Mazier said.

"We'll definitely talk to our province. If we can get a resource for the aquaculture industry and get a specialist appointed or start sharing a file with somebody, that would be fantastic as well. I see a pretty bright future for it, but just like every other starting up industry, it needs some help."

Woodlands passes first reading of lagoon expansion project

By Natasha Tersigni

At the Oct. 27 RM of Woodlands council meeting, council passed the first reading of the lagoon borrowing bylaw for the lagoon expansion project in the Hamlet of Woodlands.

"We are currently looking at ways to minimize the debenture so the levy won't be as high," said Reeve Trevor King.

Since more than 25 objections against the borrowing bylaw were made at the public hearing held on Oct. 8, the bylaw will have to be reviewed by the Municipal Board of Manitoba and they will decide if the project will continue. The municipal board will hold a public meeting where residents who objected to the project can speak to the third party board. If the municipal board decides against the lagoon ex-

pansion, then the project is tabled for at least two years.

At the lagoon public hearing, several residents were opposed to the proposal of a 1.24 mill capital levy that was to be added to the RM of Woodlands tax bills for 10 years to cover the \$900,000 cost of the expansion.

RM to hire Economic Development Officer

After first hearing from members of the Woodlands Community Development Corporation, council then passed a resolution to hire a full-time economic development officer (EDO). Part of the EDO's job will be to work with the CDC to continue to promote and strengthen economic growth in the community.

In the past, the EDO has been re-

sponsible to report to the CDC as well as oversee all the planning requirements in the RM. When the previous EDO left his position in June, the RM decided to split the position into two separate jobs. They hired Kaitlyn Fleury as the planning clerk but did not hire anyone to work directly with the CDC.

CDC interim chairperson Gail MacDonald told council that in order for CDC to continue being effective in the community, council needs to hire an EDO.

"We cannot continue to maintain the activities that we are doing without the support of council for program support and staffing. You supported programming for the year, but because we have not had support staff, things are being dropped by the wayside,"

said MacDonald.

The CDC is a corporation run by volunteers and funded by the RM of Woodlands. The corporation aims to provide strategic leadership and support for sustainable economic development in order to retain and employ our youth, enhance community services, amenities and pride, and to facilitate ongoing growth in population, business and economic activity to the benefit of current and future residents of the municipality.

Residents oppose trailer park expansion

A number of residents spoke against the expansion of the Warren Mobile Home Park during the public hearing held to discuss rezoning the land adjacent to the mobile home park from residential to residential mobile home. The land is currently owned by Eleanor Baldwin. However, Calar Holdings Ltd, the owner of the Warren Mobile Home Park, wants to purchase the land so they can add eight to 10 mobile units to the park. The purchase of the land is contingent on council passing the rezoning bylaw.

Neighbouring homeowners told council they don't want the park to expand as it would encroach on their own property and could potentially lower home/property values in the neighbourhood.

Council tabled the vote for a future council meeting as several councillors voiced that they would like to go see the current state of the mobile home park before they could make their decision.

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On Tuesday, November 17, SISRC is holding a Volunteer Driver meeting in the Lions Community Centre @ 1:30 pm. This is a great way to find out firsthand what this opportunity can do for you and your community! For more information, please call our office.



VOLUNTEER OF THE MONTH

Norma Melnichuk

Norma Melnichuk has been volunteering with Seniors Resource for 3 years as a driver as well as board member. Norma loves being a driver because of the beautiful people that she meets and gets to know that she didn't know before! Thank you Norma and we love that you love being a volunteer driver!

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November Calendar of Events!

SOUTH INTERLAKE 55 PLUS, 5 KEITH COSENS DRIVE

Clip & Save

Nov 2	Active Wellness - New Session Begins	Nov 23	One Stroke Painting @ 12:30 pm
Nov 6	Presentation: Inuit & Hudson Bay Company @ 1:30 pm	Nov 27	"Showtime" @ 1:30 pm
Nov 10	Book Club @ 9:30 am	Nov 30	Cribbage Tournament @ 1:00 pm
	Luncheon @ 12:00 Noon	Dec 3	Christmas Dinner Ticket Deadline
Nov 11	Office Closed - Evening Programs Only	Dec 8	Bus Trip Shelmerdine's & Whitehorse Emporium
Nov 12	Shopping Trip - St. Vital Centre @ 10:30 am	Dec 17	Casino Trip: McPhillip's Street Station
Nov 19	Club Regent Casino Trip @ 10:00 am	Dec 27	Bus Trip - RWB: Nutcracker
Nov 20	Harmony Jam @ 1:30 pm		



INUIT & THE HUDSON BAY COMPANY FRIDAY, NOVEMBER 6TH • 1:30 PM

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For more info. call the 55Plus @ 204-467-2582



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BUS TRIPS:

SHOPPING TRIP - ST. VITAL CENTRE • THURS., NOV. 12

CASINO TRIP - CLUB REGENT • THURS., NOV. 19

SHELMERDINE'S & WHITEHORSE EMPORIUM • THURS., DEC. 3

ROYAL WINNIPEG BALLET - NUTCRACKER • SUN., DEC. 27

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New supports for victims of family violence

News Release

To help victims of family violence access support services when they're needed, the Manitoba government is introducing new resources and will make it easier for those at risk to obtain protection orders, Attorney General Gord Mackintosh and Family Services Minister Kerri Irvin-Ross announced Monday.

"Recent events, including the tragic death of a young woman, have shown protective orders aren't always as accessible as they should be," said Mackintosh. "We want to hear from Manitobans who've had experience applying for protection orders. With their help and through consultations with police, justice officials and community groups, we will improve the process and better protect Manitobans who are at risk of family violence."

"When someone needs help, it is essential they know where to get help as quickly as possible," said Irvin-Ross.

"Recognizing that each person's situation and needs are different, we are expanding and strengthening the range of resources throughout the province."

Until Nov. 27, the Manitoba government will seek feedback through an online questionnaire from individuals who have applied, or helped someone else apply, for a protection order, Mackintosh said.

The feedback will help guide future legislative changes to strengthen the Domestic Violence and Stalking Act, particularly the provisions related to issuing protection orders, the minister added.

The ministers also announced the consultations as part of Domestic Violence Prevention Month, launched at a meeting of the Family Violence Consortium of Manitoba. The Manitoba government will provide the consortium with \$50,000 to design and implement a public awareness cam-

paign over the next year, focused on family violence prevention.

"Often the link to safety and to hope for individuals and families caught in the cycle of violence is the valuable work provided by the 37-member agencies of the Family Violence Consortium of Manitoba," said Glenda Dean, consortium co-chair. "We take this responsibility seriously and will continue to work on behalf of those people, who reach out to us when they need it most."

The ministers noted the Cellphone Emergency Limited Link-up (CELL) program will be enhanced to better serve people at high risk of domestic violence and stalking. The program will receive 55 new mobile phones this year, which will be made available at no cost to individuals at risk.

Victim safety will be further enhanced with five new two-way devices that allow the user to call for help by pressing a button instead of calling

911. When activated, the device notifies local police and provides them with information about the individual's safety risks related to domestic violence, allowing the person to be located as quickly as possible during a potentially dangerous situation. The devices operate on a secure network to prevent offenders from hacking the system to find their former partner.

A new information-sharing process between the Office of the Chief Veterinarian and victims services has been established, based on the link between animal abuse and domestic violence, the ministers noted.

If an animal protection officer observes any signs of possible domestic violence while investigating an animal abuse complaint, this will be quickly shared with victims' services so they can reach out to offer support and referrals, where appropriate.

Province launches human trafficking hotline

By Austin Grabish

The province hopes a new hotline will be the lifeline for victims of sex trafficking that are looking to escape isolation and get help.

Manitoba launched a new toll-free hotline last week along with a public awareness campaign called "Buying Sex is Not a Sport," which is running in the weeks leading up to the Nov. 29 Grey Cup.

Attorney General Gord Mackintosh said the campaign is meant to discourage sexual exploitation and human trafficking that often increases in the days leading up to major sporting events like the Grey Cup.

"The public awareness campaign will discourage potential exploiters by focusing on the damage done to people trapped by human trafficking," Mackintosh said.

The new hotline was welcomed by Nova House executive director Anna Pazdzierski, who has worked with victims of human trafficking at the Sel-

kirk-based shelter.

She said the announcement made her think of the last victim of sex trafficking Nova House took in about five years ago. Pazdzierski said the victim was picked up in The Pas, brought to Winnipeg, where she was used, before escaping and finding refuge at Nova House.

