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# Stonewall Teulon Tribune

VOLUME 6 EDITION 46

THURSDAY,  
NOVEMBER 12, 2015

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## Legion renovations unveiled

TRIBUNE PHOTO BY NATASHA TERSIGNI

After months of work and an estimated \$30,000, the renovations to improve accessibility at the Royal Canadian Legion Branch #52 in Stonewall were unveiled with Legion member Alan Sheldon cutting the ribbon last Saturday. The renovations, which include a concrete wheelchair ramp, new glass doors and automatic door openers, were paid for by a federal government grant of \$19,500, plus \$7,500 from the Legion's poppy fund and the rest from the Legion's Chase the Queen fund. Future planned projects to the Legion include upgrades to the hall doors and washrooms.

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# Veterans dinner honours service men and women



Ladies Auxiliary president Brenda O'Dell (right) presented Stonewall Legion president Tim Williams with a cheque for \$20,000 for veterans and their families.



Stonewall Legion Senior Club president Marilyn Dew (right) presented Williams with a cheque for \$2,000.



TRIBUNE PHOTOS BY NATASHA TERSIGNI  
Legion member Stan Davies served in the Korean War for the Royal Canadian Navy as a signalman.



Second World War veteran Alan Sheldon attended the dinner. Sheldon served overseas throughout Europe and in North Africa during his deployment.

By Natasha Tersigni

The Royal Canadian Legion Branch #52 in Stonewall held their annual Veteran's Dinner on Saturday to honour those who have served and those who are serving in the Canadian Armed Forces (CAF) and the Royal Canadian Mounted Police (RCMP).

Over 200 Legion members, dignitaries, guests, veterans and serving members gathered at the Legion for

the annual dinner held before Nov. 11 as a way to kick-off Remembrance Day activities in the community.

Legion members were recognized for their service during international deployments, including the Second World War, the Korean War and the Afghanistan War. Members who passed away this year were honoured along with their widows.

Rev. Leonard Oracheski, former

Royal Canadian Naval Officer and current Legion member, spoke on the important roles that Legions play in communities across the country.

"We were berthed out of war but we work hard for peace; working to make the world a better place one little victory at a time. We remember our veterans and take measures to help those who have served and remember those who made the ultimate sacrifice," said

Oracheski, who noted there are close to 400,000 Legion members across the country that make up the 1,590 Royal Canadian Legions.

Also during the dinner, Legion president Tim Williams accepted a \$2,000 donation from the Legion's Senior Club and \$20,000 from the Legion's Ladies Auxiliary. The donations will be used to provide needed services to veterans and current CAF members.

## SCI students explore the personal stories of residential school survivors

By Natasha Tersigni

A pivotal turn in Canadian history was made last week when the National Centre for Truth and Reconciliation opened officially on Nov. 3. The centre, located in the Chancellor's Hall at the University of Manitoba, was the culmination of years of research gathered by the Truth and Reconciliation Commission of Canada (TRC). The TRC has compiled a detailed archive of the residential schools in Canada that includes photos, video and government and church records along with 7,000 survivor's statements.

To teach the next generation about residential schools from the survivor's point of view, students across Manitoba, including some from Stonewall

Collegiate Institute (SCI), attended the opening ceremonies of the centre. In the afternoon, the students went to the Canadian Museum for Human Rights to explore different residential school exhibits and continued with activities hosted by the TRC.

"Students are our future and if we start teaching them and providing them with that knowledge, change can happen," said Lindsey Sturgeon, SCI resource teacher and member of the Interlake School Division Aboriginal Academic Achievement committee. Sturgeon attended the event with six SCI students that were chosen based on their leadership within the school.

"The day was really geared towards

students. They took really serious, traumatic stories and made it real for students. The event really opened up the dialogue to a wide range of ages, which I thought was really good."

Students that attended the event, including Grade 11 students Natasha Harvey and Cassidy Formaniuk, found the experience eye-opening. While they have touched on residential schools in their own school curriculum, the day helped to add the personal side of what happened and made it real.

"I learned what happened to people that were sent to residential schools and the impact it had on them and their families," said Harvey.

Formaniuk enjoyed the music and

stories that were shared by people who had a connection to residential schools, as well as the activities the TRC held at the museum in the afternoon.

"They laid out blankets on the floor and then showed the land shrinking. I thought it was interesting that you could see what actually happened," said Formaniuk.

With this new knowledge, the hope is that the students will pass it on to their peers at SCI.

"We're going to get the group together and talk about how now we have this information, how are we going to go forth and impact the rest of the school" added Sturgeon.



### Overland Water Protection

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# Superheroes help rescue Ducks Unlimited wetlands

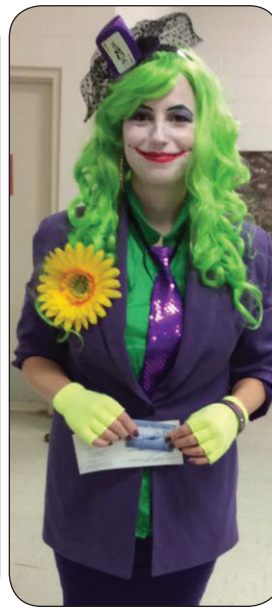
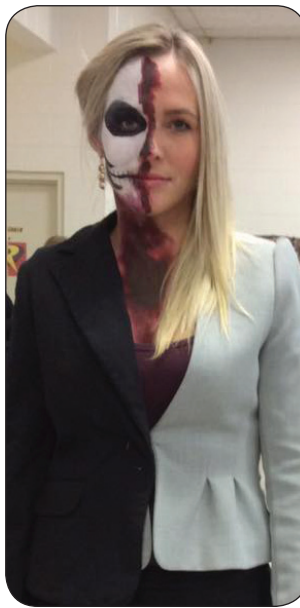
## Staff

The annual Ducks Unlimited Ladies Night Out Fundraising Dinner & Auction was held last Friday with proceeds helping to conserve wetlands and the natural spaces.

The Interlake Harlequins organized the fun evening themed "Calling all Superheroes... Help Rescue our Wetlands," which was supported in a great way with local sponsors and the ladies going all out on their costumes and spirit.

Local auctioneer Michael Melnychuk donated his time for the live auction while the volunteer committee of Ann Melnichuk, Breanna Figur, Carmen Edmundson, Erin Peters, Gloria Ouellette, Jaime Williams, Kerrie Holm, Liz Wilson, Lorna Baker, Melissa Horbas, Melissa McRae, Rhonda Cameron and a couple of patient guys Bruce Jaspersen, Greg Melnychuk, Howie Singer and Mark Holm helped out.

Sponsors of the night included McFadden Benefits & Pension, Investors Group and RBC, plus numerous other local businesses.



TRIBUNE PHOTOS BY BRAD PORATH

Pictured left to right: Prizes were awarded for some of the best costumes, including wetland biologist Judy Wilson as a marsh Superhero, Ashley McClintock as Two Face, Richelle Grantham as the Joker and the Pink gals who were cancer survivors (true superheroes) Debbie Sciberras, Fran Mellen and Arlene Miller.

Organizers said that it was an incredible meal provided by Nor-East Catering.

There were lots of raffles and games

including a memorable duck call contest.

Debra Adamik of Stonewall won the "Up, Up & Away" trip prize voucher

of \$1,000, and Paula Munroe won the "Pick of the Litter" prize and selected a leather chair and ottoman.

## Rosser news in brief

By Jennifer McFee

### CentrePort servicing

Rosser council has accepted proposals from Stantec Consulting Ltd. to complete engineering services for water distribution and low-pressure sewer for the Inkster Industrial Park, Bergen Cutoff and Wastewater Interceptor Line.

As well, the municipality accepted responsibility for engineering services for sewer collection in the Brookside and Roy Roche Business Park through the Manitoba Water Services Board.

At the Oct. 27 meeting, council agreed that these engineering services will be financed by the capital levy reserve for now, with final financing by local improvement.

Proposed inland aggregate quarry Council accepted a proposal from

Amec Foster Wheeler Environment and Infrastructure to provide a professional review of the proposed inland aggregate quarry at a cost of \$20,000 plus tax.

Amec Foster Wheeler will also act as advisors for technical questions from the RM of Rosser and municipal solicitor D'Arcy & Deacon LLP.

### Library funding

The RM of Rosser will send a letter of support to the minister of Tourism, Culture, Sport and Consumer Protection for increased funding to regional libraries.

### Meeting changes

The Nov. 24 council meeting has been rescheduled to Dec. 1 in the evening. As well, the Dec. 8 council meeting has been rescheduled to Dec. 10 in the day, and the Dec. 22 meeting has been cancelled.

### Legion ad

The RM of Rosser will pay \$295 for an advertisement in the Annual Military Service Recognition Book for the

Manitoba/NW Ontario Command of the Royal Canadian Legion.

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# Five Generations photo earns provincial recognition

By Jennifer McFee

They say a picture is worth a thousand words, but a Stonewall photographer's award-winning image is more likely to render viewers speechless.

The photography community is zooming in to focus on Carmen Matthews photo entitled Five Generations, which received a Best Portrait award and Judge's Choice award in the 2015 Professional Photographers of Canada Saskatchewan/Manitoba Annual Provincial Image Competition.

Adding to her achievements, Matthews was one of three nominees for Photographer of the Year in Manitoba.

For Matthews, it's an honour to be recognized by fellow professional photographers who are committed to the craft.

"It's wonderful. It's a humbling feeling," she said. "It's always great to have your clients love what you do, but when your peers appreciate it, that's nice too."

It's easy to see why her Five Generations photo caught the attention of judges. The black-and-white image compiles the profiles of five generations of women in a local Stonewall family. The matriarch is 103-year-old Eva Paulsen, alongside her daughter Inez Hartle, granddaughter Allison Mankewich, great-granddaughter Michelle McIvor and great-great-granddaughter Payton McIvor, age four.

"It's a fairly difficult image to create. You see all five faces in profile and they're all overlapping each other," Matthews said.

"It's a black and white image, so it's fairly timeless. It was created in the studio with really technical classic



Carmen Matthews owns and operates Photography by Carmen in Stonewall.

studio lighting. It was a very interesting project to take on."

Matthews developed a passion for photography in her teen years, which led her to pursue a photography technologies course at Red River College. In 2003, she opened her own studio, Photography by Carmen, in Stonewall.

"In high school, I fell in love with it. The first time I watched a black and white photo develop in the tray, I thought, 'Wow, this is what I want to do,'" she said.

"I'm so thankful that I learned photography in the film era because it taught me to be careful and particular, to watch the details and only create the image when you are ready. We weren't taught to take 100 images and one will probably be OK. When you're working with film, you have a limited number of frames and there is cost and time associated to that too."

Her studio is open year-round, which allows Matthews to capture im-



TRIBUNE PHOTOS SUBMITTED

Matthews earned a Best Portrait award and Judges Choice award in the 2015 Professional Photographers of Canada Saskatchewan/Manitoba Annual Provincial Image Competition. Her winning photo, entitled Five Generations, profiles five generations of a Stonewall family: 103-year-old Eva Paulsen, Inez Hartle, Allison Mankewich, Michelle McIvor and four-year-old Payton McIvor.

ages of clients under the precision of studio lights.

"I really am getting back to that style of photography — classic lighting, black and white imagery, traditional, technically advanced kind of style. I find my clients are really gravitating towards that again because it's different," she said.

"We're inundated with a lot of imagery. We all have a phone with a camera in it. We have images all over the place taken in natural light, but there's an interest again in this classic studio portraiture, which is good for me because that's what I like to do."

Her disciplined practice and discerning eye are evident in the Five Generations photo.

Charmaine Toews, image salon chair for the Manitoba portion of this year's competition, said Matthews' photo earned the highest possible score.

"It just struck a cord with the judges and they all agreed that it was an excellent portrait," Toews said.

"Only the members of the Professional Photographers of Canada are



A collection of certificates and a ribbon commemorate Matthews photographic achievements.

able to enter this image competition, so everybody who enters has already proven themselves to be an above-average photographer in our province. Carmen has been a member for many years."

Karen Hunter, another Stonewall-based photographer, also had three images accepted and exhibited in the Provincial Image Salon.

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ORTHODONTICS

The **GRAND OPENING** of the new Woodlands School is being held on

**Friday, November 20<sup>th</sup> @ 2pm**

All are welcome to attend the ribbon cutting event and to tour the building.