"It was the most extreme case we've seen," Pazdzierski said. "She had been held and was very badly used."

Pazdzierski said it might surprise many, but sex trafficking, which is also known as forced prostitution, has been an issue in Selkirk over the years.

"We do know of situations in Selkirk itself where young girls are being sold for sex to adult men in Selkirk," she said.

Pazdzierski said within the last year, she knows of one underage girl with a developmental disability that was allegedly forced by her boyfriend to have sex with other men for money.

"We always think that kind of stuff doesn't happen in our hometown, but we know it does," she said.

Pazdzierski said with more people in town for the Grey Cup, she wouldn't be surprised if there was an increased demand for girls selling sex.

"I think around big events like the Grey Cup, there's more people around that are looking for stuff that they might not be normally looking for."

But the Winnipeg Working Group for Sex Workers' Rights disagrees.

In a press release sent to media, the group disputed the province's claim an increased demand for prostitution happens around the Grey Cup.

The group said the Buying Sex is Not a Sport campaign is "misguided" and wastes taxpayer dollars to address a problem that doesn't exist.

The number for the Human Trafficking Hotline is 1-844-333-2211. It is being staffed 24 hours a day by counselors in Winnipeg.

Respiratory outbreak at Rosewood Lodge

By Jennifer McFee


At Stonewall's Rosewood Lodge, visits are currently being discouraged due to an outbreak of respiratory illness at the facility.


This protocol is standard for situations when two or more people are experiencing symptoms of respiratory illness, which include fever, cough, muscle or joint pain and weakness. Early intervention and adherence to infection-prevention and control policies are the best way to avoid spreading the illness.

A sign on the door advises guests to consider if they need to visit a client at this time and asks them not to visit if they are sick themselves.

However, visitation is allowed by special request since family members play an important role in the care of some residents of Rosewood Lodge.

Staffing has not been increased at Rosewood Lodge at this time due.





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ALL ARE WELCOME

Preschoolers invited to storytime at Teulon library

By Jennifer McFee

Once upon a time, there was a really fun story group for wee ones in Teulon. Actually, it's not just a fairytale — it's reality.

Teulon library aims to bolster its preschool storytime program, which runs every Wednesday and Friday starting at 10:30 a.m.

Each week, branch librarian June Makowski reads two stories and leads a craft with the kids during the session. And she would like to see even more youngsters join in the fun.

"If I could get more people to come, that would be great. A whole bunch of kids that were coming regularly went to kindergarten this year, so now I don't get them as much and my attendance isn't as big. I would like to engage some people that maybe don't have kids at school so they might not know what we're doing. It's hard to reach parents that just have little kids, so I was hoping that they might come," Makowski said.

"Any preschool kid can come. Even on the days when there's no school, I don't mind if they bring their brothers and sisters. If they can sit for a half-hour and join us, then they can come. I've even had a lot of two-year-olds that were really good."

Each session usually lasts about 30 minutes, but sometimes they run longer if there is a special event, such as last week's Halloween party.

"One day, I started reading at 10:30 and I never stopped 'til noon. They kept wanting me to read another one. It's really fun. We've had the police car come and the handivan and we've gone to the fire station. The front-end loader from the town came, and the school bus was here," Makowski said.

"We've got props like swords and reindeer antlers and superhero capes. We've got Lego, and my brother made blocks out of wood. And we have jigsaw puzzles and colouring pages. I'm finding a lot of people will come early so that their kids can play for a while or they'll stay later and play. I love it."

Not only is it an entertaining outing for little ones, it also helps to prepare them for entering school.

"I know that all of the kids that come really have fun and then they get to meet other kids before going to school, which I think is helpful because they maybe wouldn't be so scared to go if they know somebody. It's so good. And if kids love to read, they will just do so much better in school," Makowski said.

"We're also trying to develop their




TRIBUNE PHOTO BY JUNE MAKOWSKI

The Teulon library preschool program is hoping to encourage more families to join in every Wednesday and Friday for their storytime.

fine motor skills and reinforce counting and the alphabet. They learn how to pay attention and that helps them get ready for going to school. If I can read a whole story to them and they can sit and listen, that's a good thing for them to learn."

There is no need to sign up for the drop-in storytimes; instead, parents and kids can just show up.

"There's no criteria. All they have to do is come," Makowski said. "I've got enough room, no matter how many people come."



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Gimli artist to display pottery at Teulon Library

Kirk Creed to have Stoneware and pottery on display during November

By Natasha Tersigni

Interlake resident Kirk Creed has travelled the globe learning different ways to create his stunning pottery that have been exhibited and collected internationally, including a permanent collection at the Winnipeg Art

Gallery.

Creed, who has earned a Lieutenant Governor's Medallion for his contributions to the craft, is this month's South Interlake Regional Library Teulon branch Artist of the Month.

Creed began working with clay in the 1970s when he left his university fine arts program and began apprenticing for a few potters. Soon, he began creating his own functional wares and decorative pieces. Creed has travelled to different parts of the world, including the United Kingdom, Denmark and Africa to learn more skills.

"Africa is the motherland for pottery-making. There were people there working in a tradition that was 10,000 years old. I went there to learn," said Creed. "I learned certain African forms and a new understanding for how to find raw materials and how to incorporate them. I had to do all my own clay digging there, so it was very much a hands-on and from-the-ground-up experience."

In keeping with what he learned in Africa about sourcing raw materials, Creed built his studio in the RM of Gimli on 80 acres of land and uses wood from his own lot to heat his special wood-fire kiln.

"I have a unique wood-burning kiln, which holds a couple of hundred pounds at a time. I use firewood to reach temperatures that are white hot,

close to 1400 degrees. All the wood that I burn, I cut myself from my own forest and I do that so I know I have a sustainable resource," said Creed.

A variety of Creed's functional ware, bowls, wine goblets and a teapot, along with more artistic pieces, vases and bottle forms, will be on display at the library throughout November.



Gimli artist Kirk Creed will have a variety of pottery on display at the library during November.



TRIBUNE PHOTOS SUBMITTED

Creed will have a variety of functional ware along with artistic pieces on display at the Teulon Library during the month of November.

Attention Kids...



What's *Your* Christmas story?

Pick one of the following themes and tell us your best story:

1. Create a story that starts with this sentence:
"All the elves were hard at work in Santa's workshop ... all but one, that is ..."
2. Write a story about Rudolph's cousin, the unknown reindeer who loves to sing.
3. If you were in charge of building the best snow fort ever, what would it look like?
4. Describe your family's holiday traditions.
What's your favourite tradition?

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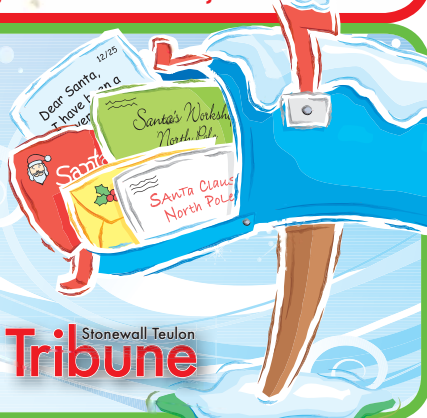
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Mail or email you letter to us by Wednesday, December 9th, and we'll make sure it appears in our special section on December 17th.

Please remember to include your first name and age on your letter!

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or mail to Box 39, Stonewall, MB R0C 2Z0



Stonewall Teulon
Tribune

Second World War veteran remembers Battle of the St. Lawrence

By Natasha Tersigni

During the Second World War, much of Canada's service and efforts were focused overseas for the main invasion of Germany into the rest of Europe. But one aspect of the war that many history books skim over is the three operations from enemy forces that occurred on North American soil: the Aleutian Islands Campaign, the Battle of the St. Lawrence and the attacks on Newfoundland.

Attacks domestically were not common given the sheer distance between Europe and North America and the fact that they were separated by 320 kilometres and the Atlantic Ocean.

However, Stonewall resident David Gray was one member of the Royal Canadian Air Force who served during the Battle of the St. Lawrence.

"When the war started, I enlisted. I had to wait about six months. Then they called me up near the end of 1940. I was called into the Air Force," said Gray, who was farming with his family on land near Dauphin at the time the war broke out in 1939 in Europe.

"It was the only place I could get a square meal every day. In the Dirty '30s, it was pretty rough. You were lucky if you got a job paying a dollar a day. You can't believe that now," said Gray.

Gray spent two years working on the engines of airplanes as an aero-engine mechanic before he remustered to become a pilot. After passing all the required testing, he was chosen to be a fighter pilot.

"I was picked as a fighter pilot. The top choice was fighter pilot and the other was bomber pilot. The bomber had the other jobs of the aircrew, such as navigator and observer. I didn't want any of those. I wanted to be in control of the airplane," said Gray.

During the war, Gray flew the Hurricane fighter plane and was responsible for protecting the ships and cargo that were heading over to Europe from the Maritimes. His squadron was responsible for force protection and was established after German U-boats entered Canadian waters during the Battle of St. Lawrence, May 1942 to November 1944. The U-boats sank several merchant ships and three Canadian warships, killing 340 people. This battle marked the first time since the War of 1812 that a foreign power had inflicted casualties in Canadian territory.

Continued on page 14



REMEMBRANCE DAY

REMEMBERING with pride

NOV. 11, 2015



Following the end of the Second World War, Gray joined the 402 Air Reserve Squadron in Winnipeg. Gray, pictured second from right, travelled with other pilots to the state fair in Minneapolis to fly the Vampire fighter plane in the fair's air show.



TRIBUNE PHOTO BY NATASHA TERSIGNI

Former Royal Canadian Air Force Col. David Gray holds a picture of himself when he was the Commanding Officer of Winnipeg's 402 Squadron. The 94 year-old Stonewall resident flew a fighter plane during the Second World War to provide domestic protection for ships leaving Canada to bring supplies to those fighting in Europe.

On Remembrance Day

Honour the bravery and sacrifice
of those who served, and
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Remembrance Day

NOVEMBER 11



> BATTLE OF THE ST. LAWRENCE, FROM PG. 13

Gray served during the war for five years. After the war ended, he continued working for Winnipeg Hydro, a job he had held during his enlistment. When the air reserves in Winnipeg at 17 Wing were established, Gray joined and spent 20 years with the 402 Squadron.

Working his way through the officer ranks, Gray served as the Commanding Officer for the 402 Squadron for five years (1956 to 1961) and the Group Captain for four years (1964 to 1968). Gray still found time to fly in the reserves and routinely flew on domestic missions.

“The first operation was for the major floods in Winnipeg in 1950. We evacuated approximately 200 people from St. Boniface. Search and rescues was another major task of ours,” said Gray.

Along with his service to 402 Squadron, Gray worked for Winnipeg Hydro for 40 years, retiring in 1984. Although he didn’t participate in any international missions, he was part of a Second World War battle that occurred on Canadian soil and was responsible for many domestic missions rescuing Canadians — and that he is proud of.



Gray, pictured right, signs over command of 402 Squadron after serving as Commanding Officer for five years. **TRIBUNE PHOTOS SUBMITTED**



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Woodlands



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Royal Canadian Legion

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Branch #52



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 11th

SERVICES

(All events open to the public)

SCHOOLS	DATE	TIME
Inwood School	Tues, Nov 10th	10:30am
Balmoral School	Tues, Nov 10th	9:00am
Brant-Argyle School	Tues, Nov 10th	11:30am
École RW Bobby Bend	Tues, Nov 10th	2:10pm
Grosse Isle School	Tues, Nov 10th	11:00am
Rosser Elementary	Tues, Nov 10th	11:00am
École Stonewall Centennial	Tues, Nov 10th	2:30pm
Stonewall Collegiate	Tues, Nov 10th	10:45am
Stony Mountain School	Tues, Nov 10th	11:30am
Teulon Collegiate and Teulon Elementary School at the Collegiate	Tues, Nov 10th	10:45am
Warren Elementary	Tues, Nov 10th	11:30am
Warren Collegiate	Tues, Nov 10th	10:30am
Woodlands School	Tues, Nov 10th	10:00am
St. Laurent School	Tues, Nov 10th	11:00am
École communautaire Aurele-Lemoine	Tues, Nov 10th	11:00am
LEGIONS/HALL		
Stonewall Legion	Wed, Nov 11th	10:45am
(Lunch to follow, doors open at 10:00am)		
St. Laurent Legion	Wed, Nov 11th	10:30am
(Lunch to follow. Service outside weather permitting)		
Woodlands Legion	Wed, Nov 11th	10:30am
Lunch to follow		
Teulon Rockwood Centennial Centre	Wed, Nov 11th	
8:30am-10am Pancake Breakfast at Hall		Service at 10:30am
No Charge for Veterans & Cadets		
Brandt Argyle Legion (Memorial Community Centre)	Wed, Nov 11th	10:45am
Stony Mountain Community Centre	Wed, Nov. 11th	10:15 am
Inwood Hall	Wed, Nov. 11th	10:30am



Remembrance Day

NOVEMBER 11

Local Afghan veteran now serves Canadians domestically

By Natasha Tersigni

Jumping out of an airplane to rescue a stranded boater or an injured climber may sound like a stunt straight from a Hollywood action movie, but it is just a regular day of work for MCpl. Anthony Vail.

The Warren resident is a Search and Rescue Technician (SAR Tech) with the Royal Canadian Air Force (RCAF) and has dedicated 14 years to the Canadian Armed Forces (CAF). Having served overseas in Bosnia, Croatia, and Afghanistan, Vail now conducts search and rescue missions in Canada with a normal mission to include parachuting, diving, helicopter hoisting, mountaineering and ground operations.

A career as a SAR Tech was not what Vail had envisioned when he first joined the army as a Royal Canadian Regiment (RCR) infantryman back in 2001. In 2003, he went on the last Canadian rotation to Bosnia and spent

part of his tour in Croatia preparing equipment and vehicles to be transported back to Canada.

In 2006, as part of the RCR Battle Group, he was sent to Afghanistan as a unit leader of dismounted troops. Throughout his time in Afghanistan, Vail and his troops served throughout the country on many missions including Operation Medusa, a Canadian-led offensive in the Kandahar province to establish government control. Although a tactical victory, the operation resulted in the death of 12 Canadian soldiers. Vail's unit received Commander and Chief commendation for their involvement in that operation.

When Vail returned to Canada, he was ready for a change in career as he prepared to start a family with his wife, but he wanted to continue with the military.

"I was on a first aid instructor course and I was reading an article in the

Maple Leaf (Canadian Forces magazine) about SAR Techs and I got really interested in that career. I did my jump course with the cadets when I was 17 years old. I always wanted to be a paratrooper. That was the major reason why I joined the Army. So with SAR Tech, you are a paratrooper but you don't go overseas and you are always on operation," said Vail.

"As a SAR Tech, you are always on call and the training is super intense because you have to be ready for everything: scuba diving, mountain rescue, arctic and winter survival, travelling over different types of terrain, helicopter and airplane dismounts. The job description reads like an adventure novel. Who wouldn't want to do that?"

Vail was chosen from hundreds of candidates across the country to attend a 14-day SAR Tech selection course in Lake Jarvis, Alta. Thirty of the best soldiers across Canada who



Vail and his team parachute in to provide medical care during some rescue operations.

are at the top of their unit in terms of physical and mental abilities are chosen to attend selection. The training was gruelling and intended to find the candidates who could best cope with physical, mental and emotional stress.

Morning classroom work and afternoon field craft is the easy part of the course.

"Lights out is at 10 p.m. and then



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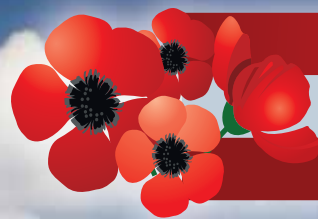
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"WE SAVED HIS LIFE. HE WAS GOING TO FREEZE TO DEATH."



Remembrance Day

NOVEMBER 11



the instructors wake you up in the middle of the night to do physical activities. They come out on the loud-speaker and talk about a SAR Tech mission, while at the same time other instructors are yelling and screaming at you while you are doing physical activities such a running up a hill with a rucksack, building stretchers out of wood or carrying logs. Later that morning, you write an exam on the information that was being screamed at you over the loud speaker," said Vail.

"The selection is about seeing what your mental recall is like and if you can make sound decisions under stress. It is a constant test. From the moment you get on the bus until you get back to base, they are evaluating you on everything."

Vail was chosen among 16 candidates, one of the largest SAR Tech classes in recent history, and graduated as a SAR Tech in 2009.

Since being a SAR Tech, Vail has

been posted to Comox, B.C., and is now currently serving with the 435 Squadron out of 17 Wing in Winnipeg. He has taken part in several domestic rescues where he and his team have saved lives.