A black and white photograph showing a group of approximately 15 young children, mostly of preschool age, sitting on a carpeted floor. They are all looking upwards towards two adults standing on either side of them. The child in the foreground, slightly to the left, is wearing a light-colored jacket with a dark graphic and is reaching up. The other children are dressed in winter attire, including hats, scarves, and jackets. Two women are standing; the one on the right is holding a large book or a set of papers, and the one on the left is looking towards the children. The room has large windows with multiple panes on the left and a door in the background. A framed picture hangs on the wall to the right.

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<p><b>FRI-SAT-SUN-MON NOV 13-14-15-16 AND WED-THURS NOV 18-19</b></p>	<p><b>CLOSED TUESDAY</b></p>	<p><b>FRI-SAT-SUN-MON NOV 20-21-22-23 AND WED-THURS NOV 25-26</b></p>	<p><b>CLOSED TUESDAY</b></p>
 <p style="font-size: small; margin-top: 10px;">FROM THE CREATORS OF <b>I AM A PIG</b> AND <b>KIO</b></p> <p style="text-align: center; margin-top: 5px;">by Gary <b>THE PEANUTS MOVIE</b> by Warner Bros.</p>	<p><b>FRI &amp; SAT AT 7:30 &amp; 9:30 PM SUN-MON, WED-THURS AT 7:30 PM</b></p> <p style="margin-top: 20px;"><i>Animated</i></p> <div style="background-color: black; color: white; padding: 2px 5px; font-weight: bold; margin-top: 10px;">G</div>	 <p style="text-align: center; margin-top: 10px;"><b>THE HUNGER GAMES: MOCKINGJAY PART 2</b></p> <p style="font-size: x-small; text-align: center; margin-top: 5px;">THERE ARE MUCH BIGGER GAMES TO PLAY KIM BERNARD-LAI    ©DAUNTLESSHUNTER</p>	<p><b>AT 8:00 PM EACH NIGHT</b></p> <p style="margin-top: 20px;"><i>Jennifer Lawrence Josh Hutcherson</i></p> <p style="margin-top: 20px;"><i>Not Recommended for Young Children; Violence; Mature Theme</i></p> <div style="background-color: black; color: white; padding: 2px 5px; font-weight: bold; margin-top: 10px;">PG</div>



# Tribune



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# getheard

EDITORIAL > VIEWPOINTS > LETTERS



## Admin Intern Program moving forward

**By Jennifer McFee**

Preparations are underway in the Interlake School Division for the 2015-2017 Admin Intern Program.

The two-year program will focus on instructional practices, the Public Schools Act, and roles of the principal and vice-principal. Other topics include difficult conversations, divi-

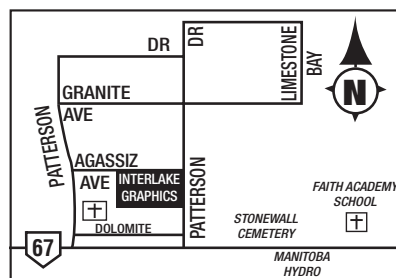
sional finance, Hutterian education and Aboriginal education. Rounding out the program, participants will also examine school plans and case studies.

Supt. Christine Penner, along with two school board trustees, conducted interviews for potential candidates on Oct. 28.

"We now have a cohort moving for the 2015-17 program," Penner said. "We're very excited about that."

Although the course no longer qualifies towards an Admin certificate, it offers other professional development opportunities for potential administrators.

**Advertising Deadline: Monday 4:00 pm prior to Thursday Publication**



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# Gov't launches comprehensive Manitoba fisheries review

By Brandon Logan

The province is launching a comprehensive review of Manitoba's three largest fisheries.

The announcement came the same day SeaChoice, Canada's most comprehensive sustainable seafood program, said Lake Winnipeg, Lake Winnipegosis and Lake Manitoba need improving and advised consumers to avoid purchasing fish from Manitoba's three largest producing lakes.

"We welcome today's report from SeaChoice and its call for more action for our major lakes," Conservation and Water Stewardship Minister Tom Nevakshonoff said during a press conference in Winnipeg on Monday. "Today we are announcing that we are doubling down in our efforts and we will work even harder to ensure that Manitoba's fish stocks are well managed to assure the long-term sustainability of the resources."

The review, Nevakshonoff added, will begin soon with meetings scheduled for the end of the month and will wrap up sometime in September 2016 with a final report.

Assisting with the review is economist Harold Westdal. He's been the minister's advisor.

"I look forward to bringing fishers, local communities, Aboriginal people and other levels of government together to discuss these important issues for Manitoba's fisheries. Working together with our scientific community, we will work to provide the best advice to support sustainable fisheries for years to come," Westdal said in a release.

According to the province, Westdal will work with commercial fisher representatives, First Nations and others throughout the review process.

His job, the Nevakshonoff said, "is to establish a committee and the development of an action plan for produc-

tive fisheries and the ecosystems that sustain them, in line with the recommendations from SeaChoice."

Nevakshonoff said the independently led review will include additional focus on traditional knowledge, improved and more collaborative research, sustainable growth and jobs that are mainly centred in rural and northern areas, as well as regular assessments of ecosystem health and the long-term connections to healthy fish populations.

The province is also hoping to get a number of bodies of water eco-certified. To date, Manitoba has invested \$480,000 to support eco-certification.

In 2014, Waterhen Lake was the first freshwater lake in the Western Hemisphere and second in the world to get its eco-certification from the Marine Stewardship Council.

"We have also gained fisher approval to work towards the certification of 19 additional commercially fished lakes in the west and northwest regions of our province," Nevakshonoff said.

Ron Thiessen, Manitoba chapter executive director of Canadian Parks and Wilderness Society, said he's happy with the action the government is taking.

"Today's assessment has highlighted major sustainability problems with fisheries taking place in Manitoba's three largest lakes. We appreciate the government of Manitoba's quick response to the report and the commitment to addressing the issues with these fisheries," Thiessen said. "This will enable a robust assessment of the fisheries, ensuring their long-term sustainability and the health of the lake ecosystems. We look forward to seeing the resulting comprehensive management action plan."

The overall goal for the review, Nevakshonoff said, is to make sure commercial fishers have access to global



TRIBUNE PHOTO BY BRANDON LOGAN

Manitoba Conservation and Water Stewardship Minister Tom Nevakshonoff, along with Skownan First Nation Chief Cameron Catcheway, announces the province is undergoing a comprehensive review of the three largest fisheries in Manitoba including Lake Winnipeg, Lake Winnipegosis and Lake Manitoba at the Manitoba Legislative Building on Monday.

markets and maintain competitive prices while keeping Manitoba's lakes in good, healthy shape.

Manitoba's commercial fisheries are estimated to generate more than \$50

million of economic growth and provide more than 3,000 jobs annually in communities across the province, Nevakshonoff added.

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# Residents share input at rec assessment open house

By Natasha Tersigni

Residents of Rockwood, Teulon and Stonewall had a chance to share their input on the state of local recreation during two workshops held last week in Stonewall (Nov. 3) and Teulon (Nov. 4).

The two events were hosted by HTFC Planning & Design, a Winnipeg-based firm that has been hired by the Teulon-Rockwood Recreation Commission in partnership with the Town of Stonewall to conduct an assessment of all recreation facilities in the area. The goal of the assessments is to help the municipalities determine where they should strategically focus their investments to meet the various demands for local recreation. Both public workshops were well attended and helped HTFC to gather valuable information to guide their assessment, which is due to be released to the municipalities by February 2016.

At the workshops, HTFC gave a presentation on the inventory of local recreation facilities that HTFC has gathered. Following the presentation, attendees were broken into groups

and rotated through stations giving their input on five topics: connecting people and nature; recreation capacity; inclusion and access; active living; and supportive environment.

"We are going to start putting together the information and see what are some of the high-level topics that re-occur and are most important to people," said Maureen Krauss, who is the lead on the assessment and community engagement specialist with HTFC. "We are going to start to look at specific recommendations based on what we see are the most important priorities for people and we will of course continue to work with the recreation commission. Together we will draft a plan and a strategy with some recommendations around opportunities that aren't currently being taking advantage of, partners that can help contribute to the recreation fabric in the communities and look at what can be done with existing facilities and future ones."

One sector where HTFC hopes to gather more information from is the youth. "We do need to reach out to young people, that is one of the ar-



TRIBUNE PHOTO BY NATASHA TERSIGNI

HTFC assessment and community engagement specialist Maureen Krauss gathered input from local residents on the state of recreation during an open house held last week at the Quarry Arts Heritage Centre in Stonewall.

reas that we feel we have missed in our workshops. There wasn't a lot of youth, students and young people who are recreation enthusiasts that were in the room, so we still need to a little bit more work on that," added

Krauss.

Anyone who didn't attend the workshop and is interested in participating can fill out a recreation feedback form available online at the RM of Rockwood's website at [www.rockwood.ca](http://www.rockwood.ca).

## Ward hired as ISD assistant superintendent

By Jennifer McFee and Jo-Anne Procter

Assistant superintendent

As we ring in the New Year, the Interlake School Division will welcome a new assistant superintendent.

At the Nov. 9 meeting, the school board approved the appointment of Stonewall Collegiate Institute principal Margaret Ward as the division's new assistant superintendent, effective Jan. 1, 2016.

Ward is excited about the appointment and looking forward to the new opportunity.

"Looking back, I have had many great years working with the SCI community - students, parents, community members, staff, senior admin, and school board trustees. I am confident that there are great people working at SCI who will keep things running smoothly. Looking ahead, I am excited to work in a different capacity to serve the Interlake School Division," said Ward.

Ward will replace current assistant superintendent Wayne Davies, who will resign on Dec. 31, 2015, to dedi-

cate more time to his family.

Technology update

The Interlake School Division is taking steps towards a technology overhaul, starting with a pilot project to work with Office 365 in select classrooms at three schools: Stony Mountain, Stonewall Collegiate Institute and Stonewall Centennial.

"Office 365 is an amazing, amazing, amazing opportunity for kids to collaborate, for teachers to collaborate," said Jim Saj, who provides program support and technology expertise. "And it is going to be the game changer that we have been looking for and it's going to be huge when we get the speed."

The first step is working in the Cloud-based environment, which provides an opportunity to post material for collaboration. Students will have their own space to work in, and teachers will have the ability to access and monitor these private spaces. In addition, there is a collaboration space for groups of students to work

together.

Eventually students will be able to download up to five copies of the full office suite on many devices that they have at home, as long as they are in the public school system in the Interlake school division.

"We are not turning on the downloading of software yet," Saj said. "We are going to do that in stages. As we work through, we will give that opportunity to students to download that software."

Office 365 is free as part of the Interlake School Division's licensing agreement.

In addition, school servers will soon be a thing of the past, since the schools' technology will work internally on fibre networks.

"It's quick," Saj said. "It is unreal."

The division has also ordered a new firewall, which needed to be updated for switching over to the fibre agreement.

Board chair Alan Campbell expressed excitement about getting the fibre network up and running after a long journey towards this point, with



Margaret Ward

talks beginning a decade ago.

"We are going to go live on our fibre optic network, which means that our terrible, terribly slow Internet connection will be exponentially better," Campbell said.

The timeline on the go live is still being worked out.

The board acknowledged Saj for his hard work and dedication to this project.

In other technology news, teachers' computers and laptops will need to be rotated. In about 18 months from now, the warranties are set to expire.



# Firefighters have a ball in Stony Mountain

By Natasha Tersigni

As part of their continued fund raising efforts, the Stony Mountain-Rockwood Fire Department held their annual Fireman's Ball last Saturday at the Stony Mountain Community Centre. The event raised \$5,500, which will go towards covering the cost of renovations to expand the community's fire hall.

"We have taken over the second side of the fire hall, which was the public works shop. The money will be used to purchase items to make it more at home and a better fit for us," said Fire Chief Wallace Drysdale.

During the evening, RM of Rockwood Reeve Jim Campbell presented firefighter Kevin Knapp with a 10-year service pin. Retiring firefighter Richard Stolar was also recognized and thanked for his 18 years of service.

"Rockwood council wanted to recognize the dedication and the commitment that our firefighters have and we wanted to do that with long service pins to mark their service milestones," said Campbell.

As well, Drysdale was presented with a 25-year service pin and recognized for his leadership skills and ability to run an effective and reliable community fire department.



TRIBUNE PHOTO SUBMITTED

Richard Stolar was recognized for his 18 years of service upon announcing his retirement from the department.

Wally is his judge of character. You can attest to that by looking at the team he has formed here within this department. These are all members that are committed to serving their community."



TRIBUNE PHOTO BY NATASHA TERSIGNI

RM of Rockwood Reeve Jim Campbell (left) presented Stony Mountain-Rockwood Fire Department Fire Chief Wallace Drysdale (middle) with a pin recognizing Drysdale's 25-years of service to the department. Kevin Knapp was presented with a 10-year service pin.

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**Christmas Hampers**

Do you or someone you know need a hamper this Christmas? Please be advised that Christmas Cheerboard hampers can be ordered from now until December 7th. Hamper pick-up will be December 17th. Please call 467-7370 to order a hamper. Requests for hampers need to be made every year even if a hamper was received in previous years because lists aren't carried over.

**Christmas Cheerboard**

Help needed! The Stonewall and District Christmas Cheerboard is looking for donations to help those in need this Christmas. Donations of non-perishable food items, monetary donations and toys for children and teens would be appreciated. We are especially in need of socks for all ages and books and items for teens. Donation boxes are placed all over Stonewall and monetary donations can be made at **Sunova Credit Union**.

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Come learn about the proposed changes planned for the road network in the CentrePort Canada inland port.

.....

The Manitoba government is hosting a public information meeting where you can learn about planned road closures within the CentrePort Canada inland port in the area between Selkirk Avenue, the Perimeter Highway, the Canadian Pacific Railway main line and CentrePort Canada Way. If you travel on Provincial Road 221, Summit Road or Inkster Boulevard within this area, these road closures may impact you.

**Date:** November 18, 2015  
**Time:** 4:00 pm to 7:00 pm  
**Location:** Hilton Winnipeg Airport Suites  
1800 Wellington Avenue, Winnipeg

Provincial government staff will be on hand to answer your questions. For more information, please contact: Erica Vido at 204-945-2631 or at Erica.Vido@gov.mb.ca

**Manitoba**

**Tribune** Stonewall Teulon

What's *your* story?  
Call 467-5836



# Stonewall news in brief

## Coun. Clive Hinds appointed deputy mayor

By Jennifer McFee

### Youth councillor

So far, no local students have expressed an interest in being a youth councillor with Stonewall council this year.

"Hopefully there will be somebody next year who will be interested," said CAO Anne Burns at the Nov. 4 council meeting.

### Library news

South Interlake Regional Library head librarian Darlene Dallman has been named the winner of the Manitoba Library Service Award in the professional category, which will be formally presented to her at the Manitoba Libraries Conference next year.

"Big hats off to her. She does a phenomenal job getting grants together," Burns said. "She does a really good job."

In other library news, council will write a letter to the provincial government in support of the South Interlake Regional Library's petition for an increase to \$10 per capita for library funding. The last increase occurred 10 years ago, when the per-capita funding was bumped up to \$8.50.

"I compliment the library for hold-

ing such a tight line over the years," Coun. Wally Badger said.

### Variation approved

At a public hearing held Nov. 4, nobody spoke for or against a variation request.

Mark Cameron requested permission to vary the size and height of a detached garage he plans to build on his property at 408 3<sup>rd</sup> St. West.

The proposed garage would have a tall roof pitch to match the style of his house.

Council approved the variation request with conditions.

### Water and sewer rates

The Town of Stonewall is considering establishing new water and sewer rates with minimum quarterly charges for metered services, along with excess charges for the previous quarter.

Pending approval, a new bylaw would set commodity rates at \$0.81 per cubic metre for water and \$0.51 per cubic metre for sewer effective Jan. 1, 2016.

There would also be a minimum monthly service charge of \$22.23, plus \$11.05 for water and \$6.96 for sewer based on a 16- or 19-millimetre meter size. The costs increase as the meter size increases.

Engineer Dick Menon told council that for residents who don't use much water, they might see a



TRIBUNE PHOTOS BY JENNIFER MCFEE

Mayor Lockie McLean welcomes Coun. Clive Hinds as Stonewall's new deputy mayor.

\$10 or \$12 increase on their quarterly bill. He also noted that, even with the increases, Stonewall has the lowest rates in the region.

The motion passed first reading at the council meeting. The next step is for the proposed rates to be forwarded to the Public Utilities Board for review. A notice will be sent to ratepayers with their December water bill.

### Recreation meeting

Coun. Jeff Levesque commented on the positive energy at the Recreation Master Plan workshop held Nov. 3 for the RM of Rockwood, Town of Stonewall and Town of Teulon.

"Hopefully there will be some additional co-operation between municipalities," he said.

### Eco-West

The Town of Stonewall will become

a member of the Partners for Climate Protection program of the Federation of Canadian Municipalities (FCM).

The town will create a greenhouse gas emissions reduction plan that includes a sustainability vision, sustainability goals, specific targets and an implementation and monitoring strategy.

Through the program, the town will sign an agreement with Eco-West to create an emissions inventory and forecast, set an emissions reduction target and develop a local action plan.

The town will also pay Eco-West a fee of \$10,000, which will later be recovered through a grant from the FCM.

### Appointment of positions

Coun. Clive Hinds was appointed as the new deputy mayor of Stonewall, taking over the position from Coun. Sandra Smith.

Mayor Lockie McLean commended Smith for her work as deputy mayor.

"It's been an honour knowing that she's done that role and done an awe-

Continued on page 11



Interlake-Eastern  
Regional Health Authority

### Seeking Director Nominations

Nominations are now being accepted for appointment to Interlake-Eastern RHA's Board of Directors.

Directors appointed by the Minister of Health represent a broad cross-section of interests, experience and expertise. Every board member has a personal commitment to reflecting, addressing and achieving the RHA's goals and objectives.

Nomination forms are available at the following:

- Interlake-Eastern RHA offices:  
24 Aberdeen Ave., Pinawa OR  
233A Main Street, Selkirk
- Interlake-Eastern RHA health care facilities and community health offices
- Local municipal offices
- First Nation Band offices
- Download a nomination form at:  
<http://is.gd/RHAbordnomination>

**Deadline for nomination submissions is  
December 15, 2015**

For more information, please call 1-855-347-8500.

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## Annual Fall Tea Bake Sale & Craft Sale

Thursday November 19, 2015  
2:00 P.M. - 4:00 P.M.

*Change of venue to*  
South Interlake 55+ Lions Community  
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Rosewood Lodge Recreation Dept. and the  
Adult Day program



# Empowering people with diabetes through knowledge and education

By Natasha Tersigni

With November marked as Diabetes Awareness Month by the Canadian Diabetes Association (CDA), along with the World Diabetes Day being held on Nov. 14, the CDA is putting a spotlight on the work that is being done in communities to help prevent and manage diabetes.

The diabetes education team at the Interlake-Eastern Regional Health Authority (RHA), compiled of registered nurses, dietitians, fitness experts and wellness facilitators, is a grassroots team that helps patients with all aspects of their diabetes care.

The cutting edge program strives to empower the patient to take control over their own health and diabetes by giving them the tools and knowledge to succeed.

"In the diabetes education program, we teach people what they need to know about how diabetes is working in their bodies and how to prevent any further problems from it. Diabetes is a silent disease. There are so many people with diabetes and so many more that don't even know they have it. A lot of times, people come in for something completely different, a urinary tract infection or mood changes, and it may have to do with their blood sugars," Sandy Koropas, who is registered nurse and Certified Diabetes Educator (CDE) with the education team.

Koropas has been working with the program for 14 years and has seen the struggle that patients often face when they are first diagnosed with pre-diabetes, Type 1 or Type 2 diabetes. By offering a welcoming environment and not judging people, the team is able to teach patients critical information they need to know in order to take

control of their disease.

"In our program, we don't label people. One of my pet peeves is to hear about people being compliant and non-compliant. You cannot be compliant in something you don't know how to do. To say you are non-compliant because your blood sugars are not coming down, that is not fair. If you don't know how diabetes works in your body, how can you be compliant?" said Koropas.

"I have people every single day that come in who are testing their blood sugar three to five times a day. They are watching everything they eat and their blood sugars are still too high. They are the worst critics of themselves. They think they are doing something wrong. Usually they are doing nothing wrong. They are just not on the right medications and their pancreas is not functioning properly. You can't make something work that is not able to work."

RM of Gimli resident Don Emes knows first-hand how the education program can benefit patients. When Emes was first diagnosed with Type 2 diabetes, he was referred to diabetes program. By working with Koropas, Emes was able to learn the tools he needed to manage his condition and maintain his blood sugars levels at good, healthy level.

"The program educated me about diabetes because you want to know what you're dealing with so it makes it easier to treat it. At the end of the day, it is up to the individual. You either have to accept it and get the knowledge you need in order to deal with it and carry on from there or you don't. The program is there and it helps you, but you either have to partake in it and take the advice or you're the au-



TRIBUNE FILE PHOTO

Registered nurse and Certified Diabetes Educator Sandy Koropas uses the Interlake-Eastern Regional Health Authority (RHA) diabetes education program to teach people how to prevent and properly manage diabetes. The team works in the community as a way to provide proper knowledge on a variety of topics, including diet, exercise and medications so those with diabetes can live a healthy life.

thor of your own demise," said Emes, who added he never had to change his active outdoor lifestyle even after his diagnosis.

"Having diabetes is like anything else. You can use it as an excuse or you can deal with it. It does not control my life; I carry on with the same activities

I did before."

The Interlake-Eastern diabetes education program is open to anyone and you do not need a doctor's referral. For more information on the Interlake-Eastern RHA Community Wellness and Chronic Disease Prevention programs, call 1-877-979-WELL (9355).

## > STONEWALL NEWS IN BRIEF, FROM PG. 10

some job and given all sorts of leadership," he said.

He also provided positive feedback to the rest of council.

"You're doing a great job and this is an excellent council," McLean said.

Council also received their appointments for portfolios, committees, boards and other bodies, with no changes from the previous year.

### Board of Revision

Council unanimously defeated a motion to appoint all of council to the next Board of Revision.

Smith expressed concern about the resolution.

"I feel strongly that there should be a different cross-section, not just

council, that we should involve citizens," she said.

The bylaw will be changed to reflect the modifications.

Council passed a resolution to appoint a citizen committee to the 2017 Board of Revision with the mayor as the presiding officer of the board and the assistant CAO as the secretary.

### Indemnity increase

Council will receive an indemnity increase of 1.3 per cent effective Jan. 1, 2016, to reflect cost of living.

Smith opposed the increase, which was approved by the rest of council.

"I don't support this motion," she said. "I think it should just be status quo."

### Credit card payment

Council discussed the option of allowing ratepayers to use credit cards to pay their taxes.

After some discussion, no one was interested to pursue the option since the town would incur additional costs if residents were to pay by credit card.

### Legion ad

The town will pay \$395 for a quarter-page colour ad in the in the Annual Military Service Recognition Book for the Manitoba/NW Ontario Command of the Royal Canadian Legion.



Be a part of the  
Festival Of Lights  
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Friday, December 4<sup>th</sup>

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# ISD students take part in annual 'Take Your Kid to Work Day'

By Natasha Tersigni

Grade 9 students in the Interlake School Division (ISD) spent Nov. 4 out of the classroom and exploring future career choices as part of the national Take Your Kid to Work Day initiative.

The program is a chance for first-year high school students to explore different career options and get a chance to speak with experts in those fields.

In the past, students traditionally went to work with a parent or relative; however, this year Teulon Collegiate Institute (TCI) guidance counsellor Oskana Kosteckyj found workplace placements that matched the students' career interests.

Hayley Charison, who has thought about working in the rehabilitative medical sector, spent the day at the University of Winnipeg Athletic Ther-

apy Centre. Charison initially thought about pursuing a career in physiotherapy after high school, but after spending the day with an athletic therapist, she now knows some of the different options available.

"I spent the day in the clinic treating the athletes before and after practice," said Charison, who was able to watch treatments on different university-level athletes including volleyball and basketball players.

"For the first half of the day, I was with a student who is taking the athletic therapy program, and she showed me how to tape an ankle and the process of assessing and treating a patient. In the afternoon, I worked with the assistant athletic therapist and was able to feel around in a knee and see what was injured and she told

me about the treatment process she was going to apply for that athlete."

Kosteckyj matched TCI student Aubrie Park with Raine Hamilton, a singer-songwriter from Winnipeg. Park has a passion for music and by speaking with Hamilton, she was able to see how a music career can become a reality.