One of his notable missions was on Nov. 10, 2013, when he was called out of his Remembrance Day service at his church to go rescue a man stranded on the east shore of Lake Winnipeg, 35 kilometres from Poplar River. Vail and his partner, Sgt. Stephane Richard, jumped from a Hercules in miserable conditions, including a -18C temperature with 75km/h winds and swirling snow, to rescue the man whose boat engines had failed.

"The boat had twin motors on it and they both failed at the same time and then he got washed ashore by the wind. Because of the wind and spray from the water, an ice cube was being formed on the back third of his boat. We jumped in, set up a tent, got the heater going and got him out of his



TRIBUNE PHOTOS SUBMITTED

Royal Canadian Air Force Search and Rescue Technician (SAR Tech) MCpl. Anthony Vail is responsible for keeping Canadians safe domestically.

wet clothing," said Vail, who added that a helicopter came the next day to extract the trio.

"We saved his life. He was going to

freeze to death. You always feel a little bit better when you know you have made a difference in someone's life."



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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.



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ISD students celebrate Halloween



Sunova's Halloween contestants



TRIBUNE PHOTO BY JO-ANNE PROCTER
Sunova Credit Union held their annual Halloween decorating contest between branches last week with Oakbank winning the bragging rights as the official winner. Pictured left, Stonewall was named first runner-up with their transformation of the Land of Oz. Right, The Teulon branch went scary with a haunted house theme.

Shop local this holiday season: Selkirk & Interlake Craft Sale Listing!

Looking to start or finish your holiday shopping? Look no further! Find local crafters & sales this holiday season with our handy dandy craft sale listing. There are so many craft fairs, bake sales and artisans' markets in the lead up to Christmas! Christmas markets are a fun and affordable way to get into the holiday mood and tick some "to do's" off your list.

Mall in The Hall Annual Christmas Craft Sale Sat. Nov. 7th 10 am - 3 pm Teulon Rockwood Centennial Centre Admission \$2 greenacresartcentre.org	WITC Christmas Craft Sale Sat. Nov 7th 10 am - 4 pm Warren Collegiate Gym 119 McDonald Ave. Admission \$1	Fraserwood Hall Craft, Trade, & Bake Sale Fraserwood Hall Sat. Nov. 14 10-3 pm 204-642-9392	Craft/Vendor Sale & Breakfast with Santa Sat. Nov 14th 9 am - 4 pm Woodlands Hall \$2 Admission 204-383-5273	Festival of Trees & Craft Sale November 14 & 15 10:00 am - 3:00 pm Selkirk Rec. Complex (Banquet Hall) 180 Easton Drive. 40 Table Craft Sale 10:00 am-3:00 pm More info: Jaimie 204-482-4636 or jkazuk@cityofselkirk.com	Victorian Tea and Vendor's Treasures Sunday Nov 15th 11-4 pm at the Red Barn (Hwy 236 & Rd 75N) Admission \$2. Tea room lunch \$7. Tea cup reading \$15. Info at 204-467-5778/ 204-633-2238	Winterfest Craft Sale Nov 20 2-8 pm, Nov 21 10-3 pm Teulon Hall, Teulon, MB Admission \$2, Kids under 12 free www.teulonfarmersmarket.com	Stony Mountains 2nd Annual Holiday Rush Open House November 21 10am-3pm Stony Mountain Rec Centre Admission \$1 (12 & under free) or a tin for the bin
Eriksdale Museum's Christmas Craft & Home Based Business Sale Location: Eriksdale Recreation Centre Sat. Nov. 21st 11-3 pm (204) 739-8002	Stonewall Legion Seniors' Club Craft Sale Sat, Nov 21st 10am-3pm Stonewall Legion Hall 459 Main Street Free Admission Silent Auction -Lunch	Ashern Country Christmas Craft Sale Ashern Centennial Hall Nov. 27 10:00 am - 7:00 pm Free Admission (204) 768-2187	Lundar Christmas Craft Sale Lundar Community Hall Sat. Nov. 28 11 am - 3 pm (204) 762-5525	New Iceland Heritage Museum Christmas Craft Sale New Iceland Heritage Museum Gimli (Free Admission) Fri Nov 27 4-9pm Sat. Nov 28 11-6pm (204) 642-4001	VENDOR Tupperware *Home Parties * Earn free/discount Tupperware * Have Fun Call Danna Shannon 204-461-0987 danna_shannon@hotmail.com	VENDOR Pretty Things by Joy <i>Unique ladies wear & accessories, Xmas décor & handpainting.</i> Great gifts at affordable prices. Joy (204) 785-8725	VENDOR The Pampered Chef <i>Great Quality Kitchen Tools</i> Michelle 204-485-4272 stoneware@shaw.ca
	Friends of the Library Craft Sale November 28 10am - 3pm Gaynor Regional Library Silver Collection Silent Auction <i>All money raised goes towards Teen and Children Programs</i>	16th Annual Christmas Craft and Trade Fair Dr. George Johnson Middle School Saturday, November 28th 10 am - 3 pm 55-3rd Avenue, Gimli, MB Admission - FREE	4th Annual Riverton Christmas Market Riverton Hall <i>Santa's Corner with Special Friends</i> Fri. Dec. 4th 5-10pm Call/text to register (204) 641-1051	2nd Annual Arborg Christmas Market Arborg Hall <i>Santa's Corner with Special Friends</i> Fri. Dec. 11th 5-10pm Call/text to register (204) 641-1051	VENDOR Ice119 Collectibles 204-228-0523 Location Calendar: www.ice119collectibles.com <i>Sports Collectables, Clothing & More!</i>	VENDOR Molly's Creations <i>Come and get your Xmas supplies!</i> Jams, Jellies, Pickles, Kitchen Towels and hopefully Perishky. 204-467-9798	VENDOR Rosemary's Creations <i>Quilting, Alterations and Custom Sewing</i> Phone 204-738-3121 Email: roseyquilt@gmail.com

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

PeeWees named 2015 Manitoba Grassroots Team of the Year

By Brian Bowman

Throughout this past summer, the Stonewall Pee-Wee boys' baseball team often got down and dirty as they made great defensive plays or scored key runs.

But the boys are going to have to put on some good clothes next weekend for Baseball Manitoba's annual awards banquet as they have been deservedly selected as the 2015 Baseball Manitoba Grassroots Team of the Year.

"It's a pretty big accomplishment for the boys," said Stonewall head coach Ryan Fines last week. "It's pretty neat and a heck of a way to end the year that they had."

Stonewall had a great season this past summer, winning the Mervin Farmer Memorial Regional Champions and then the "AA" provincials in Hamilton before advancing to the western championships in Alberta.

At westerns, Stonewall finished with a 2-2 record after a tough walk-off loss to Saskatchewan.

Fines, who was also named the Grassroots Minor Coach of the Year, could not recall an Interlake team winning this award before. It's a real special accomplishment for a team that was, well, pretty special.

"It's pretty impressive when you think of how



TRIBUNE PHOTOS BY LANA MEIER

The Stonewall PeeWees have been selected as the 2015 Baseball Manitoba Grassroots Team of the Year after winning the Merv Farmer Regionals, the 'AA' provincials and finishing with a 2-2 record at the western championships in Alberta.



Coach Ryan Fines was named the Grassroots Minor Coach of the Year.

many baseball teams there are in all of the age groups in Manitoba," Fines said. "And Baseball Manitoba chose these boys as team of the year. That shows how much work these boys put in and how much ball they played."

"They sacrificed a lot of little things and chunks of their summer. Families sacrificed their vacations, so there was lots of sacrifice — I know that because I saw it."

Fines recognized early in the season that this team was going to be a real good one.

"It's not every year that you can go after something like this with the different ages, so we worked these boys hard," Fines said. "And they responded. It was a pretty phenomenal group. They're good buddies and they supported each other very well."

Here are the remaining award winners recognized by Baseball Manitoba:

PeeWee Player of the Year - Easton Grieve (Winnipeg) St. James "AAA"

Bantam Player of the Year - Tristan Peters (Winkler) Winkler/South Central/Western Canada Games

Midget Player of the Year - Brady Moxham

(Oakville) Pembina Hills

Junior Player of the Year - Drake Pilot (Winnipeg) Winnipeg South Chiefs

Senior "AA" Player of the Year - Anthony Friesen (Pilot Mound) Pilot Mound/Border West Stars

Senior "AAA" Player of the Year - Matt Gunning (Virden) Oak River Dodgers

Female Player of the Year Co-winners - Katie Hepner (Winnipeg) Winkler Bantam/Team Manitoba Bantam Girls and Brittney Langlais (Garson) North Winnipeg Bantam/Team Manitoba Bantam Girls

High Performance - Jeff Bouchard (Winnipeg) Bonivital BlackSox Bantam "AAA"

Volunteer of the Year - Louis Cote (La Broquerie) Carillon Minor

High Performance Minor Team - Winnipeg South Chiefs Midget Winnipeg "AAA"

High Performance Major Team - Baldur Regals Border West Senior

Umpire Award of Merit - Peter Perreault (Russell)

Honour Society - Bob Shipley* (Winnipeg) St. James, Mike Labossiere (Brandon), Perry Kalynuk* (Virden) Oildome *posthumous.