Park said she spent the day learning the finer points of pursuing a career in music including how to get started, performing in front of different types of audiences, and the skills you need to advance in the music world.

"I learned it took a lot of work to become where she is. What she does is very interesting and I want to do that as well," said Park.

"She told me how to get out there and get exposure. She gave me other

tips for calming my nerves on stage. I get really nervous, so she gave me suggestions on ways to deal with that."

Park also joined Hamilton at the Sistema Winnipeg music program, sponsored by the Winnipeg Symphony Orchestra, held for youth that don't have school music programs. Park observed the various music classes that included instrument sectionals (violin, viola, cello and bass), small ensemble, orchestra rehearsal, choir class and theory.

Both TCI students said they enjoyed their day out of the classroom in the workforce, and the experience will help them when it comes time to choose a post-secondary education program. "This experience was really great. I definitely want to be an athletic therapist," added Charison.

## Seniors and tots socialize together in Adult Day Program

### Kids from Stonewall Children's Centre visit with clients of program

By Jennifer McFee

Through a collaboration of generations, wee ones and seniors both benefit from participating in fun activities together.

At Stonewall's Adult Day Program, offered through the Interlake-Eastern Regional Health Authority, young children visit with participants every few months.

Sheryl Steinhorsen-Taylor, co-ordinator of the Adult Day Program, said the seniors always look forward to events with kids Stonewall Children's Centre.

"Lots of the clients here have their own grandchildren, but they might not live close by so it's nice to have kids come in and have a visit," she said.

"We do something different every

time they come here."

Usually, Steinhorsen-Taylor sets up tables with clients on each end surrounded by children, who are four and five years old. Together, they chat and enjoy each other's company while they work on crafts or other activities. Alongside the six senior clients who attend the Day Program, there will often be between 14 and 20 children who visit for about an hour.

"There's something for them to do here and they visit at the same time. Then we have cookies and juice afterwards, of course," she said.

"They always get a kick out of the kids. They're just fun to be around. Kids are fun to talk to. They always say some interesting things. They chat back and forth and ask questions. I think it's mutually beneficial."

Each day, Steinhorsen-Taylor

works with six clients who have been referred to the community-based program through home care. However, the clients don't have to be receiving home care to attend the program.

Through the Adult Day Program, they have the opportunity to participate in activities that are designed to improve their physical and cognitive abilities. At the same time, the experience enhances their ability to remain in their own homes.

"It's a chance for people who live in the community still to come out and interact. We provide social interaction," Steinhorsen-Taylor said.

"It's also an opportunity for individuals to socialize with other individuals who may be experiencing similar challenges."

Based out of Stonewood Place, the Adult Day Program operates five days per week from 9:30 a.m. to 2:30 p.m. There is a fee of \$8.75 per day, which includes handivan transportation to and from the location, as well as lunch and activities.

In addition, the day program provides an opportunity for exercise.

"We're trying to keep people fit and moving for as long as we can," Steinhorsen-Taylor said.

Once per month, they also work on memory books that contain photos of events and activities at the program.

"If they quit coming to program for various reasons, they have the memory book to take with them and they can look back on it and remember everything that we did there," Steinhorsen-Taylor said.

"The families really appreciate it, and the clients always like looking back at it. Even when we're sitting around and working on our memory books, they'll look back through it. That's always a good thing."

Coming up, Stonewall's Adult Day Program will participate in a joint fundraiser with the Ladies Auxiliary and Rosewood Lodge. The Fall Tea fundraising event will be held Thursday, Nov. 19 from 2 to 4 p.m. at the South Interlake 55-Plus Centre at the Lions Manor, located at 5 Keith Cosens Dr. All are welcome to attend.

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*A Place to Grow*

*Open House & Ribbon Cutting Ceremonies*

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# Celebrating 95 years



TRIBUNE PHOTO BY NATASHA TERSIGNI

Surrounded by family and friends at her home in Stonewall, Ruth Gee celebrated her 95th birthday on Nov. 3. Gee has spent the majority of her life living in the RM of Woodlands where she worked as a school teacher and on the family dairy farm with her husband William. Gee has always been very active in her community and is a proud member of the Lake Francis Women's Institute.

# Community donation



TRIBUNE PHOTO BY NATASHA TERSIGNI

Laura Shymko (far right) on behalf of Rockwood Pharmacy presented the Association for Community Living (ACL) in Stonewall with a cheque for \$1,000 to be used for Phase 3 of renovations to ACL's new building at 307 Main St. With newly installed windows, renovations will continue on the community portion of the centre in the new year. Pictured, left to right: ACL client Ryan Kunzelman, ACL residential co-ordinator Tracy Fidler, ACL board vice-chair Tania Laurie and Laura Shymko.



Committing to our planet's future means properly recycling our electronics of the past. That's why EPRA works to keep over 15 million devices out of Canadian landfills every year through convenient and regulated e-recycling programs. Plus, recovered materials go back into the manufacturing supply chain so that fewer natural resources are required.

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**Teulon**  
Teulon Landfill

**Selkirk**  
511 Robinson Ave



# Gunton's IncrediBear



Traffic on Road 90, east of Highway 7 outside of Gunton has picked up in the last few weeks and Doreen Demianiw thinks it might have something to do with the giant teddy bear her husband Jerry has constructed with hay bales. The bear was built just before Thanksgiving as an attraction for children coming out to the farm for the Demianiws' son's 40th birthday party. The bear has made for a great family photo op for the Demianiws and other families who have stopped by to see the hay sculpture. Doreen got the idea to build the bear from a picture she saw on the Internet and is happy people have shown such an interest in it.

TRIBUNE PHOTO SUBMITTED

## 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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**DEADLINE: Wednesday, December 9, 2014**



**10  
TICKETS**

## Letters to Santa

Mail or email your 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!

Email: [santa@stonewallteulontribune.ca](mailto:santa@stonewallteulontribune.ca)  
or mail to Box 39, Stonewall, MB R0C 2Z0



**Tribune** Stonewall Teulon

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# Goodwin Lodge tea supports programming for residents

By Natasha Tersigni

As one of the most successful fall fundraising teas to date, close to 300 guests attended the Goodwin Lodge Personal Care Home's annual fall tea on Nov. 6. The tea raised \$2,862.30 from the event's silver donation collection, baked goods table and silent auction tickets.

"This is the most we've raised to date

at a tea and by far the best turnout we have had," said Sarah Bertrand, the recreation co-ordinator at Goodwin Lodge.

"With this money, we can purchase some nice Christmas gifts for our residents, hopefully some new tablecloths and new recreation equipment. We will be able to book more entertainment for our residents as well."

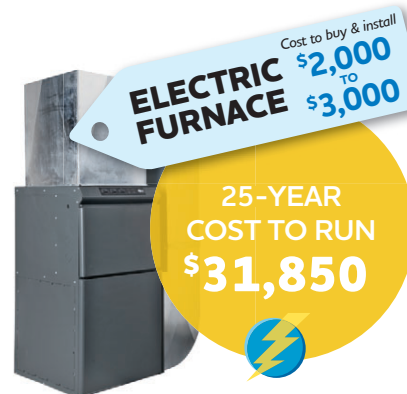


TRIBUNE PHOTO BY NATASHA TERSIGNI

The Goodwin Lodge Personal Care Home in Teulon was packed full of guests last Friday for the Lodge's annual fall tea.

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Health & Wellness Centre	204-467-2222
Erika's Zumba Fitness Club	204-294-8620
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Rockwood Pharmacy	204-467-5167
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**Dec 4** - Bonfire on Main Street - 6 pm - 8 pm  
**Dec 5** - Breakfast with Santa at Legion - 9 am - 11 am  
**Dec 5** - Lions Club Free Children's Movie at Flicks - 1 pm & 3 pm



**Visit our local businesses for great gift giving ideas... remember every dollar spent here helps everyone in the community!**

### Upcoming Events

**Executive Meeting-Friday December 4th 8am Rockwood Motor Inn-Members Welcome**  
**Festival of Lights Santa Claus Parade-Friday December 4th 7pm Main Street, Stonewall**  
**Annual Christmas Dinner-Tuesday December 15th Rockwood Motor Inn 6:30 pm**  
**Please SVP to [rbg9991@mymts.net](mailto:rbg9991@mymts.net)**



**info@stonewallchamber.com**



# The wheel of fortune

Which game do you prefer: Russian roulette or the wheel of fortune? If you answered "the wheel of fortune", you will be happy to know that one of the rules of this game is to increase local purchases. Are you surprised? Yet, the solution is quite simple. Here is the rule that will let you score many points and win every time.

When we increase our local shopping, our neighbourhood becomes more prosperous. Prosperity attracts investors who, in turn, create jobs. Flourishing neighbourhoods that offer employment opportunities attract more people. What happens when a neighbourhood, a town, or a region has more residents? More taxes are collected, which translate into a

better quality of life for everyone!

It doesn't take much for the wheel of fortune to spin in our favour. In fact, if each person spent as little as an extra twenty dollars a week in local shops, the wheel of fortune would quickly start spinning in our favour. From individual or family revenues to individual or family expenses, choosing to buy locally sustains our

local economy.

We are all partners in the healthy flow of our local economy: merchants, professionals, and consumers. Everything that helps to spin the wheel also contributes to helping it better serve the interests of our community. Let's conserve the momentum of the economic wheel of our neighbourhood: let's buy locally!



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## Local Authorities Boards & Community Services

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Interlake School Division 21	204-467-5100
Manitoba Hydro	204-467-5519
RCMP	204-467-5015
Rockwood Rural Municipality	204-467-2272
Royal Canadian Legion Branch #52	204-467-2261
Stonewall & District Lions Manor Inc.	204-467-8531
South Interlake Agricultural Society	204-467-5267
South Interlake Regional Library	204-467-5767
South Interlake Seniors Resource Council Inc.	204-467-2719
Town of Stonewall	204-467-7979

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Quarry View Esso	204-467-9454
Rockwood Motorsports	204-467-9222
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## Welcome New Chamber Members

**Firewood Manitoba - Clint Pinder - Sale of quality seasoned firewood at a competitive price**

**the grande Bazaar - Antiques, art & artifacts, furniture & collectibles**

**Thank You - Lori Vandal** Lori has stepped down from her position of secretary that she held for many years. We appreciate all of the help and support she gave the chamber and wish her all the best for her future.

## Meet our new Chamber Secretary Bev Galbraith

Bev has lived in Stonewall since 1998. She has been President of the Prairie Oak Regional Arts Council for 15 years and brought about the annual South of the Lakes Art Tour in 2002. She has been a member of the Stonewall Art Group since 2000 and has taught painting and arts to the students in the Interlake area through the Arts Enrichment Program. Her paintings have been displayed at various business's around town, in the Gwen Fox Gallery, and have sold across Canada and the US. Most will recognize her for working as Manager at the Hallmark store. Bev says that being a Stonewallian has been rewarding both artistically and socially and she looks forward to this new challenge of being secretary of the Chamber of Commerce!



For more information about becoming a member:  
[www.stonewallchamber.com](http://www.stonewallchamber.com)

*Local. Business. Community.*



# Your FARM



## Caution remains the key to keeping PEDv out

By Harry Siemens

Winter is just around the corner and the hog industry needs to pick up its diligence to make sure the nation's biosecurity system once again holds off the PED virus.

Mark Fynn, the manager of animal health and welfare programs with Manitoba Pork, says attention to transportation biosecurity will be key to keeping Porcine Epidemic Diarrhea off Manitoba hog farms as the weather turns colder.

The hog industry in Manitoba and across Canada has worked hard at containing, eradicating, and now keeping it out.

Under Manitoba's PED surveillance program, they're collecting 100 samples each week from high traffic areas including provincial abattoirs, federal packing plants, truck washes, and assembly yards.

"The good news is that we're not seeing any positive results for PED at the federal packing plants," Fynn says. "Those are a really good in-

dicator of whether we have on farm cases that we're unaware of, so it leads us to believe that we're not dealing with any on farm cases at the moment.

"We still see some positive results from time to time at the other high traffic facilities that have frequent U.S. contact and we're relying on good biosecurity when we visit those sites to prevent bringing it back to the farm."

The PED virus survives well in cold temperatures and it's easier to move around when things are wet and slushy, so the risk of transmission is much higher in the winter than the summer, Fynn says.

"In the U.S., who we use as indicators of viral movement and survivability, we expect to see more cases there," he says. "We hope in Manitoba that our biosecurity practices manage to keep it off farm and we don't see any cases over the winter, but there's always the possibility and that's why we encourage producers to really focus on biosecurity and make sure it's not their farm that's getting affected."

Fynn says the recommendations still focus on the farm gate—making sure producers have good entry protocols to their barn so they don't bring anything in—as well as focussing on transport biosecurity, such as cleaning and disinfecting trailers.

One of the casualties of PED was a protein feed ingredient: blood plasma made from dead pigs.

Dr. Frank Marshall, a swine veterinarian from Alberta, advised pork producers who use blood plasma products in feed to take steps to ensure those products do not contain porcine plasma.

As the result of concerns over the risks associated with the potential spread of PED, there are certified bovine origin PED tested blood plasma products becoming available for use.

"From the veterinary community the use of swine origin blood products is still not to be recommended," Marshall says. "The HACCP certified plasma processing that goes on if properly done ... should have killed any infectious risk. However, the suppliers have never come forward with how it was that a plasma product arrived in Canada with infectious virus."

Groups like the OIE-World Organisation for Animal Health have put forward many very confusing comments regarding the safety of products like blood plasma, claiming that the Canadians were out to lunch in terms of how this entered the hog industry here.

"But I'll tell you it is very clear to the vet community involved in the initial 17 sow herds that broke in Ontario there's no question how this came," says Marshall. "It sounds like we're flogging a dead horse here, but it's been exasperating to still see comments coming out of news agencies around the world that Canada couldn't prove the feed source and such, but, nevertheless, we all know the story."

Marshall stresses producers need to ask about the origin of these bovine blood plasma products and the plants they come from to ensure that they're only bovine origin and not mixed with porcine.

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# Former mayor launches event to help others

By Jennifer McFee

Former Stonewall mayor Ross Thompson laced up his runners and pounded the pavement last weekend for a good cause.

Along with a group of four other participants, Thompson handed out 22 bags stocked with a variety of supplies for people in need in downtown Winnipeg.

"The good news is it was a wonderful day. There wasn't a single recipient who didn't thank us profusely. The bad news is that there is a lot of need out there," he said.

"So is it a good news story or a bad news story? Well, a little bit of both because all of us felt inspired because of the show of support."

It all started on Oct. 25 when Thompson was a guest host for the pledge drive for 93.7 CJNU Nostalgia Radio station. He told listeners that if they raised \$500 for the station during his two-hour shift, then he would walk the length of Portage Avenue and hand out CJNU literature. Listeners showed their generosity and donated more than double what Thompson had requested, with \$1,200 coming in for the volunteer-run radio station.

His wife, Lynn, made a suggestion to modify the initiative by assembling grab bags to hand out in the street to the less fortunate. He received overwhelming support from the community, including cash donations of more than \$250 for the cause, which Thompson

and his wife matched. In addition, they received corporate support from the Red Apple Store in Stonewall, the Winnipeg Goldeyes and Victoria Inn.

The "We-Care" bags were valued at more than \$20 apiece, filled with items that included scarves, gloves, toques, socks, neck warmers and handkerchiefs. They also contained washcloths, toothpaste, soap, shampoo, conditioner, tissues, cleansing wipes, combs and lip balm. In addition, the bags were stocked with juice, gum, energy bars and chocolate.

"The Red Apple Store bent over backwards to help, including employee pricing plus a \$25 voucher," he said.

In another community contribution, mother-daughter duo Barbara and Anastasia Burtnick donated 18 individually wrapped soap-on-a-rope washcloths from their store Prairie Lake Farmhouse, which they are re-opening in St. Andrews.

Then on Saturday, Nov. 7, Thompson hit the road with the CJNU Star Trekkers team, consisting of his son Chris, founder of Kickballs for Kids, as well as Stonewall Coun. Walter Badger, CJNU announcer Don Milne and CJNU creative and production co-ordinator Christie Donaldson. Together, they walked down Donald Street to Portage Avenue. Then they headed north on Main Street towards Higgins Avenue and west towards Calvary Temple before heading back to Portage Avenue.



TRIBUNE PHOTO SUBMITTED

CJNU's Star Trekkers (from left) Walter Badger, Don Milne, Christie Donaldson, Ross Thompson and Chris Thompson handed out 22 bags to people in need in downtown Winnipeg last weekend.

Thompson, a CJNU board member, is already thinking ahead to how to improve the event for next year.

"I will definitely pump up and reissue the challenge next year. The disturbing part is there is just so much need," he said.

"People in town here said it really brings it home that we are so fortunate. There are things that everybody can do. Some can do a little bit and others can do a lot. I think it makes people more mindful of the need out there."

## worship *with us* > FAITH

## "Godliness With Contentment"

"Contentment" is not a commonly used form of speech these days. The state of being content is also not a common way of thinking in our society. It is very easy to live "for the next thing" instead of enjoying the moment. Peace, serenity and enjoying the people or experiences of the moment are almost becoming a dying art. Large portions of our time, effort and budget go toward finding an escape from the daily grind of life. What are we escaping from and where are we headed? Someone once said that, "Running the rat race has one major drawback; who wants to be a rat surrounded by other rats?"

Christianity has not escaped this phenomenon. We find advice given to Timothy by Paul to deal with

this same issue way back in the first century A.D. "Now godliness with contentment is great gain. For we brought nothing into this world, and it is certain we can carry nothing out." (1 Timothy 6:6-7). This advice is given amidst a description of those who desired to use their faith based relationships as a means of gaining power and money. Paul describes these so-called Christians as "men of corrupt minds and destitute of the truth," commanding Timothy, "From such withdraw yourself." Contrary to the teachings of modern Christianity, Paul teaches that there is no way to lead or help those who make money their God. Only by separation, could Timothy lead a pure church and keep himself separate from this perversion of Christian

faith. I believe that the goal was to allow these wayward Christians to see that they must choose between personal gain or true faith.

The text concludes in Timothy 6:10 with the famous saying, "For the love of money is the root of all kinds of evil..." Only when I am content with the food and clothing that I need am I in a godly state of mind. It is very easy to stray from this peaceful state of existence. Obviously when living in a northern climate, shelter is also a necessity. Having possessions is not the issue here. The issue is when our possessions begin to possess us. Could I leave it all behind and still be happy? What about financial security; isn't that a good thing?

Money and possessions are not depicted as the villain in scripture. It is

the "love of money" that cuts off our trust from the Lord and turns us into a "rat" that can only think of personal gain. The best way to ensure that your possessions don't rule your life is to follow the direction of scripture. Find a way to be generous with others. Look for a church that demonstrates it is not seeking personal or corporate wealth. Learn enough about the leadership and goals of that church so that you can endorse their stewardship of the church finances. Jesus demonstrated the heart of a servant after the "last supper" with his disciples. Can we as Christians dare to do any less?

Pastor Jonathon Dewey  
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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Jets fly past Twisters, Hawks during weekend action

By Brian Bowman

The Stonewall Jets played a pair of pretty good teams last weekend in a 24-hour period.

But the Jets made both look rather ordinary.

The Jets skated to an impressive 4-0 home win over the Charleswood Hawks last Friday and then defeated the Pembina Valley Twisters 5-2 Saturday in Morris.

"It's nice to see we're making steps in the right direction," said Jets' assistant coach Brock Couch. "We took a step back a week or two previous but I think we've taken at least two steps ahead with two really good wins."

"Both games, it was a good 60-minute effort by everybody."

Against the Twisters, five different players scored for Stonewall. Couch said it was nice to see balanced scoring in the Jets' lineup.

After Pembina Valley's Fraser Mirrless opened the game's scoring at 2:05 of the second period, the Jets took a 3-1 lead after 40 minutes.

Garrett Bruce scored his first goal of the season and then Chase Faulkner and Robert Smith tallied.

Sam Mandryk made it 4-1 at the 13-minute mark of the third period. The Twisters' Alex Tetrault and the Jets' Eric Swanson then closed out the scoring.

Stuart Fleury made 26 saves for the win.

In the shutout victory over the Hawks, Ryan Miskiewicz scored a

second-period goal and then Adam Blight, Mackenzie Johnson and Mandryk (into an empty net) tallied in the third.

Chase Faulkner assisted on all three third-period goals. Faulkner has played some good hockey this year for Stonewall.

"He's a great hockey player," Couch complimented. "His size definitely helps him and he's playing a different role on our team now. He's finding his way more into a first-line hockey player as opposed to a fourth-line enforcer with the (Portage) Terriers."

Couch said the win over Charleswood was a great one in front of a good-sized crowd.

"Our defence played a really tight game against (the Hawks) and they really like to cycle the puck," Couch said, noting the Jets had two solid practices last week with all of the players in attendance.

Hunter Ploszay was outstanding in goal for Stonewall, making 34 saves to post the shutout.

With the two wins last weekend, Stonewall is now 8-6-1 and has 17 points to occupy a tie for fourth place with Charleswood in the 10-team Manitoba Major Junior Hockey League.

The Jets will host the Transcona Railer Express on Friday and then the Ft. Garry/Ft. Rouge Twins will come to town Sunday. Both games have 7:30 p.m. start times.



TRIBUNE PHOTO BY LANA MEIER

The Jets' Adam Blight calls for a pass to the front of the net during Stonewall's 4-0 win over the Charleswood Hawks last Friday. Blight scored in the third period.



## PeeWees win silver

TRIBUNE PHOTO BY TRICIA FINES

The Stonewall PeeWee girls team won silver after losing 3-2 to the Black Storm in overtime during the Rob West tourney in Winnipeg last month. The girls were undefeated in the round robin, beating the Black Storm 2-1, the Southdale Stars 2-0, the North East Eagles 10-0 and the Orange Storm 4-1.

Pictured left to right, back row: Len Epp, Geoff Reimer, Ryan Fines (coaches); middle row: Charli Reimer, Lauren Brown, Katherine McCowan, Sapphire Johnson, Maddy Fines, Emily Fehr; front row: Grace Fines, Sarah Shewchuk, Sarra Jackson, Emerson McAuley and goalie Anya Epp. Missing from the photo is Brooke Wadge and Sydney Byle.



# Midget Lightning play well in weekend split

By Brian Bowman

The Interlake Lightning earned a split in a pair of Manitoba AAA Midget Hockey League games last weekend.

Interlake played real well in both games, defeating the Pembina Valley Hawks 3-2 in Morden on Friday and then losing 4-1 at home to the Winnipeg Wild on Sunday.

"We had a great game against the Wild," said Lightning head coach Dwayne Swanson. "They scored one goal into an empty net but we competed with them very well. For really the first time this year, our compete level was where it needed to be.

"They're a good team and if you make any mistakes, they're going to put it in the net. We felt the game was back and forth and we have been in a bit of a slump, so it was nice to see us have a really good outing against those guys."

In the loss to the Wild, Winnipeg took a 2-0 lead on goals by Caiden Daley and Riley Stotts.

Jordan Kristjanson, on the power play, cut that lead in half with a goal midway in the second period but the Wild regained the two-goal advantage as Jesse Gibbons netted a power-play goal late in the period. Brendan Keane then closed out the game's scoring with 21 seconds left in the third

period with an empty-net goal.

Adam Swan made 33 saves in the loss.

In the win over Pembina Valley, Kristjanson scored the game winner at 13:07 of the third period. He has played very well for the Lightning this season, leading the team in goals (eight) and points (13) through the club's first 13 games.

For his efforts last weekend, Kristjanson, a 6-foot-1, 240-pound Arborg product, was named the Manitoba AAA Midget Player of the Week.

The Hawks took a 1-0 first-period lead on a power-play goal by Garrett Szeremley and then Kristjanson tied the score at 1-1 early in the second.

Interlake's Riley Vautour and Pembina Valley's Troy Lehmann then traded goals just 14 seconds apart midway in the middle frame.

"We've had trouble starting games lately and we didn't have a very good first period against those guys," Swanson admitted. "But the next two periods, we kind of took it away on them and controlled the entire game."

Sean Loutit had a pair of assists for the Lightning. Swan made 21 saves for the victory and played very well in both games last weekend.

Interlake is now 6-7 and in a tie with the Brandon Wheat Kings for eighth place, each with 12 points.



TRIBUNE PHOTO BY LANA MEIER

Lightning captain Jordan Kristjanson scored on the power play during Interlake's 4-1 loss to the Winnipeg Wild last Sunday.

The Lightning hosted the Central Plains Capitals (6-4) last night but no score was available at press time. Interlake will then have a pair of tough road tests coming up.