Friday, Nov. 6
Stonewall Jets vs Charleswood Hawks
7:30 pm at VMSC

Saturday, Nov. 7
Stonewall Jets vs Pembina Valley Twisters
8:00 pm at Notre Dame de Lourdes



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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

High school hockey teams suffer losses



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Wildcats' Koby Carriere attempts to clear the puck during Warren's 2-0 home loss to the Murdoch McKay Clansmen on Oct. 27.

By Brian Bowman

Both local high school hockey teams had trouble scoring goals last week — and it resulted in losses.

The Warren Wildcats lost 2-0 at home to the Murdoch McKay Clansmen on Oct. 27.

After a scoreless first period, Mason Aquin gave the visitors a 1-0 lead with a second-period goal and then Ryan Ostroman tallied in the third.

With the loss, Warren is now 1-3 and

has three points in the Price Division standings.

The Wildcats will host the Sisler Spartans on Tuesday with the puck drop at 4:15 p.m.

In Platinum Promotions Division play, the Rams were edged 4-3 in a shootout by the Kelvin Clippers last Friday.

Stonewall built a 3-0 third-period lead but let that slip away as Kelvin scored three goals in a 3:37 span mid-



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Rams' Ryan Brown scored the third goal in Stonewall's 4-3 loss to the Kelvin Clippers last Friday.

way in the final frame.

Ryan McMahon gave the Rams a 1-0 first-period lead and then netted his second goal of the game early in the third. Ryan Brown put the home side up 3-0 but Kelvin came right back with goals from Matt Lawrence (two) and Cole Ferguson.

Stonewall has had a third-period lead in three of their five league games this season.

On Oct. 27, the Rams were blanked

3-0 by the Vincent Massey Trojans in Winnipeg.

Cole Doherty scored in the first period for Vincent Massey and then Zach Bailey tallied twice in the middle frame.

Stonewall (0-4-1) hosted the second-place Selkirk Royals (4-0) yesterday but no score was available at press time. The Rams will then have Garden City come to town on Nov. 13. Game time is 4 p.m.

Mercs ready for SEMHL home opener this Saturday

By Brian Bowman

When the Warren Mercs begin their 2015-16 South Eastern Manitoba Hockey League regular season this Saturday at home against the Carman Beavers, they will still have a lot of question marks regarding their roster.

But they hope to have the answers soon. Warren still wasn't exactly sure who was going to be in their lineup earlier this week.

"We're going to have quite a few changes," said Mercs' head coach Gerry Minaker Monday afternoon. "But we still haven't finalized the roster within a week of our first game. I think we'll be playing around with a few players and trying to get the right fit."

The SEMHL's leading scorer from a year ago — Eric Delong — has left the Mercs and moved west to play for the new Portage Islanders team.

Delong, an Oakville product, had a terrific junior career in the MJHL with the Portage Terriers before playing college hockey for four seasons at Sacred Heart University.

"It was a situation where he lives in Oakville and is just building a house and he's getting married and he works out there in Portage," Minaker explained. "So, I actually encouraged him to go. We still have his brother, Scott, on the team, so we're happy with that."

Gavin McHale, another former Terrier and Western Hockey League

goaltender, has decided to retire from senior hockey. The 6-foot-7 netminder stood tall in the Warren goal and often displayed some outstanding goaltending.

To fill his skates, the Mercs have brought in Ben Lobb to play goal. Lobb is a local guy who previously played for the Mercs, according to Minaker.

But the Mercs still have mark question marks with their roster. Warren lost 7-3 to Stonewall in a preseason game late last month. The Flyers have switched to the Manitoba Senior Hockey League this season.

"It's not like players aren't out there," Minaker said. "But it's just hard to get guys to commit. And we've had some

local guys with work that have packed it in. Our roster right now would be classified as incomplete."

As the Mercs begin their regular season with the home game against Carman on Saturday (8 p.m.), it would be great for the organization to see a lot of fans come out and watch them play this season.

Junior and senior leagues across Manitoba have seen a decline in attendance in recent years. Senior hockey is a great product, but, unfortunately in recent years, fans have not always been coming out to watch.

"We need to get some fans in the stands, as they say," Minaker pleaded. "It's been a tough ride the last year with poor attendance."

Jets mired in three-game skid in MMJHL

By Brian Bowman

After playing some real good hockey late last month, the Stonewall Jets are suddenly on a three-game losing streak.

And the last two were decided on the ice.

Stonewall lost a pair of games recently, losing 6-3 to the first-place Raiders Jr. Hockey Club last Friday and then getting edged 4-3 by the St. Boniface Riels this past Monday evening in Winnipeg.

Against the Riels, Stonewall thought it had tied the game by scoring a late goal after pulling their goalie but the goal was disallowed because the Jets had seven players on the ice.

Adam Blight scored a pair of second-period goals for the Jets that actually counted while Bryce Stovin netted a first-period goal. Brett Meilleur had a pair of assists.

Skyler Eastman (two), AJ Nychuk and Alec Masse replied for St. Boniface.

Last Friday, the Jets were doubled by

the red-hot Raiders at the new Seven Oaks Arena.

Zaz Oleskiw and Nicholas Mathews scored to give the home side a 2-0 first-period lead before Blight cut that lead in half late in the opening period.

Meilleur and Robert Smith tallied to give the Jets a 3-2 advantage but Tanner Magalas, a very good forward, netted his 12th goal of the season. Magalas currently leads the MMJHL in points with 22.

Mathews, Devin Manness and Niklos Loeppky scored for the Raiders in the third period.

In individual news, Jets' goaltender Stuart Fleury was named the MMJHL's goaltender of the month for October. He posted a 4-1-1 record with an impressive 2.30 goals-against average and a .925 save percentage.

Stonewall (6-6-1) will host the Charleswood Hawks (6-2-3) on Friday (7:30 p.m.) and then will visit the second-place Pembina Valley Twisters (8-3-2) in Morris on Saturday (8 p.m.).



TRIBUNE PHOTO BY LANA MEIER

Jets' goalie Hunter Ploszay and Tanner Faulkner (17) keep their eye on the play during Stonewall's 6-3 loss against the Raiders Friday night.

Kolomaya wins berth into men's curling provincials



TRIBUNE PHOTO SUBMITTED

Pictured, left to right, Jared Kolomaya, Neil Kitching, Kennedy Bird and Daniel Hunt.

By Brian Bowman

Jared Kolomaya of the Stonewall Curling Club earned a trip to the men's provincials in Selkirk in February after winning a berth at the Vitterra Berth Bonspiel in La Salle last Sunday.

Kolomaya defeated East St. Paul's Alex Forrest 6-4 in the final game Sunday evening.

Kolomaya, whose rink includes third Neil Kitching, second Kennedy Bird, and lead Daniel Hunt, reached the final after edging Granite's David Bohn 7-6 earlier in the day.

Kolomaya started action last Thursday with a convincing 10-3 win over Carberry's Tyler Waterhouse. He then beat Assiniboine Memorial's Dennis Bohn 8-5 Saturday and then lost 8-3 to Granite's William Lyburn later that evening.

He rebounded nicely from that loss with a 9-7 win over Pinawa's Richard Muntain in the late Saturday evening draw.

Kolomaya then started Sunday with a solid 8-4 win over Thistle's Scott Ramsay.

Stonewall Blues atom champs



TRIBUNE PHOTO BY MARNEY LECLAIR

The Stonewall Blues atom team recently finished in first place at the Rob West Tournament after defeating the Phoenix Flames 4-0, MacDonald Lightning 8-0, Melrose Predators 12-0 and the St. Boniface Seals 5-0. Stonewall then met Phoenix for a second time, defeating them 4-3 in the championship game.

Pictured left to right, front row: Bryce Meyers, Landon Godin, Dylan LeClair (goalie), Dylan Holod, Adam Newcombe, Nathan Willey, Cole Ives; back row: Dan Murphy (coach), Ty Oleksiuk, Ty Johnson, Jack Murphy, Lucas Joynt, Ryder Bassett, Alex Evans, Matthew Meyers, Dexter Sigurdson, Darren Oleksiuk (coach), Damon Willey (coach).

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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.

Local body builder wins' hardware at fall classic

By Natasha Tersigni

At the age of 52, Donna Grieve never thought she would be competing in bodybuilding competitions — never mind winning them.

On Oct. 24, the Stonewall resident competed in the Manitoba Amateur Body Building Association (MABBA) Fall Classic held in Winnipeg and placed first in the Grandmasters (45 years old and up) Figure category and fifth place in the Figure Open category. It took Grieve 18 months to prepare her body physically and mentally to compete in her first competition, and she plans to continue her physical transformation.

Grieve was first introduced to the world of amateur body building two years ago when she went to watch a friend's daughter compete in a MABBA competition.

"When I was there I was just in awe. I had no idea women my age and older actually did this. I said that I wanted to do this and I put my mind to it. I wasn't anywhere close to be-

ing in shape for something like this, but that is when I started my journey," said Grieve.

To get her body ready, Grieve completely overhauled her lifestyle. To maintain a body fat percentage between eight and 10 per cent, she eats six meals a day and stays away from processed foods and sugars. For workouts, Grieve follows an online program sent from a trainer in Ottawa.

"It is a huge commitment. It is true what they say: 80 per cent of it is eating. Getting yourself to the gym is only a small part of it. Keeping up with the food plan is huge," said Grieve, who added one of the hardest parts for her was getting mentally ready.

"A lot of it is just overcoming mental barriers such as thinking 'I am never going to be able to do this' or 'I don't look the way I want to look.' You have to have trust in the process and believe that it works."

Another major component of training was posing classes, which Grieve started six months ago.

"The poses are a workout in themselves. Not only are you holding the poses, you need to be thinking about contracting and flexing all your muscles and make sure that you are smiling. It is a full body workout and it is very hard to hold your pose and breathing at the same time. You can't let your breath go or you lose abs. Often by the time you finish an hour posing class, you are exhausted," said Grieve. After taking a four-day break after the Fall Classic, Grieve is back on her meal plan and hitting the gym to get ready for competitions in the spring. She is planning to compete in the MABBA provincials in May and looking into other competitions including International Drug Free Athletics (IDFA) and International Natural Bodybuilding and Fitness (INBF) circuits. IDFA and INBF run drug-free competitions, and Grieve wants to remain clean as a body builder.

"One thing that is very important to me is being drug-free. I want to stay natural," said Grieve.



TRIBUNE PHOTO SUBMITTED
Stonewall resident Donna Grieve won her first amateur body building competition last month in Winnipeg.

Locals to be inducted into Manitoba Baseball Hall of Fame

By Brian Bowman

The Manitoba Baseball Hall of Fame & Museum announced its 2016 inductees this past Tuesday and it included a pair of players with local connections.

Teulon's Rod Ledochowski and Myles Bond, who pitched for the Grosse Isle Blue Jays, will be inducted into the Manitoba Baseball Hall of Fame on June 4 in Morden.

According to a media release sent out by Baseball Manitoba, Ledochowski excelled as a hitter, fielder, and pitcher. While still of midget age and playing on the Manitoba midget champions from Warren, he also was recruited to play at the junior and senior levels.

His talent earned him tryouts with Team Canada's Youth team in 1984-85. Ledochowski played on the Western Canada junior champion Elmwood Giants in 1987 and finished off a four-year college career in North Dakota in 1989.

He then enjoyed a distinguished career in senior ball for over 20 years with the Teulon Cardinals, which included many trips to western and Canadian championships.

In 1996, he took over as playing/coach of the Cardinals, and in 1999, was named Manitoba's Senior "AA" Player of the Year.

Ledochowski has also successfully coached a number of minor ball teams

in the Interlake region and, on a provincial level, coached the under-16 Manitoba girls' team at the 2013 and 2014 nationals.

He has been in charge of Teulon minor ball since 2001 and recently served for over a decade on the Interlake minor ball executive.

Myles Bond, meanwhile, was an outstanding pitcher on provincial championship teams at every level from bantam to senior over his 16-year career from 1978-93.

He starred for nine provincial winners and made 10 trips to western or national tournaments while also winning a silver medal at the 1985 Canada Summer Games. Bond finished his junior career with a 28-6 record, which included helping the St. Boniface Legionnaires win the 1982 national junior title.

After graduating to senior league play, Bond was an all-star pitcher for the Grosse Isle Blue Jays and the St. Boniface Native Sons. He pitched a no-hitter at westerns for Grosse Isle in 1988 in Kamloops and was named the Red Boine League Pitcher of the Year and playoff MVP in 1992.

The other inductees include outstanding players, builders, and teams who have left their legacy both on and off the baseball field. Here is this year's class of hall of famers:

Individuals: Larry Nicholls, Jamie Hodgson, Gerald Palidwor, Glen John-

Rod Ledochowski (left) and Myles Bond will be inducted into the Manitoba Baseball Hall of Fame on June 4 in Morden.

TRIBUNE PHOTO BY
JO-ANNE PROCTER



son, Mel Stoughton, Mike Krykewich, Jeff Trager and Ross Tycoles.

Teams: Major Team - Elmwood Giants (2000-2005)

Small Community Team - Wawanesa Brewers (2006-2011)

Small Community Team - Waskada Orioles (1984-1989)

Special Recognition:

Manitoba's All-Star Dream Team (20th century) was selected by a special Manitoba Baseball Hall of Fame committee for inclusion in the book -The Northern Game, Baseball the Canadian Way - written by Toronto Sun baseball columnist and 2015 Canadian Baseball Hall of Fame inductee Bob Elliott. The 17-member team consists of

(Catchers)-Almer McKerle, Miami; Cliff Seafoot, Riverside; (1B)-Bill Carpenter, Winnipeg; (2B)-Lloyd Brown, Brandon; (3B)- Ian Lowe, Bradwardine; (SS)-Bill "Snake" Siddle, Winnipeg; (OF)-Gerry McKay, Brandon; Ken Little, St. Boniface; Mark Fisher, Riverside; Gord Ledochowski, Riverton; (DH)-Cory Koskie, Anola; (Pitchers)-Glenn Scott, McConnell; Don "Pete" Rettie, Charleswood; Gerry Falk, Carman; Orville Minish, Swan River; (Utility)-Shane Moffatt; Souris; (Manager)-Terry Hind, Winnipeg.

Elliott will be present at the induction banquet on June 4 to help recognize the members of the Dream Team.

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Stonewall Teulon
Tribune

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Oak Park Estates in Woodlands is seeking a Secretary/Treasurer to join its Board of Directors. Please contact Michelle Procter 204-383-5585.

All-Fab Pallets in Stony Mountain is hiring full time pallet assemblers. We offer competitive wages and a comprehensive benefit package. No experience necessary. Apply in person at our facility on Road 75 North, just north of Stony Mountain. Ph. 204-344-5404.

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HELP WANTED

OTR Recycling in Ashern is looking to hire full time/part time driver with Class 1 license. Wages negotiable. Training will be provided. Email office@otrrecycling.com, phone 1-204-768-3766 or fax 1-204-768-2280.

Employment opportunity with local growing business! The position outline: Order Processing/Expediting. Computer knowledge, Adobe Suite (Illustrator, InDesign, Photoshop), Microsoft Office (Outlook, Word, Excel), accuracy, speed, attention to detail, ability to work in fast paced environment, multi-task, people oriented. Salary dependent on qualifications. Please send resume along with cover letter and references to employment@arrowspecialties.com We thank all applicants for their interest, however, only those candidates being considered for an interview will be contacted.

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NOTICES

Make this special birthday one to remember at Lady of the Lake. A beautiful spread of appetizers await, while the band strikes up. 204-725-4181.

THE RURAL MUNICIPALITY OF ROSSER



2015 REQUESTS FOR GRANTS

The RM of Rosser is now accepting requests for grants under the 2015 Recreation and Culture Grant Program. Request for funding may be for capital expenditures, operating expenditures, or recreational and/or cultural activities. Application forms are available at the Municipal Office or by calling 467-5711. The deadline for making application to the Municipality is June 1 and December 1 in each year.