The Lightning will play the Winnipeg Thrashers (10-3) this Friday at Gateway Arena (7:30 p.m.) and then will battle the Wild (13-1) next Wednesday

at the MTS Iceplex (7 p.m.).

The Lightning will have three tough tests in a seven-day period.

"That's something our kids are going to have to get used to," Swanson stressed. "If we can play the way we did against the Wild, then we're OK with whoever comes up on our schedule."

## Studler leads Bisons in volleyball

By Brian Bowman

The University of Manitoba Bisons' women's volleyball team lost a pair of home matches to the Mount Royal Cougars last weekend, but Grosse Isle's Tori Studler played very well on both days.

Studler led the Bisons with 11 kills in Saturday's 3-1 (14-25, 12-25, 25-20, 14-25) loss at Investors Group Athletic Centre.

Nine of those kills came in Manito-

ba's third-set win.

On Friday, the Bisons, once again, lost 3-1 (26-28, 23-25, 25-21 and 18-25) to Mount Royal. Studler, a 5-foot-10 left side, had six kills in the match.

With the loss, the Bisons' record dropped to 1-6 while the Cougars improved to 3-4, snapping a two-game losing streak.

The Bisons won't play again until Nov. 20 when they battle the University of Alberta.

TRIBUNE PHOTO BY JEFF MILLER

Grosse Isle's Tori Studler sets up the Bisons' offence against Mount Royal last Friday.



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Saturday, Nov. 15 • 7:30 at VMSC  
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# Locals lead Manitoba to silver medal at U18 hockey nationals

By Brian Bowman

Manitoba lost 2-1 in overtime to Ontario Red in the gold-medal game Sunday at the 2015 National Women's Under-18 Championship in Huntsville, Ont.

Oakville's Lindsay Agnew scored 18:10 into overtime to clinch the gold medal for Ontario Red, banging a loose rebound into an open net.

Ontario Red took a 1-0 first-period lead on a rebound goal by Sarah Verbeek. But Manitoba's Jaeden Cooke of Souris tied the score at 1-1 at 7:15 of the third.

East St. Paul's Tory Micklash played well in goal, making 31 saves in the loss.

Manitoba's silver medal equals its best finish ever at the National Women's Under-18 Championship. Ontario Red, meanwhile, has now won nine of the 10 gold medals awarded in the event's history.

Manitoba advanced to the final after defeating Ontario Blue 3-1 in comeback fashion last Saturday.

With 6:34 remaining in regulation, Ontario Blue's Emily Reid used her speed to get past two Manitoba defenders and send herself on a breakaway from centre ice before scoring shorthanded on goalie Kerigan Dowhy to make it 1-0.

Dowhy, originally from Lundar and The Pas, now lives in Stonewall while attending Shaftesbury.

But this game was far from over.

Just 15 seconds after Reid's goal, Manitoba's Savannah Rennie of East St. Paul, deflected the puck from the



TRIBUNE PHOTO BY MERIENA DOWHY  
Pictured left to right, Emily Uppang, Mekaela Fisher and Kerigan Dowhy.

side of the net to tie the score at 1-1.

About three minutes later, Manitoba's Sheridan Oswald of MacGregor — the top scorer of the 2015 National Women's Under-18 Championship — deflected in a point shot by Brandon's Jalyn Elmes for the eventual game winner.

Rennie then iced the win with an empty-net goal with 33 seconds left in the third period.

Dowhy made 21 saves for the victory. She finished the tournament with a 2-0 record with an impressive 1.38 goals-against average and a .929 save

percentage.

Manitoba began tournament action with a 2-1 shootout win over Saskatchewan on Nov. 4.

Oswald and Ryleigh Houston scored for Manitoba in the shootout.

Oswald also scored at 11:26 of the third period to tie the score at 1-1. Sophie Shirley had scored on the power play for Saskatchewan just 58 seconds earlier.

Micklash made 16 saves for the win.

The next day, Manitoba won its second consecutive game in a shootout as it edged Quebec 3-2.

Houston scored the lone goal in the shootout.

In regulation time, Quebec grabbed a 2-0 first-period lead on goals by Camille Fleury and Deziray De Sousa, on the power play.

Winnipeg's Kayla Friesen cut the lead in half and then Jenai Buchanan of Crystal City tied the score at 2-2 at 11:21 of the third period.

Dowhy made 18 saves for the win. Manitoba outshot Quebec 34-20, including 17-3 in the third period.

Manitoba then closed out the preliminary portion of the tournament with a tough 5-4 loss to Ontario Red last Friday.

Manitoba led 4-1 midway in the third period when the wheels suddenly fell off. Agnew, Annie Berg and Daryl Watts score for Ontario Red in the third period to tie the score at 4-4 and then Saroya Tinker tallied 3:54 into overtime for the game winner.

Friesen opened the game's scoring early in the first period for Manitoba and then Houston, Oswald and Hannah Fouillard of St. Lazare each scored power-play goals in the second period.

Jaime Bourbonnais replied with an even-strength goal for Ontario Blue in the middle frame.

Micklash made 26 saves in the loss.

Team Manitoba's roster also included Warren's Mekaela Fisher and Poplar Point's Emily Uppang. Fisher picked up four penalty minutes at the nationals while Uppang had a minor penalty against Quebec.

# Interlake U16A ringette wins Dakota tournament

By Brian Bowman

The Interlake Ignite U16A ringette team won gold at the Dakota Ringette Pre-season tournament, which took place from Oct. 21-25 in Winnipeg.

Interlake defeated Dakota 6-5 in the gold-medal game. The Ignite led 5-3 at the half.

"This core Ignite team has repeatedly won this tournament in past years and it is a good start to the season," said Ignite manager Karen McCowan in an email. "This team is strong and the start of the season could be an indication of how dominant this team will be this year."

The Ignite lost their tournament opener to host Dakota U16A by a 7-5 score but quickly rebounded with an 8-0 shutout win over Kirkfield-Westwood and a 9-1 triumph over South Winnipeg.

Those two wins put the Ignite in

second place after round-robin play, advancing them to the final against Dakota.

Interlake and Dakota met again in Winnipeg Ringette League regular-season play on Nov. 1. Interlake won the game 5-2. The two teams will meet again at Dakota on Nov. 14.

The Ignite, comprised this year of players from Selkirk, Stonewall, Warren, River East and St. James associations, will host eight games during the regular season.

The first four games will be played at the VMSC in Stonewall.

Interlake will also be traveling to Souris the weekend of Nov. 20 to play exhibition games against the Regina Cyclone U16A team.

The Ignite will officially meet Regina at the Voyageur Ringette Tournament in Winnipeg in January.



TRIBUNE PHOTO BY ABE BUHLER  
Pictured back row, left to right : Rebecca Fox (assistant coach), Taylor Clegg (assistant coach), Renee Partyka, Hanna Marshall, Reese Chop, Lauren Senden, Delta Hannah, Breanne Wiens, Jessica Buhler, Samantha Sampano (coach), Phil Sampano (assistant coach); second row: Miya Saj, Samantha Melsted, Fallon Furkalo, Julia Ignagni, Charlotte Wilmott, Olivia McCowan, Keely Soloway, Jada King and Shelby Mitchell (goalie).



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Rams' Tanner Good kills the the ball during the 'AAA' qualifier against the St. James Jimmies on Nov. 4.

## Rams rolling in the playoffs

By Brian Bowman

The Stonewall Collegiate Rams varsity boys' volleyball has had a successful season so far.

And they hope to continue that success in the playoffs.

Stonewall hosted the Sturgeon Heights Huskies in a conference playoff game this past Tuesday but no score was available. If the Rams won, they would advance to their league final Friday against a yet-to-be-determined opponent.

"Because we finished second, we got a bye into the semis now that we're tiered," explained Rams' head coach Owen Nishi Tuesday afternoon. "We match up with (Sturgeon Heights) fairly well. They're a scrappy team and they definitely send the ball back to us quick, so we have to make sure we take care of our side of the net."

Stonewall was 2-1 against Sturgeon Heights this past season.

Last week, the Rams defeated the St.

James Jimmies 3-1 by scores of 25-20, 25-8, 20-25, 25-11 in a "AAA" qualifier. The victory was a real good one for Stonewall in front of a boisterous, home crowd.

"We played really well," Nishi said. "The guys did a lot of good things that we've been working on in the past few weeks. Things started to come together for us."

"Our fans were the seventh player for us, for sure. We had a great turnout and a lot of school spirit in the gym."

The Rams served well against St. James and executed their offence quite well. Stonewall also took advantage of several free balls sent over by the Jimmies.

If the Rams lost on Tuesday, Stonewall would be done for its conference playoffs. But the Rams still have an interzone match to be played Monday (7:30 p.m.) against an unknown opponent at Kildonan East to see who advances to the "AAA" provincials.

## Warren, Stonewall drop season openers

By Brian Bowman

A new era in Stonewall Flyers' hockey started Saturday evening against the Beausejour Beavers.

But, unfortunately, it didn't result in a victory.

The Flyers began their Manitoba Senior Hockey League regular season with an 8-6 loss.

Stonewall took a quick 2-0 lead and then was up 5-3 midway in the second period. But the home side exploded for four goals in just a 1:31 span to suddenly take a 7-5 advantage.

Matt Varnes led the Flyers with two goals and an assist while Cody Hunter, Patrick Dawson, Dan Stewart and Ryan Elliot added singles. Elliot and Kevin McBride each finished the game with two points.

Kody Kennedy led Beausejour with four goals and an assist while Marc Babaluk, Simon Miller, Chris Stelmack and Nick Stelmack also tallied. Chris Stelmack had four assists for a five-point game.

Stonewall (0-1) will host the Lac du Bonnet Blues this Saturday. Game time is 8 p.m.

Meanwhile, in South Eastern Manitoba Hockey League action, the Mercs also found themselves in a wild regular-season opener after an 8-7 shootout loss to the Carman Beavers on Saturday in Warren.

Carman grabbed a 2-1 lead after 20 minutes but Warren scored five goals in an 8:56 span in the second period. The Beavers, however, didn't quit and would then score five of the game's next six goals.

Brendan Luschinski had a great game for Warren with three goals while Chad Deprez, Reid MacLeod, Scott Delong and Justin Crockatt also tallied. MacLeod, Scott Corbett and Eric Baldwin each had two assists in the loss.

Aaron Lewadniuk led Carman with three goals and an assist. The other Beaver goals were scored by Brett Takvam, Rod Owen, Mark Owen and Brock Vanderveen.

Former Selkirk Steelers' defenceman Darren Bestland had three assists.

Warren will host the Portage Islanders this Saturday. Game time is 8 p.m.



TRIBUNE PHOTO BY LANA MEIER

The Mercs' Justin Crockatt scored in his team's 8-7 shootout loss to the Carman Beavers on Saturday in Warren.



# Thunder strikes at Midget Bowl All-Star Game

By Austin Grabish

Interlake Thunder players say the Midget Bowl All-Star Game was all about having fun on Sunday, but the day was bittersweet for some as they said goodbye to the Midget Football League of Manitoba.

The province's top high school football stars highlighted their talents, and were divided onto two teams for the annual game.

Over 80 players packed the East Side Eagles Field for the game Sunday afternoon in Winnipeg.

Team Green managed to defeat rival Team Silver in the fourth quarter finishing with 27-19.

The win wasn't a complete scoop, though. Leading up to the fourth quarter, both teams were neck-and-neck with each other.

Team Silver defensive back Carter Safiniuk recognized that means there's improvement to be had on the field.

"We could have cut down on the turnovers," Safiniuk said.

And although his team went home with a loss, the game went well overall, he said.

But the score was the last thing on players' minds after the game ended Sunday.

For some like Thunder quarterback Declan Kubel, it was their last.

"I mean we lost, but I had fun," said Kubel, who was praised for being on fire for much of Sunday's game.

Kubel said the game gave players like him that are aging out of the league a chance to get together one last time on the field.

Kubel has been playing football for seven years, and Sunday's game was his last.

"I gotta get a job and move on with things," he said.

And the game "couldn't have been better," he said.

"I was looking forward to it. I knew it was going to be so much fun."

Team Green offensive co-ordinator Jamie Ybarra Jr. praised players for having strong performance despite only having a few days notice on who'd they be playing with.

"All these players really picked up all the plays and concepts really fast, and were able to not only understand them but run them exceptionally well," Ybarra said. "The talent was fantastic. It exceeded my expectations 100 per cent."



TRIBUNE PHOTO BY KIM DELAROQUE

Interlake Thunder players taking part in the Midget Bowl All-Star game in Winnipeg last Sunday, back row, left to right: Colin Howe, Mike Tillet, Alex France, Austin deLaroque, Dakota Holden, Kurtis Janzen, Matt Dahl; front row: Driano Silviri, Josh Shellekens, Joe Rosser, Carter Safiniuk and Declan Kubel. Driano Silviri and Carter Safiniuk were named to the Midget Football 2015 All-Rookie Team while Thomas Dunlop, Austin deLaroque, Mike Tillet and Alex France were chosen for the Midget Football League of Manitoba All-Stars.

## Rams keeping games close, still searching for first league win

By Brian Bowman

The Stonewall Collegiate Rams have shown that they can keep up with some of the best teams in the Platinum Promotions Division.

Now, they have to find a way to beat those elite teams.

The Rams gave the first-place Selkirk Royals a real good battle in a tough 4-2 loss on Nov. 4 in Stonewall.

"We play well enough to keep games close," said Rams' head coach Kyle Nixon. "They outplayed us, outshot us, and, obviously, won the game. But for us to have an opportunity to win, that's at least half the battle. We kept it close, so we played well enough."

Travis Spratt scored to give Selkirk a 1-0 first-period lead and then Tristen Ostrowski made it 2-0 in the second.

Stonewall's Logan Furkalo cut the lead in half later in the period but Selkirk's Harley Hoydalo, on the power play, and Chad King scored early in the third period to put the Royals up

4-1.

The Rams' Ethan McMahon then closed out the scoring with a power-play goal with 12:37 remaining in the third. He is tied for second in points with four (two goals, two assists) for Stonewall in six league games.

Brad Hrymak earned the win in goal while Curtis Beck took the loss.

With the loss, Stonewall now has five regulation losses and a shootout defeat. The Rams have just one point on the season and are in 10th-place in the 11-team division, which boasts the top teams in the Winnipeg High School Hockey League.

"We've had three third-period leads in six of our games," Nixon noted. "There's a group of teams that are in an upper level compared to where we are. We've played close games against them, but we just haven't beaten the teams that we should beat early on."

"Hopefully, as the year goes on, we find a way to win those games and ev-

eryone makes the playoffs. We'll see where we're at by the end of the year."

Offensively, the Rams have struggled with just 11 goals scored through their first six games. Stonewall is hoping to generate more offence going forward.

"Goal scoring is something that we're going to deal with all year long, especially against some of the better teams," Nixon admitted. "We're just undersized and their guys are just a little bit stronger and faster than us."

"For us to consistently generate offence, that's something that's going to be tough for us. We're just trying to focus on keeping the puck out of our net. If we can win the one-goal games, that's going to be better for us than trying to score six or seven."

Carson Ouellette leads Stonewall in points with five (two goals, three assists) while Ryan McMahon has also played well offensively with a goal and three assists.

Stonewall, meanwhile, has been pretty good defensively, surrendering 21 goals in six games. A big part of that success has been the stellar play of Beck.

He leads the league in minutes played (300) and has posted a 3.50 goals-against average.

"Our goalie, Curtis Beck, has seen a lot of rubber and he keeps games close," Nixon explained. "He's been a positive for us and has played all of our league games so far."

The Rams are back in action Friday when they host Garden City. Game time is 4:15 p.m.

"I think they're going to be in the group of teams that we need to find a way to win against," Nixon said. "Every team is good — there are no easy games for us — by any stretch of the imagination. "But that's a game that we look at as an opportunity for a win and we just have to eliminate the mistakes against leading teams."



# Interlake Thunder Football Club season full of firsts

By Stefanie Lasuik

Football is the Interlake's newest craze. Now in its fifth year, the Interlake Football Club celebrated the close of another season with a record number of participants and teams, who packed the Teulon Rockwood Centennial Hall with their families and friends on Saturday night.

Mitch Obach, president of the Interlake Football Club, said the purpose of the evening is to recognize the hard work of not only the young footballers, but the volunteers who run the organization, from board members to team trainers. He explained that the banquet also gives the young footballers and their families the opportunity to end the season positively, regardless of the outcome of the teams' final games.

Darcy Gascoigne, head coach of the Atoms, announced that the nine- and 10-year-olds finished with the best record a Thunder team has ever had (7-1), which was also good enough to lead the league after the regular season.

Head coach Matt Kiteley recognized the seven- and eight-year-old players on the Crunchers for their individual contributions to the team.

Offensive Player of the Year, Defensive Player of the Year, Impact Player of the Year, and Lineman of the Year were named for each of the Atom, PeeWee, Bantam, Midget and Girls teams.

Midget head coach Kris Johnston also recognized Rory Doak as the team's best rookie, Carson Argan, as the most outstanding special teams player, and Austin DeLaroque as Interlake Midget's most valuable player.

The organization created a new award this year in honour of the late Charlie Cooke, who officiated for the game and showed tremendous support for local sports. The Charlie Cooke Leadership Award for the player who showed the greatest level of leadership and community impact went to Matt Thoresby.

An evening of firsts included recognition of the new Interlake Thunder Girls team. The 10-girl team, which played in the spring, finished the season with a 3-1 record.

Former Winnipeg Blue Bomber cornerback Rod Hill spoke to the attendees about the importance of the football field, which he said was the greatest place to learn how to compete. He also encouraged the young players to keep up with their education.

"If you can read, write and comprehend, you can do anything," Hill said.



Former Winnipeg Blue Bomber cornerback Rod Hill spoke to the young local players.



TRIBUNE PHOTOS BY STEFANIE LASUIK  
The Interlake Thunder Crunchers celebrated a season of learning with individual awards.



The Interlake Thunder Midget award winners took home shining silver plaques. Back row, from left to right: Carson Argan, Matt Thoresby, Kyle Reynolds, Alex France and Mike Tillett. Front row, from left to right: Thomas Dunlop, Austin deLaroque and Rory Doak.



The Interlake Thunder Football Club welcomed a new team to its organization this year. The girls' team went 3-1 on the season and will look to build on that success next season.



The Bantam award winners were Colton Nedotiafko, Offensive Most Outstanding; Tanner McCallen, Defensive Most Outstanding; Connor Meisner, Impact Player award; and Miguel Larabie, Most Outstanding Lineman.



Left to right: Mitch Obach, Rebecca Cooke, Bernadette Cooke presented Matt Thoresby with the Charlie Cooke Leadership Award.



## Schneider medals again

SUBMITTED PHOTO

Stonewall's Amber Schneider won a silver medal in the Youth Women 3 km division at the 2015 Chris McCubbins Age Class Country Championships at Kilcona Park in Winnipeg on Oct. 31. Schneider finished with a time of 12:03, just a second behind Taylor Arnt of Lord Selkirk.



## Local earns rodeo recognition

By Jennifer McFee

Taking the bull by the horns, Stonewall resident Scott Harris competed in the Manitoba Rodeo Cowboys Association finals in Brandon last month.

He won one of three rounds, earning a cash prize.

"There are three go-arounds, and then after the three rounds, whoever's done the best in the two rounds is the champion," Harris said.

"It was pretty good, but it didn't go quite the way I wanted it too. I had two bad runs but I won one round, so it was all right still. It's always good to win a round."

Harris, 26, is no stranger to the rodeo circuit, learning the ropes from his dad, Lindsay.

"My dad competed in rodeo so I've been doing it as long as I can re-

member," Harris said.

"He still goes to team-roping jackpots down in the states but he's not in rodeos anymore."

Throughout the spring and summer, Harris travels most weekends to compete in rodeos. This year, however, an injury prevented him from attending some of the events.

Now that the season has ended, he already has his sights set on next year. "We have cattle at my dad's farm, and we have indoor arenas and outdoor arenas. We practise all year round and keep ourselves in shape and same with the horses," he said.

"I'll just be practising for the wintertime and getting ready for next year. Basically now I'm just getting some younger horses ready to go for next year and trying to better myself for next year."



TRIBUNE PHOTO BY RICK HIEBERT

Scott Harris competed at the Manitoba Rodeo Cowboys Association finals in Brandon last month.

## WCI provincial bound



TRIBUNE PHOTO BY JOSH GRANBERG

The Warren Wildcats junior varsity girls' volleyball team are headed to the 'A/AA' Manitoba High Schools Athletic Association provincials to represent Zone 5 in Neepawa next weekend. The Wildcats captured the banner after beating Gimli in the final last Monday. Warren lost the first set 25-18 and then won the next two 26-24 and 15-8.

Pictured back row, left to right; Jelynn Knutson (coach), Averie Garrett, Caylin Campbell, Jacee Turner, Olivia McCowan, Faith Witt, Ryenn Lobb, Grace Goodman, Dae-Lee Goodman (coach), Darra Goodman (coach); front row, Laura Brad, Hannah France, Alex Chester, Miranda Holod, Maddie Boonstra and Payton Janke.

The WCI junior varsity boys also captured the Zone 5 championship and will compete in Shilo at the 'A/AA' provincials Nov. 19-21.

## Zone 5 volleyball champs



TRIBUNE PHOTO BY MEL GIBSON

The Warren Wildcats varsity boys' won the Zone 5 banner on Nov. 4 after defeating Teulon in the finals. Warren will be travelling to Dominion City to compete in the 'AA' provincials from Nov. 26-28.

Pictured back row, left to right: Nathan Wright, Evan Brad, Colton Oleschak, Ethan Garrett, Colton Gibson, Owen Darrach, Josh Granberg, Adam Minaker, Mark Hnatuk (coach); front row: Mathew Fossay, Austin Holod, Connor Oleschak, Nick Streeter, Bren Hunter and Alex France.



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

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the 9th day of December, 2015, at the hour of 10:00 AM, at the office of the Town of Stonewall, 293 Main Street, Stonewall, Manitoba, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
86850	LOT 1 BLOCK 1 PLAN 13360 WLTO IN NW 1/4 25-13-1 EPM - 2 SPRUCE LANE	L - \$115,100	\$7,106.53
104910	LOT 3 PLAN 18827 WLTO IN SE 1/4 36-13-1 EPM - 172 MAIN ST	L - \$74,400 B - \$265,300	\$13,434.44
108460	LOT 1 PLAN 15369 WLTO IN SW 1/4 31-13-2 EPM - 70 4TH ST E	L - \$144,300 B - \$37,200	\$16,266.11

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

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

Dated this 20th day of October, 2015.

Managed by:



Anne Burns  
Chief Administrative Officer  
Town of Stonewall  
Phone: (204) 467-7961  
Fax: (204) 467-7999



## RM of St. Laurent Call for Tender

The RM of St. Laurent invites written tenders for various segments of the interior renovation of the building formerly known as the Welcome Centre.

Renovations will include reconfiguring the existing washroom to make it wheelchair accessible, plumbing, electrical, framing, drywall and painting.

As necessary, some portions of this project may be awarded to more than one contractor. Preference will be given to contractors who are residents of the RM of St. Laurent. Bidders are asked to contact the municipal office to arrange a site visit, which will be necessary to obtain plans and discuss project requirements.

Deadlines for tender submissions is November 20, 2015.

Tenders can be dropped off, faxed or emailed to:

HILDA ZOTTER  
Acting CAO  
RURAL MUNICIPALITY OF ST. LAURENT  
16 St. Laurent Veterans' Memorial Road  
Box 220, St. Laurent MB R0C 2S0  
Telephone: (204)646-2259  
Fax: (204)646-2705  
Email: [rmstlaur@mymts.net](mailto:rmstlaur@mymts.net)



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> MEAL IDEAS

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## Simple slow-cooked lasagna



8 oz (227 g) extra lean ground beef  
1 onion, finely chopped  
3 cloves garlic, minced  
2 tsp (10 mL) dried oregano  
1/4 tsp (1 mL) hot pepper flakes  
1 jar (3 cups/700 mL) tomato passata  
1 cup (250 mL) water  
10 whole wheat lasagna noodles  
1 tub (1 lb/475 g) light ricotta cheese  
1 pkg (5 oz/142 g) baby spinach, chopped  
1/4 cup (60 mL) chopped fresh basil or parsley  
2 tbsp (25 mL) grated Parmesan cheese  
1/2 cup (125 mL) shredded part skim mozzarella  
Directions  
Lightly spray inside of slow cooker with cooking spray.