Council
The Rural Municipality of Rosser

Betel Home Foundation

80 bed personal care home in Gimli, Manitoba is accepting applications for the following positions:

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RNs - Casual

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Please forward your resume to:
Margaret Worth
Director of Resident Care
Betel Home Foundation
Box 10, Gimli, MB R0C 1B0
mworth@ierha.ca
Phone 642-5556 ext 22355

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NOTICE OF HEARING

UNDER THE HIGHWAYS

PROTECTION ACT

THE HIGHWAY TRAFFIC BOARD

Notice is hereby given that a hearing of the Highway Traffic Board will be held on Tuesday, November 17, 2015 at 10:00 a.m. in Room 204-301 Weston Street, Winnipeg, Manitoba.

PERMITS – PART I – SECTION 9 H.P.A.

AND PART III – SECTION 17 H.P.A.

1/101/194/B/15 – WINNIPEG

WORKING DOG CLUB

Application for Storage Building (Other) adjacent to P.T.H. No. 101 (Service Road), S.E. ¼ 10-12-2E, R.M. of Rosser.

2/006/195/A/15 – MANITOBA

INFRASTRUCTURE AND TRANSPORTATION

o/b/o R.M. OF WOODLANDS

Application to Remove Municipal Road Access Driveway onto P.T.H. No. 6, N.E. ¼ 11-13-1W, R.M. of Woodlands.

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

200 - 301 Weston Street
Winnipeg, MB R3E 3H4
Phone: (204) 945-8912

Michelle Slotin, A/Secretary
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Apply to: Mr. E. Harvie, Principal
Tel: 204-467-5502
Email: eharvie@isd21.mb.ca

STONY MOUNTAIN SCHOOL

• Part-time (3.0 hours per day)

Apply to: Mr. M. Blahut, Principal
Tel: 204-344-5459
Email: mblahut@isd21.mb.ca

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

Applications are to include a complete resume and three references. Closing date for receipt of applications is November 12, 2015, 12:00 noon.

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Stonewall Teulon
Tribune

Stonewall Teulon Tribune

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COMING EVENTS

DEKALB SuperSpiel welcomes the world. November 20 - 23rd Morris & Rosenort. 32 men's, 32 women's teams from 7 countries. Also Jennifer Jones, Mike McEwen & Reid Carruthers. www.morriscurling-club.org

COMING EVENTS

Try something new this winter. Stained glass, fused glass and mosaic weekend classes in our studio in Winnipeg. Glass making supplies. Visit: www.prairiestudio-glass.com or CALL 204-783-1117.

POTATOES FOR SALE

NEW POTATOS avail. Corn, onions, cabbage, beets, turnips & carrots as well. Call 204-886-2676, Interlake Potato Farm.

MISSING

Missing- 4 year old Black Angus bull, green tag left ear 4Z from Woodroyd area on 322. Ph Bruce Buchanan at 204-467-8861.

STRAW

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

Small square flax straw bales for sale, \$2.50/bale; small square hay for sale, \$5/bale. Ph 204-461-0820.

Flax straw for sale. Small squares. Ph 204-482-5101 before 9 a.m. or leave message.

HAY FOR SALE

Large round hardcore bales of alfalfa/brome mix. Call for various pricing 204-467-5078 or 204-461-0722.

Hay for sale. 5 x 5 round bales. Call Bruce at 204-467-8861, Argyle.

290 bales of alfalfa timothy brome mix. Approx. 1200 - 1300 lbs. No rain. \$48/bale. Ph 204-378-2915.

FARM PRODUCE

Fresh honey for sale. Ph 204-461-1267.

NOTICE TO CREDITORS

IN THE MATTER OF The Estate of Delano John Nash, late of the Town of Stonewall, in Manitoba, deceased. All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their office, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 7th day of December, 2015.

DATED at Stonewall, Manitoba this 27th day of October, 2015.
GRANTHAM LAW OFFICES
Solicitor for the Executor

The Interlake Community Foundation is currently looking for an

EXECUTIVE DIRECTOR.

The Executive Director is responsible for the management and organization of all Community Foundation activities.

The ideal candidate will possess:

- Good knowledge and experience of fund raising would be desirable.
- Good working knowledge of accounting, computers and general office and accounting software, preferably Quick Books.
- The Executive Director will be able to demonstrate strong management, financial and marketing skills. He/she will be able to motivate and effectively communicate within the organization and with numerous external stakeholders groups.

Other attributes will include:

- Excellent research and analytical skills for developing and supplying information.
- Excellent communication and interpersonal skills.
- Excellent planning, organizational and management skills.
- A proven ability to write policy and procedure documents, reports and business correspondence.
- Presentation skills with multiple audiences using a variety of formats.
- An ability to develop and maintain successful working relationships with donors, community leaders, and other charitable organizations.

The Executive Director is expected to deal effectively with the large volumes of work characteristic of running a growing community foundation. This may require a strong work ethic and a willingness to conduct activities outside the office working hours as well as outside the office environment.

Please send your cover letter and resume to:

info@interlakefoundation.ca

with the subject: Executive Director

Closing date: Friday November 13, 2015 at 5 p.m.

www.interlakefoundation.ca



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worship with us

Out of alignment

> FAITH

Over the last few months I did many projects around the house and my body felt the effects. I over-extended myself and went beyond what my body could handle. One sign of getting older is that your back goes out more often than you do! And you don't heal as quickly. After coping with pain in my lower back for months I finally phoned to make an appointment with a massage therapist. It had been seven years since my last visit to one.

As the therapist began working on my lower back she could feel and points out to me that my hips are out of alignment by one or two inches—no wonder I was feeling pain! She then asks if I want a soft, moderate, or deep tissue massage. Hoping to get rid of my pain quickly I opt for the deep massage, not realizing the after effects! Somehow I forgot my last visit to a massage therapist. But this lady knew exactly where to press and work out any kinks and

knots to get my back on the road to recovery. Although the treatment hurt for days after, it did begin to get better. Next time I won't wait quite so long to correct my back pain.

In many ways your life can go out of alignment when you neglect primary aspects of health and do not remain proactive in staying healthy. One of these areas is spiritual health. Deuteronomy 8:11 says "be careful that you do not forget the LORD your God, failing to observe his commands, his laws and his decrees" (NIV). Are you out of alignment with God? When is the last time you attended a church service, read your Bible, and prayed? Are

you living with hurt, but avoiding God? Even though a spiritual alignment may hurt as you confess sin and change lifestyles, you will experience a greater sense of peace and purpose in your life when you do. And unlike me don't wait seven years, but be proactive and take care of all aspects of your health including your spiritual health.

John Harrison
Executive Pastor
New Life Church, Stonewall
<http://johnharrison1.blogspot.com>



get inspired

> MEAL IDEAS

THE
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Roast pork, salsa and Monterey Jack sandwich



4 crusty bread rolls or 8 slices of multi-grain bread
4 lettuce leaves
8 slices roast pork or sodium reduced ham
4 slices (3.5 oz/100 g) of lower fat Canadian Monterey Jack or 4 slices (3 oz/85 g) of regular Canadian Monterey Jack
1/2 cup (125 mL) store-bought salsa
Directions

Cut bread in half.
Top bottom half with lettuce, ham and Monterey Jack.
Spread top half with salsa.



5-Layer Hummus Dip



Ingredients
1 cup reduced fat sour cream
1 teaspoon fresh lime juice
2 tablespoons finely chopped cilantro
2 ripe avocados; pitted and peeled
10 ounce container Sabra

Supremely Spicy Hummus
1 cup reduced-fat shredded cheddar cheese

1 14-ounce container Sabra
Roasted Garlic Salsa

Preparation
In small bowl, whisk together sour cream, lime juice and cilantro. Set aside.

Mash avocados in medium bowl, then whisk until smooth.

Spread hummus in even layer on bottom of small baking dish. Sprinkle cheese evenly over hummus. Dollop avocado, sour cream mixture and salsa over cheese in layers, spreading each layer with spatula before adding next ingredient.

Cover and chill for at least 30 minutes. Serve with crispy tortilla or pita chips.

Serves 12
Source Sabra

Autumn Stew



Ingredients
1/2 cup olive oil
2 small white onions, small diced
2 chile negros (dried pasilla chile peppers), finely chopped
2 poblano peppers, small diced
4 large garlic cloves, chopped
3 cups white beans, soaked overnight in cold water
8 quarts low-sodium chicken or turkey broth
1 large butternut squash, small diced

The Skill: Taking Your Eating Habits on the Road



Part 1: The Challenge:

In many cultures around the world today, eating is done primarily at home, so food exists in a controlled environment. We're a society that's on the move, which means many of our meals are prepared by other people.

The Right Response: We don't control the weather, but we can carry an umbrella and wear a raincoat. Plan for your meals the way you would prepare for rain.