In a large nonstick skillet, brown beef breaking up with spoon. Scrape out beef into a colander and let drain. Wipe out skillet and return to medium heat; cook beef, onion, garlic, oregano and hot pepper flakes for 5 minutes or until softened. Add passata and water and remove from heat.

In a bowl, stir together ricotta cheese, spinach, basil and Parmesan cheese.

Spread some of the meat sauce over bottom of slow cooker. Lay lasagna noodles in a single layer, breaking as necessary to fit. Top with one quarter of the sauce and one third of the cheese mixture. Repeat layers twice ending with meat sauce on top. Cover and cook on Low for 6 to 8 hours or on High for 3 to 4 hours. About 15 minutes before serving lasagna, sprinkle mozzarella over top, cover and let cook on Low until melted.

Tips:

Run out of fresh basil or parsley? For the fresh basil, sub in 1 tbsp (15 mL) dried basil and for the fresh parsley sub in 2 tbsp (25 mL) dried parsley.

Swap in lean ground turkey for the ground beef.

Leftovers make lunch a snap. Add a green salad to round out your meal.

## Grilled Chipotle Caesar Salad Wedges Paired with Moscato



Ingredients  
3 cups 1/2-inch cubes of cornbread  
1 1/2 tablespoons olive oil  
1/2 cup good quality Caesar salad dressing  
1 tablespoon Moscato  
1 tablespoon fresh lime juice  
1 teaspoon minced chipotle peppers in adobo sauce

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ALISA HERRIMAN has been researching nutrition for over 10 years. She is a Registered Nutritionist with specializations in Nutrition for Cancer Recovery and Prevention. As a Juice Plus+® mom of 4 small children, she is passionate about teaching others the power of WHOLEFOOD nutrition in the role of disease prevention. Alisa teaches several college level nutrition courses, including nutritional oncology. Alisa will motivate and empower you to make healthier choices by increasing your understanding of how food effects your body!

FRI., NOV 20, 2015

Doors: 7:00 p.m. | Start: 7:30 p.m.

Canad Inns | Ambassador K

1405 St Matthews Ave. | Winnipeg, MB

For more information contact:  
Brenda Stafford 204-461-1540  
bstaffordjuiceplus@mts.net



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1 large head romaine lettuce, cut into 4 wedges

1/2 cup diced tomato

1/2 cup crumbled Cotija cheese

Fresh cilantro leaves (optional)

Preparation

Preheat oven to 375°F. Place cornbread cubes on baking sheet and drizzle with olive oil; toss lightly to coat. Bake for 25 to 30 minutes or until golden brown, stirring once or twice. Stir together Caesar dressing, Moscato, lime juice and chipotle peppers in small bowl; cover and refrigerate until ready to serve. Preheat grill to high, adding wood chips if desired. Brush small amount of dressing mixture on cut sides of romaine. Place romaine, cut side down on grill. Cook for 3 to 5 minutes or until lightly charred. Place on 4 salad

plates and drizzle with remaining dressing. Sprinkle with tomato, cheese, cilantro and cornbread croutons.

Preparation Time 15 minutes

Cook Time about 30 minutes

Serves 4 servings

Notes, Tips & Suggestions

Puree the whole can of chipotle peppers. Freeze in ice cube trays for future recipes.

Try cooking romaine on a very smoky grill for a little extra flavor.

No grill? No worries. This salad is great without the grilling step.

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## NOTICES

The tree is glowing, the wine is chilled and the scent of prime rib fills the air. Christmas Dinners at Lady of the Lake 204-725-4181.

## WATER TREATMENT PRODUCTS

Wholesale Water Filters!! New Water-ite water softeners, 30,000 grain/\$550. All sizes avail. Reverse osmosis systems, \$220. Paterson iron removers/\$490. Greensand iron odour removal systems, \$690. All Seasons Furnishings 204-661-8581.

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## UPCOMING EVENTS

Stonewall Legion Seniors' Club Craft Sale at the Stonewall Legion Hall, 459 Main St., Stonewall, MB. Saturday, Nov. 21, 2015, 10 a.m. - 3 p.m. Free admission, lunch, silent auction. Everyone welcome.

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](http://www.morriscurling-club.org)

Try something new this winter. Stained glass, fused glass and mosaic weekend classes in our studio in Winnipeg. Glass making supplies. Visit: [www.prairiestudioglass.com](http://www.prairiestudioglass.com) or call 204-783-1117.

## POTATOES FOR SALE

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## 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

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

## ANNOUNCEMENTS

## CARD OF THANKS

To the Armed Forces, the R.C.M.P., the Fire Department and the Ambulance, we thank you for what you do.

-Archie and Joan Cameron

## STRAW

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

FLAX STRAW - \$2.50/BALE. MONDAY - SATURDAY. CALL BILL MATHESON AT 204-467-5608 OR CELL. 204-461-0706, STONEWALL.

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## HAY FOR SALE

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

Quantity of John Deere net wrapped bales of alfalfa hay and grass hay suitable for beef cattle; round bales of second cut alfalfa; round bales of wheat straw; small square bales of wheat straw. Call 204-375-6622.

5x5 round bales alfalfa/grass mix. 293 bales avg. 1100 - 1200 lbs. 2nd cut available also. Ph 204-886-7267, Teulon.

## NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF: NELLIE LAVINIA SMITH, late of the Town of Stonewall, in the Province of Manitoba, retired, Deceased. ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at 11 Bloomer Crescent, Winnipeg, Manitoba, R3R 3J2 on or before the 20th day of December, 2015. DATED at Winnipeg, Manitoba, this 6th day of November, A.D. 2015. TIMOTHY A. MARTIN BARRISTER AND SOLICITOR

## ANNOUNCEMENTS

## CARD OF THANKS

A heartfelt thank you to the Stonewall Teulon Tribune, the various community organizations, churches, friends and families who have reached out with a generosity, kindness, and support that has truly humbled us. We sincerely appreciate what everyone has done and given in support of our family.

-Gratefully  
Bruce and Bambi Rutherford

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## ANNOUNCEMENTS

### BIRTHDAY



**Sam Walsh**  
Happy 18th Birthday  
November 18, 2015  
Even though you're an adult now,  
you'll always be our little girl!  
-Love, Mom and Dad

# Announcements

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## ANNOUNCEMENTS

### CARD OF THANKS

Thank you to the Woodlands, Rosser, Rockwood and St. Francis Xavier Fire Departments for coming to help contain and extinguish a hay fire at our farm on Sunday, October 25th. Thank you to many neighbours, friends and family who helped by hauling water and bringing food and drinks for everyone involved. All your help was greatly appreciated.

-Thank you,  
Brian and Jackie,  
Rob and Tammy,  
Bert and Janice Boonstra  
and families

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

**Tribune** Stonewall Teulon

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## OBITUARY

**Shirley May Knapp (Puddifant)**  
March 31, 1934 - November 5, 2015

With heavy hearts we announce the passing of our Mother, Grandmother and Great Grandmother, Shirley. Peacefully at Stonewall Hospital, after a lengthy illness, Mom left us to reunite with Dad.

Left to cherish Mom's memory are her children: Brenda (Gord), Jacquie, Rhonda (Dave), Chris (Cori), Barb, Alli (Henri), Craig (Kim). Grandchildren: Jason (Tanya), Tamara (Kory), Crystal (Chad), Melissa (Ryan), Adam, Victoria, Vaughn, Jake, Carter and Wallace. Great-grandchildren: Jaydon, Bennett, Jack, Jonah and Ava. Brother Al, sister-in-law Edna, Aunt Georgie, numerous nieces, nephews and many friends.

Mom was predeceased by husband Jack; son-in-law Dave; granddaughter Amber; brothers Frank (June), Harold (Helen), Jim (Dolly), George; sisters Marj (Scotty) and Doreen. Her parents Charles and Myrtle; mother and father-in-law Lloyd and Nettie.

Mom was born in Winnipeg. In 1948 Mom met Dad in Battersea, Ontario and they married July 1952. They began their family in 1953 having the three oldest girls in Kingston, Ontario. Seven years later the family moved to Manitoba and settled in Stony Mountain where they raised two sons and two more daughters. Mom was raised in a big family and kept the tradition going in ours. Mom chose to be a homemaker because her children were her priority. She made certain her kids had washed, mended and ironed clothes, food on the table and our house was always clean and tidy. Mom was humble, never liked a fuss or the attention on her. Her love for watching sports, journeys to "the office" and visiting friends were some of her favorite things. We will miss you and love you forever. Now you and Dad can watch the Jets games together in the skybox!

A Celebration of Life will be held Wednesday, November 18, 2015 at MacKenzie Funeral Home, Stonewall at 1:00 p.m.

Our family sincerely thank Mom's Home Care workers at Lions Manor, Dr. Webbedda, the nurses and staff at the Stonewall Hospital for their kindness, caring and consideration to Mom during her illness. She thought "all of her girls" were very special.

In lieu of flowers, donations in Mom's memory can be made to "Jake's Team" at the Juvenile Diabetes Research Foundation 1101-191 Lombard Avenue, Winnipeg, MB R3B 0T4 or the Manitoba Lung Association 629 McDermot Avenue, Winnipeg, R3A 1P6

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## OBITUARY

**William (Bill) Shupenia**

It is with heavy hearts that we announce the peaceful passing of our beloved husband, father and grandpa at Seven Oaks Hospital with his family by his side, in the early hours on Sunday, November 8, 2015, at the age of 82 years.

Remaining to forever cherish Bill's memory are his wife, Winona of 57 years; daughters, Marlene (Dennis) Boblinski, Donna (Steve) Klym, Louise (Lorne) Lavalley and Wendy (Craig) Swanston; three precious grandchildren, Jared and Jodi Lavalley and Jennifer Swanston; brothers, Dan (Joyce), Mike (Rosalie) and Edward; as well as sister Rose; sister-in-law Olga; and several nieces and nephews. He was predeceased by his parents, Steve and Anne; brothers, Alec and George; along with in-laws, Tom and Margaret Strutwa; and brothers-in-law Victor (Anne) and Tommy Strutwa.

On May 20, 1933, Bill was born in Zbruch District, Manitoba, where he lived and farmed his entire life. Bill met the love of his life Winona in 1956 at the local Crabby Steve's Dance Hall near Komarno, MB. They married on June 21, 1958. Bill took pride in farming, loved being his own boss, enjoyed going to auction sales and loved family gatherings.

In his early years, Bill served as trustee for Zbruch School District, drove a school van for Evergreen School Division, served as Municipal Councillor and Deputy Reeve in the R.M. of Armstrong and was a member and President of Komarno Community Hall.

Divine Liturgy will be celebrated on Saturday, November 14, 2015 at 10:30 a.m. in Sts. Peter and Paul Ukrainian Catholic Church, 390 Marion Street in St. Boniface, Winnipeg, Manitoba, with Rev. Fr. Peter Chorney and Rev. Fr. Isidore Dziadyk, presiding. Interment will follow after lunch in the All Saints Cemetery, 4535 Main Street, West. St. Paul, MB.

Special thanks to the Doctors and Staff at Teulon, St. Boniface, Selkirk General, Health Sciences Centre and Seven Oaks Hospitals for their care and compassion over the last year.

In lieu of flowers donations can be made to the Kidney Foundation of Canada, 452 Dovercourt Drive, Winnipeg, MB, R3Y 1G4 or to the Heart and Stroke Foundation of Manitoba, 6 Donald Street, Winnipeg, MB, R3L 0K6.

Richard Wojcik of Wojcik's Funeral Chapel, 1020 Main Street, Winnipeg, MB in care of arrangements 204-586-8668. For those who wish to sign Wojcik's online Guest Book please visit our website at [www.wojciksfuneralchapel.com](http://www.wojciksfuneralchapel.com)

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## OBITUARY

**Douglas Robert Nugent**

With family by his side, Doug passed away on Tuesday, November 3, 2015 at the Selkirk General Hospital, at the age of 74 years.

Doug will be remembered by all who knew him as a creative and hardworking individual who loved to live his life, doing things in his own way.

In keeping with Doug's wishes, cremation has taken place and a memorial service celebrating his life will be held at the Church of the Annunciation, Woodlands, Manitoba on Thursday, November 12, 2015 at 1:00 p.m. with Father Paul Tinguely officiating.

In lieu of flowers, a donation in Doug's memory may be made to the Manitoba Lung association.

The Coutu Family in care of arrangements:

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