The Relevant Skills: Taking control of your eating habits at work; developing a personal food policy for eating out; decoding restaurant menus; questioning your server and making healthy requests; maintaining control of your eating and drinking while socializing; standing up to food pushers; and sidestepping sabotage or turning it into support.

There's a famous restaurant scene in the movie *When Harry Met Sally*. I'm not talking about "I'll have what she's having!" I'm referring to the one early in the movie where Sally (played by Meg Ryan) and Harry (played by Billy Crystal) are hav-

ing lunch at a diner while driving from the University of Chicago to New York City. Harry orders the "number three," while Sally, a pernickety eater, beings customizing her lunch order, asking for chef salad with oil and vinegar on the side, followed by apple pie a' la mode with the pie heated but strawberry ice cream instead of vanilla and whipped cream, but only if it's real, and if it's not then she doesn't want any of it. At this, Harry engages in a serious bout of eye rolling, and as viewers, we share his exasperation.

After watching Sally do this routine many times over the next ten years, Harry comments, "On the side is a very big thing for you." To which Sally responds, "I just want it the way I want it!" The truth is that we should all have more Sally moments when we're dining out. As long as they're in the spirit of making healthier choices at restaurants, they could help each of us protect our health and our waistlines.

Disease-Proof: "The Remarkable Truth About What Makes Us Well" by David L. Katz, MD, MPH, FACPM, FACP

Brenda Stafford - Juice Plus - Team Pursuit - find us on FACEBOOK

1 acorn squash, small diced
1 large sweet potato, medium diced
1 yam, medium diced
1/8 cup sea salt or kosher salt
3 cups leftover roasted turkey, dark and white meat, cubed
1/4 cup apple cider vinegar
1 tablespoon fresh thyme
3 leaves fresh sage
4 cups fresh mint, stemmed and chopped

Preparation
In Princess Heritage Stainless Steel Classic 15-Qt. Stockpot, heat oil over medium-high heat. Add onion, pasilla and poblano peppers. Cook until onions just become translucent, about 3 minutes. Stir in garlic and cook until it becomes soft and fragrant, about 1 minute.

Add beans and enough broth to cover them. Cook until beans are soft, about 20 minutes. Stir in remaining vegetables and season to taste with salt. Allow to simmer until tender, about 15 minutes.

With a handheld immersion blender, do four quick pulses to blend some of the soup and vegetables to make soup a little creamy without additional fat or cream.

Add turkey; cook another 5 minutes. Drizzle in vinegar to help balance sweetness; season to taste with sea salt.

Serve stew with plenty of fresh herbs (thyme, sage and mint).

Preparation Time 20 minutes
Cook Time 45 minutes
Serves 10

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Stonewall Teulon

Tribune

ANNOUNCEMENTS

BIRTHDAY



Come and Go Celebration
for Eleanor Bruce's
90th Birthday
Sunday, November 8, 2015
2 – 4 p.m.
St. Cyprians Anglican Church Hall
60-2nd Street S.E.
Teulon, MB.
No gifts please.

ANNOUNCEMENTS

BIRTHDAY



Ole Victor Nagy
Happy 1st Birthday!
On November 3, 2014 weighing in at 6 lbs. 6 oz., 19 1/4" long, Ole Victor Nagy, arrived into our Nagy family, born to Michael and Brandy. Our greatest joy, HAPPY 1ST BIRTHDAY handsome boy!
-With love,
Grandpa, Baba, Auntie Aimee
and Uncle Curtis

ANNOUNCEMENTS

IN MEMORIAM

In loving memory of
Beryl Good
November 7, 2004
Those we love remain with us for love itself lives on,
And cherished memories never fade because a loved one's gone.
Those we love can never be more than a thought apart,
For as long there is a memory, they'll live on in our hearts.
Love you, miss you.
-Kathy, Randy, Ashton, Randi

ANNOUNCEMENTS

IN MEMORIAM

Holmstrom
In loving memory of brothers
Fred – November 2, 1982
Helge – November 9, 2008
and sister Florence – July 17, 1981
We never lose the ones we love,
For memories keep them near;
Time dims the loss and lets the love,
Shine bright and sweet and clear.
-Lovingly remembered,
your family

ANNOUNCEMENTS

IN MEMORIAM

Kletke
Cherished memories of Herb,
who passed away
November 3, 2013
A limb has fallen from the family tree,
I keep hearing a voice that says "Grieve not for me."
Remember the best times, the laughter, the song,
The good life I lived while I was strong.
Continue my heritage, I am counting on you,
Keep smiling and surely the sun will shine through.
My mind is at ease, my soul is at rest,
Remembering all how I truly was blessed.
Continue traditions, no matter how small,
Go on with your life, don't worry about the falls.
I miss you all dearly so keep up your chin,
Until the day comes we're together again.
-Lovingly remembered
your family

ANNOUNCEMENTS

IN MEMORIAM



Doris Slater
March 28, 1926 – November 4, 2014
Love, support and caring,
the best things in life
come from you, Mom.
-Missed and loved
by your family

ANNOUNCEMENTS

IN MEMORIAM

Kletke
Treasured memories of Darrell
who died tragically
November 5, 1977
There's a special kind of feeling,
Meant for you alone;
There's a place within our hearts,
Only you can own.
Often there is sadness,
And a silent tear;
But always special memories,
Of days when you were here.
-Sadly missed
your family

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if Einstein were still around, he'd be a Sunova MSR.

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IN MEMORIAM

Jean Irene Campbell
November 19, 1939 - November 8, 2013
In loving memory of a
wife, mother, grandmother,
and great-grandmother,
who left us two years ago
A silent grief that's in our hearts,
No human eye can trace;
For many a broken heart is hid,
Beneath a smiling face.
Words are few, thoughts are deep,
And memories of you we'll always keep.
-Loved and missed beyond
all comprehension,
every single day....your family

ANNOUNCEMENTS

IN MEMORIAM

In Loving Memory of
Jean Malcolm
November 4, 2010
Mom,
They say time heals all sorrow
And helps us to forget,
But time has only proven
How much we miss you yet
-Sadly missed,
Lovingly remembered,
Ron, Lori, Bret, Aaron, Garrett and Brandon

ANNOUNCEMENTS

IN MEMORIAM

In Loving Memory of
Ernie Hnatchuk
November 9, 2012
Dad,
Thinking of you, but that is nothing new
We thought about you yesterday,
And the day before,
We'll think about you tomorrow
And as the years come and go,
We'll think about you forever
Because we miss you so.
-Sadly missed,
Lovingly remembered,
Lori, Ron, Bret, Aaron, Garrett and Brandon

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

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OBITUARY

ROSEMARY MASKOW
(nee BURKOWSKI)

July 16, 1969 - October 30, 2015

It is with great sorrow and heavy hearts that the family announces the sudden passing of our loving mom, sister, aunt, grandma and friend Rosemary Maskow on Friday, October 30, 2015, at the age of 46 years, with family by her side.

Left to mourn Rosie's memory are her son, Dylan (Caitlin), who was her ultimate pride and joy; granddaughter, Lucy ("Gamma's little girl") who always brought a smile to her face and brightened her day; special friend, Brad Papko; sisters, Elaine (Dennis Poirier), Norma (Ed Bordush), Val, Pat and families; in laws, Maureen and Wilfred and brother's-in-law, Kurt (May) and Trent (Roxanne); nieces and nephews, Kaleigh (Colton) and Brendon Poirier, Amber and Ashley, Mary Maskow, Donavin Skogan and



Harley Maskow and uncles, aunts and cousins.

Rosie had a bubbly, outgoing personality with a contagious laugh. She always lit up a room with her big smile. Her family was always first, especially her son Dylan. She had a special way with kids and was especially proud of Lucy. Rosie was a hard worker. She spent many years working as a health care aide, teacher's aide and cook. Rose was a passionate animal lover and an amazing cook - always preparing delicious lunches.

On Saturday, November 7, 2015 Rosie's Funeral Service will be held at 2:00 p.m. in the Inwood Memorial Community Center, Inwood, MB with Rev. Fr. James deBeer presider. Interment will follow in the Inwood Cemetery.

We would like to thank the first responders, EMS, doctors, nurses and staff at the Stonewall Hospital for their compassionate care.

In lieu of flowers donations can be made to the Teulon Fire Department or Winnipeg Humane Society.

Wojcik's Funeral Chapel, 2157 Portage Avenue, Winnipeg, MB in care of arrangements 204.897.4665. For those who wish to sign Wojcik's online Guest Book please visit our website at www.wojciksfuneralchapel.com

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